



The Beach

Pre-Class Ambiance		
<i>Suggested Music: "Surf's Up- Instrumental" from Teen Beach Movie and "Fun, Fun, Fun" from Kidz Jamz</i>		
Class Section:	Skill:	Suggested Song:
Warm Up 5-7 min	Warm-up and stretches	<i>"Surf's Up" from Teen Beach Movie</i>
Barre 5-10 min	Plié	<i>"Cold Water" from Kidz Bop 33</i>
	Relevé	<i>"Ride" from Kidz Bop 33</i>
	Tendu	<i>"Beautiful Girls" by Radio Disney/Sean Kingston</i>
Center 10 min	Balancing	<i>"Waves" from Kidz Bop 28</i>
	Passé	<i>"Pocketful of Sunshine" from Kidz Bop 14</i>
	Pirouette	<i>"Walking on Sunshine" by Ari/Radio Disney</i>
Across The Floor 10-15 min	Grand Jeté	<i>"Surfin' Safari" by Kidz Jamz</i>
	Kicks/Grand Battement	<i>"California Gurls" from Kidz Bop Ultimate Hits</i>
	Pivots	<i>"The Lazy Song" from Kidz Bop 20</i>
	Step/Slide Clap	<i>"Cake By The Ocean" from Kidz Bop 32</i>
	Rib Isolations	<i>"Shorty's With Me" by Zack Montana/ Radio Disney</i>
Improvisation/ Free Dance 2-3 min		<i>"Surf Crazy" from Teen Beach Movie</i>
Choreography 10-15 min	<i>See Choreography Notes</i>	<i>"Bahama Roller Coaster" by Baha Men/Disneymania 4</i>
Review & Goodbye		<i>Suggested Exit Song: "Wipe Out" by The Surfaris</i>

Bonus Idea: Give students more of a challenge during free dance/improv by having them alternate dancing for an 8-count, then holding for an eight count. At first you can have the whole class count aloud but eventually they can count on their own silently. For an even bigger challenge, break up the class into As and Bs. When As are dancing, Bs are holding. It's a great (non-scary) way for them to focus on what they're doing without having to rely on always watching others around them.

Choreography Notes– The Beach



“Bahama Roller Coaster” by Baha Men/Disneymania 4

Start down with head down. Starting from “Mix it up, mix it up”...

- Roll up counts 1-7, head up on 8.
 - Poses counts 1-8
 - Transition with a step clap or freestyle/“party” to the group formation (ex. Lines with windows) counts 1-8.
 - Step clap counts 1-8.
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[Verse]

- Grapevine to the right side counts 1-3, clap 4, swim 5-8.
 - Repeat back to the left side counts 1-8
 - 3-Step turn to the right side counts 1-3, clap 4, swim 5-8.
 - Repeat back to the left side counts 1-8
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[Chorus]

- Punches: single 1, single 2, double 3,4. Repeat 5-8.
 - Push away with level change 4x counts 1-8.
 - Travel forward with step touch and “scoop” arms 4x counts 1-8
 - Slide clap 2x counts 1-4, circle and walk back to the group formation on counts 5-8.
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[Verse Repeats]

- Grapevine to the right side counts 1-3, clap 4, swim 5-8.
 - Repeat back to the left side counts 1-8
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 - Repeat back to the left side counts 1-8
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[Chorus Repeats]

- Punches: single 1, single 2, double 3,4. Repeat 5-8.
- Push away with level change 4x counts 1-8.
- Travel forward with step touch and “scoop” arms 4x counts 1-8
- Slide clap 2x counts 1-4, circle and walk back to the group formation on counts 5-8.
- Transition into one straight line with a step clap or freestyle/“party” on counts 1-8.
- Roll off (drop) counts 1-8
- Roll off (pop back up with pose) counts 1-8
- Transition into ending formation with a step clap or freestyle/“party” on counts 1-7, hit ending pose on 8.

[End]