

# Sanford Dance Camp News

## What we did...

\*Every morning we started with a Ballet Barre to warm up (and wake up). We worked on basic technique at the barre and in center

\*The girls learned the 4 Little Swans Variation from "Swan Lake" and then we watched the Kirov Ballet variation

\*At least once a day the girls got a nice jazz warm up that worked on stretching and warming up the muscles before they dance

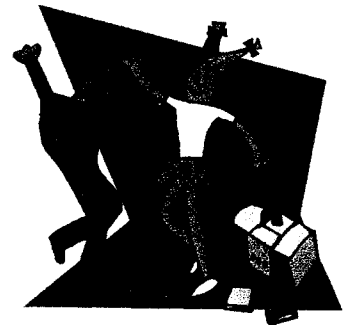
\*We learned jazz leaps and turns across the floor

\*I taught the girls a jazz combination to "Are You Gonna Be My Girl"

\*Last weekend I had the opportunity to compete in the Miss Delaware Pageant in Rehoboth Beach. I taught the girls 3 of the production numbers that we did on stage and they looked adorable!! (ask them to show you their "Miss Delaware Wave")

\*Tuesday afternoon the girls learned a bit about choreography and teaching, and got to show the rest of the class their dances.

\*We also did sessions on swing and line dancing



## Songs we used...

Some of the parents expressed an interest in the music that your children have been dancing to this week. Listed below are some songs and where you can find them.

- \*4 Little Swans: Swan Lake
- \*"The Story of Tchaikovsky"  
(Can be found @ the Hockessin Library)
- \*Cotton Eye Joe
- \*Are You Gonna Be My Girl
- \*Hot Stuff
- \*R-E-S-P-E-C-T

- \*Big Time
- \*"An Afternoon with Erin and Friends"  
(Contact Kenney Workman at [Kenney.Workman@intervet.com](mailto:Kenney.Workman@intervet.com))

All proceeds from the sale of this CD go towards the Miss Delaware Scholarship Fund