

JULY – Top Hats & Tutus – Level 1



Prop List:

- Hula Hoops
- Pom Poms
- Ribbon Sticks
- 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 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

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:

- Album/Song: Kidz Bop Kids/" Firework"
- 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)

- Album/Song: Retro Beach party (Non-Stop DJ Remix) /" Beach Baby"
- Video: The Dance Professionals Website.

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.