Prima Princess Dance
by bonita dance

Today In Ballet

Dance Class Coloring and Activity Book

This book belongs to:

_____

Class Day:_____

Class Time:_____

Dance Teacher:_____

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My First Day of

(Add A Photo Here!)

Prima Princess Dance!

Tiny Prima Princess

ages 2-3

- Joy of Dance
- Love of Music
- Promote Healthy Kids
- Confidence
- Physical Development
- Social Awareness
- Following Directions
- Cognitive Development
- Emotional Expression
- Basic Dance Terminology
- Ballet & Creative Movement

Mini Prima Princess

ages 3-4

- Joy of Dance
- Love of Music
- Promote Healthy Kids
- Confidence
- Physical Development
- Social Awareness
- Following Directions
- Cognitive Development
- Emotional Expression
- Basic Dance Terminology
- Basic Dance Positions
- Using the Barre
- Memorization Skills
- Ballet, Tap & Tumble

Petite Prima Princess

ages 4-5

- Joy of Dance
- Love of Music
- Promote Healthy Kids
- Confidence
- Physical Development
- Social Interaction
- Following Directions
- Cognitive Development
- Emotional Reaction
- Beginner Dance Terminology
- Beginner Dance Feet and Arm Positions
- Beginner Combinations
- Flexibility Skills
- Using the Barre
- Memorization Skills
- Ballet, Tap & Jazz

Prima Princess

ages 5-7

- Joy of Dance
- Love of Music
- Promote Healthy Kids
- Confidence
- Physical Development
- Creating Friendships
- Following Directions
- Cognitive Development
- Emotional Maturity
- Beginner Dance Terminology
- Beginner Dance Feet and Arm Positions
- Beginner Combinations
- Flexibility Skills
- Performance Technique
- Memorization Skills
- Ballet, Tap & Jazz
- Certificate of Completion

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Practice at Home!

Check out our online class and technique videos with our trained instructors to keep dancing at home all week! The more you practice, the more you succeed! Keep up the hard work!

www.Bonita-Dance.com

Your Prima Dance Password is: twirl .

Today in ballet
we learned to Plié.
We bend our knees,
then pull up &
squeeze.

Color the ballerina in plié!
Plié (Plee-AY)— to bend the knees and stretch to finish.

