

SEPTEMBER – Top Hats & Tutus – Level 1



Prop List:

- Hula Hoops
- Pom Poms
- Ribbon Sticks/Rings/Colored Scarves
- Teacher Wand
- Teacher Bear/Book
- Sparkle Dust
- Cones
- Tunnel

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.

BALLET TECHNIQUE – TWINKLE BEAR GOES TO BALLET CLASS

Book exercises for this month:

- Plie
- Releve

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. LEFT FOOT/RIGHT FOOT:

- Artist/Song: Kimbo Children’s Music/“Left Foot – Right Foot”
- Video: The Dance Professionals Website

2. WARM-UP/FOOT POSITIONS: “Get Back Up Again”

- Album/Song: Trolls Soundtrack/Get Back Up Again (TDP Cut)
- Video: The Dance Professionals Website

3. ARM POSITIONS: “Tigger Bop”

- Artist/Song: Peter Frampton/“Tigger Bop” (TDP Cut)
- Video: See the Dance Professionals Website

4. STEPS & TECHNIQUES: “Move Your Feet” (Snap Kicks/Kick Ball Change)

- Album/Song: Trolls Soundtrack/“Move Your Feet, D.A.N.C.E., It’s Sunshine Day” (TDP Cut)
- Video: See the Dance Professionals Website

STRETCH

STRETCH: “Be Our Guest”

- Album/Song: Beauty & The Beast Soundtrack/”Be Our Guest”
- Video: Twinkle Star Dance website

ACROSS THE FLOOR

2. CHASSE EXERCISE: Chasse side across the room (L/R)

- Album/Song: Jay & the Techniques/ “Apples, Peaches, Pumpkin Pie”
- Video: The Dance Professionals Website

3. FUN EXERCISE: “SEPTEMBER” from “Trolls”

- Prop: Cones (rainbow alley), Hula Hoops (paint holes), “Troll Tunnel” – Run away from the Bergins (jump over the pom poms)
- Directions:
 - Dancers will do 4 passé walks (through cone alley – “rainbow alley”) to hula hoops. They will take 1st position turn-ed out, plie, jump into the hula hoop (or paint bucket where they will become colorful like a troll), They will again plie, jump out of it.
 - They repeat the above a 2nd time (cone alley and hula hoops), then, it is time for the Tunnel to the “Bergins.”
 - Dancers will go through the tunnel, which takes them to the Bergin town. Then, they need to get away from the “Bergins.” They will run back to their home by jumping over “Crocodile Creek” (pom poms).
 - Dancers can sit in a line when they are done.

RECITAL DANCE WORK

Work on Recital Dance

FUN DANCE

“Freeze” Dance – “Freeze Dance” by Kiddie Palooza

- Album/Song: 100 Greatest Kids Songs/” Freeze Dance”
- Directions: Follow words in music

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.