



Twinkle Star Dance  
Tiffany Henderson

## Day 1 – 1970-80 Era

Pre-set Craft Supplies in an alternate room, if possible. Decorate the room in 70's, 80's or Hip Hop themed decorations. Have music playing as dancers arrive.

### Hip Hop Technique: 15 - 20 Minutes

1. Warm-Up – “Turn It Up” (video)
2. Center Isolations and Stretch
3. Across the Floor - “Back in Time” (video) and “Energy Drink” (video)

### Choreography 15 - 20 Minutes

4. Teach Part 1 “Rapper’s Delight” (video)

### Craft/Snack 20 Minutes

6. Craft – Bandana
7. Snack

### Hip Hop Technique: 10 Minutes

1. Floor Stretch
2. Tricks – (video)
3. Freestyle Circle

### Choreography: 15 Minutes

3. Teach Part 2 “Rapper’s Delight” (video)

### Last 10 Minutes of Camp:

7. Review choreography - Last 10 minutes of class - This is good as parents are arriving and like to see what the dancers have learned.

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Song Information:

Please send receipt of purchased songs to [Tiffany@twinklestardance.com](mailto:Tiffany@twinklestardance.com). Edited music will be sent to you upon receipt.

“Turn It Up”

“Back in Time”

“Energy Drink”

“Rapper’s Delight”

## Day 2 – 1990 Era

Pre-set Craft Supplies in an alternate room, if possible. Decorate the room in 90's or Hip Hop themed decorations. Have music playing as dancers arrive.

### Hip Hop Technique: 15 - 20 Minutes

1. Warm-Up – “Turn It Up” (video)
2. Center Isolations and Stretch
3. Across the Floor - “Back in Time” (video) and “Energy Drink” (video)

### Choreography 15 - 20 Minutes

4. Teach Part 1 “Ice Ice Baby” (video)

### Craft/Snack 20 Minutes

6. Craft – T-shirt
7. Snack

### Hip Hop Technique: 10 Minutes

1. Floor Stretch
2. Tricks – (video)
3. Freestyle Circle

### Choreography: 15 Minutes

3. Teach Part 2 “Ice Ice Baby” (video)

### Last 10 Minutes of Camp:

7. Review choreography - Last 10 minutes of class - This is good as parents are arriving and like to see what the dancers have learned.

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“Ice Ice Baby”

## Day 3 – 2000 Era

Pre-set Craft Supplies in an alternate room, if possible. Decorate the room in 00's or Hip Hop themed decorations. Have music playing as dancers arrive.

### Hip Hop Technique: 15 - 20 Minutes

1. Warm-Up – “Turn It Up” (video)
2. Center Isolations and Stretch
3. Across the Floor - “Back in Time” (video) and “Energy Drink” (video)

### Choreography 15 - 20 Minutes

4. Teach Part 1 “Lose Control” (video)

### Craft/Snack 20 Minutes

6. Craft – Hat
7. Snack

### Hip Hop Technique: 10 Minutes

1. Floor Stretch
2. Tricks – (video)
3. Freestyle Circle

### Choreography: 15 Minutes

3. Teach Part 2 “Lose Control” (video)

### Last 10 Minutes of Camp:

7. Review choreography - Last 10 minutes of class - This is good as parents are arriving and like to see what the dancers have learned.

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“Lose Control”

## Day 4 – Current Era

Pre-set Craft Supplies in an alternate room, if possible. Decorate the room in 10's or Hip Hop themed decorations. Have music playing as dancers arrive.

### Hip Hop Technique: 15 - 20 Minutes

1. Warm-Up – “Turn It Up” (video)
2. Center Isolations and Stretch
3. Across the Floor - “Back in Time” (video) and “Energy Drink” (video)

### Choreography 15 - 20 Minutes

4. Teach Part 1 “Pretty Girls” (video)

### Craft/Snack 20 Minutes

6. Craft – Sunglasses
7. Snack

### Hip Hop Technique: 10 Minutes

1. Floor Stretch
2. Tricks – (video)
3. Freestyle Circle

### Choreography: 15 Minutes

3. Teach Part 2 “Pretty Girls” (video)

### Last 10 Minutes of Camp:

7. Review choreography - Last 10 minutes of class - This is good as parents are arriving and like to see what the dancers have learned.



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Song Information:

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1. "Pretty Girls"

## Day 5: Review and Show Day!

1. Turn It Up
2. Review – Rapper’s Delight
3. Review - Ice Ice Baby
4. Tricks
5. Review – Lose Control
6. Review – Pretty Girls
7. Snack and Coloring Sheet
8. The Showcase for parents and family. Recommended last 30 minutes of class.

### Show Order

Turn It Up  
Rapper’s Delight  
Ice Ice Baby  
Lose Control  
Pretty Girls  
Freestyle Circle

Supply Sources (as of April 2016) – subject to change:

**Crafts**

Bandanas -

[http://www.orientaltrading.com/neon-bandanas-a2-15\\_17.fltr?prodCatId=551193](http://www.orientaltrading.com/neon-bandanas-a2-15_17.fltr?prodCatId=551193)

T-shirt marker -

[http://www.orientaltrading.com/fabulous-fabric-marker-classpack-a2-56\\_4038.fltr?Ntt=marker](http://www.orientaltrading.com/fabulous-fabric-marker-classpack-a2-56_4038.fltr?Ntt=marker)

Hats -

<http://www.orientaltrading.com/neon-military-hats-a2-13647582.fltr?prodCatId=551194>

Sunglasses -

[http://www.orientaltrading.com/cool-neon-sunglasses-a2-50\\_301.fltr?Ntt=novelty%20sunglasses%20-%20kids](http://www.orientaltrading.com/cool-neon-sunglasses-a2-50_301.fltr?Ntt=novelty%20sunglasses%20-%20kids)

Sticky jewels - [http://www.orientaltrading.com/jewel-assortment-a2-48\\_917.fltr?Ntt=jewel](http://www.orientaltrading.com/jewel-assortment-a2-48_917.fltr?Ntt=jewel)