



Twinkle Star Dance
Tiffany Henderson

Day 1 – Cinderella

Pre-set Craft Supplies in an alternate room, if possible. Decorate the room in Cinderella or princess themed decorations. Have music playing as dancers arrive. Teachers and assistants may want to dress up as characters from Cinderella to add that extra touch.

Tap Technique: 15 - 20 Minutes

1. Tap Warm-Up – “Frozen Heart” (video)
2. Tap Barre
3. Tap Across the Floor - heel step, toe step, hopping on one foot, ball heel

Choreography 15 - 20 Minutes

4. Teach Part 1 “Cinderella Medley” (video)

Craft/Snack 20 Minutes

6. Craft – Wands and Bandanas
7. Snack

Ballet/Jazz Technique: 10 Minutes

1. Ballet – “A Whole New World” (video)
2. “The Princess Dance” (video)

Choreography: 15 Minutes

3. Teach Part 2 “Cinderella Medley” (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.

6. Ballet Reverence – “The Glow”

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Song Information:

Please send receipt of purchased songs to Tiffany@twinklestardance.com. Edited music will be sent to you upon receipt.

“Frozen Heart” The Cast of Frozen Frozen (Deluxe Edition) Itunes

“Cinderella Medley” TSD EDIT

“A Whole New World” Peabo Bryson and Regina Belle Aladdin (Original Soundtrack) Itunes

“The Princess Dance” Ariel, Belle, Sleeping Beauty and Snow White Disney Princess Tea Party Itunes

“The Glow” Shannon Saunders Disney Princesses (Fairy Tale Songs) Itunes

Day 2: Frozen

Pre-set Craft Supplies in an alternate room, if possible. Decorate the room in Frozen-themed decorations. Have music playing as dancers arrive. Teachers and assistants may want to dress up as characters from Frozen to add that extra touch.

Tap Technique: 15 - 20 Minutes

1. Tap Warm-Up – “Frozen Heart” (video)
2. Tap Barre
3. Tap Across the Floor

15 - 20 Minutes

4. Teach Part 1 “Frozen Medley” (video)

20 Minutes

6. Craft – Cape
7. Snack

Ballet/Jazz Technique: 10 Minutes

1. Ballet – “A Whole New World” (video)
2. “The Princess Dance” (video)

Choreography: 15 Minutes

3. Teach Part 2 “Frozen Medley”

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.

6. Ballet Reverence – “The Glow”

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1. "Frozen Instrumental Medley" TSD EDIT

Instrumental Medley – Single Albert Chang Disney's Frozen Itunes

Day 3: Little Mermaid

Pre-set Craft Supplies in an alternate room, if possible. Decorate the room in Little Mermaid and summer themed decorations. Have music playing as dancers arrive. Teachers and assistants may want to dress up as characters from Little Mermaid to add that extra touch.

Tap Technique: 15 - 20 Minutes

1. Tap Warm-Up – “Frozen Heart” (video)
2. Tap Barre
3. Tap Across the Floor

15 - 20 Minutes

4. Teach Part 1 “Little Mermaid Medley” (video)

20 Minutes

6. Craft – Big Fish and Chef Hats
7. Snack

Ballet/Jazz Technique: 10 Minutes

1. Ballet – “A Whole New World” (video)
2. “The Princess Dance” (video)

Choreography: 15 Minutes

3. Teach Part 2 “Little Mermaid Medley”

Last 10 Minutes of Camp:

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

5. Ballet Reverence – “The Glow”

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1. "Little Mermaid Medley" TSD EDIT

Day 4: Belle – Princess Tea Party

Pre-set Craft Supplies in an alternate room, if possible. Decorate the room in Tea Party themed decorations. Dancers can dress up as their favorite Princess or in Party Attire.

Dancers also bring Party Snacks to share with their friends. Tea Party takes more time, so there is less dancing on this day. This is also a good opportunity to review all dances in the Showcase and finish up all crafts.

Tap Technique: 15 - 20 Minutes

1. Tap Warm-Up – “Frozen Heart” (video)
2. Tap Barre
3. Tap Across the Floor

Choreography 15 - 20 Minutes

4. Teach “Belle Medley” (video)
5. Review All Dances

20-25 Minutes

6. Craft - Decorate Princess Crowns
7. Tea Party

Ballet/Jazz Technique: 10 Minutes

1. Ballet – “A Whole New World” (video)
2. “The Princess Dance” (video)
3. Review All Dances

Last 10 Minutes of Camp:

4. Review Choreography - This is good as parents are arriving and like to see what the dancers have learned.

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1. "Belle Medley" TSD EDIT

Day 5: Review and Show Day!

1. Frozen Heart
2. Review – Cinderella Medley
3. Review - Frozen Instrumental Medley
4. A Whole New World
5. Review – Little Mermaid Medley
6. Review – Belle Medley
7. Snack and Coloring Sheet
8. The Showcase for parents and family. Recommended last 30 minutes of class.

Show Order

Frozen Heart
Cinderella Medley
Frozen Medley
Little Mermaid Medley
Belle Medley
The Glow

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

Decor

<http://www.orientaltrading.com/disney-princesses-scene-setter-wall-decorating-kit-a2-13638444.filtr?prodCatId=90000+1053>

<http://www.orientaltrading.com/disney-princesses-backdrop-kit-a2-13634392.filtr?prodCatId=90000+1053>

Crafts

Wands -

http://www.orientaltrading.com/diy-precious-princess-wands-a2-57_1076.filtr?Ntt=wnads

Bandana - http://www.orientaltrading.com/neon-bandanas-a2-15_17.filtr?prodCatId=551193

Fish - <http://www.orientaltrading.com/fish-mosaic-sticker-scenes-a2-13656300.filtr?Ntt=fish>

Chef Hats - http://www.orientaltrading.com/chef-hats-a2-3_1095.filtr?Ntt=chef%20hats

Crowns - http://www.orientaltrading.com/prism-crowns-a2-25_943.filtr?prodCatId=551202

Sticky jewels - http://www.orientaltrading.com/jewel-assortment-a2-48_917.filtr?Ntt=jewel

Cpae - <http://www.orientaltrading.com/diy-capes-a2-13590335.filtr?Ntt=cape>