

# DECEMBER – Top Hats & Tutus – Level 1

## THEME OF THE MONTH: CHRISTMAS Party

### Prop List:

- Christmas Tree
- Ribbon Rings/Dance Scarves
- Hula Hoops
- Bells (two per dancer)
- Pom Poms (two per dancer)
- Reindeer Ears



### Grinch Medley: Tip Toe Walks, Plies

Pre-set a Christmas Tree in the center of the room surrounded by sets of ribbon rings or scarves for each dancer.

**“It’s time to go to “Mount Crumpet” and see the Grinch!! Everyone make a big circle around the Christmas tree, stand in 1<sup>st</sup> position, and hold your bears in 1<sup>st</sup> position!”**

### 3 minutes – Grinch Medley (Tip Toe Walks, Plies)

- Song: Medley Cut
- Props:
  - Center Christmas Tree
  - Twinkle Bears (Each dancers should be holding theirs)
  - Colored Scarves

### Stretch: “Santa Claus’ Party”

Keep tree in the center of the room, have the dancers put their bears away.

**“Everyone sit down around the tree, it is time to go to “Santa Claus’ Party!”**

#### 1. Stretch: “Santa Claus’ Party”

- Artist: Les Baxter
- Video: See “The Dance Professionals” Website
- Prop: Teacher wears Christmas head band or Santa Hat

Prop Change: Put the tree and dancer bears aside

### CENTRE TECHNIQUES – IN LINE FACING MIRRORS - 7 Minutes

**“Everyone make a line facing the mirrors...it is time for Left & Right Foot.”**

#### 2. Left & Right Foot

- Song/Album: Left Foot-Right Foot/Kimbo Children’s Music
- Video: See the “Dance Professionals” website

Prop Change: Set hula hoops out in a line facing the mirrors. Give two bells to each child.

**“It’s time to go home for Christmas!” Everyone grab two bells and stand back on your lines behind a hula hoop!”**

**3. Hand/Arm Positions: “With Bells On”**

- Song/Artists: “With Bells On” (TDP Cut)/Album: Dolly Parton & Kenny Rogers
- Video: See The Dance Professionals
- Prop: Hula Hoop, 2 Hand bells per child

**Prop Change: Put bells and hula hoops away, hand out a pair of white pom poms to each dancer.**

**“It’s time to make it snow! Everyone put your bells away and grab two pom poms.”**

**4. Hand/Arm Positions: “Let it Snow” – Jessica Simpson**

- Song/Artist: “Let it Snow”/Jessica Simpson
- Video/Cue Sheet: See “The Dance Professionals” website

<b>ACROSS THE FLOOR &amp; STEP TIME – 2.5 MINUTES</b>
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**Prop Change: Put poms away and have the dancers grab their bears.**

**“Grab your bears, let’s go across the floor!”**

**1. Across the Floor (Skips forward & Backward): “Santa Claus is Coming to Town”**

- a. Artist/Album: Alvin & the Chipmunks – Chipmunks Christmas
- o Video: See “The Dance Professionals” website
- o Exercise: 4 Slow Passe Walks, 4 Passe Walks with hops (skips), Repeat across the floor, repeat moving backwards across the floor.

**Prop Change: Put bears away and give reindeer antler headbands to each dancer.**

**“Get your Reindeer Ears on!!!”**

**2. Across the Floor Combo (Passe Walks/Step Vines): “Run, Run Rudolph”**

- Artist/Album: Kelly Clarkson/Wrapped in Red
- Video: See “The Dance Professionals” website
- Prop: Reindeer Antler Headbands
- Exercise: 4 Slow Passe Walks, 2 Slow Step Vines with touch ending (right/left)

**Prop Change: Put Reindeer Headbands away**

<b>DANCE &amp; RECITAL</b>
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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.

<b>ENDING TO CLASS – 7.5 MINUTES</b>
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**Freeze Dance: “North Pole Party Freeze Dance Game”**

- Song/Artist: “North Pole Party Freeze Dance Game/The Klboomers
- Video: See the Dance Professionals website

**Reverence: Twinkle Reverence (From Twinkle Star)**

- Song: Pure Imagination (Twinkle Star Cut)
- Video: See Twinkle Star Dance website