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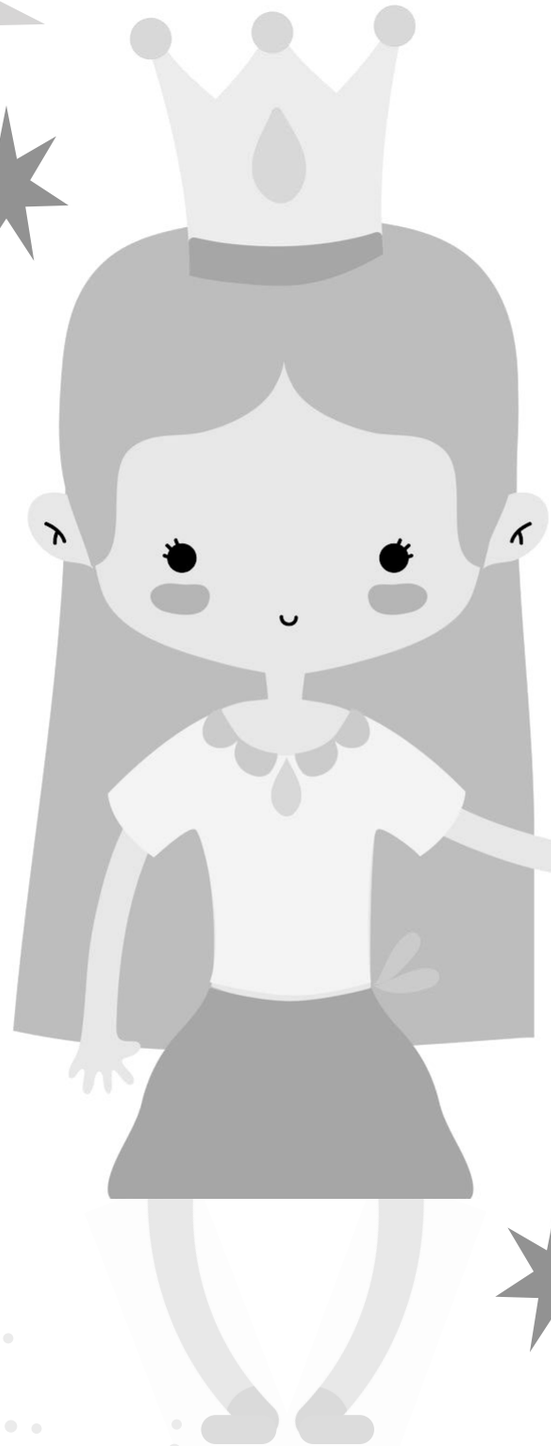
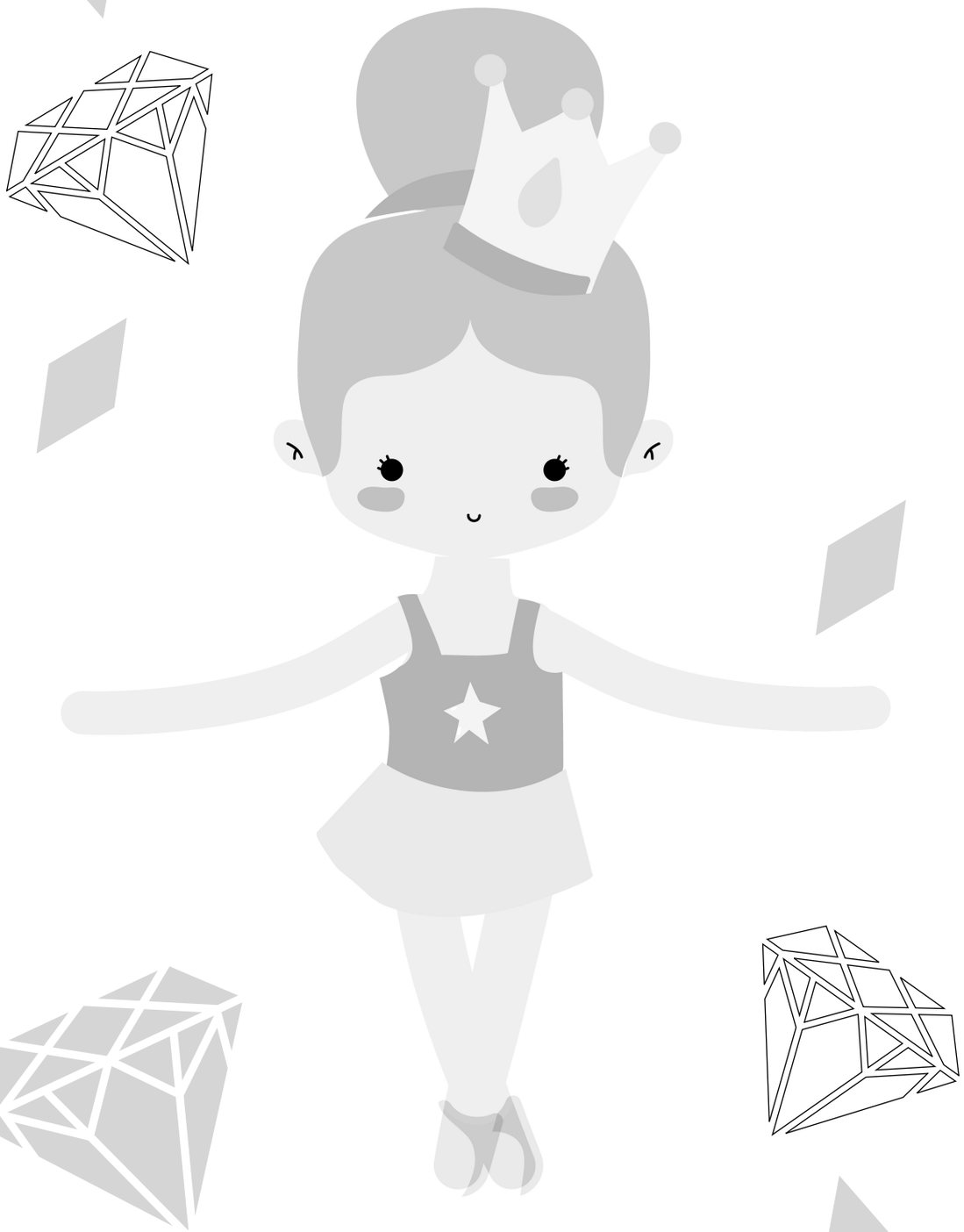


Plié

Relevé



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Today in ballet,
we go on our toes!
Relevé way up high,
as far as you'll go!

Color the ballerina in relevé!

Relevé (relə'vā)— to rise up to the ball of the foot with stretched knees.

My Dance Teacher

(Add A Photo Here!)

Miss _____ !

Today in ballet, we turn all around! We learn to Bourree Turn a with our feet on the ground!

Tips for practicing at home- take small steps on the ball of the foot to do a bourree turn instead of spinning!

