

Top Hats & Tiaras – Ballet/Jazz Level 2 – SEPTEMBER CLASS PLAN

THEME: 40'S DANCE PARTY

Prop List:

- Hula Hoops
- Bugle Horns
- Ribbon Rings/Sticks
- Pom Poms
- Wooden Canes/Sticks

Classroom Set-up:

- Prior to class starting, place a set of maracas for each dancer along the front wall. Behind them, place a hula hoop for each dancer.

How Dancer's Should enter after getting their ballet slippers on:

- Dancers should line up outside the door (which should be closed) with their ballet shoes on.

ENTRANCE: "Canon"

The Instructor will turn on "Intro Music" and have them enter in a line from the door, walk to a circle in the middle of the room on demi pointe, and sit on their bottoms in the "Butterfly" Position with long backs

CENTRE EXERCISES:

1. **Foot Positions/Ballet Arm Positions – "A Millions Dreams"**
 - Song/Album: "A Million Dreams"/The Greatest Showman Soundtrack
2. **Right & Left Foot – "Hokey Pokey"**
 - a. Song/Album: "Hokey Pokey"/Dora the Explorer: Party Favorites)
 - b. Prop – Hula Hoops
3. **Hand Positions – "Booty Swing"**
 - a. Song/Artist/Album – "Booty Swing"/Parov Stelar/The Paris Swing Box EP (TDP Cut)
 - b. Prop – Hula Hoop
4. **Steps & Techniques – "Bugle Boy"**
 - a. Song/Artist/Album – "Bugle Boy"/Bette Midler/The Divine Miss M
 - b. Techniques: Basic Step Vines
 - c. Prop: Bugle Horn

ACROSS THE FLOOR EXERCISES:

1. **Across the Floor Techniques: "Puttin' on the Ritz" (Club Des Belugas Remix)**
 - Artist/Album: Fred Astaire/Swop
 - Prop: Cane
 - Exercise:
 1. Chasse side across the room (holding cane horizontally)
 2. Chasse front (from corner) (Holding can horizontally)
2. **Across the Floor Techniques "It Don't Mean a Thing (If it ain't got that swing) (Club Remix)**
 - Artist/Album: Lionel Hampton/Electro Swing – The Club
 - Exercise: Repeat the below all the way across the floor
 - 4 Parallel Passe Walks (step 1,2, Passe 3,4)
 - 2 Chasse-touches (Chasse 1,2, touch 3,4)
 - Armwork: Do 2x
 - Step out with right/right hand to high V (2cts)
 - Step out with left/left hand to high V (2cts)
 - Step together with right/right hand to hip (2cts)
 - Step together with left/left hand to hip (2cts)

DANCE & RECITAL

Every week, add on to your recital dance, and continue to perfect it. The goal is to have 2 dances by each recital. Once a dance is learned, the teacher should NEVER drop that routine until there is a new dance to replace it. This way there will always be two dances ready at all times.

CLASS END/REVERENCE:

1. Reverence – “The Glow”

- Song/Artist/Album: “The Glow”/Shannon Saunders/Disney Princess Fairy Tale Song
- Prop: Ribbon Rings/Sticks, Pom Poms