

JANUARY – Top Hats & Tiaras (Level 2)

THEME OF THE MONTH: NEW YEARS 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
- 3. Jazz Arm Positions: “September”**
 - Song/Artist: “September”/Earth, Wind & Fire (TDP Cut)
 - Video/Cue Sheet: See “The Dance Professionals” website
- 4. 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 (Passe 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 Passe Walks: 4x: Step – arms to “T” (1,2), Parallel Passe – 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
- 2. 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, lets 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