

JANUARY - Rising Stars Jazz/Lyrical 8-11YRS

THEME OF THE MONTH: New Year's Dance Party

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
- Pom Poms

CENTRE EXERCISES:

1. Right Foot/Left Foot: "Hokey Pokey"

- Artist/Album: Dora the Explorer: Party Favorites (TDP Cut)
- Video/Cue Sheet: See "The Dance Professionals" website

2. Foot Positions/Plies: "Blame It on the Boogie"

- Artist: Michael Jackson (TDP Cut)
- Video/Cue Sheet: See "The Dance Professionals website"

1. Jazz Arm Positions: "September"

- a. Song/Artist: "September"/Earth, Wind & Fire (TDP Cut)
- b. Video/Cue Sheet: See "The Dance Professionals" website

2. Steps/Techniques: Rock-step-together (in all directions)/Jazz Square – "Show Me the Money"

- a. Song/Artist/Album: Show Me the Money/Petey Pablo/Step Up Original Soundtrack
- b. Video: See "The Dance Professionals" Website

c. Exercise: Work on each part separately until mastered!

i. Part A:

- 4cts: Front (through parallel 4th): Rock-step-together (right), Rock-step together (left)
- 4cts: Side: Rock-step-together (right), Rock-step together (left)
- 4cts: Back: (through parallel 4th): Rock-step-together (right), Rock-step together (left)
- 4cts: Slow...Out-Cross-Turn-Clap

ii. Part B:

- 4x Right: Step (1) Ball (&) Change (2) front, Ball (&) Change (3) back, step together (4), Clap 3x (5,6,7), Hands to hips (8)
- 4x Left: Step (1) Ball (&) Change (2) front, Ball (&) Change (3) back, step together (4), Clap 4x (5,6,7,8)

iii. Part C:

- Jazz Square to Right (cross, back, side, tch), 4 Claps
- Jazz Square to Left, 4 Claps
- Repeat above Jazz Squares and claps (right & Left)

iv. Part D:

- 2 Kick-Ball-Changes with Right, Jazz Square with Right
- 2 Kick-Ball-Changes with Left, Jazz Square with Left
- Repeat above Kick Ball Changes and jazz squares on both feet

3. Ballet Arm Positions: “Greensleeves”

- a. Song/Album: “Greensleeves”/Christmas Ballet Music – Traditional & Classical Piano Christmas songs for Ballet
- b. Video/Cue Sheet: See “The Dance Professionals” website

4. Trampoline Jumps – Turned Out/Parallel

- a. Music/Artist: Trampoline Jumps/Suzanne Knosp
- b. Instructions: Have each dancer, or different groups of dancers alternate jumping for 8cts. Do 8cts in turned-out 1st position and 8cts in turned-in 1st position.

5. Stretch: “A Million Dreams”

- Album: The Greatest Showman Soundtrack (TDP Cut)
- Video: See The Dance Professionals Website

ACROSS THE FLOOR EXERCISES:

1. Across the Floor (Rock-step-together, Rock-step-cross): “Sugar” (Workout Mix)

- Song/Album: Sugar (Workout Mix 128 BPM)/Power Music Workout
- Video/Cue Sheet: See “The Dance Professionals” website
- Exercise:
 - 4 Rock-Step-Togethers (arms in “T”)
 - 4 Rock Step-Crosses (arms in “T”)
 - Repeat the above across the floor

2. Across the Floor (Rock-step Cross/Passé Balance): “Sugar” (Workout Mix)

- Artist/Album: Sugar (Workout Mix 128 BPM)/Power Music Workout
- Video/Cue Sheet: See “The Dance Professionals” website
- Exercise:
 - 3 Rock-Sep-Togethers (arms in “T”), Parallel Passé (arms to 1st)
 - Repeat the above across the floor

3. Across the Floor (Passé Walks w/arms, Step Vines w/arms): “Everybody Dance Now”

- Song/Artist/Album: Everybody Dance Now (Rock This Party) [Ronnie Maze Club Mix]/Power Music Workout/ Get In Shape Workout Mix - Sports Stadium Anthems (Interval Training Workout) [4:3 Format]/
- Video: See “The Dance Professionals” website
- Exercise:
 - Slow Passé Walks: 4x: Step – arms to “T” (1,2), Parallel Passé – arms to 1st (3,4)
 - 2 Fast Step Vines w/point ending: Hands on hips on vine, one arm to High “V” on touch.
 - 2 Pivot Turns/Right arm to High “V”
 - Repeat the above across the floor
 - Do other side

4. Across the Floor (Chasses front, back): “Stuck with You”

- Artist/Album: Huey Lewis & the News/Fore!
- Video: See “The Dance Professionals” website
- Exercise:
 - Forward & Back (facing mirrors)
 1. Chasse Forward (keep turned out, feet pointed, legs crossed)
 2. Chasse Backward (keep turned out, feet pointed, legs crossed)

- From the Corners:
 1. Chasse Forward en diagonal
 2. Chasse Backward en diagonal
 3. Chasse Forward en diagonal
- Do other side

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:

“The Glow” Reverence

- Music/Artist/Album: “The Glow”/Shannon Saunders/Disney Princess: Fairy Tale Songs
- Video: See “The Dance Professionals” website
- Props: Pom Poms