

November – Rising Stars Ballet (8-11yrs)



Prop List:

- Pom Poms
- Ribbon Rings/Sticks/Scarves
- Tiaras
- Wand
- Drunning Sticks
- Ribbon Rings or Colored Scarves

CLASS OPENING

Reverence, Warm-up, Basic Port de bras

- Song Medley: TDP Cut - Includes: Girl's Curtsey (Guy Dearden), Drum & Bugle Corps 2/4 (Kimbo's Children Music, I See the Light (Disney's Tangled)
- Cue Sheet/Video – See Website

BARRE

1. PREPARATIONS: Exercise #2 – Facing the Barre

- Song: The Dance Professionals Cut
- Cue Sheet/Video – See Website
- Prop: Rhinestone Rings – Have the dancers wear their rings so they look at their fingers when they allonge!

2. PLIE: Exercise #3– 3rd Position

- Song: The Dance Professionals Cut
- Cue Sheet/Video – See Website

“IT’S TIME FOR OUR TENDU COMPETITION”: Teachers pick from below...

1. Keep their knees stretched the most
2. Point their feet the most
3. Maintain turn-out the most
4. Maintain stance of the upper body and head the most

*Rewards can be stickers, a prize from your grab bag, piece of candy, etc.

3. TENDU: Tendu #1 – Exercise #3 – Pre-timing (Tendus back)

- Song: The Dance Professionals Cut
- Cue Sheet/Video – See Website

“EVERYONE TAKE YOUR PLACES IN THE CENTRE FOR OUR PORT DE BRAS/ARMWORK”

PORT DE BRAS

1. PORT DE BRAS: Exercise #2

- Song: The Dance Professionals Cut
- Cue Sheet/Video – See Website

ALLEGRO

TRAMPOLINE JUMPS:

- Song: The Dance Professionals Cut
- Cue Sheet/Video – See Website

STRETCH

STRETCH: “Rewrite the Stars”

- Album/Song: The Greatest Showman Soundtrack/”Rewrite the Stars”
- Cue Sheet/Video – See Website

IT’S “TIARA TIME” – EVERYBODY GET INTO YOUR SKIRTS FOR ACROSS THE FLOOR & COME AND SELECT A TIARA TO WEAR FROM THE BIN!

ACROSS THE FLOOR

- **SKIPS/POLKAS: Exercise #1 - Skips**
 - Song/Album: Bibbidi-Bobbidi-Boo/Disneyland Resort Official Album
 - Cue Sheet/Video – See Website (Note: video is done to different music)
- **CHASSE: Chasse & Spring Pointes Exercise #2 – Chasse Side**
 - Song/Artist: “Miracles Happen”/Myra
 - Cue Sheet/Video – See Website (Note: video is done to different music)
- **SPRING POINTES: Chasse & Spring Pointes Exercise #1 – Spring Pointes**
 - Song: The Dance Professionals Cut
 - Cue Sheet/Video – See Website
- **WALTZ: Waltz & Balance – Exercise #1 – Waltz Steps**
 - Song/Artist: TDP Cut – “Moon River”/New 101 Strings Orchestra
 - Cue Sheet/Video – [See Website](#) (Note: video is done to different music)
 - Props: Pom Poms
- **RUNS ACROSS THE FLOOR/PAS COURU**

TEACHER: GATHER TIARAS

RECITAL CHOREOGRAPHY

- Review Old Dances
- Teach at least one eight count of a new dance every class!
- Goal: To have 2 dances ready for recitals at all times! 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.

THANKSGIVING TRIBUTE

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.
- **NOTE**: In the online video, it finishes this dance with a "Thank You for Class." Because we still have the closing reverence, they do not need to say this. They can bow, and then take their places for the end reverence!

CLASS CLOSING/REVERENCE:

- Song/Artist: "Twinkle Star Lullaby"/The Piano Guys
- Cue Sheet/Video – See Website