



Twinkle Star Dance  
Tiffany Henderson with Amanda Scott

## Day 1 - Ways to Be Wicked

Pre-set Craft Supplies in an alternate room, if possible. Decorate the room in Descendants themed decorations. Have music playing as dancers arrive.

### Jazz Technique: 15 - 20 Minutes

1. Warm-Up – “Better Together” (video)
2. Center Stretch and Exercises
3. Across the Floor - jazz walks, chasses, chaine turns, leaps

### Choreography 15 - 20 Minutes

4. Teach Part 1 “Ways to Be Wicked” (video)

### Craft/Snack 20 Minutes

5. Craft – Apple Scratcher
6. Snack

### Ballet Technique: 15 - 20 Minutes

1. Warm-Up - “You and Me” (video)
2. Center Barre – plies, tendus, por de bras
3. Center Stretch - “Evil Like Me” (video)
4. Across the Floor - ballet walks, passes, skips, triplets

### Choreography: 15 - 20 Minutes

5. Teach Part 2 “Ways to Be Wicked” (video)

### Last 10 Minutes of Camp:

6. 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 [Amanda@twinklestardance.com](mailto:Amanda@twinklestardance.com). Edited music will be sent to you upon receipt.

“Better Together” Dove Cameron & Sofia Carson

“Ways to Be Wicked” Dove Cameron, Sofia Carson, Cameron Boyce & Booboo Stewart

“You and Me” Dove Cameron, Sofia Carson, Cameron Boyce, Booboo Stewart, Mitchell Hope & Jeff Lewis

“Evil Like Me” Kristin Chenoweth & Dove Cameron

## Day 2 - Space Between

Pre-set Craft Supplies in an alternate room, if possible. Decorate the room Descendants themed decorations. Have music playing as dancers arrive.

### Jazz Technique: 15 - 20 Minutes

1. Warm-Up – “Better Together” (video)
2. Center Stretch and Exercises
3. Across the Floor - jazz walks, chasses, chaine turns, leaps

### Choreography 15 - 20 Minutes

4. Teach Part 1 “Space Between” (video)

### Craft/Snack 20 Minutes

5. Craft – Cape
6. Snack

### Ballet Technique: 15 - 20 Minutes

1. Warm-Up - “You and Me” (video)
2. Center Barre – plies, tendus, por de bras
3. Center Stretch - “Evil Like Me” (video)
4. Across the Floor - ballet walks, passes, skips, triplets

### Choreography: 15 - 20 Minutes

5. Teach Part 2 “Space Between” (video)

### Last 10 Minutes of Camp:

6. 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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“Space Between”    Dove Cameron & Sofia Carson

## Day 3 – Chillin’ Like a Villain

Pre-set Craft Supplies in an alternate room, if possible. Decorate the room Descendants themed decorations. Have music playing as dancers arrive.

### Jazz Technique: 15 - 20 Minutes

1. Warm-Up – “Better Together” (video)
2. Center Stretch and Exercises
3. Across the Floor - jazz walks, chasses, chaine turns, leaps

### Choreography 15 - 20 Minutes

4. Teach Part 1 “Chillin’ Like a Villain” (video)

### Craft/Snack 20 Minutes

5. Craft – Visor
6. Snack

### Ballet Technique: 15 - 20 Minutes

1. Warm-Up - “You and Me” (video)
2. Center Barre – plies, tendus, por de bras
3. Center Stretch - “Evil Like Me” (video)
4. Across the Floor - ballet walks, passes, skips, triplets

### Choreography: 15 - 20 Minutes

5. Teach Part 2 “Chillin’ Like a Villain” (video)

### Last 10 Minutes of Camp:

6. 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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“Chillin’ Like a Villain” Sofia Carson, Cameron Boyce, Booboo Stewart & Mitchell Hope

## Day 4 – It's Goin' Down

Pre-set Craft Supplies in an alternate room, if possible. Decorate the room Descendants themed decorations. Have music playing as dancers arrive.

### Jazz Technique: 15 - 20 Minutes

1. Warm-Up – “Better Together” (video)
2. Center Stretch and Exercises
3. Across the Floor - jazz walks, chasses, chaine turns, leaps

### Choreography 15 - 20 Minutes

4. Teach Part 1 “It's Goin' Down” (video)

### Craft/Snack 20 Minutes

5. Craft – Sword
6. Snack

### Ballet Technique: 15 - 20 Minutes

1. Warm-Up - “You and Me” (video)
2. Center Barre – plies, tendus, por de bras
3. Center Stretch - “Evil Like Me” (video)
4. Across the Floor - ballet walks, passes, skips, triplets

### Choreography: 15 - 20 Minutes

5. Teach Part 2 “It's Goin' Down” (video)

### Last 10 Minutes of Camp:

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



Song Information:

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“It’s Goin’ Down” Dove Cameron, Sofia Carson, Cameron Boyce, Booboo Stewart, China Anne McClain, Mitchell Hope, Thomas Doherty & Dylan Playfair

## Day 5: Review and Show Day!

1. Better Together
2. Review – Ways to be Wicked
3. Review - Space Between
4. You and Me
5. Review – Chillin' Like a Villain
6. Review – It's Goin' Down
7. Snack and Freestyle/ Improv
8. The Showcase for parents and family. Recommended last 30 minutes of class.

Supply Sources (as of April 2018) – subject to change:

Crafts

Apple Scratcher - <https://www.funexpress.com/paper-magic-color-scratch-apples-48-5855.html>

Cape - <http://www.orientaltrading.com/diy-capes-a2-13590335.fltr?keyword=cape>

Visor - <https://www.funexpress.com/diy-white-cotton-visors-48-pcs-13610762.html>

Sword - <https://www.funexpress.com/diy-paper-swords-48-pcs-13610920.html>

Decor -

[https://www.partycity.com/descendants-2-swirl-decorations-12ct-750161.html?q=descendants&lang=en\\_US&start=30](https://www.partycity.com/descendants-2-swirl-decorations-12ct-750161.html?q=descendants&lang=en_US&start=30)

Table cloth -

[https://www.partycity.com/descendants-2-table-cover-750184.html?q=descendants&lang=en\\_US&start=4](https://www.partycity.com/descendants-2-table-cover-750184.html?q=descendants&lang=en_US&start=4)