

Twinkle Star Dance™

ShowSTARS™ - Lyrical

Curriculum and Sample Lesson Plan ages 5-7 & 7-10

ShowSTARS™ Lyrical Curriculum

Mini & Junior Lyrical Showstars Sample Lesson Plan

Class Length: 45 minutes

Ages: 5-7 & 7-10 years old

I. Warm-up: 20 minutes

A. Opening Movement: “Cannonball”

The opening warm-up includes body isolations, arm reaches, traveling steps (lindy and drags), expansions into a full body “X” and contracting into a curved spine position “C”, and plies.

B. Technique: “Hold Back the River”

Plies, tendus, relevés in parallel & flat backs, standing stretch.

C. Bigger Stretch/Floor Work: “I Lived”

Lunge stretch, cross sit stretches, sitting develop (with flex and point), abductor stretch, stretches lying on back (Parallel passé, develop, stretch and down), introduce contractions, sit ups, planks.

II. Across the Floor: 10 minutes

A. Drags: “In Your Arms”

Staying on balls of feet, drag step step with “L” arms right/left, then drag step step with both arms up right/left.

B. Expansion/Contractions & Rolls: “Shades of Grey”

Four walks, expand into a full body “X” and contract into a curved spine position “C”, then roll to the ground and back to standing.

III. Combination: 10 minutes

Center Combination : “Try”

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”.

IV. Improvisation: 5 minutes

Using a different song each week, allow the dancers to first listen to part of the song with their eyes closed, without dancing. They can envision how they would like to move to the music. Then dancers should spread out throughout the room and improvise to the music. For Mini's, you can use this as "freeze dance", and stop the music every so often and they have to freeze in their shape. For Junior level dancers just allow the music to play without stopping.

Core Curriculum and Terminology – Mini & Junior Lyrical Showstars

- Locomotor steps: walk, run, leap, hop, jump, slide.
- Directions: forward, back, sideways
- Levels- low, middle, high
- Tempo- slow, medium, fast
- Stretched vs. Bent
- Smooth vs. Sharp
- Heavy vs. Light
- Twisting vs. Bending
- Gesture vs. Full Body Movement
- Curved vs. Straight vs. Zigzag pathways in space
- Articulation of the feet
- Parallel Tendu
- Demi-Plié in 1st and 2nd Parallel- tracking knees over toes
- Relevé Parallel
- Parallel Passé- ability to draw foot up the leg and balance in the correct position
- Skips
- Chassé
- Lindy
- Drag Walks- Drag step step
- Rolls- From standing, tuck roll to ground
- Ability to move to and from the floor
- Connection between music quality and movement quality
- Understanding of expressive/emotive qualities of lyrical

Mini/Junior Lyrical Showstars Class Playlist: All song selections available on ITUNES

1. Cannonball 3:35 Lea Michele Louder (Deluxe Version)
2. Hold Back the River 4:00 James Bay Chaos and The Calm
3. I Lived 3:55 OneRepublic Native
4. In Your Arms 3:26 Nico & Vinz Black Star Elephant
5. Shades of Grey 3:53 Delilah From the Roots Up (Deluxe Edition)
6. Try 3:44 Colbie Caillat Gypsy Heart
7. Ain't Nobody 3:42 Jasmine Thompson Ain't Nobody - Single
8. Arms 4:21 Christina Perri Lovestrong. (Deluxe Edition)
9. Something Big 2:41 Shawn Mendes Handwritten (Deluxe)
10. Flaws 3:39 Bastille Bad Blood
11. I Know You Care 3:26 Ellie Goulding I Know You Care (Single)
12. Latch (Acoustic) 3:41 Sam Smith Nirvana
13. Say Something (Feat. Christina Aguilera) 3:49 A Great Big World Is There Anybody Out There?
14. The Glow 2:52 Shannon Saunders Disney Princess: Fairy Tale Songs
15. Riptide 3:22 Vance Joy Dream Your Life Away
16. Geronimo 3:38 Sheppard Geronimo- EP
17. This Little Light Of Mine 3:49 Addison Road Stories
18. True Colors (The Voice Performance) 2:52 Michelle Chamuel True Colors