

NOVEMBER – Top Hats & Tutus – Level 1



Prop List:

- Hula Hoops
- Pom Poms
- Teacher Wand
- Teacher Bear/Book
- Stick Horse
- Chef Hat
- Turkey Headbands
- Sparkle Dust

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:

- Artist/Song: Kimbo Children’s Music/“Left Foot – Right Foot”
- 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 Cut)
- Video: See the Dance Professionals Website

STRETCH

Teacher put chef hat on, invite Dancers to “Be Our Guests” for Thanksgiving Dinner!

5. Stretch: “Be Our Guest”

- Album: Beauty & the Beast Soundtrack
- Video: See Twinkle Star Dance Website
- Prop: Teacher wears chef hat

ACROSS THE FLOOR & STEP TIME – 2.5 MINUTES

“We are Going to Grandma’s House for Thanksgiving Dinner!” The Teacher will grab their horse and line everyone up behind them to go across the floor!

1. Across the Floor (Skips): “Over the River and Through the Woods” (TDP Cut)

- a. Artist/Album: The Hit Crew/Drew’s Famous Thanksgiving Kid’s Songs
- Video/Cue Sheet: See “The Dance Professionals” website
 - Prop: Teacher holds “stick horse”

“Time for Thanksgiving Dinner – Let’s Eat it!” (WITH NO ARMS FOR THIS LEVEL)

2. Across the floor: “Eat It” (TDP Cut)

- Artist/Album: The Hit Crew/Drew’s Famous Thanksgiving Kid’s Songs
- Video: See “The Dance Professionals” website
- Exercise: Repeat the below all the way across the floor
 - 4 Parallel Passé Walks (step 1,2, Passé 3,4)
 - 2 Step Vines w/Tuck Jumps
 - 2 Slow Pivot Turns

RECITAL DANCE WORK

Work on Recital Dance

FUN DANCE

Group Dancers in 2’s – There is a partner section in the next dance. If there is an odd number, the teacher can dance with one of the students!

6. Isolations – “Turkey Hoedown” (TDP Cut)

- Song/Album: “Turkey Hoedown”/Christopher “Zondoflex” Tyler
- Video/Cue Sheet: See “The Dance Professionals” website
- Prop: Turkey Headbands for dancers

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.