

2014

Twinkle Star Dance™

Tiffany Henderson



Recommended for dancers ages 3-6 years of age. Two hours per day encompassing tap, ballet and jazz movement.

Day 1 - For the First Time in Forever; Let It Go

Pre-set Craft Supplies in an alternate room, if possible. Decorate the room in Frozen or snow 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 – “Frosty the Snowman” and “Fixer Upper”

Choreography 15 - 20 Minutes

4. Teach “For the First Time in Forever” (video)
5. Teach “Let It Go” (video)

Craft/Snack 20 Minutes

6. Craft – Picture Frame
7. Snack

Ballet/Jazz Technique: 10 Minutes

1. Ballet – “Frozen Instrumental Medley” (video)
2. “Do You Want to Build a Snowman”
3. “The Princess Dance” (video)

Choreography: 15 Minutes

4. Review “For the First Time in Forever” and “Let It Go”
5. Frozen Audio Book Story Time
6. Jazz – “Ice Cream Freeze” (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 – “Frozen Instrumental Medley”

Song Information:

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

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1. **“Frozen Heart”** The Cast of Frozen Frozen (Deluxe Edition) iTunes

 2. **“Frosty the Snowman”** The Snow Kidz ft. Deanna Kirk Kids’ Club –
Holiday Fun, Vol. 1 iTunes

 3. **“Fixer Upper”** Maia Watson and the Cast of Frozen Frozen (Deluxe Edition)
iTunes

 4. **“For the First Time in Forever”** Kristin Bell and Idina Menzel
Frozen (Deluxe Edition) iTunes

 5. **“Let It Go”** Idina Menzel Frozen (Deluxe Edition) iTunes

 6. **“Frozen Instrumental Medley”** Albert Chang Disney’s Frozen
Instrumental Medley – Single iTunes

 7. **“Do You Want to Build a Snowman”** Kristin Bell, Agatha Lee Monn, and Katie Lopez
Frozen (Deluxe Edition) iTunes

 8. **“Ice Cream Freeze (Let’s Chill)”** Miley Cyrus Hannah Montana 3 (Music from
the TV Show) iTunes

 9. **“The Princess Dance”** Ariel, Belle, Sleeping Beauty and Snow White Disney
Princess Tea Party iTunes

Day 2: Let It Snow and Reindeer

Pre-set Craft Supplies in an alternate room, if possible. Decorate the room in Frozen and 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 – “Frosty the Snowman” and “Fixer Upper”

15 - 20 Minutes

4. Teach “Let It Snow” (video)
5. Teach “Rudolph the Red Nosed Reindeer” (video)

20 Minutes

6. Craft - Decorate Reindeer Antlers
7. Snack

Ballet/Jazz Technique: 10 Minutes

1. Ballet – “Frozen Instrumental Medley” (video)
2. “Do You Want to Build a Snowman”
3. “The Princess Dance” (video)

Choreography: 15 Minutes

4. Review “For the First Time in Forever,” “Let It Go,” “Let It Snow,” and “Rudolph the Red Nosed Reindeer”
5. Frozen Audio Book Story Time
6. Jazz – “Ice Cream Freeze” (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 – “Frozen Instrumental Medley”

Song Information:

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1. **“Let It Snow”** Jessica Simpson ReJoyce – The Christmas Album Itunes

2. **“Rudolph the Red Nosed Reindeer”** The Snow Kidz ft. Deanna Kirk
 Kids’ Club - Holiday Fun, Vol. 1 Itunes

Day 3: In Summer and Crusin' for a Brusin'

Pre-set Craft Supplies in an alternate room, if possible. Decorate the room in Frozen and summer 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 – “Frosty the Snowman” and “Fixer Upper”

Review - For the First Time in Forever, Let It Go, Let It Snow, Rudolph the Red Nosed Reindeer

15 - 20 Minutes

4. Teach “In Summer” (video)
5. Teach “Crusin' for a Brusin'” (video)

20 Minutes

6. Craft – Decorate Sunglasses
7. Snack

Ballet/Jazz Technique: 10 Minutes

1. Ballet – “Frozen Instrumental Medley” (video)
2. “Do You Want to Build a Snowman”
3. “The Princess Dance” (video)

Choreography: 15 Minutes

4. Review
5. Frozen Audio Book Story Time
6. Jazz – “Ice Cream Freeze” (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 – “Frozen Instrumental Medley”

Song Information:

