

Theme: Ice Age

Warm-Up - "I like to Move It" 2:42

Line up dancers on dots or stars on the floor (preferably in a circle or in "windows" so that you can see all of your dancers). Warm up to song "I like to Move It". The beat of the song will automatically hype the energy levels of the children; however, the instructor must use a motivating high energy voice to keep the children ENGAGED. Song is only 2:42.

- Motivate children to clap to the beat so they understand the concept of 'counting'
 - Add to this concept by keeping the beat and:
- March in Place
- Jump up and down with feet together
- Jumping Jack drills: Tell children to "hop feet out" and STOP; then "hop feet together" and STOP.
- Repeat by using progressions like:
 - March forward and back, side to side, in a circle.
 - Jump around group's circle (not just the child's dot/ star, but the entire circumference)
 - Jumping jack drills on each of our friend's circles

Center Exercises

Have the dancers face you.

- Directions/ Corners: Teach them all four directions and all four corners by using the numbers 1-2-3-4. Shout out "wall number 1!", "Corner #4!" To test them.
- Turn on "Touch the Sky" (2:31) while going over foot positions. You may repeat song if you need to! Add stretches in all 6 directions of the spine: Cambre forward, cambre backward, cambre side to side. *Use imagery like "pick up your rose from the floor", "take the rose up over your head and throw it behind you", "make a rainbow to the right", "make a rainbow to the left".
- Foot positions: There are 5 different foot positions in ballet, modern, and jazz. They can be turned out (focus on opening the turn out from the hips, NOT the knees) or parallel (toes pointed forward). Some instructors skip 3rd position because it is not always necessary for the children to know. This is okay. For beginners, teach with hands on hips.
 - 1st position: feet together
 - 2nd position: feet apart
 - 3rd position: front heel is lined up in the center of back foot (or 'bunyan')
 - 4th position: feet hip width apart (preferably heels in alignment), one foot steps forward
 - 5th position: front foot heel lines up with back foot's big toe
- Turn on "Beyond the Sea" (2:54) and work on
 - Tendus ("to point") Point and flexing toes
 - Degages ("disengage"): Working foot brushes of the floor just an inch above and closes in to first or fifth position.
 - Releve': Stand on tippy toes and walk in a circle while "swimming"

Walk the Dinosaur Choreography

- Have the children sing the intro: "Boom-boom!" "Akka-Lakka-Lakka- BOOM!"

- Stomp Stomp on BOOM BOOM!
- Shake on the "Akka-Lakka-lakka-BOOM!" -Feet together hands up in the air
 - *For more advanced choreography, ask Trish!
- Step touch side to side while clapping to the beat for 2-8 cts
- Continue same movements for 2 more 8 counts -Or- add dinosaur stomp-kicks for 2-8 counts
- Pre-chorus: Walk the dinosaur (not to be confused with the "Nae Nae") to the right, left hand on hip, right and straight up in the air
 - Repeat walk to the left, right hand on hip, left hand up in the air
- CHORUS: Mime opening a door, running forward on get on the floor, make up a move to "Everbody walk the Dinosaur" -OR- Hop feet out to second position and rock from right to left with dinosaur (jazz hands) hands crossed.
 - Repeat, but run backward this time!
- Repeat BOOM BOOM choreography for 2-8 counts
- Repeat Step Touch and/or stomp-kick choreography
- Repeat Pre-Chorus
- CHORUS
- BOOM-2- 8 counts
- Liquid/ Electricity Move- 4- 8 counts: Everyone holds hands in line or a circle and do the wave with arms, but call it "liquid" or "electricity".
- Pre-Chorus
- CHORUS-8 x
 - FREEZE! AND POSE LIKE A T-REX

Game Time: "Do Your Thing"

*If time is allotted, add Freeze Dance or Magic Hat Dance

Freeze Dance Directions: Everyone freestyles while the music is playing and then poses or freezes when the music is paused.

Magical Hat/Cape Dance: Since it's Ice Age theme, maybe our magical prop can be a dinosaur, gloves, or something that can mimic a dinosaur or "Ice Age". Everyone gets in a circle. Whoever is wearing the hat/cape/costume piece, dances in the center and everyone else has to do the same dance. The person in the middle then passes the magical hat/cape/ costume piece to the next person... Each dancer should get one turn!

WARM-DOWN/COOL-DOWN/STRETCHES

Turn on "We Are" and make a circle by holding hands and creating arms length space. You can allow the children to close the circle and then open the circle up if you have time. Have children stretch in a circle.

- Pikes "Peanut butter and jelly sandwiches"- Sit in a p ike and smear the ingredients and smash together. Go into a straddle by 'cutting the sandwich in half' gobble up the left side, gobble up the right side, and get the crumbs in the middle.

FINAL BOW

Don't forget to have children make their Final Bow. Instructors should use their creativity to make their bow their own. Then give them their treats/stickers.