Bourree Turn (bo͝o'rā) — to take small steps in a circle around oneself on relevé.

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I ♡ DANCE

BE A STAR!

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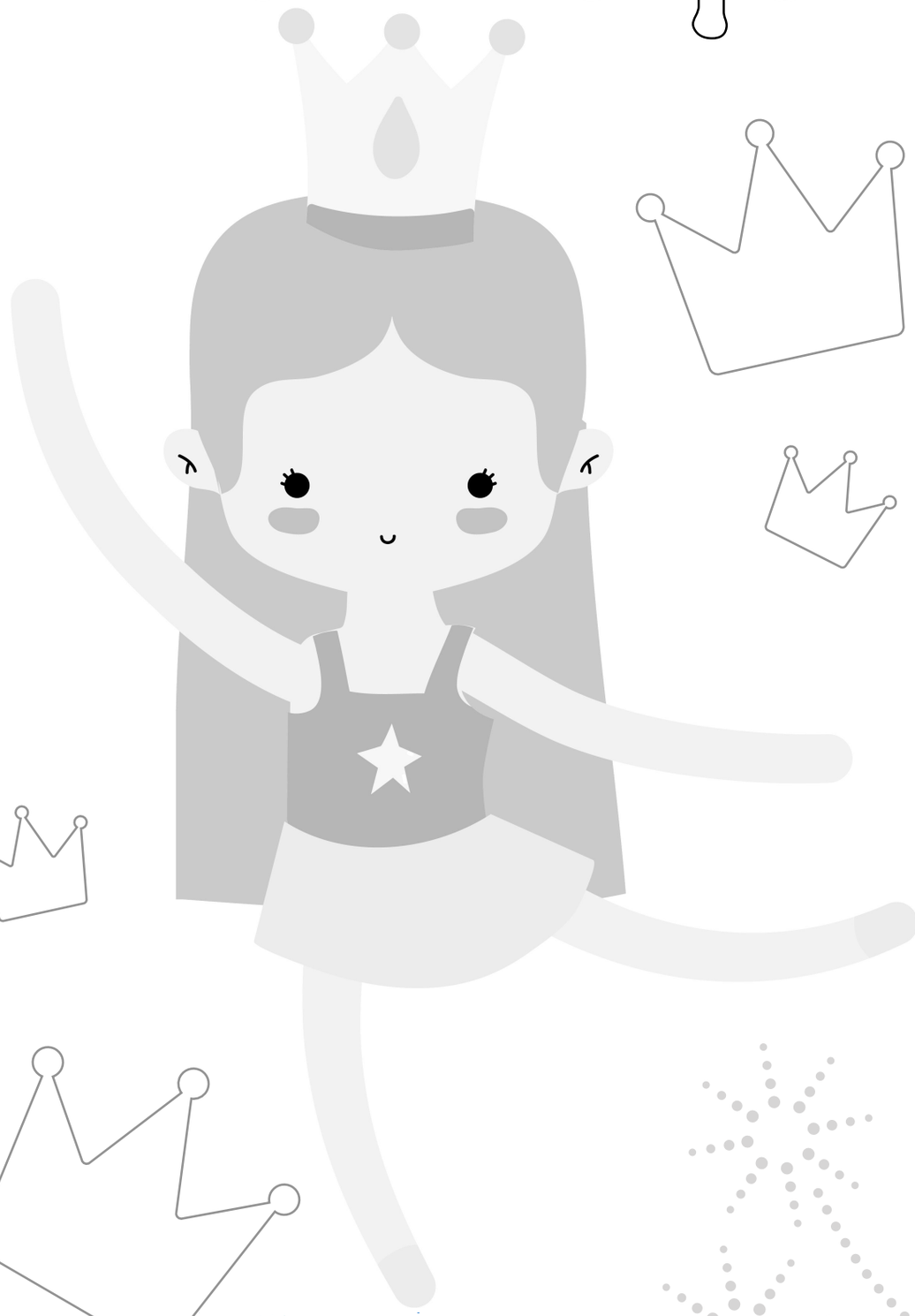
Arabesque



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Today in ballet
Arabesque is our
new trick!
We lift our leg up
to do a big kick!

Color the ballerina in Arabesque!
Arabesque (erə'besk)— to stretch and kick the leg in the air behind you.

Today in ballet
we learned to Tendu.
Each class we learn
something brand
new!

Color the ballerina in tendu!
Tendu (tän'do͞o)— sliding the
pointed foot out and in of 1st position.