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

1. **“In Summer”** Josh Gad Frozen (Original Motion Picture) [Deluxe Edition]
Itunes

2. **“Crusin’ for a Bruisin’”** Ross Lynch, Jason Evigan, and Grace Phipps Teen
Beach Movie (Soundtrack) Itunes

Day 4: Perfect Princess Tea Party Day

Pre-set Craft Supplies in an alternate room, if possible. Decorate the room in Princess Tea Party themed decorations. Dancers can dress up as their favorite Princess or in Tea Party Attire. Dancers also bring Tea Party Snacks to share with their friends. The 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 – “Frosty the Snowman” and “Fixer Upper”

10 - 15 Minutes

4. Teach “The Perfect Princess Tea” (video)

15 Minutes

5. Craft - Decorate Princess Crowns
6. Snack

Review All Dances

Ballet/Jazz Technique: 10 Minutes

1. Ballet – “Frozen Instrumental Medley” (video)
2. “Do You Want to Build a Snowman”
3. “The Princess Dance” (video)

15 Minutes

4. Frozen Audio Book Story Time
5. Jazz – “Ice Cream Freeze” (video)

Last 10 Minutes of Camp:

Review “Perfect Princess Tea” - Last 10 minutes of class - This is good as parents are arriving and like to see what the dancers have learned.

Song Information:

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

1. **“The Perfect Princess Tea”** Belle Disney Princess Tea Party Itunes

Day 5: Review and Show Day!

1. Frozen Heart
2. Review – For the First Time in Forever, Let It Go
3. Frozen Instrumental Medley
4. Review – Let It Snow, Rudolph the Red-Nosed Reindeer
5. Review – In Summer, Crusin' for a Brusin'
6. Review – The Perfect Princess Tea
7. Snack and Coloring Sheet
8. The Big Show for parents and family. Recommended last 30 minutes of class.

Show Order

Frozen Heart

Let It Snow

Rudolph the Red-Nosed Reindeer

In Summer

Crusin' for a Brusin'

Ice Cream Freeze

For the First Time in Forever

Let It Go

Frozen Instrumental Medley (Ending Reverence/ Courtesy)

*pass out otter pops to dancers to celebrate after the performance

Supply Sources (as of 5/30/2014) - subject to change:

- **FROZEN DÉCOR:**
http://www.partycity.com/product/frozen+wall+decals.do?from=Search&navSet=frozen&bypass_redirect=1
- <http://www.partycity.com/product/frozen+elsa+wall+decals.do?sortBy=ourPicks&size=all&from=Search&carousel=true&navSet=frozen>
- <http://www.partycity.com/product/frozen+olaf+wall+decals.do?sortBy=ourPicks&size=all&from=Search&carousel=true&navSet=frozen>
- <http://www.partycity.com/product/frozen+anna+wall+decals.do?sortBy=ourPicks&size=all&from=Search&carousel=true&navSet=frozen>
- **PICTURE FRAME:** <http://www.orientaltrading.com/winter-picture-frame-magnet-craft-kit-a2-13607899.fltr?Ntt=frozen%20crafts>
- **AUDIO BOOK:** http://www.amazon.com/Frozen-Junior-Novelization-Disney-Press/dp/1483019675/ref=sr_1_1?ie=UTF8&qid=1401206790&sr=8-1&keywords=frozen+audio+book
- **HANGING SNOWFLAKES:**
<http://www.partycity.com/product/snowflake+swirl+hanging+decorations+12ct.do>
- **REINDEER ANTLERS:** http://www.orientaltrading.com/reindeer-antler-headband-craft-kit-a2-48_2627.fltr?Ntt=reindeer%20antlers
- **POM POMS:** http://www.orientaltrading.com/white-pom-poms-a2-25_1543.fltr?Ntt=white%20pom%20pom
- **SUNGLASSES:** http://www.orientaltrading.com/diy-sunglasses-a2-57_9301.fltr?Ntt=sunglasses%20craft
- **LEIS:** http://www.orientaltrading.com/bright-jumbo-flower-leis-a2-34_265.fltr?prodCatId=552880
- **BEACH DÉCOR:** http://www.orientaltrading.com/tropical-spiral-hanging-cutouts-a2-34_1467.fltr?prodCatId=551267+1596
- **PRINCESS TIARAS CRAFT KIT:** http://www.orientaltrading.com/fabulous-foam-princess-crowns-a2-57_2412-12-1.fltr?Ntt=princess+crown+craft+kit