

The Lion Sleeps Tonight

10:50 am Ballet

- Begin in napping positions as lions
- Creep around stage with paws extending, pointing toes, give self lion bath
- Fly like toucans and tropical birds
- Walk in a circle like elephants
- Sit in village like quiet people
- Run and leap like gazelles, arabesque
- Releve and bourre like giraffes
- Chene turns across floor like giraffes
- Run in circle like cheetahs, monkey, etc.
- Creep like lions back to rocks/caves and go to sleep

Sat, 10:50 AM
Tap

Lollipop

10:50 am Tap

- Tap R foot
- Tap L foot
- Toe-heels forward
- Toe-heels backward
- Walk in own circle
- Shuffle steps R and L
- Turn to make train, moving L
- Toe-heels stage Left
- Little runs going backward "pushing the air" in front of them with both palms
- Rock side to side
- Big lollipop lick (for pretend)
- 2 arms up
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Sat 10:50 AM Ballet

I HOPE YOU DANCE – PRESCHOOL BALLET

- Start as seed, reach petals up
- Grow slowly up, slowly stretch
- Reach petals to sky, relève
- Sun, bourré
- Up like sun S-R reach arms
- Bourré – Moon – R, arm ½ oon
- L, arm moonbeam sweep
- Relève – Rain – rain falls down fingers
- Earth – pliè – become seed

Repeat Dance

Jetès – both ways

Chenè turns, toe touches, butterfly jumps, back strokes

Freeze in Garden – 4 poses

PRESCHOOL / BALLET

BEETHOVEN FIREFLIES

- Fly around tree
- All gallop in circle
- Bourré
- Chenè → arabesque – both ways
- Jetè → arabesque – both ways
- Soutenu turns - bourré
- Stretch & yawn
- Make bed
- Fall asleep