



TROLLS

HIP HOP
DANCE CAMP

Twinkle Star Dance
Tiffany Henderson with Amanda Scott

Day 1 - September

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

Hip Hop Technique: 15 - 20 Minutes

1. Warm-Up – “Can’t Stop the Feeling” (video)
2. Center Isolations and Stretch
3. Across the Floor - “What You Workin’ With” (video) Hip Hop walks, pivots, step out together, kick cross out

Choreography 15 - 20 Minutes

4. Teach Part 1 “September” (video)

Craft/Snack 20 Minutes

5. Craft – Bag
6. Snack

Hip Hop Technique: 15 - 20 Minutes

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

Choreography: 15 - 20 Minutes

4. Teach Part 2 “September” (video)

Last 10 Minutes of Camp:

5. 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. Edited music will be sent to you upon receipt.

“Can’t Stop the Feeling” Justin Timberlake

“What U Workin’ With” Gwen Stefani & Justin Timberlake

“September” TSD EDIT Justin Timberlake, Anna Kendrick & Earth, Wind & Fire

Day 2 - Hair Up

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

Hip Hop Technique: 15 - 20 Minutes

1. Warm-Up – “Can’t Stop the Feeling” (video)
2. Center Isolations and Stretch
3. Across the Floor - “What You Workin’ With” (video) Hip Hop walks, pivots, step out together, kick cross out

Choreography 15 - 20 Minutes

4. Teach Part 1 “Hair Up” (video)

Craft/Snack 20 Minutes

5. Craft – Visor
6. Snack

Hip Hop Technique: 15 - 20 Minutes

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

Choreography: 15 - 20 Minutes

4. Teach Part 2 “Hair Up” (video)

Last 10 Minutes of Camp:

5. 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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“Hair Up” TSD EDIT Justin Timberlake, Gwen Stefani & Ron Funches

Day 3 - I'm Coming Out

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

Hip Hop Technique: 15 - 20 Minutes

1. Warm-Up – “Can’t Stop the Feeling” (video)
2. Center Isolations and Stretch
3. Across the Floor - “What You Workin’ With” (video) Hip Hop walks, pivots, step out together, kick cross out

Choreography 15 - 20 Minutes

4. Teach Part 1 “I’m Coming Out” (video)

Craft/Snack 20 Minutes

5. Craft – Scratch sheet
6. Snack

Hip Hop Technique: 15 - 20 Minutes

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

Choreography: 15 - 20 Minutes

4. Teach Part 2 “I’m Coming Out” (video)

Last 10 Minutes of Camp:

5. 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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“I’m Coming Out” TSD EDIT Zoey Deschanel, Anna Kendrick, Gwen Stefani, James Codren, Walt Dohrn, Ron Funches, Caroline Hjelt, Aino Jawo & Kunal Nayyar

Day 4 - Move Your Feet

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

Hip Hop Technique: 15 - 20 Minutes

1. Warm-Up – “Can’t Stop the Feeling” (video)
2. Center Isolations and Stretch
3. Across the Floor - “What You Workin’ With” (video) Hip Hop walks, pivots, step out together, kick cross out

Choreography 15 - 20 Minutes

4. Teach Part 1 “Move Your Feet” (video)

Craft/Snack 20 Minutes

5. Craft – Bracelets
6. Snack

Hip Hop Technique: 15 - 20 Minutes

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

Choreography: 15 - 20 Minutes

4. Teach Part 2 “Move Your Feet” (video)

Last 10 Minutes of Camp:

5. 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. Edited music will be sent to you upon receipt.

“Move Your Feet” TSD EDIT Anna Kendrick, Gwen Stefani, James Codren, Ron Funches, Walt Dohrn, Caroline Hjelt, Aino Jawo & Kunal Nayyar

Day 5: Review and Show Day!

1. Can't Stop the Feeling
2. Review – September
3. Review - Hair Up
4. Tricks
5. Review – I'm Coming Out
6. Review – Move Your Feet
7. Snack and Freestyle Circle
8. The Showcase for parents and family. Recommended last 30 minutes of class.

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

Crafts

Bag - <https://www.funexpress.com/large-neon-canvas-drawstring-bags-13774863.html>

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

Bandana (class set) - <https://www.funexpress.com/neon-polyester-bandanas-15-17.html>

Scratch Sheet - <https://www.funexpress.com/magic-color-scratch-sheets-12-1668.html>

Sunglass - <https://www.funexpress.com/2018-neon-shutter-glasses-13780224.html>

Jewel - <https://www.funexpress.com/self-adhesive-jewel-assortment-48-2089.html>

Guitar - <https://www.funexpress.com/diy-guitar-cutouts-57-6513.html>

Decor -

<http://www.orientaltrading.com/dreamworks-trolls-hanging-swirls-a2-13810598.fltr?keyword=trolls>

Table cloth - <https://www.funexpress.com/dreamworks-trolls-tablecloth-13774747.html>