



Twinkle Star Dance

Tiffany Henderson with Amanda Stapp

Day 1 – Bruno Mars

Pre-set Craft Supplies in an alternate room, if possible. Decorate the room in Bruno Mars 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 - “I Feel it Coming”
3. Across the Floor - Hip Hop walks, pivots, step out together, kick cross out

Choreography 15 - 20 Minutes

4. Teach Part 1 “24K Magic” (video)

Craft/Snack 20 Minutes

6. Craft – Hats
7. Snack

Hip Hop Technique: 10 Minutes

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

Choreography: 15 Minutes

3. Teach Part 2 “24K Magic” (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.

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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

“I Feel it Coming” The Weeknd

“24K Magic” Bruno Mars TSD EDIT

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Day 2 – Ariana Grande

Pre-set Craft Supplies in an alternate room, if possible. Decorate the room in Ariana Grande 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 - “I Feel it Coming”
3. Across the Floor - Hip Hop walks, pivots, step out together, kick cross out

Choreography 15 - 20 Minutes

4. Teach Part 1 “Problem” (video)

Craft/Snack 20 Minutes

6. Craft – Bags
7. Snack

Hip Hop Technique: 10 Minutes

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

Choreography: 15 Minutes

3. Teach Part 2 “Problem” (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.

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“Problem” Ariana Grande

Day 3 – The Weeknd

Pre-set Craft Supplies in an alternate room, if possible. Decorate the room in The Weeknd 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 - “I Feel it Coming”
3. Across the Floor - Hip Hop walks, pivots, step out together, kick cross out

Choreography 15 - 20 Minutes

4. Teach Part 1 “Can’t Feel My Face” (video)

Craft/Snack 20 Minutes

6. Craft – Masks
7. Snack

Hip Hop Technique: 10 Minutes

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

Choreography: 15 Minutes

3. Teach Part 2 “Can’t Feel My Face” (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.

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“Can’t Feel My Face” The Weeknd

Day 4 – Beyonce

Pre-set Craft Supplies in an alternate room, if possible. Decorate the room in Beyonce 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 - “I Feel it Coming”
3. Across the Floor - Hip Hop walks, pivots, step out together, kick cross out

Choreography 15 - 20 Minutes

4. Teach Part 1 “Run the World” (video)

Craft/Snack 20 Minutes

6. Craft – Bracelets
7. Snack

Hip Hop Technique: 10 Minutes

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

Choreography: 15 Minutes

3. Teach Part 2 “Run the World” (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.

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“Run the World” Beyonce

Day 5: Review and Show Day!

1. Can't Stop the Feeling
2. Review – 24K Magic
3. Review - Problem
4. Tricks
5. Review – Can't Feel My Face
6. Review – Run the World
7. Snack and Freestyle Circle
8. The Showcase for parents and family. Recommended last 30 minutes of class.

Supply Sources (as of April 2017) – subject to change:

Crafts

Hats -

http://www.orientaltrading.com/diy-value-white-caps-12-pcs-a2-48_2031.fltr?categoryId=550179

Bags - <http://www.orientaltrading.com/diy-totes-a2-13632569.fltr?categoryId=550179>

Masks -

http://www.orientaltrading.com/diy-eye-masks-a2-57_60251.fltr?categoryId=550179

Bracelets -

http://www.orientaltrading.com/diy-slap-bracelets-24-pcs-a2-57_6532.fltr?categoryId=550179