

SEPTEMBER - Rising Stars Jazz/Lyrical 8-9YRS

THEME OF THE MONTH – 40'S DANCE PARTY

Classroom Set-up:

Prior to class starting, place a set of hula hoops out for each dancer (make sure there is enough room around the hula hoops that the dancers can walk around them).

Prop List:

- Hula Hoops
- Bugle Horns
- Ribbon Rings/Sticks
- Pom Poms
- Wooden Canes/Sticks

CENTRE EXERCISES:

1. Plie/Foot Positions/Ballet Arm Positions – “A Millions Dreams”

- Song/Album: “A Million Dreams”/The Greatest Showman Soundtrack

2. Tendu – “Big Band”

- Artist/Album: Bart&Baker/Electro Swing VII Bart & Baker (TDP Cut)

2. Right & Left Foot – “Hokey Pokey”

- a. Song/Album: “Hokey Pokey”/Dora the Explorer: Party Favorites)
- b. Prop – Hula Hoops

3. Hand Positions – “Booty Swing”

- a. Song/Artist/Album – “Booty Swing”/Parov Stelar/The Paris Swing Box EP (TDP Cut)
- b. Prop – Hula Hoop

4. Steps & Techniques – “Bugle Boy”

- a. Song/Artist/Album – “Bugle Boy”/Bette Midler/The Divine Miss M
- b. Techniques: Basic Step Vines
- c. Prop: Bugle Horn

5. Stretch – “Rewrite the Stars”

- a. Album: The Greatest Showman Soundtrack

ACROSS THE FLOOR EXERCISES:

1. Across the Floor Techniques: “Puttin’ on the Ritz” (Club Des Belugas Remix)

- Artist/Album: Fred Astaire/Swop
- Prop: Cane
- Exercise:
 1. Chasse side across the room (holding cane horizontally)
 2. Chasse front (from corner) (Holding can horizontally)

2. Across the Floor Techniques “It Don’t Mean a Thing (If it ain’t got that swing) (Club Remix)

- Artist/Album: Lionel Hampton/Electro Swing – The Club
- Exercise: Repeat the below all the way across the floor
 - 4 Parallel Passe Walks (step 1,2, Passe 3,4)
 - 2 Chasse-touches (Chasse 1,2, touch 3,4)
 - Armwork: Do 2x
 - Step out with right/right hand to high V (2cts)
 - Step out with left/left hand to high V (2cts)
 - Step together with right/right hand to hip (2cts)
 - Step together with left/left hand to hip (2cts)

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:

1. Reverence – “The Glow”

- Song/Artist/Album: “The Glow”/Shannon Saunders/Disney Princess Fairy Tale Song
- Prop: Ribbon Rings/Sticks, Pom Poms