




Disney
ON ICE
EDUCATION PROGRAMME

Fit to Dance

FAMILIES

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:

Count 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

Count 7 and 8 – Twirl on the spot

Fairy

Children run lightly on their tiptoes in and out of each other. Stop and twirl with their 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

Count 5 and 6 – Arms float up to meet above head

Count 7 and 8 – Arms float back down to sides

Army soldier

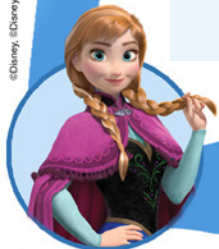
Strong uniformed marching – to turn and change direction, pivot on one foot to $\frac{1}{4}$ turn (still with a marching action). Keep arms straight and swing them with opposite hand to foot. Add in a salute.

Dance phrase:

Count 1 to 4 – Four military marches forward (knees up high)

Count 5 and 6 – Salute

Count 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.

Count 1 and 2 – Swing body down and look to the right

Count 3 and 4 – Then back the opposite way.

Count 5 – Walk forward a step

Count 6 – Crouch low

Count 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:

Count 1 and 2 – Step to left then bow/
curtsey

Count 3 and 4 – Step to right then bow/
curtsey

Count 5 to 8 – Walk in a small circle pathway (head up high,
shoulders back, hands behind back).

Witch / Wizard

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

Dance phrase:

Count 1 and 2 – Take two small shuffling steps

Count 3 and 4 – Wave wand in a figure of 8 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) It should be jerky movements.

Dance phrase:

Count 1 and 2 – Roll up to standing position, but keep head down
 Count 3 and 4 – Roll head up
 Count 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
 Count 3 and 4 – Repeat
 Count 5 and 6 – Reach arm to scratch their back
 Count 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:

Count 1 and 2 – Hop to right foot to left foot, knees up high (quick pace)

Count 3 and 4 – Move head forward as if searching around the room for something, they may want to add an evil sneer!

Count 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

Count 3 and 4 – Bend down and touch toes

Count 5 and 6 – Practise their chosen sport

Count 7 and 8 – Punch the air to celebrate!

