

## **Gross Motor Movement**

Music: Under the Sea by *The International Dance Company Ensemble*

Time Signature: 4/4

Creative Explanation: We're going to go scuba diving with our mermaid friends today and we may even get to be a mermaid or merman today!

Objective: Get the body moving and somewhat warmed up. Get the students focused for dance class.

Notes: Focus on big movements with arms, legs, and coordinating the two.

Measures	Counts	Movement
1-4	1-16	Putting on our scuba gear to go visit our friends in the sea.  Putting on scuba boots and our masks. Jump into the water on 3-4 of the last measure.
5-12	1-24	Making figure 8's with arms and "swimming to the bottom of the ocean" starting to the right first.
13-16	1-16	Marches stepping R and moving circle to the R.

16-20	1-16	Arms go up and down and swim with jelly fish (butterfly arms)
21	1-4	Break in music and turn and face center
22-42	1-44	Repeat measures 5-21 starting left
43-49	1-28	Slowly sit down with R knee, L knee, sit on bottom like a mermaid tail, swing legs around to front in criss-cross position and then stretch legs in front.
50-57	1-32	Smooth out mermaid tail and stretch hamstrings by running hands down legs holding, and going back up.
58-61	1-16	Swim arms to legs starting R then L (each stroke takes 2 counts)
62-65	1-16	Swim backwards to open up chest R then L and still 2 counts

66-69	1-16	Stretch hamstrings w/ legs turned out
70-71	1-8	Roll up
72	1-4	Head tilt R
73	1-4	Head tilt L
74-75	1-8	Repeat 72-73
76	1-4	Head goes neutral and we get ready to curl up in ball and flatten out
77-80	1-16	Curl into ball (pearl)
81-84	1-16	Flatten out on ground to be an eel
85-88	1-16	Pull rope back to sitting
89-92	1-16	Arms circle back and go back into curl
93-108	1-64	Repeat 77-92

## **Back Strengthening**

Music: Mermaid- Torso Strength and Stretch by *Scott Killian's Children's*

Time: 4/4

Creative Explanation: We are still mermaids/merman and we need to swim away from the sharks.

Objective: Build strength and flexibility in the back.

Notes: Avoid shoulders coming up to ears. This exercise has room for movement as the number of sharks seen changes from time to time.

First two counts are just laying on our stomach finishing up what color mermaid tail we have.

Measures	Counts	Movement
1	1-4	Legs/tail up
2	1-4	Lower legs back down
3-4	1-8	Repeat 1-2
5	1-4	Push up onto your rock
6	1-4	Head look R
7	1-4	Head look L
8	1-4	Dive back down
9-10	1-8	Lay on stomachs and tell them how many sharks we saw
11-12	1-8	Swim away with just legs however many times there were sharks

13-16	1-16	Lift up in superman position and swim away from sharks again but do not slap the floor (water).
17-32	1-64	Repeat changing number of sharks and how many swims we do

## **Pliés**

Music: Pliés by *Scott Killian Children's*

Time: 3/4

Creative Explanation: Diamonds for plié and secrets on hand for port de bras.

Objective: Understand how to keep a straight back and plié. Going as deep as possible with correct alignment.

Notes: Slightly turned out making sure their backs are straight, knees go over toes and they aren't rolling their ankles either way.

Preparation arms with birdie hands and onto shoulder 5 6 7 8

Measures	Counts	Movement
1	1-3	Plié with hands on shoulders
2	1-3	Straighten legs
3-8	1-24	Repeat 1-2
9	1-3	Arms go to en bas
10	1-3	Arms go to first position
11	1-3	Arms go to high fifth
12	1-3	Arms open to second and back on shoulder
13-24	1-36	Repeat 1-12

## **Tendus**

Music: Tendus by *Scott Killian Children's*

Time: 2/4

Creative Explanation: Trying to get a cookie from the plate in the middle on the circle.

Objective: To begin working through the foot and getting the feet and ankles to fully stretch.

Note: Keep hips back and don't the hip of the leg that is extended go with the leg. Hands stay on shoulders unless otherwise noted.

Prep 5-6-7-8 with hand on shoulders

Measures	Counts	Movement
1-2	1-4	Tendu R foot out front
3-4	1-4	Close back to first position
5-6	1-4	Tendu L front
7-8	1-4	Close first
9-10	1-4	Tendu R front
11-12	1-4	Close first
13-14	1-4	Clap on 1 and 3
15-16	1-4	Clap 1-2-3 shoulders 4
16-32	1-32	Repeat L first
33	1-2	R tendu and close
34	1-2	L tendu and close
35	1-2	R tendu and close
36	1-2	Clap 3x fast
37-40	1-8	Repeat 33-36 L first

41-48	1-16	Bend down eat half of your cookie and wipe off mouth because we are clean dancers
49-54	1-16	Eat the other half of your cookie and clean up the crumbs.

