

# APRIL – Top Hats & Tutus – Level 1



## Prop List:

- Hula Hoops
- Pom Poms
- Teacher Wand
- Teacher Bear/Book
- Sparkle Dust
- Bunny Ears (one for each dancer)

## 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:

- Chasse
- Jump

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

### “Time to hop like the Easter Bunny!”

#### 1. WARM-UP/FOOT POSITIONS: “Gonna Hop ‘til I Drop”

- Album/Song: The Wonder Kids/” Gonna Hop ‘til I Drop”
- Video: The Dance Professionals Website

#### 2. ARM POSITIONS: “Fire Burning”

- Album/Song: Kidz Bop Dance Party/” Fire Burning”
- Video: See the Dance Professionals Website
- Prop: Pom Poms

#### 3. STEPS & TECHNIQUES: “DJ Shuffle”

- Album/Artist/Song: Disney Junior DJ Shuffle/Parry Gripp/ “DJ Shuffle” (TDP Cut)
- Video: See the Dance Professionals Website

## STRETCH

### STRETCH: “How Far I’ll Go”

- Album/Song: Bambi II Soundtrack/” Through Your Eyes”
- Video: Twinkle Star Dance

## ACROSS THE FLOOR

### 1. SKIP EXERCISE – MOVING BACKWARD: “Springtime”

- Artist/Song: Imagination Movers/” Springtime”
- Video: The Dance Professionals Website
- Exercise:
  - 4 slow passé walks
  - 4 slow passé walks with hops (skips)

Teacher - set out two hula hoops in a column (you can have multiple columns going at the same time)

“Alright Dancers...it is your turn to be honorary ‘Easter Bunnies’!” Everyone grab a pair of bunny ears and get ready to come across the floor!

### 2. “HONORARY BUNNY” STEP COMBINATION EXERCISE (Skips & Step Vines): “Peter Cotton-tail”

- Artist/Song: A golden Easter (Roy Rogers)/” Peter Cotton-tail”
- Directions: Have the dancer form two lines to go across the floor. The dancers will do their passé walks up to the hula hoops, then their step vines Infront of the hoops, then hop in and out of the hula hoops (keeping their hands-on hips/fingers together). When they are done, they run to the other side and sit down.
- Props: Hula hoops, Bunny Ears
- Exercise:
  - 4 Slow Passé Walks Forward (towards hula hoops)
  - 2 Slow Step Vines to the side with a touch end (L/R) (in front of hoops)
  - Hops in 1<sup>st</sup> position in and out of hula hoops
  - Run to other side and sit down.

## 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.