

Terminology



feature stretch

Sunflower Stretch

Starting on squatting down low to the ground with hands and feet on the floor, slowly grow (very,very slowly) up to the sky. Reach arms all the way up to the sky, stretching tall. Blow in the wind to the side, to the other side, and all the way around.

main activity

Raindrop Chasses

We will chasse (skip or gallop) around our dance space while using our arms to create a raindrop effect

Cloud Plies

We will Plie (meaning to bend), while acting as though we are clouds high up in the sky

Rainbow Twirls

Twirls make everyone smile, and so do rainbows! We will twirl in our dance space while creating a rainbow effect with our arms

Sunshine Port da bras

Bring on the sunshine! Port da bras is all about the movement of our arms. We will be brighter than the sun as we port da bra in our Spring themed activity.

across the floor

Creating Combos

We will use our steps from above to create a few different dance combos across the floor. You can even add in some of the ones that you come up with!