



Be Elsa

SUMMER 2017 DANCE CAMPS

Twinkle Star Dance
Tiffany Henderson with Amanda Stapp

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Day 1 – Do You Want to Build a Snowman

Pre-set Craft Supplies in an alternate room, if possible. Decorate the room in Elsa or princess 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 - heel step, toe step, hopping on one foot, ball heel

Choreography 15 - 20 Minutes

4. Teach Part 1 “Do You Want to Build a Snowman” (video)

Craft/Snack 20 Minutes

6. Craft – Snowmen
7. Snack

Ballet/Jazz Technique: 10 Minutes

1. Ballet – “A Whole New World” (video)
2. “True Loves Kiss”

Choreography: 15 Minutes

3. Teach Part 2 “Do You Want to Build a Snowman” (video)
4. “Princess Pokey” (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.

6. Ballet Reverence – “I See A Princess”

Song Information:

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

"Frozen Heart" The Cast of Frozen Frozen

"Do You Want to Build a Snowman" Kristen Bell Frozen

"A Whole New World" Peabo Bryson & Regina Belle Aladdin

"True Loves Kiss" Amy Adams and James Marsden Enchanted

"Princess Pokey" Moey's Music Party

"I See a Princess" Belle The Princess and The Frog: Tiana and Her Princess Friends

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Day 2: In Summer

Pre-set Craft Supplies in an alternate room, if possible. Decorate the room in Elsa or princess 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 - heel step, toe step, hopping on one foot, ball heel

Choreography 15 - 20 Minutes

4. Teach Part 1 “In Summer” (video)

Craft/Snack 20 Minutes

6. Craft – Sunglasses
7. Snack

Ballet/Jazz Technique: 10 Minutes

1. Ballet – “A Whole New World” (video)
2. “True Loves Kiss”

Choreography: 15 Minutes

3. Teach Part 2 “In Summer” (video)
4. “Princess Pokey” (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.

6. Ballet Reverence – “I See A Princess”

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"In Summer" Josh Gad Frozen

Day 3: Making Today a Perfect Day

Pre-set Craft Supplies in an alternate room, if possible. Decorate the room in Elsa or princess 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 - heel step, toe step, hopping on one foot, ball heel

Choreography 15 - 20 Minutes

4. Teach Part 1 “Making Today a Perfect Day” (video)

Craft/Snack 20 Minutes

6. Craft – Hats
7. Snack

Ballet/Jazz Technique: 10 Minutes

1. Ballet – “A Whole New World” (video)
2. “True Loves Kiss”

Choreography: 15 Minutes

3. Teach Part 2 “Making Today a Perfect Day” (video)
4. “Princess Pokey” (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.

6. Ballet Reverence – “I See A Princess”

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“Making Today a Perfect Day” TSD EDIT

Day 4: 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 – “Under the Sea” (video)
2. Tap Barre
3. Tap Across the Floor

Choreography 15 - 20 Minutes

4. Teach “Let It Go” (video)
5. Review All Dances

20-25 Minutes

6. Craft - Crowns
7. Tea Party

Ballet/Jazz Technique: 10 Minutes

1. Ballet – “A Whole New World” (video)
2. “The Princess Pokey” (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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“Let It Go” TSD EDIT

Day 5: Review and Show Day!

1. Frozen Heart
2. Review – Do You Want to Build a Snowman
3. Review - In Summer
4. A Whole New World
5. Review – Making Today a Perfect Day
6. Review – Let It Go
7. Snack and Coloring Sheet
8. The Showcase for parents and family. Recommended last 30 minutes of class.

Crafts

Snowmen -

<http://www.orientaltrading.com/accordion-snowman-craft-kit-a2-13616924.fltr>

Coloring Sheet -

<http://www.orientaltrading.com/snowman-free-printable-coloring-page-a2-13771014.fltr>

Sunglasses -

http://www.orientaltrading.com/diy-fabulous-foam-super-sunglasses-a2-57_2107.fltr

Hats - <http://www.orientaltrading.com/fun-print-birthday-cone-hats-a2-13758945.fltr>

Crowns -

<http://www.orientaltrading.com/disney-s-frozen-tiaras-a2-13689447.fltr?categoryId=90000&rd=princess>

Jewels -

http://www.orientaltrading.com/jumbo-self-adhesive-jewels-a2-48_6990.fltr?categoryId=551419