

DECEMBER - Rising Stars Jazz/Lyrical 8-11YRS

THEME OF THE MONTH: CHRISTMAS 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
- White Poms
- Hand Bells
- Maracas
- Scarves



CENTRE EXERCISES:

Teacher put chef hat on, invite Dancers to “Be Our Guests” for Thanksgiving Dinner!

1. Stretch: “Santa Claus’ Party”

- Artist/Album: Les Baxter/Merry Christmas at the Movies
- Video/Cue Sheet: See The Dance Professionals Website

2. Right Foot/Left Foot: “Hokey Pokey”

- Artist/Album: Dora the Explorer: Party Favorites (TDP Cut)
- Video/Cue Sheet: See “The Dance Professionals” website

3. Foot Positions/Plies: “Blame It on the Boogie”

- Artist: Michael Jackson (TDP Cut)
- Video/Cue Sheet: See “The Dance Professionals website

2. Jazz Arm Positions: “Let it Snow”

- a. Song/Artist – “Let it Snow”/Jessica Simpson
- b. Prop: White Pom Poms
- c. Video/Cue Sheet: See “The Dance Professionals” website

3. Steps/Techniques: “Jingle Bells” (TDP Cut)

- a. Song/Artist: Jingle Bells/Brian Setzer
- b. Prop: Jingle Bells (2 per dancer), Hula Hoop (1 per dancer)
- c. Video: See “The Dance Professionals” Website

4. Ballet Arm Positions: “Greensleeves”

- a. Song/Album: “Greensleeves”/Christmas Ballet Music – Traditional & Classical Piano Christmas songs for Ballet
- b. Video/Cue Sheet: See “The Dance Professionals” website

5. Trampoline Jumps – Turned Out/Parallel

- a. Music/Artist: Trampoline Jumps/Suzanne Knosp
- b. Instructions: Have each dancer, or different groups of dancers alternate jumping for 8cts. Do 8cts in turned-out 1st position and 8cts in turned-in 1st position.

6. 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 (Rock-step-together, Rock-step-cross): “Zat You Santa Claus”

- Artist/Album: Buster Poindexter & His Banshees of Blue/Dr. Seuss' the Grinch (Original Motion Picture Soundtrack)
- Video/Cue Sheet: See “The Dance Professionals” website
- Exercise:
 - 4 Rock-Step-Togethers (arms in “T”)
 - 4 Rock Step-Crosses (arms in “T”)
 - Repeat the above across the floor

2. Across the Floor (Rock-step Cross/Passé Balance): “Zat you Santa Claus”

- Artist/Album: Buster Poindexter & His Banshees of Blue/Dr. Seuss' the Grinch (Original Motion Picture Soundtrack)
- Video/Cue Sheet: See “The Dance Professionals” website
- Exercise:
 - 3 Rock-Sep-Togethers (arms in “T”), Parallel Passé (arms to 1st)
 - Repeat the above across the floor

3. Across the Floor (Passé Walks w/arms, Step Vines w/arms): “Last Christmas”

- Artist/Album: Ashley Tisdale/Last Christmas (Single Version)
- Video: See “The Dance Professionals” website
- Exercise:
 - Slow Passé Walks: 4x: Step – arms to “T” (1,2), Parallel Passé – arms to 1st (3,4)
 - 2 Fast Step Vines w/point ending: Hands on hips on vine, one arm to High “V” on touch.
 - Repeat the above across the floor

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 below medley is for dancers to explore movement and learn improvisation techniques. A couple of the exercises require a prop. For the rest, the dancers should be working to move in different ways. If the dancers get bored, start giving them techniques to work on, such as “High & Low” Levels, “Ground-work only”, “Keep your feet pointed throughout this song,” etc.,...ANYTHING to make them move in different ways!

Improvisation Exercise: “Medley of Christmas” – The Dance Professionals Cut

1. “All I Want For Christmas”: Free Dance
2. “Run, Run Rudolph”: Free Dance
3. “Feliz Navidad”: Dance with Maracas
4. “God Rest Ye Merry Gentlemen”: Free Dance
5. “Where are you Christmas”: Dance with Scarves

End Reverence: Everyone grab hands & Bow to each other