



“All Star”

2020 Recital ~ Pre-dance Tuesday HAM

Start onstage in 2 rows. Feet parallel, hands on hips on any dot.

4 bounces.

Step to R with R arm to side (flexed wrist), step to L with L arm to side (flexed wrist).

4 fast bounces.

Plié in 2nd, Tendue toe to R, plié in 2nd, tendue toe to L (slow).

Hands to sides with palms up,

Then do hips side-to-side with head tilts.

Step to side, close feet together while clapping 4x.

Reach up and touch ground. Pop up like a Star.

Shake head no.

Marches on spot for 8 counts.

“Hey Now You’re an All Star” Wave arms overhead side to side 8 counts.

“Hey Now You’re a Rock Star” Pretend to play the guitar.

Palms forward, sway hands side to side while moving down to a squat. Pop up.

Runs into a circle.

Get into a circle and gallop 8 counts. Run in/out.

Gallops in a circle for 8 counts.

Back to dots and kiss/wave.