

“Be Our Guest” Stretch (Twinkle Stars)

Begin in the Butterfly position holding ankles with a long back

Intro:

1. “Pleasure that we welcome you tonight” - Right Hand – pretend that you are taking your right hand and pulling your head up until you are really tall (like you are pulling a string upward that is connected to the head)
 2. “Let us pull up a chair” - Raise the other hand upward to the sky and transition both hands into jazz hands
 3. “As the dining room proudly presents” - Lower the arms, shimmering forward
 4. “Ding” after “Your Dinner” - Make Platter Hands
-

Part A:

- “Be” (right arm to 1st), “Our” (left arm to 1st)
 - 2cts (arms rise to 3rd), 2cts (arms open to 2nd)
 - 2cts - “Tie Your Napkin round your neck cherie” – roll your arms
 - 2cts – “And We’ll” – open arms to “T”, hold for “provide the rest”
 - 2x: Arms 1st (1ct), Arms 3rd (1ct), Open 2nd (2cts)
 - Stretches: Butterfly (2cts down, 2cts up), Lean right (2cts down, 2cts up), Lean left (2cts down, 2cts up)
 - “Be Our Guest #1” - Push legs straight (parallel & pointed)/arms to 1st
 - “Be Our Guest #2” – Arms to 3rd
 - “Be Our Guest #3” – Arms to 2nd
-

Part B:

- 8cts – Flex/Pointe (holding arms in 2nd)
 - 8cts - Arms - Butterfly Wings (1ct up, 1ct down)
 - 8cts - Over the Top Stretch: Arms to 3rd, reach over to toes and hold
 - 4cts – Flex Feet and hold on to them with your hands/head up
 - 4cts – pointe feet and hold feet/head down, on final count “We Suggest” - pull knees to chest/feet pointed
 - Scoot Back “Be our guest, be our guest, be our guest”
 - Open legs to straddle on final “boom of music” after last “be our guest is sung”
-

Part C:

- “Life is so unnerving” – arms sweep up to high “V”, “To a servant who’s not serving” – lean forward and rest chin on hands/elbows on floor
 - “Ah those good old days when we were useful” - Reach right hand, then left forward, head down to ground
 - “Suddenly those good old days are gone” – push back to upright position
 - “Ten years of rusting” (brush hands down right foot), “Needing so much more than dusting” brush hands down left foot)
 - “Needing exercise a chance to use our skills” – arms to muscle man position
 - “Most days we just lay around the castle” – lean forward again and rest on elbows
 - “Flabby, Fat and Lazy” – Reach forward on floor
 - “You walked in” – head up, “And Upsy-daisy” – lift body from ground to upright position
-

Part D:

- 8cts - March legs in from straddle to front
 - Roll-up: Tuck Knees (2cts), Stand (2cts), Roll head up (3cts), Turn out legs to 1st/hands on hips (1ct)
 - 6 demi plies – plie (1), Stretch (2)
 - Pointe right foot to left wall/keep hands on hips
-

Part E:

- 12cts - Forward Chasse circling around the room
- 4cts – running to circle and grabbing hands
- 2 big bounces – “Course, By”
- 12 Front battements starting on “Course”
- 3 demi plies arms in 1st (plie on “Guest”), Arms to 3rd (“Please Be”), Releve (“Our”)
- Multiple turns on demi pointe arms in 3rd
- End Pose: Lower to one knee arms in 3rd