

Ballet

Exercise Type: Pliés and Tendus

Music: Modern ballet Studios Melodies

By: Christopher N Hobson

Track: Plié 1 (The first Noël)

4/4 Time

Learning Objective: Begin to warm up the body and articulate through the feet

Cautionary Reminder: Our knees track directly over our toes and our back stays long and strong

Creative Explanati1on: We are sliding between two walls, staying up right with our knees side

Note: Hands are on the barre the whole time

Start: Start in first position facing the barre arms en bas

Preparation: - Hold 5,6 hands lift to place on barre 7,8

Measures	Counts	Steps w/ arms
1,2	1-3,4-6	Demi-plié, stretch hands on barre
3,4	1-3,4-6	Repeat measure 1 and 2
5,6	1-3,4-6	Demi-plié, relevé
7,8	1-3,4-6	Balance in first, slow lower
9,10	1-3,4-6	Tendu front, close first
11,12	1-6	Repeat measures 9&10
13,14	1-6	Repeat measures 9&10
15,16	1-3,4-6	Tendu second, lower to second position
17-24	1-6,1-6,1-6,1-6	Repeat measures 1 through 8
25,26	1-3,4-6	Tendu side, close first
27,28	1-6	Repeat measures 25&26
29,30	1-6	Repeat measures 25&26
31,32	1-6	Repeat measures 25&26
Repeat combination on the left		

Jazz

Tatum Evans

2/25/2020

7-9 year olds advanced

Song: Falling For Ya from "Teen Beach Movie" by Grace Phillips

4/4 time

Starting position: Center of the room facing the mirror

Exercise type: Culminating Activity

Learning Objective: different spots (turning)

Creative Explanation: Think of pushing down into the floor to stay grounded in all the turns, keeps the ribs and shoulders down while screwing the foot into the ground.

Corrections: Make sure we have really strong arms the whole time especially in the pirouette, keep head tall while pushing down

Measure	Counts	Movement	Head and Arms	Misc
1	1-3,4	Gv R, jump together and clap	Head Facing mirror HOH	Step R side, cross L behind, R side
2	5-7,8	Kbc R, hold 8	Head Facing mirror HOH then R arm front, L side	Hold the prep for turn on 8
3	1&2,3&4	Single pirouette R, jump to second	Head spots, arms in 1 st , throw down	
4	5-8	Jsq R,	Head Facing mirror Shimmy on jsq	R crosses over L to start the jsq
5	1-2,3-4	Pvt R, chs R	Head spots Arms- L arm frt R arm side on chs	
6	5-6,7-8	Pvt L, chs L	Head spots Arms- R arm frt L arm side on chs	
7	1-2, 3-4	Chn R, dg R	Head spots SR on chn looks front on dg Arms- 1 st to high 'V'	Heading to SR Step R dg L leg slightly behind
8	5,6, 7-8	Wk L, wk R, 2jumps	Arms-party arms over head on the two jumps	Playful and fun

Tap

Age and Level: 12-14, intermediate
 Music: Jump to The Rhythm from "Jump In!" by Jordan Pruitt
 Type of exercise: Progression ATF, traveling from SL to SR
 Starting position: SL facing SR
 Goal: Turning

Measure	Counts	Movement	Head and Arms	Misc
1	1/2&a3/4	Sta R/ alt cr L/ sta R	Arms open 2 nd close 1 st during turn Head spots	Alt cr turns over R shoulder
2	5&a6/7/8	Alt cr R/ sta R/ sta L	Arms open 2 nd close 1 st during turn Head spots	Alt cr turns over R shoulder
3	1/&2/&3/&4	Sta R/ xsh L/ sh L/ bc LR	Arms- natural head facing SR	1 st xsh crosses over 2 nd sh uncrosses/ bc turns to face the other side
4	5/&6/&7/&8	Sta L/ xsh R/ xsh R/ bc RL	Arms- natural head facing SR	1 st xsh crosses over 2 nd uncrosses
5	1/&a2/&a3/&a4	St/ xdb L/db R/ db L/	Arms- natural head facing SL	
6	&a5/&a6/&a7/8	Xdb R/ db L/ db R/ sta L	Arms- natural head facing SL	
7	A1 2/a3 4/	Ta R/ ta L	Arms- sway across body head facing SR	
8	A5&6/a7&8	Bces R/ bces L	Arms- sway across body Head- follows around	Turns you around to reface the front

Repeat measures 1-8 until ATF

Starting SR facing SL reverse measures 1-8 and repeat ATF