



Twinkle Star Dance
Tiffany Henderson with Amanda Scott

Day 1: Cinderella

Pre-set Craft Supplies in an alternate room, if possible. Decorate the room in Cinderella or Princess-themed decorations. Have music playing as dancers arrive. Teachers and assistants may want to dress up as characters from Cinderella to add that extra touch.

Tap Technique: 15 - 20 Minutes

1. Tap Warm-Up – “Under the Sea” (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 “Cinderella Medley” (video)

Craft/Snack 20 Minutes

5. Craft – Wand
6. Snack

Ballet/Jazz Technique: 15 - 20 Minutes

1. Ballet – “Be Our Guest” (video)
2. “The Princess Dance” (video)
3. “The Princess Pokey” (video)

Choreography: 15 Minutes

4. Teach Part 2 “Cinderella Medley” (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 – “The Glow”

Page |3

Song Information:

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“Under the Sea” Raven-Symone Princess Disneymania

“Cinderella Medley” TSD EDIT

“Be Our Guest” Angela Lansbury & Jerry Orbach

“The Princess Dance” Ariel, Belle, Sleeping Beauty and Snow White Disney Princess
Tea Party Itunes

“The Princess Pokey” Moey’s Music Party Princess Revolution

“The Glow” Shannon Saunders Disney Princesses (Fairy Tale Songs) Itunes

Day 2: Belle

Pre-set Craft Supplies in an alternate room, if possible. Decorate the room in Belle or Princess-themed decorations. Have music playing as dancers arrive. Teachers and assistants may want to dress up as characters from Belle to add that extra touch.

Tap Technique: 15 - 20 Minutes

1. Tap Warm-Up – “Under the Sea” (video)
2. Tap Barre
3. Tap Across the Floor - heel step, toe step, hopping on one foot, ball heel

15 - 20 Minutes

4. Teach Part 1 “Belle” (video)

Craft/Snack 20 Minutes

5. Craft – Tiara
6. Snack

Ballet/Jazz Technique: 15 - 20 Minutes

1. Ballet – “Be Our Guest” (video)
2. “The Princess Dance” (video)
3. “The Princess Pokey” (video)

Choreography: 15 Minutes

4. Teach Part 2 “Belle”

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 – “The Glow”

Page |5

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“Belle” TSD EDIT

Day 3: Frozen

Pre-set Craft Supplies in an alternate room, if possible. Decorate the room in Frozen 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 – “Under the Sea” (video)
2. Tap Barre
3. Tap Across the Floor - heel step, toe step, hopping on one foot, ball heel

15 - 20 Minutes

4. Teach Part 1 “Frozen Medley” (video)

Craft/Snack 20 Minutes

5. Craft – Cape
6. Snack

Ballet/Jazz Technique: 15 - 20 Minutes

1. Ballet – “Be Our Guest” (video)
2. “The Princess Dance” (video)
3. “The Princess Pokey” (video)

Choreography: 15 Minutes

4. Teach Part 2 “Frozen Medley”

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 – “The Glow”

Page |7

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“Frozen Medley” TSD EDIT

Day 4: Ariel – Princess Tea Party

Pre-set Craft Supplies in an alternate room, if possible. Decorate the room in Princess-themed decorations. Dancers can dress up as their favorite Princess or in Tea 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 - heel step, toe step, hopping on one foot, ball heel

Choreography 15 - 20 Minutes

4. Teach “Little Mermaid Medley” Part 1 (video)

Craft/Snack 30 Minutes

5. Craft - Fish
6. Tea Party

Ballet/Jazz Technique: 15 - 20 Minutes

1. Ballet – “Be Our Guest” (video)
2. “The Princess Dance” (video)
3. “The Princess Pokey” (video)

Choreography 15 - 20 Minutes

4. Teach “Little Mermaid Medley” Part 2 (video)
5. Review All Dances

Last 10 Minutes of Camp:

6. Review Choreography - This is good as parents are arriving and like to see what the dancers have learned

Page |9

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“Little Mermaid Medley” TSD EDIT

Day 5: Review and Show Day!

1. Under the Sea
2. Review – Cinderella Medley
3. Review - Belle
4. Be Our Guest
5. Review – Frozen Medley
6. Review – Little Mermaid Medley
7. Snack and Coloring Sheet
8. The Showcase for parents and family. Recommended last 30 minutes of class.

Supply Sources (as of April 2018) – subject to change:

Crafts

Bandana (class set) - <https://www.funexpress.com/neon-polyester-bandanas-15-17.html>

Wand - http://www.orientaltrading.com/diy-precious-princess-wands-a2-57_1076.fltr?keyword=wands

Tiara - <https://www.funexpress.com/foam-tiara-assortment-48-3969.html>

Cape - <http://www.orientaltrading.com/diy-capes-a2-13590335.fltr?keyword=cape>

Fish - <https://www.funexpress.com/paper-magic-color-scratch-fish-ornaments-48-4368.html>

Decor - <https://www.partycity.com/disney-princess-swirl-decorations-12ct-689889.html?start=78>

Table cloth - <https://www.funexpress.com/disney-princess-dream-tablecloth-13763804.html>