

2015

Twinkle Star Dance™

Tiffany Henderson





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## Day 1 - For the First Time in Forever, Let It Go and Fixer Upper

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”
4. Teach “Fixer Upper” (video)

### 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

Take a picture of each dancer or a group shot to print and have them take home in their picture frame after camp

### 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” and “Fixer Upper”
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”

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### Song Information:

Please send receipt of purchased songs to [Tiffany@twinklestardance.com](mailto:Tiffany@twinklestardance.com). Edited music will be sent to you upon receipt.

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

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## Day 2: Let It Snow and Ice Skaters Waltz

Pre-set Craft Supplies in an alternate room, if possible. Decorate the room in Frozen-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”

### 15 - 20 Minutes

4. Teach “Let It Snow” (video)

### 20 Minutes

6. Craft – Snowflake 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)
4. Teach “Ice Skaters Waltz” (video)

### Choreography: 15 Minutes

4. Review “For the First Time in Forever,” “Let It Go,” “Fixer Upper” “Let It Snow,” and “Ice Skaters Waltz”
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”

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1. **“Let It Snow”**     Jessica Simpson     ReJoyce – The Christmas Album     Itunes
2. **“Ice Skaters Waltz”**     The Kingways Strings     Symphony on Ice

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## Day 3: In Summer, Crusin' for a Brusin' and Run, Run Rudolph

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”

### Review - For the First Time in Forever, Let It Go, Fixer Upper, Let It Snow, Ice Skaters Waltz

#### 15 - 20 Minutes

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

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**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

**3. Run, Run Rudolph** Kelly Clarkson



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## Day 4: Making Today a Perfect Day - Birthday Party

Pre-set Craft Supplies in an alternate room, if possible. Decorate the room in Birthday 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. The Birthday 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”

### 10 - 15 Minutes

4. Teach “Making Today a Perfect Day” (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 “Making Today a Perfect Day” - 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 [Tiffany@twinklestardance.com](mailto:Tiffany@twinklestardance.com). Edited music will be sent to you upon receipt.

1. **“Making Today a Perfect Day” (From Frozen Fever)**      Kristen Bell and Idina Menzel  
Itunes

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## Day 5: Review and Show Day!

1. Frozen Heart
2. Review – For the First Time in Forever, Let It Go, Fixer Upper
3. Frozen Instrumental Medley
4. Review – Let It Snow, Ice Skaters Waltz
5. Review – In Summer, Crusin' for a Brusin', Run, Run Rudolph
6. Review – Making Today a Perfect Day
7. Snack and Coloring Sheet
8. The Showcase for parents and family. Recommended last 30 minutes of class.

### Show Order

Frozen Heart

Let It Snow (with white pom poms)

Ice Skaters Waltz

In Summer (with sunglasses)

Crusin' for a Brusin'

Fixer Upper (with hammer and hats)

Ice Cream Freeze

For the First Time in Forever

Run, Run Rudolph (with reindeer antlers)

Let It Go

Making Today a Perfect Day (with princess crowns)

Frozen Instrumental Medley (Ending Reverence/ Courtesy)\*

\*Pass out popsicles or otter pops to dancers to celebrate after the performance

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## Supply Sources (as of 6/2/15) - 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+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/smile-face-snowman-picture-frame-magnet-craft-kit-a2-48\\_6332.fltr?Ntt=snowflake%20frame](http://www.orientaltrading.com/smile-face-snowman-picture-frame-magnet-craft-kit-a2-48_6332.fltr?Ntt=snowflake%20frame)

**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](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.orientaltrading.com/snowflake-dangling-spirals-a2-4\\_3091-11-0.fltr?xsaleSku=70/1850](http://www.orientaltrading.com/snowflake-dangling-spirals-a2-4_3091-11-0.fltr?xsaleSku=70/1850)

**REINDEER ANTLERS:** [http://www.orientaltrading.com/reindeer-antler-headband-craft-kit-a2-48\\_2627.fltr?Ntt=reindeer%20antlers](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](http://www.orientaltrading.com/white-pom-poms-a2-25_1543.fltr?Ntt=white%20pom%20pom)

**SUNGLASSES:** <http://www.orientaltrading.com/snowflake-glasses-craft-kit-a2-13693521.fltr?prodCatId=90000+1322>

**PRINCESS TIARAS CRAFT KIT:** [http://www.orientaltrading.com/fabulous-foam-princess-crowns-a2-57\\_2412-12-1.fltr?Ntt=princess+crown+craft+kit](http://www.orientaltrading.com/fabulous-foam-princess-crowns-a2-57_2412-12-1.fltr?Ntt=princess+crown+craft+kit)