

Twinkle Star Dance™

ShowSTARS™ Jazz

Curriculum and Sample Lesson Plan ages 6-9 & 8-10

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ShowSTARS™ Jazz Curriculum

Mini Jazz Stars Level 1 and 2 Sample Lesson Plan

Class Length: 45 minutes

Ages: 6-9 years old

I. Warm-up: 20 minutes

SSJ01 Opening Movement: Choreographed – “Blame It On The Boogie”

The opening warm-up includes body isolations, arm angle exercises, footwork combinations.

SSJ02 Jazz Technique and Stretch: “Total Love”

Tendu - First Parallel with Plie to releve - 4

Tendu - First Parallel with Releve to plie - 4

Feet Articulation with arms in second

Passes 8 and hold

Tendu Passe

Arms press - single then both

Flat back roll up - 4 - first parallel

Roll down Flat back recover - 4 - first parallel

Lateral Stretch into lunge stretch

Grand Plie in second with pronation and contraction

Roll Down to Push Up Position and Roll Up

SSJ03 Bigger Stretch/Floor Work: “Release Me”

Butterfly position contraction and flat back

Parallel Stretch with point and flex - add contractions

Arm Press

Contractions and Arches

Floor Barre Battements

Floor Stretch

SSJ04 Center Floor: Introduce Battements and Single Pirouettes

II. Across the Floor: 15 minutes

SSJ05 Jazz Walks - "It's About That Walk"

Walk on beat in forced arch plié

Jazz Walks with Step Pivot

Passé Walks (step passé) – keep arms in second position

Passé Walks with Arm Movement

Chassés – opposite feet – arms in second

SSJ06 Chaîne Turns – “Heaven Knows”

Chaîne Turns

Pique Turns

Battements

SSJ07 Jumps - "Workin' 9 to 5"

Jump Preparation - També pas de bourrée

Jumps - Tuck, saut de chat

III. Center Combination/ Choreography: 10 minutes

SSJ08 “Conga”

The combination should have elements from the warm-up and across the floor. It should also introduce new elements. It should be challenging, but should also have many parts that repeat so that the dancer gets the feeling of “dancing.”

Core Curriculum and Terminology - Mini Jazz Show Stars Level 1 and 2

- Isolations (head, shoulder, hips, ribs)
- Arm Isolations
- Body Rolls
- Step Pivot
- Step Touch
- Pas de Bourrée– Front and back
- Chassés
- Jazz Square
- Battements
- Kick Ball-Change
- Grand Jeté
- Toe Touch
- Step Pivot with arms
- Arm Positions – Jazz Hands, “V”, “L”, Blade
- Cross Touch – front and back
- Lindy
- Introduce Passé in Parallel and Single Pirouette in Parallel
- Tendu Passé
- Tuck Jump

- Chassés in Opposition – Across the Floor

Mini Jazz Stars Class Playlist: All song selections available on ITUNES

1. Blame It On the Boogie 3:31 The Jacksons The Essential Michael Jackson Pop
2. Black or White (American Idol Studio Version) 3:00 Adam Lambert Season 8 Favorite Performances Pop
3. Everybody Dance (Tony Moran Club) 8:38 Deborah Cox Everybody Dance Dance
4. Who Says 3:15 Selena Gomez & The Scene Who Says – Single Pop
5. Light Up the World (Glee Cast Version) 3:44 Glee Cast Light Up the World (Glee Cast Version) - Single Pop
6. It's About That Walk 4:26 Prince The Vault: Old Friends 4 Sale R&B/Soul
7. I Wanna Dance With Somebody (Junior's Happy Handbag Mix) 4:25 Whitney Houston Whitney - The Greatest Hits Pop
8. Can't Turn You Loose 3:55 Aretha Franklin Aretha R&B/Soul 17
8. Funkytown (2007 Lips Remix Edit) 3:43 Cardenia Best of 80's Dance Hits Remixed, Vol. 1 Dance
9. Dancing Crazy 3:40 Miranda Cosgrove Dancing Crazy - Single Pop
10. Magic Carpet Ride 2:57 KSM Wizards of Waverly Place (Songs from and Inspired By the TV Series & Movie) Soundtrack 12
11. Conga (Radio Mix) 3:03 Xandee Conga - Single Dance

Jazz ShowSTARS™ - Junior Jazz 1 & 2 Sample Lesson Plan

Class Length: 45 – 60 minutes

Ages: 8 - 10 years old

I. Warm-up: 20 minutes

SSJ09 Opening Movement: Choreographed – “Party Rock”

The opening warm-up includes body isolations, arm angle exercises, footwork combinations.