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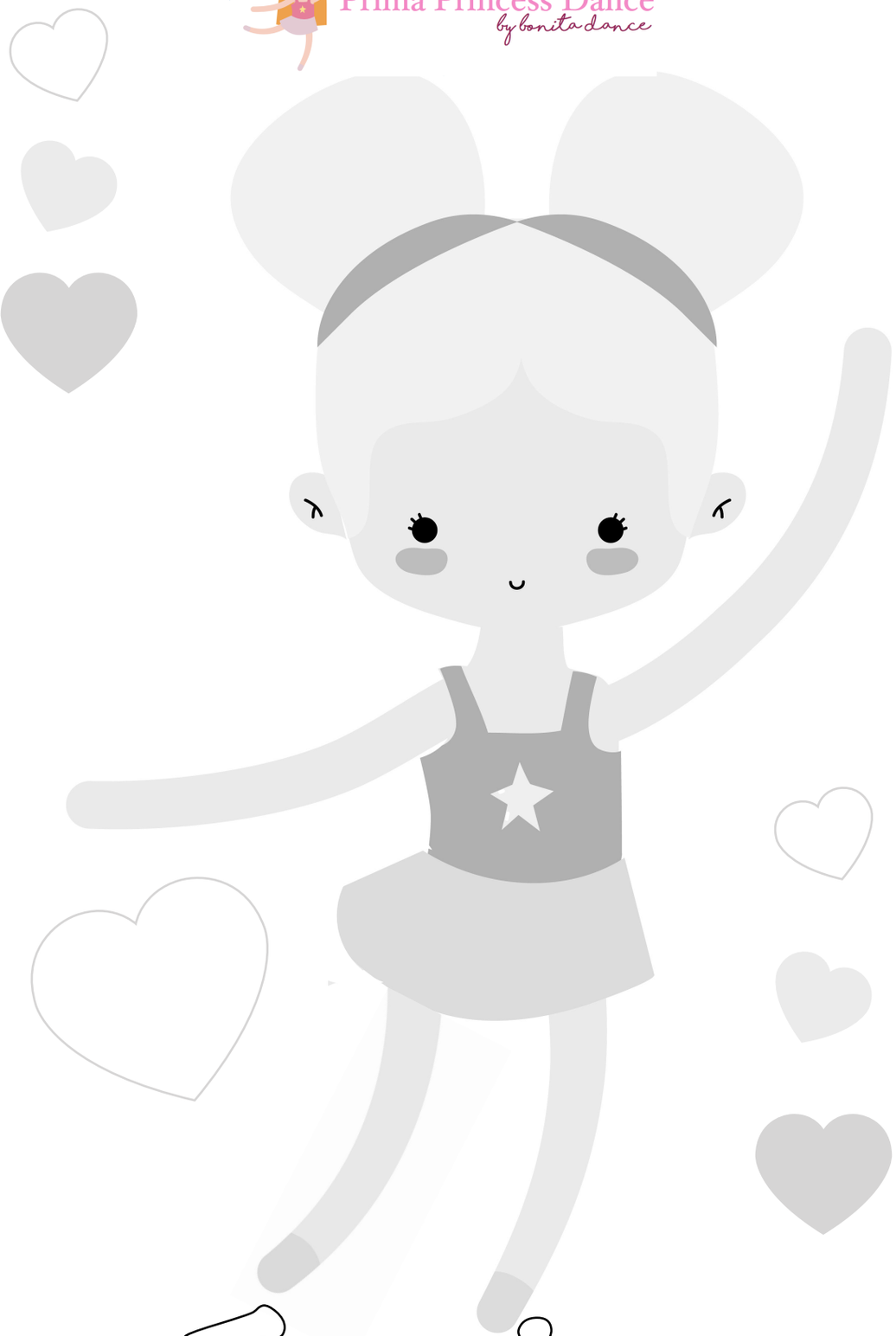

Tendu

Dance Friends...

(Add A Photo Here!)

Make the Best Friends!

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Dance Friends Make the Best Friends!

