

# “Grinch Medley” – Demi-pointe Walks, Plies

**Artist: Grinch (TDP Cut)**

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**Set-up:** Put small tree in the center of the room and have the dancer stand around it holding their bears in 1<sup>st</sup> position.

**Wait:** Wait through the bells in the beginning, then there is an 8ct build-up in the music. You start dancing following this.

## **INTRO: Instrumental Music**

16cts: 4x – Plie (2cts), Stretch (2cts) – hold bear in 1<sup>st</sup> position

## **PART A: “Trim Up the Tree”**

- 8cts:
  - 6cts – Walk forward on demi-pointe towards tree
  - 2cts – Lower in 1<sup>st</sup> position in front of tree
- 8cts:
  - 6cts – Walk back away from the tree
  - 2cts – Settle in 1st
- 8cts:
  - 4ct - Degage through 2<sup>nd</sup>, swinging bear with both arms to “High V”
  - 4ct – Degage through 2<sup>nd</sup>, swinging bear with both arms to “High V”
- 8cts: Walk on demi-pointe in a circle, bringing bear up into Ballet 3<sup>rd</sup>, settle in 1<sup>st</sup> position on end
- **REPEAT 1<sup>ST</sup> 16CTS OF PART A**
- 8cts: Walk on demi-pointe in a circle, bringing bear up into Ballet 3<sup>rd</sup>, settle in 1<sup>st</sup> position on end

## **SPEAKING PART:**

- *“Every who down in who-ville*
- *liked Christmas a lot (swing bear up to 3<sup>rd</sup> position)*
- *but the Grinch who lived up north of Who-ville*
- *did not!” (pull bear down to 1<sup>st</sup> position)*

## **PART B: “You’re a Mean One, Mr. Grinch”**

- 16cts: 3 Plies in turned out 1<sup>st</sup> (hold bear in 1<sup>st</sup>), rotate feet to parallel 1<sup>st</sup>
- 16cts: 3 Plies in parallel 1<sup>st</sup> position (hold bear in 1<sup>st</sup>), rotate feet to turned out 2<sup>nd</sup>
- Raise Bear up into 3<sup>rd</sup>, Walk on demi-pointe in a circle and re-settle in 1<sup>st</sup>.
- Repeat all of Part B Again

## **SPEAKING PART:**

- “Then the grinch thought of something he hadn’t before.” (Tap your head with your finger)
- “Maybe Christmas doesn’t come from a store, maybe Christmas, perhaps, means a little bit more. (Set down bear near tree, grab ribbon rings/scarves and stand in 1<sup>st</sup> position)

## **PART C: “Welcome Christmas”**

- Wait 4 Counts
- 8cts - 2 Butterflies up/down
- 4cts - 1 Butterfly with right arm
- 4cts - 1 Butterfly with left arm
- 8cts - 2 Butterflies up/down
- 4cts - 1 Butterfly with right arm
- 4cts - 1 Butterfly with left arm
- 8cts: 2 Degage Swings (right and left)
- 8cts: Turn, walking on demi-pointe with hands in high “V” Hands to high “V”, lower in 1<sup>st</sup>
- 8cts: 2 Degage Swings (right and left)
- 8cts: Turn, walking on demi-pointe with hands in high “V”, lower in 1<sup>st</sup>
- 8cts - 2 Butterflies up/down
- 4cts - 1 Butterfly with right arm
- 4cts - 1 Butterfly with left arm
- 8cts: Run, walking on demi-pointe with hands in high “V”, Lower to one knee and cross chest.