

Frozen II

ONLINE VIDEO CLASS OUTLINE

Below is an outline of what we will be doing and learning in this video dance class.

Intro/ Welcome



Welcome to our online dance class! We will talk a little about what we are learning in today's class!

Stretch & Learn



We're going stretch to some of our favorite class songs.

Main Activity



We're using our Ballet feet positions (1st, 2nd, & 3rd) to build our own imaginary Olaf snowman as we get ready to go Into The Unknown.

Across The Floor



We're going through The Enchanted Forest as we use familiar dance steps to bring some of the magic of Frozen II into our homes!

Mini Dance Combo



Today we are learning a mini 32 count dance to Some Things Never Change. Counts and steps included on next page.

Extras

Family Fun!

Have some family fun to finish class with a Family Freeze Dance! Pick a song of your choice, dance, and take turns freezing the music. When the music freezes, one person picks a dance step for everyone else to do

Ideas:

Kick Hop Jump Chasse 1st Position 2nd Position
3rd Position

Creative Props

What fun things can you find around your house to use as props for your free dance? bubbles, mom's scarves as ribbon wands, stuffed animals as your audience while you perform your mini dance piece, balloons, etc

Frozen Fun

MINI ROUTINE

Song: Some Things Never Change **32 Counts**

As soon as music starts

Count 1-8

When singing begins

Arms are open and come closed 1-3

Closed on 4

Releve and reach arms up 5,6,7,8

Big sway R 1,2 and L 3,4

Spin 5,6,7,8

Shoulder Shrug 1,2,3,4

Kicks 5,6,7,8

Repeat

**Make sure when repeating the dance that you include
the 1st 8 counts of just counting*