Class Contact Sheet

Dancer_____ **Parent**_____ **Phone:**_____

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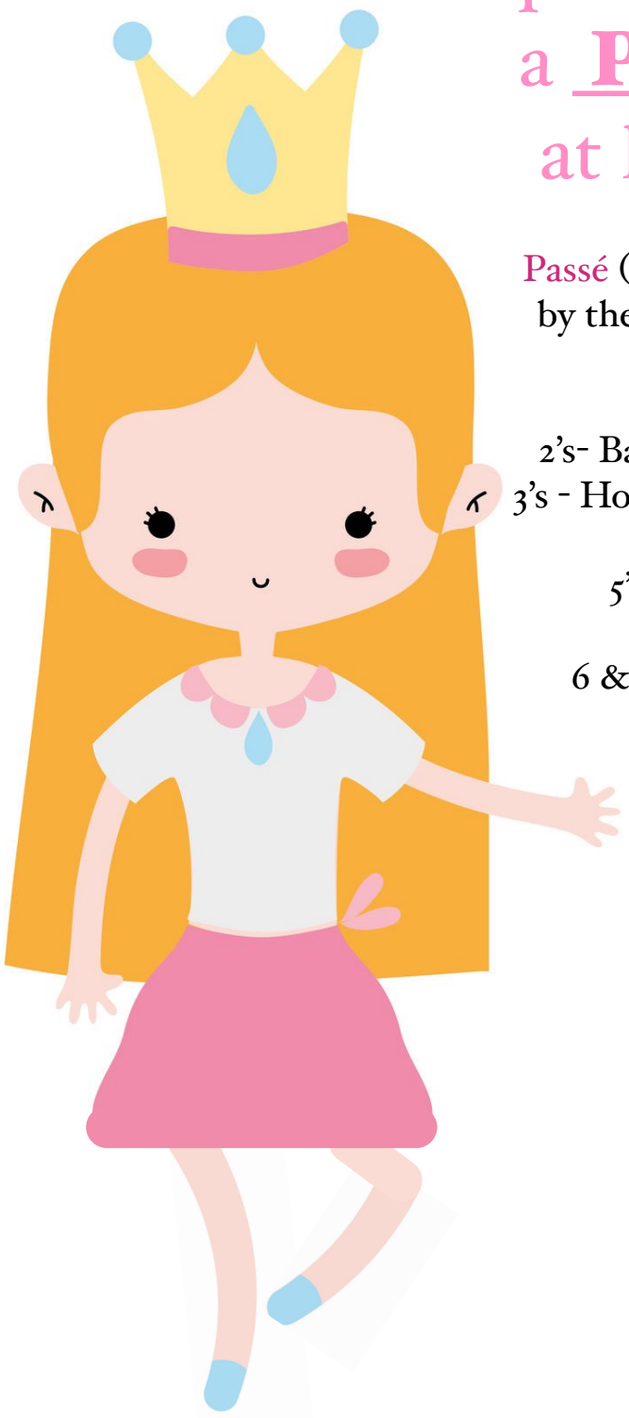

Tips for practicing a **Passé** at home!

Passé (pa'sā)— to pass by the knee with one pointed foot.

2's- Balance on 1 foot
3's - Hopping on 1 foot
4's- Skipping
5's - Balancing in Passe & Relevé
6 & 7's - Pirouettes

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Today in ballet
we leap and Sauté.
We love to jump, and
can do it all day!

Color the ballerina in sauté!

Sauté (sô'tā)— to jump off the floor with booth feet to land in the same position.

