



FAMILIES

Produced by Feld Entertainment

Disney
ON ICE
EDUCATION PROGRAMME

Fit to
Dance

THE DANCE STEPS SHEET

THESE ARE SIMPLE IDEAS FOR OLDER CHILDREN DANCING 'IN CHARACTER':

CHARACTERS

DANCE MOVEMENT IDEAS

Mermaid / Fish

Using their arms to act as fins/flippers to move through the water. Use levels to show the pathway of the swimming in the water.

Dance phrase:

- Counts 1 and 2 - Jump forward to dive down in the water, ducking your head under like diving off a board
- Count 3 - Quick step to the right
- Count 4 - Move arms to act as fins in a ripple effect
- Count 5 - Quick step to the left
- Count 6 - Move arms like fins again
- Counts 7 and 8 - Twirl on the spot

Fairy

Children run lightly on their tiptoes around each other. Stop and twirl with arms stretched out wide as they are carried away by the wind.

Dance phrase:

- Count 1 - Step onto left foot
- Count 2 - Hop on left foot
- Count 3 - Step onto right foot
- Count 4 - Hop on right foot
- Counts 5 and 6 - Arms float up to meet above head
- Counts 7 and 8 - Arms float back down to sides

Army soldier

Strong uniformed marching - to turn and change direction, pivot on one foot to $\frac{1}{4}$ turn (still with a marching action). Keep arms straight and swing them with opposite hand to foot. Add in a salute.

Dance phrase:

- Counts 1 to 4 - Four military marches forward (knees up high)
- Counts 5 and 6 - Salute
- Counts 7 and 8 - Two steps on the spot to turn $\frac{1}{4}$ turn to side



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Dragon

Big, heavy and powerful movements.

Dance phrase:

- Start with legs start wide apart and bend knees
- Counts 1 and 2 - Swing body down and look to the right
- Counts 3 and 4 - Then back the opposite way
- Count 5 - Walk forward a step
- Count 6 - Crouch low
- Counts 7 and 8 - Jump up into a fierce 'dragon pose'

Prince/Princess

Standing tall, shoulders back and chin up. Taking long strides - walking heel-toe, heel-toe etc. Bowing or curtsying occasionally.

Dance phrase:

- Counts 1 and 2 - Step to left then bow/curtsey
- Counts 3 and 4 - Step to right then bow/curtsey
- Counts 5 to 8 - Walk in a small circle (head up high, shoulders back, hands behind back)

Witch / Wizard

Standing hunched over, head as low as possible, fingers spread out and bent to make witchy hands.

Dance phrase:

- Counts 1 and 2 - Take two small shuffling steps
- Counts 3 and 4 - Wave wand in a figure of eight to cast a spell
- Repeat the four counts



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Snowman

Children imagine they are being built into snowmen. They begin crouched on the floor hugging their knees. When they put their arms out, they should keep their elbows close to the body and just have their forearms and hands out (like sticks).

Dance phrase:

- Counts 1 and 2 - Roll up to standing position, but keep head down
- Counts 3 and 4 - Roll head up
- Counts 5 and 6 - Screw carrot nose on
- Count 7 - Left arm sticks out
- Count 8 - Right arm sticks out

Bear

Children plod heavily and slowly in the space on all fours. Children create claw actions with their hands. Use hands as paws to show actions of trying to catch fish in the stream.

Dance phrase:

- Count 1 - Plod left foot and arm forward
- Count 2 - Plod right foot and arm forward
- Counts 3 and 4 - Repeat
- Counts 5 and 6 - Reach arm to scratch their back
- Counts 7 and 8 - Big yawn



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Goblin

Children make quick movements, staying in a hunched over shape with hands and arms in close to the body.

Dance phrase:

- Counts 1 and 2 - Hop from right foot to left foot, knees up high (quick pace)
- Counts 3 and 4 - Move head forward as if searching around the room for something. They may want to add an evil sneer!
- Counts 5 to 8 - Repeat on the other side

Sportsperson

Show some actions of 'limbering up' with a few lunges, jumping jacks, running quickly on the spot etc. Children decide the sport; perhaps they are practising archery or being a javelin thrower.

Dance phrase:

- Count 1 - Stretch arm over to the left
- Count 2 - Stretch arm over to the right
- Counts 3 and 4 - Bend down and touch toes
- Counts 5 and 6 - Practise their chosen sport
- Counts 7 and 8 - Punch the air to celebrate!