

2015

Twinkle Star Dance™

Tiffany Henderson



**HIP HOP**  
2015 SUMMER DANCE CAMP  
Ages 7-12

**REGISTER TODAY!**

 *Twinkle Star*  
**DANCE**

The graphic features a silhouette of a dancer in a dynamic pose against a background of colorful, vertical, rectangular blocks. The text is in a bold, sans-serif font, and the logo includes a star icon.

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## **Day 1 - MC Hammer Mix and Blow**

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

### **Hip Hop Technique: 15 - 20 Minutes**

1. Hip Hop Warm-Up – “Come Get It Bae” (video)
2. Center Stretch and Conditioning
3. Hip Hop Across the Floor – “Temperature” (video) “Jealous (I Ain't With It)” (video) and “Hot Cheetos and Takis” (video)

### **Choreography: 15 - 20 Minutes**

4. Teach “MC Hammer Mix” (video)

### **Craft/Snack 20 Minutes**

5. Craft – Necklace
6. Snack

### **Hip Hop Isolations and Tricks: 10 Minutes**

1. Isolations – “Lets Go” (video)
2. “Tricks/Skills” (video)
3. “Beggin” (video)

### **Choreography: 15 Minutes**

4. Teach “Blow” (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. Freestyle Circle

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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. **"Come Get It Bae"**      Pharrell Williams      Itunes
2. **"Temperature"**      Sean Paul      Itunes
3. **"Jealous (I Ain't With It)"**      Chromeo      Itunes
4. **"Hot Cheetos and Takis"**      **TSD EDIT**
5. **"Lets Go"**      Calvin Harris ft. Nayo      Itunes
6. **"MC Hammer Mix"**      **TSD EDIT**
7. **"Beggin"**      Madcon      Itunes
8. **"Blow"**      Ke\$ha      Itunes

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## Day 2 - Ice Ice Baby and Crazy in Love

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

### **Hip Hop Technique: 15 - 20 Minutes**

1. Hip Hop Warm-Up – “Come Get It Bae” (video)
2. Center Stretch and Conditioning
3. Hip Hop Across the Floor – “Temperature” (video) “Jealous (I Ain't With It)” (video) and “Hot Cheetos and Takis” (video)

### **Choreography: 15 - 20 Minutes**

4. Teach "Ice Ice Baby" (video)

### **Craft/Snack 20 Minutes**

5. Craft – Sunglasses
6. Snack

### **Hip Hop Isolations and Tricks: 10 Minutes**

1. Isolations – “Lets Go” (video)
2. “Tricks/Skills” (video)
3. “Beggin” (video)

### **Choreography: 15 Minutes**

4. Teach “Crazy in Love” (video)

### **Last 10 Minutes of Camp:**

5. Review all choreography - Last 10 minutes of class - This is good as parents are arriving and like to see what the dancers have learned.
6. Freestyle Circle

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1. **“Ice Ice Baby”** TSD EDIT

2. **“Crazy in Love”** Beyonce ft Jay Z Itunes

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## Day 3 - We Run This

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

### **Hip Hop Technique: 15 - 20 Minutes**

1. Hip Hop Warm-Up – “Come Get It Bae” (video)
2. Center Stretch and Conditioning
3. Hip Hop Across the Floor – “Temperature” (video) “Jealous (I Ain't With It)” (video) and “Hot Cheetos and Takis” (video)

### **Choreography: 15-20 Minutes**

4. Teach – “We Run This” (video)

### **Craft/Snack 20 Minutes**

5. Craft – Hats
6. Snack

### **Hip Hop Isolations and Tricks: 10 Minutes**

1. Isolations – “Lets Go” (video)
2. “Tricks/Skills” (video)
3. “Beggin” (video)

### **Review All Dances: McHammer Mix, Blow, Ice Ice Baby, Crazy in Love**

### **Last 10 Minutes of Camp:**

4. Review all choreography - Last 10 minutes of class - This is good as parents are arriving and like to see what the dancers have learned.
5. Freestyle Circle

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

1. **"We Run This"**      Missy Elliott      Itunes



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## Day 3 - Together Again

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

### **Hip Hop Technique: 15 - 20 Minutes**

1. Hip Hop Warm-Up – “Come Get It Bae” (video)
2. Center Stretch and Conditioning
3. Hip Hop Across the Floor – “Temperature” (video) “Jealous (I Ain't With It)” (video) and “Hot Cheetos and Takis” (video)

### **Choreography: 15-20 Minutes**

4. Teach – “Together Again” (video)

### **Craft/Snack 20 Minutes**

5. Craft – Bandana
6. Snack

### **Hip Hop Isolations and Tricks: 10 Minutes**

1. Isolations – “Lets Go” (video)
2. “Tricks/Skills” (video)
3. “Beggin” (video)

### **Review All Dances: McHammer Mix, Blow, Ice Ice Baby, Crazy in Love, We Run This, Together Again**

### **Last 10 Minutes of Camp:**

4. Review all choreography - Last 10 minutes of class - This is good as parents are arriving and like to see what the dancers have learned.
5. Freestyle Circle

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**Song Information:**

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1. **“Together Again”** Janet Jackson Itunes

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## Day 5: Review and Show Day!

1. Come Get It Bae
2. Review – MC Hammer Mix and Blow
3. Let's Go
4. Review – Ice Ice Baby, Crazy in Love
5. Review – We Run This
6. Review – Together Again
7. Snack and Coloring Sheet
8. The Big Show for parents and family. Recommended last 30 minutes of class.

### Show Order

Come Get It Bae

Mc Hammer Mix (with necklaces)

Blow

Ice Ice Baby (with sunglasses)

Crazy in Love

We Run This (with hats)

Together Again (with bandanas)

Freestyle Circle

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## Supply Sources (as of 6/30/2015) - subject to change:

**NECKLACE:** [http://www.orientaltrading.com/dollar-sign-necklaces-a2-24\\_1660.fltr?prodCatId=551147](http://www.orientaltrading.com/dollar-sign-necklaces-a2-24_1660.fltr?prodCatId=551147)

**BANDANA:** [http://www.orientaltrading.com/neon-bandas-a2-15\\_17.fltr?prodCatId=551193](http://www.orientaltrading.com/neon-bandas-a2-15_17.fltr?prodCatId=551193)

**HATS:** [http://www.orientaltrading.com/diy-adventure-hat-kit-a2-57\\_86220.fltr?Ntt=white%20hat](http://www.orientaltrading.com/diy-adventure-hat-kit-a2-57_86220.fltr?Ntt=white%20hat)

**SUNGLASSES:** <http://www.orientaltrading.com/shutter-shading-glasses-a2-13671173.fltr?prodCatId=551148>

**STICKY STONES:** [http://www.orientaltrading.com/self-adhesive-jewels-a2-48\\_2089-11-0.fltr?xsaleSku=57/7014](http://www.orientaltrading.com/self-adhesive-jewels-a2-48_2089-11-0.fltr?xsaleSku=57/7014)