

# JANUARY – Top Hats & Tutus – Level 1



## **Prop List:**

- Hula Hoops
- Pom Poms
- Ribbon Sticks/Rings/Colored Scarves
- Maracas
- Teacher Wand
- Teacher Bear/Book
- 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 1<sup>st</sup> 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:**

- Plie
- Releve

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: "Tigger Bop"**

- Artist/Song: Peter Frampton/"Tigger Bop" (TDP Cut)
- Video: See the Dance Professionals Website

### **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

### STRETCH: "A Whole New World"

- Album/Song: Aladdin Soundtrack/" A Whole New World"
- Video: Twinkle Star Dance website

## ACROSS THE FLOOR

### 1. SKIP EXERCISE – MOVING FORWARD:

- Artist/Song: Jenilee Reyes/Where's the Party
- Video: The Dance Professionals Website
- Exercise:
  - 4 slow passé walks
  - 4 slow passé walks with hops (skips)

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

- Artist/Song: Michael Jackson/" Blame it on the Boogie"
- Video: The Dance Professionals Website.

## RECITAL DANCE WORK

### Work on Recital Dance

## FREEZE DANCE

### Trolls "Freeze" Dance – "Can't Stop the Feeling/True Colors/I'm Coming Up"

- Album/Song: Trolls Soundtrack/" Can't Stop the Feeling, True Colors, I'm Coming Up" (TDP Cut)
- Prop: Ribbon Sticks/Rings/Scarves
- Directions: Dancers Free dance, then freeze when the music stops. When "True Colors" Comes on at the end, dancers may come and grab ribbon rings/sticks/colored scarves and Free dance with them.

## 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.