

October – Rising Stars Ballet (8-11yrs)



Prop List:

- Pom Poms
- Tiaras
- Wand
- Plastic Rhinestone Rings

CLASS OPENING

Reverence, Warm-up, Basic Port de bras

- Song Medley: TDP Cut - Includes: Girl's Curtsey (Guy Dearden), Drum & Bugle Corps 2/4 (Kimbo's Children Music, I See the Light (Disney's Tangled)
- Cue Sheet/Video – See Website

BARRE

1. PREPARATIONS: Exercise #1 – Facing the Barre

- Song: The Dance Professionals Cut
- Cue Sheet/Video – See Website
- Prop: Rhinestone Rings – Have the dancers wear their rings so they look at their fingers when they allonge!

2. PLIE: Exercise #2 – 2nd Position

- Song: The Dance Professionals Cut
- Cue Sheet/Video – See Website

“IT’S TIME FOR OUR TENDU COMPETITION”: Teachers pick from below...

1. Keep their knees stretched the most
2. Point their feet the most
3. Maintain turn-out the most
4. Maintain stance of the upper body and head the most

*Rewards can be stickers, a prize from your grab bag, piece of candy, etc.

3. TENDU: Tendu #1 – Exercise #2 – Pre-timing (Tendus front)

- Song: The Dance Professionals Cut
- Cue Sheet/Video – See Website

“EVERYONE TAKE YOUR PLACES IN THE CENTRE FOR OUR PORT DE BRAS/ARMWORK”

PORT DE BRAS

1. PORT DE BRAS: Exercise #1

- Song: The Dance Professionals Cut
- Cue Sheet/Video – See Website

ALLEGRO

TRAMPOLINE JUMPS:

- Song: The Dance Professionals Cut
- Cue Sheet/Video – See Website

STRETCH

STRETCH: “Million Dreams”

- Album/Song: TDP Cut – The Greatest Showman/Million Dreams
- Cue Sheet/Video – See Website

IT’S “TIARA TIME” – EVERYBODY GET INTO YOUR SKIRTS FOR ACROSS THE FLOOR & COME AND SELECT A TIARA TO WEAR FROM THE BIN!

ACROSS THE FLOOR

- **SKIPS/POLKAS: Exercise #2 - Polka**
 - Song/Album: Bibbidi-Bobbidi-Boo/Disneyland Resort Official Album
 - Cue Sheet/Video – See Website (Note: video is done to different music)
- **CHASSE: Chasse & Spring Pointes Exercise #3 – Chasse Front/Back**
 - Song/Artist: “Miracles Happen”/Myra
 - Cue Sheet/Video – See Website (Note: video is done to different music)
- **SPRING POINTES: Chasse & Spring Pointes Exercise #4 – Spring Pointes Turning**
 - Song: The Dance Professionals Cut
 - Cue Sheet/Video – See Website
- **WALTZ: Waltz & Balance – Exercise #1 – Waltz Steps**
 - Song/Artist: TDP Cut – “Edelweiss”/New 101 Strings Orchestra
 - Cue Sheet/Video – [See Website](#) (Note: video is done to different music)
 - Props: Pom Poms
- **RUNS ACROSS THE FLOOR/PAS COURU**

TEACHER: GATHER TIARAS

RECITAL CHOREOGRAPHY

- Review Old Dances
- Teach at least one eight count of a new dance every class!
- Goal: To have 2 dances ready for recitals at all times! 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.

FREE DANCE

Halloween Free Dance – “Halloween Mix”

This is a medley of songs. For each song, you are going to give the dancers different instructions. When that song ends, they need to “Freeze/Pose”

- 1st Song: Thriller – Start on the sides of the room, crawl in to the centre of the floor, than dance like Zombies
- 2nd Song: “Monster Mash” – Have them do creepy ground work (slither like a snake, crawl like a spider, etc.)
- 3rd Song: “Adams Family” – Have them stand up and do “high work” – leaps, big movement
- 4th Song: “This is Halloween” – Be creepy skeletons and dance
- 5th Song: “Rotten to the Core” – Dance however they want

CLASS CLOSING/REVERENCE:

- Song/Artist: “Twinkle Star Lullaby”/The Piano Guys
- Cue Sheet/Video – See Website