## **Piqués**

Music: Piqués by *Scott Killian Children's*

Time: 3/4

Creative Explanation: Fairies under the floor that only want soft noises to wake them up.

Objective: Quick and quiet pricks for quick footwork later in their dance career.

Note: same as tendus and that they are not slamming foot onto ground.

Prep 5-6-7-8 hand on hips

Measures	Counts	Movement
1-6	1-18	R piqués
7	1-3	Flamingo passé
8	1-3	Close in first
9-16	1-18	Repeat 1-8 on L
17-24	1-24	Repeat R to the side
25-32	1-24	Repeat L to the side

## Sautés

Music: Sautés by *Scott Killian Children's*

Time: 2/4

Learning Objective: Begin and end jumps in plié and to jump with straight legs and go straight up not to the side.

Creative Explanation: Milk Shake Sautés go straight up the straw

Notes: Arms stay on hips unless otherwise noted, natural turned out first position

Measure	Counts	Movement
1	1-2	Plié
2	1-2	Sauté
3	1-2	Plié
4	1-2	Straighten legs
5-12	1-8	Repeat 1-4
13-15	1-6	3 quick sautés in first
16	1-2	Echappé
17	1-2	plié
18	1-2	Sauté in 2 <sup>nd</sup>
19	1-2	Plié
20	1-2	Stretch
21-28	1-16	Repeat 17-20
29-31	1-6	3 quick sautés in second
32	1-2	Jump back to first

## **Beginning of Balancé**

Music: Twinkle. Twinkle Little Star

Time: 4/4

Creative Explanation: Rocking on a boat

Objective: Get the feeling of going side to side as is done in balancé.

Notes: Make sure they move side to side. Arms will swing from 3<sup>rd</sup> to 3<sup>rd</sup>.

Measure	Counts	Movement
1	1-2	Step R
	3-4	Touch L to R
2	1-2	Step L
	3-4	Touch R to L

Repeat until music ends.

## **Fairy Bouree**

Music: Floating on a Cloud by *Music Gem XVI*

Time: 4/4

Creative Explanation: Beautiful fairies flying in the clouds.

Objective: Walking on a high demi-pointe to strengthen the feet and coordinate arm and legs.

Notes: Make sure arms have fluidity in them and are not stiff.

Measure	Counts	Movement
1-2	1-8	Arms rise up and walk R
3-4	1-8	Arms lower and continue movement forward

Add in after the first 4 measures and go until all the students have gone across.

## **Flamingo Passé**

Music: Camptown Races by *Music Gem XVI*

Time: 4/4

Creative Explanation: Flamingos stand on one leg and flap their wings and we want to be like them.

Objective: Getting a high passé and connecting the big toe to the knee.

Notes: Arms are fluid not stiff. Gets to an actual passé- not worried too much about foot but can give them corrections about sickling.

Measure	Counts	Movement
1	1-2	R leg to passé arms on hips
	3-4	Step on to R foot
2	1-2	Passé L
	3-4	Step L
3	1-4	Passé R
4	1-2	Arms float up
	3-4	Arms float down
5-8	1-16	Repeat L side

Next student adds in. Repeat until all students have gone.

## **Skips**

Music: Skips by *Richard Maddock*

Time: 6/8

Creative Explanation: In a field of flowers with your best friend.

Objective: Skipping with a friend and moving around each other.

Notes: Make sure they are not galloping but actually skipping. Be aware of how they see spatial awareness.

Measures	Counts	Movement
1-2	1-12	Skip starting right holding hands with partner
3-4	1-12	Partner on the R stops and the one on the L skips to the R side of partner
5-6	1-12	Skip holding hands
7-8	1-12	New person on R stops while new person on L skips

Repeat until all students have gone across the floor.

## **Jumps Over the Sand Castle**

Music: Coda (Be Our Guest) by *Christopher N Hobson Modern Ballet Studio*

Time: 2/4

Creative Explanation: We want to go back into the water to be a mermaid/merman again so we have to jump over the castle to get back to our friends but we don't want to knock over anyone's hard work!

Notes: Push off of one foot and onto the other. May shy away from counts depending on how the student runs.

Measure	Count	Movement
1-2	1-2	Run R L R L
3-4	1-2	Jump over the castle and back into the water

Repeat until all students have gone across.