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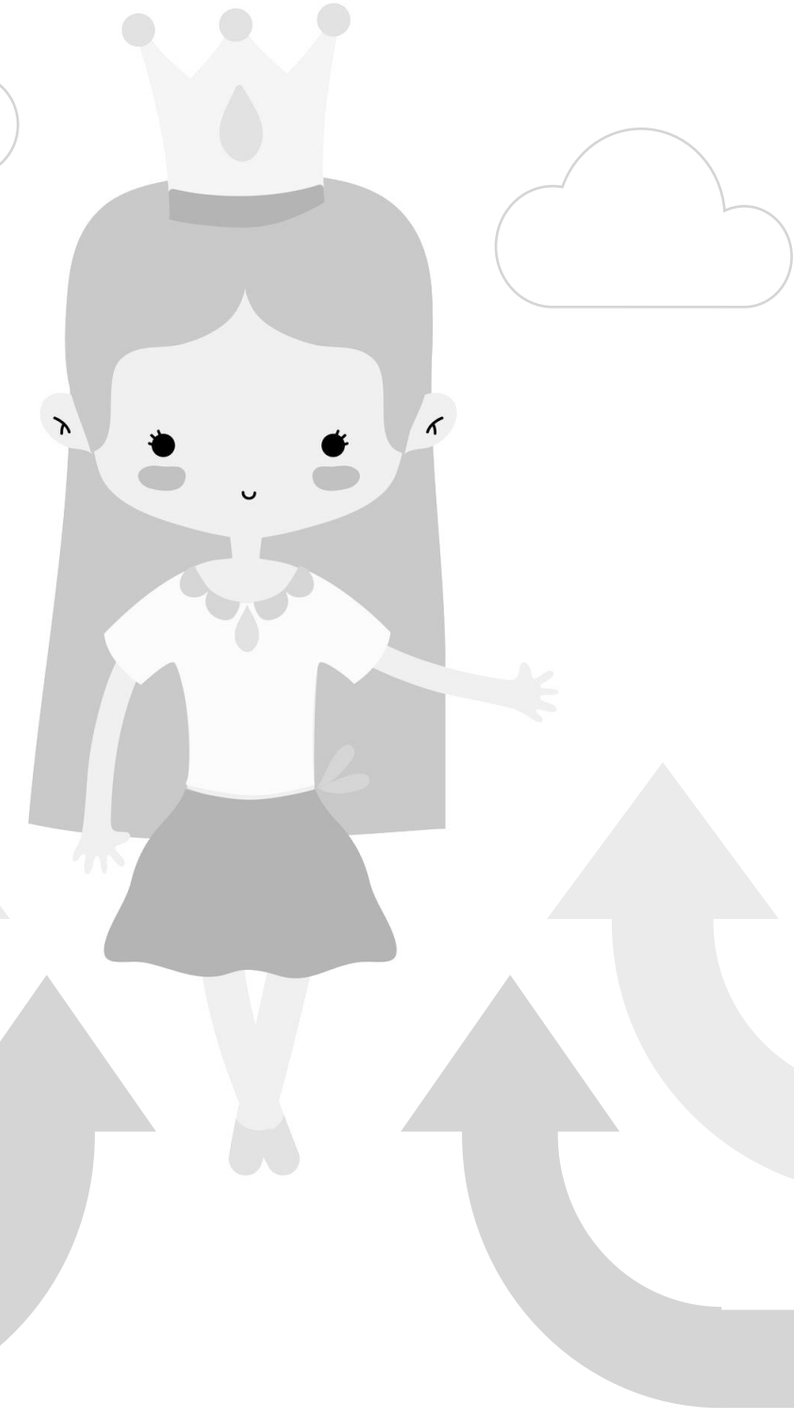
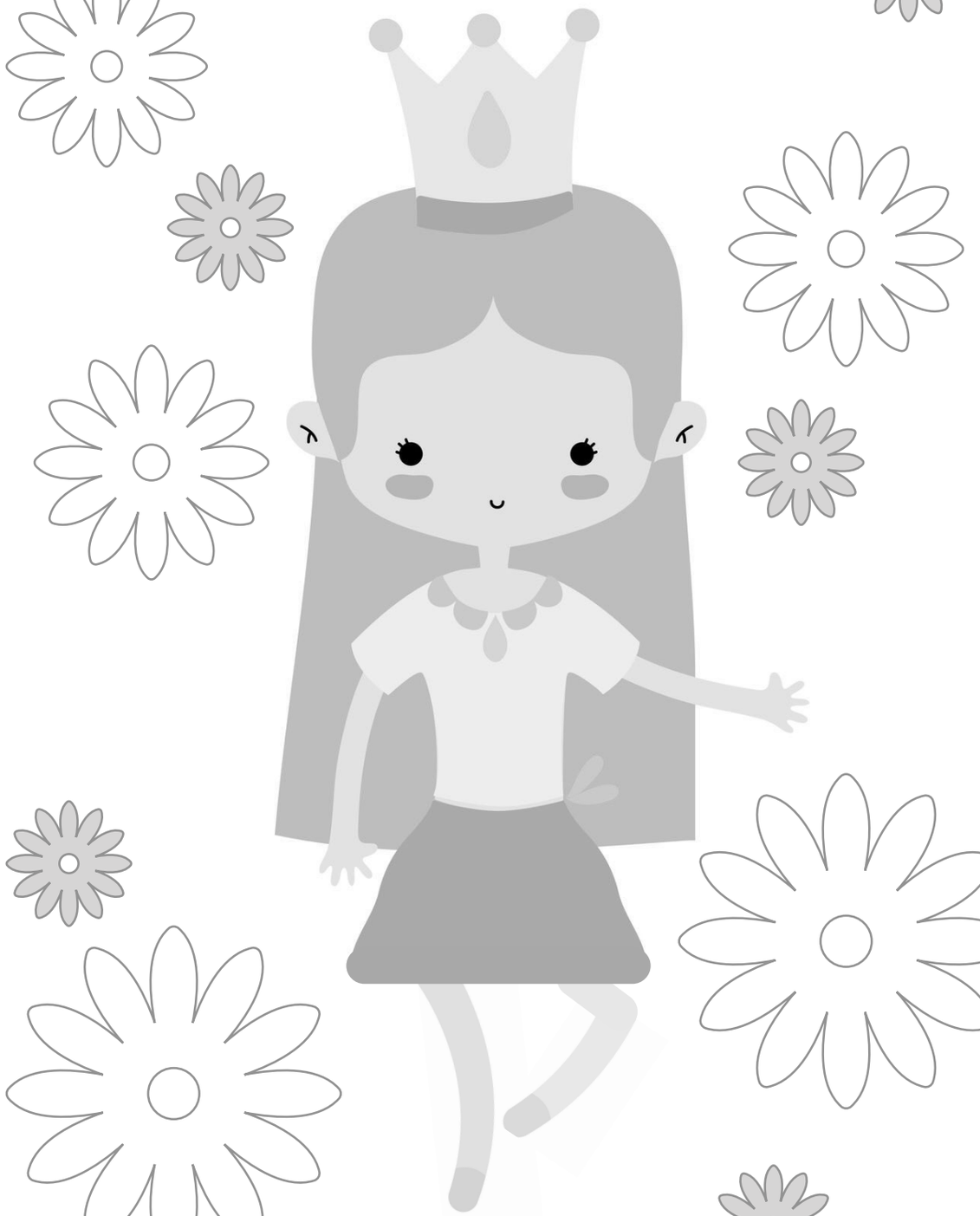


