

NOVEMBER - Rising Stars Jazz/Lyrical 8-11YRS

THEME OF THE MONTH: THANGKSGIVING

Classroom Set-up:

Prior to class, place a hula hoop out for each dancer. Make sure you have all of your props ready to go!

Prop List:

- Hula Hoops
- Chef Hat
- Teacher: Turkey Head band
- Teacher: Horse stick
- Straw Hats
- Teacher: Indian Head Band
- Colored Scarves (2 per child)
- Drumsticks (2 per child)



CENTRE EXERCISES:

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

1. Stretch: “Be Our Guest”

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

2. Foot Positions: “Blame it on the Boogie” (TDP Cut)

- Song/Album: “Blame it on the Boogie”/The Jacksons
- Video/Cue Sheet: See “The Dance Professionals” website

3. Jazz Arm Positions: “Can You Move it Like This” (TDP Cut)

- a. Song/Artist – “Move it Like This (Shake It Like That Mix)/Baha Men
- b. Prop: Maracas
- c. Video/Cue Sheet: See “The Dance Professionals” website

4. Ballet Arm Positions: “I See the Light” (TDP Cut)

- a. Song/Album: “I See the Light”/Tangled Soundtrack
- b. Video/Cue Sheet: See “The Dance Professionals” website

Thanksgiving Celebration – Teacher puts Turkey Head Band on!

5. Just for Fun: “Gobble Gobble” (Twinkle Star Cut)

- a. Song/Album: Twinkle Star Cut
- b. Video: See Twinkle Star Dance Website

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

ACROSS THE FLOOR EXERCISES:

“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”

“We are now at Grandma’s House on the farm!” – We get to sleep in her “Big Feather Bed!!” Let’s put on our Farm Hats!

2. Arm/Movement Exercise: “Grandma’s Feather Bed” (TDP Cut)

- Artist/Album: The New Kingston Trio/The Best of the New Kingston Trio
- Video/Cue Sheet: See “The Dance Professionals” website
- Prop: Farm Hats

“Time for Thanksgiving Dinner – Let’s Eat it!”

3. 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 Passe Walks (step 1,2, Passe 3,4)
 - 2 Step Vines w/Tuck Jumps
 - 2 Slow Pivot Turns w/arms t High “V”

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:

Let’s Celebrate “The First Thanksgiving!” The Indians helped the pilgrims survive their first winter and were invited to the first Thanksgiving Dinner in Plymouth, Massachusetts. TODAY WE GET TO BE HONORARY INDIANS and pay tribute to them!

Native American Tribute/End Reverence: TDP Cut

This is a medley of two songs. For the first Song, “Beating Drum,” dancers will dance with colored scarves or ribbon rings. When the music changes to the 2nd song, the dancers will grab drum sticks and make a circle in the middle of the floor (large enough for dancers to dance in the middle).

- Artist/Album: “Steady as the Beating Drum”/Pocahontas (Original Soundtrack)/“I’m an Indian Too”/Don Armondo’s 2nd Ave. Rhumba Band
- Video/Cue Sheet: “The Dance Professionals” website
- Prop: Teaches wear Indian head band, Dancers need two colored scarves each, and for the final dance, two drum-sticks each.