

FEBRUARY - 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:

- Pom Poms
- Hula hoop
- Teacher Wand
- Teacher Bear/Book
- Sparkle Dust
- Ribbon Rings/Sticks

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.

TWINKLE BEAR GOES TO BALLET CLASS

Book exercises for this month:

- Releve
- Tip Toe

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: “DJ Shuffle” (Step Vines – Right, Left, Front, Back)

- Artist/Song/Artist: Disney Junior DJ Shuffle/”DJ Shuffle (T2D Cut)/Parry Gripp
- Video: See Website
- Techniques Included: Step Vines (Right, Left, Front, Back)

STRETCH

STRETCH: “If You Can Dream”

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

ACROSS THE FLOOR

1. SKIPS & PASSE WALK EXERCISE:: “L-O-V-E”

- Artist/Song: Nat King Cole/”L-O-V-E”
- Video: See website

2. CHASSE (to the side): “Stuck with You”

- Artist/Song: Huey Lewis & the News/”Stuck with You”
- Video: See Website

RECITAL DANCE WORK

Work on Recital Dance

FUN DANCE – FREEZE DANCE

“Trolls Freeze Dance Medley”

- Album/Song: Trolls Motion Picture Soundtrack/Various Songs (TDP Cut)
- Directions: The medley is broken into sections of various music. The teacher should give the dancers cues (dance high, dance low, move around the room, etc.) to help them learn how to do beginning improvisational dancing. When each dance segment ends, the dancers pose and wait for the next section to start. The last dance is “True Colors.” For this routine, dancers may grab ribbons rings/sticks to dance with. All the dancers should pose at the end of the medley.

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.