SSJ02 Technique: “Total Love”*

Tendu - First Parallel with Plie to releve - 4

Tendu - First Parallel with Releve to plie - 4

Feet Articulation with arms in second

Passes 8 and hold

Tendu Passe

Arms press - single then both

Flat back roll up - 4 - first parallel

Roll down Flat back recover - 4 - first parallel

Lateral Stretch into lunge stretch

Grand Plie in second with pronation and contraction

Roll Down to Push Up Position and Roll Up

SSJ03 Bigger Stretch/Floor Work: “Release Me”*

Butterfly position contraction and flat back

Parallel Stretch with point and flex - add contractions

Arm Press

Contractions and Arches

Floor Barre Battements

Floor Stretch

Abdominals/Push-ups:

Contractions on the floor, crunches and push-ups

II. Across the Floor: 15 minutes

SSJ05 Jazz Walks - "It's About That Walk"*

Walk on beat in forced arch plié

Jazz Walks with Step Pivot

Passé Walks (step passé) – keep arms in second position

Passé Walks with Arm Movement

Pas de Bourrées

Chassés – opposite feet – arms in second

SSJ10 Progression across the Floor – “Deeper Love”

SSJ06 Battements –

Step battement

SSJ07 Jumps - "Can't Turn You Loose"

Jump Preparation - També pas de bourrée

Jumps - Tuck, saut de chat

III. Center Combination/ Choreography: 10 minutes

SSJ11 “Let Me Take You Away”

The combination should have elements from the warm-up and across the floor. It should also introduce new elements. It should be challenging, but should also have many parts that repeat so that the dancer gets the feeling of “dancing”.

Core Curriculum and Terminology

Junior Jazz Show Stars Level 1 and 2

- Isolations (head, shoulder, hips, ribs)
- Arm Isolations
- Body Rolls
- Step Pivot
- Step Touch
- Pas de Bourrée – Front and back
- Jazz Square
- Jazz Walks
- Battements
- Kick Ball-Change
- Grand Jeté
- Toe Touch
- Step Pivot with arms
- Arm Positions – Jazz Hands, “V”, “L”, Blade
- Cross Touch – front and back
- Tombé Pas De Bourrée – (Across the Floor Jump Preparation)
- Lindy
- Introduce Passé in Parallel and Single Pirouette in Parallel
- Introduce Chainé Turns
- Introduce Piqué Turns
- Tendu Passé
- Tuck Jump
- Chassés in Opposition – Across the Floor
- Jump in second

Junior Jazz Show Stars Class Playlist - All song selections are available on ITUNES

1. Car Wash (Shark Tale Mix) 3:49 Christina Aguilera & Missy Elliott Shark Tale (Soundtrack from the Motion Picture) Soundtrack
2. Celebration (Extended Mix) 5:11 Disco DeeJays Celebration - EP Dance 32
3. Shine 3:26 Booty Luv Boogie 2Nite Dance
4. The Dance (Soul Seekerz Import Mix) 8:53 Evelyn "Champagne" King & Soul Seekerz The Dance (Soul Seekerz Import Mix) - Single Dance
5. Lights 3:32 Ellie Goulding Lights Pop
6. Let the Feelings Go (Radio Edit) 3:28 AnnaGrace Let the Feelings Go Dance
7. Disco's Revenge (Freemasons Club Mix) 8:25 Gusto Disco's Revenge Remix 2008 Dance
8. Upside Down (Radio Mix) 3:49 Disco DeeJays Upside Down Dance
9. Gimme Gimme Gimme (Dub Kontor Mix) 3:19 Donna M. 70's Club Hits Reloaded, Vol. 1 (Best of Dance, House & Techno Remixes) Dance
10. Found a Miracle (feat. Amanda Wilson)[Simmons & Christopher Radio Edit] 2:54 Loveless Found a Miracle (feat. Amanda Wilson) Dance
11. Stayin' Alive (Radio Mix) 3:41 Disco DeeJays Stayin' Alive / Night Fever - EP Dance
12. Lift It Up (Foundation Mix) 8:35 Inaya Day Lift It Up - EP Electronic
13. I Wanna Dance With Somebody (Junior's Happy Handbag Mix) 4:25 Whitney Houston Whitney - The Greatest Hits Pop
14. Can't Turn You Loose 3:55 Aretha Franklin Aretha R&B/Soul Born to Be Alive (Original Radio Edit) 3:16 Disco Kings Born to Be Alive - EP Electronic
15. Too Much In Love 3:18 Chris Willis Premium - Songs from the Love Ship, Vol. 1 Pop