

March – Rising Stars Ballet (8-11yrs)



Prop List:

- Pom Poms
- Ribbon Rings/Sticks/Scarves
- Tiaras
- Wand

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 #4 – One hand on the Barre

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

2. PLIE: Exercise #6 – 3rd & 5th 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 #4 – Tendus en croix (Timing #1)

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

4. TENDU W/PLIE: Tendu #2 – Exercise #2 – Tendus with plies from 1st

- 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 #4

- 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: “If You Can Dream”

- Album/Song: Disney Princess Tea Party/“If You Can Dream”
- 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 #1 - Skips**
 - 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 #2 – Chasse Side**
 - Song/Artist: “Miracles Happen”/Myra
 - Cue Sheet/Video – See Website (Note: video is done to different music)
- **SPRING POINTES: Chasse & Spring Pointes Exercise #1 – Spring Pointes**
 - Song: The Dance Professionals Cut
 - Cue Sheet/Video – See Website
- **WALTZ: Waltz & Balance – Exercise #1 – Waltz Steps**
 - Song/Artist: TDP Cut – “Fascination”/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

- Song/Artist: “Fly to Your Heart”/Selena Gomez
- Prop: Ribbon Sticks/Rings/Scarves
- Instructions: To begin, have the dancers sit against the mirror. One by one, touch them on the head. They should then go out and “free” dance with their ribbon sticks/rings/scarves, etc. Once everyone has gone, invite the whole group to find a place in the room and “free” dance together (making sure not to hit each other). When you feel the group “free” dance time has been sufficient, have the group come to the center and strike a pose as a group.

CLASS CLOSING/REVERENCE:

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