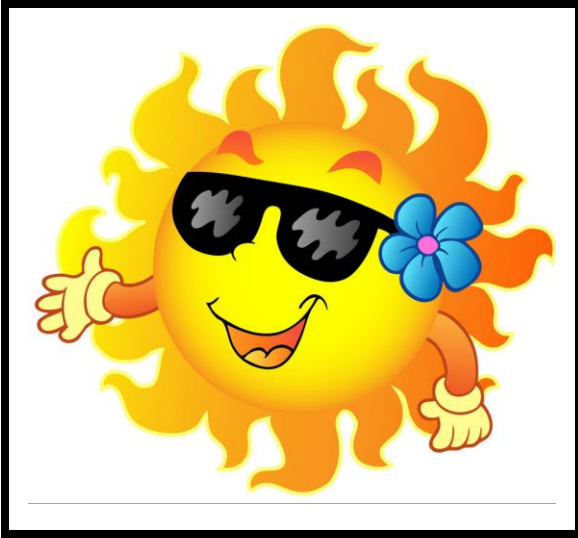


AUGUST – Top Hats & Tutus – Level 1



Prop List:

- Hula Hoops
- Pom Poms
- 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:

- 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

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: “Fire Burning”

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

4. 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: “Through Your Eyes”

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

ACROSS THE FLOOR

1. SKIP EXERCISE – MOVING BACKWARD: “Everybody Dance Now”

- Album/Song: Ronnie Maze Club Mix/”Everybody Dance Now (Rock This Party)”
- Video: The Dance Professionals Website
- Exercise:
 - 4 slow passé walks
 - 4 slow passé walks with hops (skips)

2. STEP COMBINATION EXERCISE (Skips & Step Vines): “Hot, Hot, Hot”

- Artist/Song: Retro Beach Party (Non-Stop DJ Remix)/”Hot Hot Hot”
- 4 Slow Passé Walks Forward
- 2 Slow Step Vines to the side with a touch end (L/R)

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.