

# JUNE – Top Hats & Tiaras

## Level 1 – Ballet & Jazz



Below is the order of exercises for this month. For videos and cue sheets, please see the website.

### **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 1<sup>st</sup> position. The dancers should then sit on their bottoms in the “Butterfly” position with long tall backs.

### **TWINKLE BEAR GOES TO BALLET CLASS**

#### **Book exercises for this month:**

- Plie
- Releve

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. WARM-UP/FOOT POSITIONS: “Get Back Up Again”**

- Album/Song: Trolls Soundtrack/Get Back Up Again (TDP Cut)
- Video: The Dance Professionals Website
- Techniques Included: Plies & Foot Positioning, some arm work and isolations

#### **2. LEFT FOOT/RIGHT FOOT:**

- Artist/Song: Kimbo Children’s Music/“Left Foot – Right Foot”
- Video: The Dance Professionals Website

#### **3. ARM POSITIONS: “Tigger Bop”**

- Artist/Song: Peter Frampton/“Tigger Bop” (TDP Cut)
- Video: See the Dance Professionals Website
- Techniques Included: Hands on Hips, Hands in Blades, Clap at Forehead, Low V, T, High V, Hand Positions (Jazz/Fist/Blade)

#### 4. STEPS & TECHNIQUES: “Move Your Feet” (Snap Kicks/Kick Ball Change)

- Album/Song: Trolls Soundtrack/” Move Your Feet, D.A.N.C.E., It’s Sunshine Day” (T2D Cut)
- Video: See Website
- Prop: Hula Hoops
- Techniques Included: Step, Touch, Step-together-step-touch, Ball Change, Snap Kick, Snap Kick Ball Change

#### STRETCH

##### STRETCH: “If You Can Dream”

- Song/Album – “If You Can Dream”/Disney Princess Tea Party
- Video: See Website

#### ACROSS THE FLOOR

##### “Let’s Celebrate Summer!”

##### 1. SKIPS & PASSE WALK EXERCISE:: “What Time is It?”

- Album/Song: Highschool Musical/”What Time is it?”
- Video: See website

##### 2. CHASSE (to the side): “I Get Around”

- Artist/Song: The Beach Boys/”I Get Around”
- Video: See Website

#### RECITAL DANCE WORK

##### Work on Recital Dance

#### FUN DANCE – FREEZE DANCE

##### “Freeze” Dance – “Freeze Dance” by Kiddie Palooza

- Album/Song: 100 Greatest Kids Songs/” Freeze Dance”
- Directions: Follow words in music

#### 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.