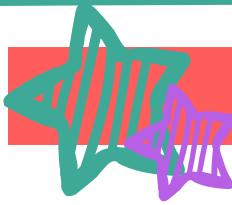


In this fun and energetic at home activity, we will practice leaping onto our lily pads while practicing Ballet steps!



Leaping Lilies!

Time Needed

20 minutes

Props!

Printable 3-6 Lily Pads (included) or
Green Construction Paper

Music of Your Choice!

Goals

Balance
Posture
Creativity

How To Do It!

Standing with feet together, facing forward/parallel, slowly bring one toe out in front of you, pointed and with a straight leg. Bring it back to starting position or as we like to call it, home, with feet together. Repeat on the other foot. You can also do tendus to the front, side, and back.



Feature Dance Step

Tendu - Meaning "To Stretch"

Step- by - Step How To

Step 1: Gather all your props and music you'd like to use

Step 2: Make some dance space in your house

Step 3: Using your lily pad props or construction paper, create a lily pad trail of your choice around your "dance space"

Step 4: Practice doing tendus standing in place to a song of your choice (you can also do them to the front, side, and back!)

Step 5: Stand at the beginning of your lily pad trail (on the first lily), tendu forward and then leap onto the next lily pad.
Repeat until you have reached the end of your trail.

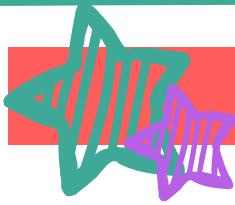
Step 6. Add in some other dance steps, of your choice, to do on each lily pad such as

Tendu/ Passe
Tendu/Plie
Tendu/Turn

Take turns with family and friends. Each person can create their own trail for everyone to practice tendus!



We LOVE doing Chasses in our TwinkleToes dance classes and we know you'll love this activity that you can do at home!



Super Bubble Chasses!

Time Needed

20 minutes

Props!

Bubbles From Your Bubble Wand
Friend or Family Member To Help

Goals

Balance
Coordination
Memorization

(Feature Dance Step

Chasse - Meaning "To Chase"

Step- by - Step How To

How To Do It!

You'll need some space to do the chasse because it is similar to a skip or gallop and is a somewhat larger movement. Begin by standing with one foot out in tendu, to the front. The front foot will be the leading foot and the back foot will be the following foot. From this position, begin to leap or skip in moving in a forward direction. Remember to keep one foot leading and one foot following. Keep arms out to the side for this step.



Step 1: Gather all your props and music you'd like to use

Step 2: Make some dance space in your house

Step 3: Practice doing chasses across the floor, a few times, to a song of your choice

Step 4: Create a starting point and a finish point using construction paper, small pillows, or something from around the house to mark to spots in your dance space

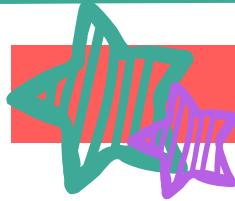
Step 5: Stand on your starting point with your friend or family member facing you. Have them walk backwards blowing bubbles while you chase towards them and towards your ending point.

Step 6: Add in 2 of your favorite dance steps to create a dance combo. Examples include:

Chasse, Turn, Passe
Chasse, Kick, Arabesque
Chasse, Jump, Twirl

*What combinations can you come up with?! Take turns blowing bubbles and doing your SUPER chasses!

In this super fun activity, we'll be tapping our way through the kingdom while wearing our Princess Crowns!



Royal Shuffles!

Time Needed

20 minutes

Props!

Princess Crown

Tap Shoes (not required - you can also tap pennies to the bottom of your shoes!)

Goals

Space Awareness
Balance
TAP STEPS!

Feature Dance Step

→ Shuffle - Meaning "To Brush"

Step- by - Step How To

How To Do It!

Shuffle is a Tap dance step and is done by standing with feet together, facing forward/parallel position. Lifting one foot to the back, brush it forward and then backward and then back to home or starting position. Repeat with the other foot.

A great way to teach your students to remember the shuffle is to say "Shu" when you brush forward and "Ffe" when you brush backwards



Step 1: Gather all your props and music you'd like to use

Step 2: Make some dance space in your house and put on your CROWN!

Step 3: Practice doing shuffles in your dance space using a song of your choice
*Don't forget to say it as you do it!

Step 4: Are you ready to shuffle through your kingdom? (aka, your house!)

Step 5: Moving around your house, from room to room, do the following sequence:

Shuffle, Step together, Kick, Kick, Jump forward
(Repeat as you move around the house)

Ask family and friends to join in and create a Royalty Dancing Train!