Sauté

Today in ballet
we learn to Passé.
We pick our foot up,
and then put it away.

Color the ballerina in passé!
Passé (pa'sā)— to pass by the knee with one pointed foot.

Passé



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It's Almost Show Time!

(Add A Photo Here!)

(Add A Photo Here!)

My Dance Costumes!

Today in ballet
Battement kicks
are fun.
We kick up high
until class is done.

Color the ballerina in battement!
Battement (batmənt)— to kick or move the leg
straight away from the body and
then bring it back.

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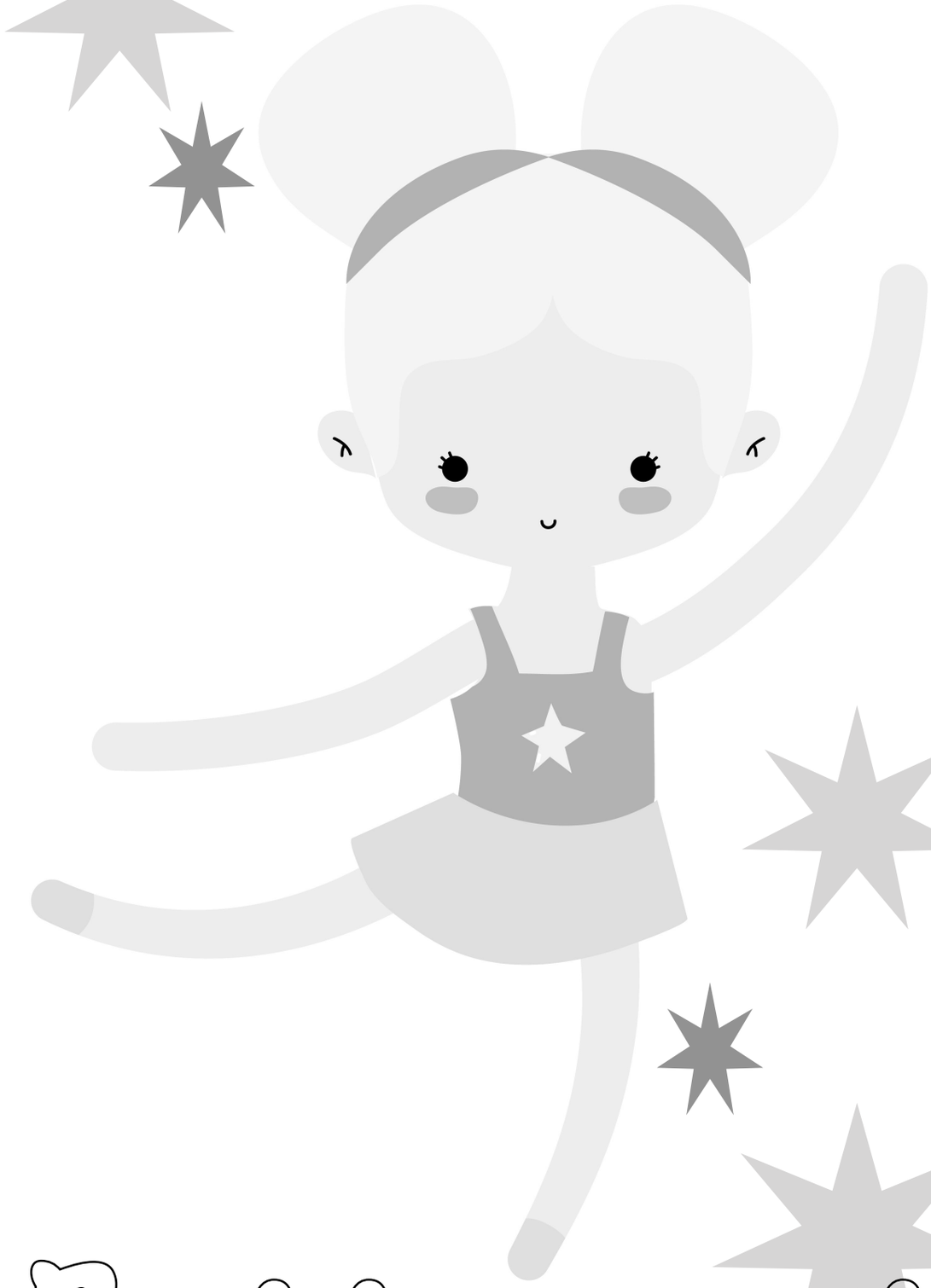

