

# Top Hats & Tiaras – Ballet/Jazz Level 2 – JULY CLASS PLAN

## *Prop List:*

- Hula Hoops
- Wand
- Pom Poms
- Ribbon Rings/Sticks

## *Classroom Set-up:*

- Prior to class starting, place a set of maracas for each dancer along the front wall. Behind them, place a hula hoop for each dancer.

## *How Dancer's Should enter after getting their ballet slippers on:*

- Dancers should line up outside the door (which should be closed) with their ballet shoes on.

### ENTRANCE: "Canon"

The Instructor will turn on "Intro Music" and have them enter in a line from the door, walk to a circle in the middle of the room on demi pointe, and sit on their bottoms in the "Butterfly" Position with long backs

### CENTRE EXERCISES:

- 1. Opening Stretch "Be Our Guest"**
  - Song/Album: "Be Our Guest"/Beauty & the Beast Soundtrack
  - Choreography – Twinkle Star Dance
- 2. Ballet Arm Positions – "I See the Light"**
  - Song/Album: "I See the Light"/Tangled Soundtrack
- 3. Right & Left Foot – "Hokey Pokey"**
  - a. Song/Album: "Hokey Pokey"/Dora the Explorer: Party Favorites)
  - b. Prop – Hula Hoops
- 4. Hand Positions – "Fire Burning"**
  - a. Song/Artist/Album – "Fire Burning"/Kidz Bop/Kidz Bop Dance Party
  - b. Prop – Pom Poms
- 5. Steps & Techniques – Plies, Foot Positions, Step Vines w/tuck jumps – "Blame it on the Boogie"**
  - a. Song/Artist – "Blame it on the Boogie"/The Jacksons

### ACROSS THE FLOOR EXERCISES:

- 1. Across the Floor Techniques – Parallel Passe Walks/Arm Positions – "It's About the Walk"**
  - Song/Artist: "It's About the Walk"/Prince
  - Exercise:
    - 4 Parallel Passe Walks
    - Step out with right/right hand to high V
    - Step out with left/left hand to high V
    - Step together with right/right hand to hip
    - Step together with left/left hand to hip
- 2. Fun Relay: "Set it All Free"**
  - Song/Artist/Album: "Set It All Free"/Scarlett Johansson/Sing – Original Motion Picture Soundtrack
  - Prop: Hula Hoops & Pom Poms
  - Exercise:
    - 2 Jazz arm boxes (High V, High V, Hip Hip)
    - Jump into hula hoop (twirl with arms in 3rd)
    - Jump out of hula hoop/walk up to next hula hoop

## **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:**

### **1. Reverence – “The Glow”**

- Song/Artist/Album: “The Glow”/Shannon Saunders/Disney Princess Fairy Tale Song
- Prop: Ribbon Rings/Sticks, Pom Poms