

MARCH – Top Hats & Tutus – Level 1



Prop List:

- Hula Hoops
- Pom Poms
- Crock/Pot of Gold
- Gold Coins (1 for each dancer)
- Teacher Wand
- Teacher Bear/Book
- Cones
- Tunnel
- Ribbon sticks/rings/colored scarves
- Sparkle Dust
- Maracas

ENTRANCE: “Canon”

The Instructor will turn on the intro music (“Canon”). When the music begins, the dancers will enter in a line from the door, walk to a circle in the middle of the room on demi-pointe, holding their bear in 1st position. The dancers should then sit on their bottoms in the “Butterfly” position with long tall backs.

BALLET TECHNIQUE – TWINKLE BEAR GOES TO BALLET CLASS

Book exercises for this month:

- Tip Toe
- Chasse

After this exercise, have your dancers place their bears against the mirror to be their audience for the rest of class! Dancers should form a line facing the mirrors.

CENTRE TECHNIQUES

1. LEFT FOOT/RIGHT FOOT:

- a. Artist/Song: Kimbo Children’s Music/”Left Foot – Right Foot”
- b. Video: The Dance Professionals Website

2. WARM-UP/FOOT POSITIONS: “Get Back Up Again”

- Album/Song: Trolls Soundtrack/Get Back Up Again (TDP Cut)
- Video: The Dance Professionals Website

3. ARM POSITIONS: “Move it Like This”

- Artist/Song: Baha Men/” Move it Like This” (TDP Cut)
- Video: See the Dance Professionals Website
- Prop: Maracas

4. STEPS & TECHNIQUES: “Move Your Feet” (Snap Kicks/Kick Ball Change)

- Album/Song: Trolls Soundtrack/” Move Your Feet, D.A.N.C.E., It’s Sunshine Day” (TDP Cut0
- Video: See the Dance Professionals Website

STRETCH

STRETCH: “Be Our Guest”

- Album/Song: Beauty & The Beast Soundtrack/” Be Our Guest”
- Video: Twinkle Star Dance website

ACROSS THE FLOOR

2. CHASSE EXERCISE: Chasse side across the room (L/R)

- Artist/Song: Geof Johnson/” Leprechaun”
- Video: The Dance Professionals Website

3. FUN EXERCISE: SAME SET-UP AS “SEPTEMBER” from “Trolls” with different storyline.

- Music Artist/Song: The Kiboomers/Five Little Leprechauns Jumping on the Bed (Instrumental)
- Prop: Cones (rainbow alley), Hula Hoops, “Leprechaun Tunnel”, coins, crock/pot of gold, pom poms (rainbow)
- Directions:
 - Dancers will do 4 passé walks (through cone alley – “rainbow alley”) to hula hoops. They will take 1st position turn-ed out, plie, jump into the hula hoop where they will magically turn into Leprechauns. They will again plie, jump out of the hula hoop.
 - They repeat the above a 2nd time (cone alley and hula hoops), then, it is time for the Leprechaun Tunnel to the “Land of Gold” (small pile of coins on the floor).
 - Dancers will go through the tunnel to the coins. They will each get to pick up a coin, and leap over the rainbow (pom poms) to their pot of gold. Once they reach it, they put their coin in the crock/pot of gold.
 - Dancers can sit in a line when they are done.

RECITAL DANCE WORK

Work on Recital Dance

FUN DANCE

“Stand up, Sit Down” Dance – by Tumble Tots

- Album/Song: Action Songs: Wiggle & Shake/” Stand up Sit Down”
- Video: The Dance Professionals website
- Directions: Follow words in music. Make sure your dancers are clapping in front of your forehead!

CLASS CLOSING/REVERENCE:

Reverence: "Be Somebody"

- Album/Song: "Leap" Soundtrack/" Be Somebody"
- Video: The Dance Professionals Website
- Props: Poms & Hula Hoop

Set-Up: Lay down two rows of pom poms to leap over and one hula hoop at the end.

Directions: You will have the dancers sit against the mirrors. One at a time, you will touch a student with your "magic" wand. They will leap over the rows of pom poms, then, standing in the hula hoop will do a curtsy (girls) or bow (boys). Everyone will clap for them. Then they will take their place against a different wall while the rest of the class gets a turn. After everyone has done their bow and are sitting against the wall, the teacher will give each dancer a little bit of magical sparkle dust.