Battement

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recital check list

ATTIRE

- ☐ Costume
- ☐ Revolution Dark Tan Convertible Tights
- ☐ Ballet / Tap / Jazz Shoes
- ☐ A Button-up or Zip-up Jacket
- ☐ Recital Finale Tee
- ☐ Black Dance/Workout Shorts
- ☐ Change of Clothes

HAIR

- ☐ Hair Gel
- ☐ Hair Spray
- ☐ Hair Ties Matching Childs Hair Color
- ☐ Donut Foam Bun Maker
- ☐ Bobby Pins
- ☐ Thin Hair Net
- ☐ Hair Bow/Piece
- ☐ Hair Brush
- ☐ Comb

MAKEUP

- ☐ Blush
- ☐ Silver Sparkle Eye Shadow
- ☐ Mascara
- ☐ Red Lipstick

SNACK

- ☐ Pack a small snack that has no dye- pretzels, trail mix, granola bar, etc.
- ☐ Water labeled with your child's name.

- All Recital Tickets must be bought online
- https://www.bonita-dance.com/performances
- All dance account balances must be paid in full in order to participate.
- Dancers are REQUIRED to attend Dress & Stage Rehearsals in order to participate.
- Call time for performers is always 30 minutes before the start time.
- Make sure to get a good nights sleep the day before and a nap, if possible, the day of the show!
- Sometimes we have a “Hair & Makeup Makeover” party before recitals, to help you with your child's hair and makeup! Please check our website for details, varies by show.

My Prima Princess Dance Recital

(Add A Photo Here!)

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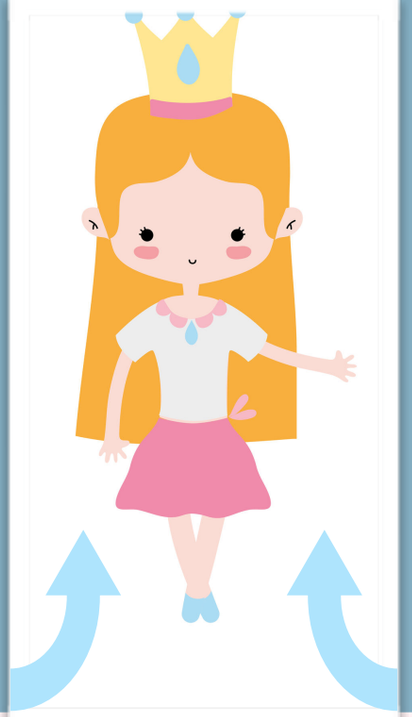
Prima Princess Dance Steps

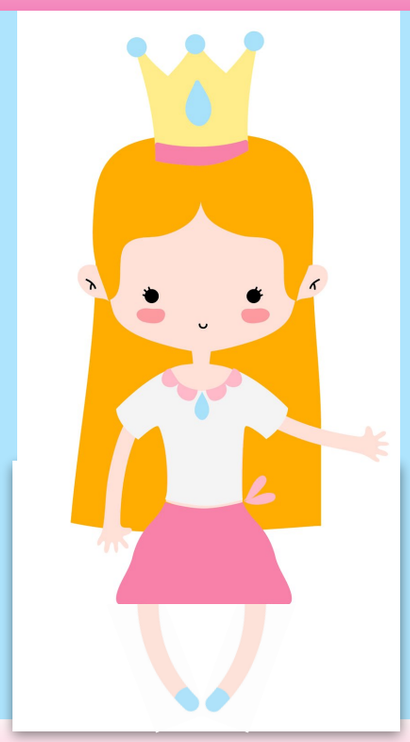
Arabesque

Relevé

Battement



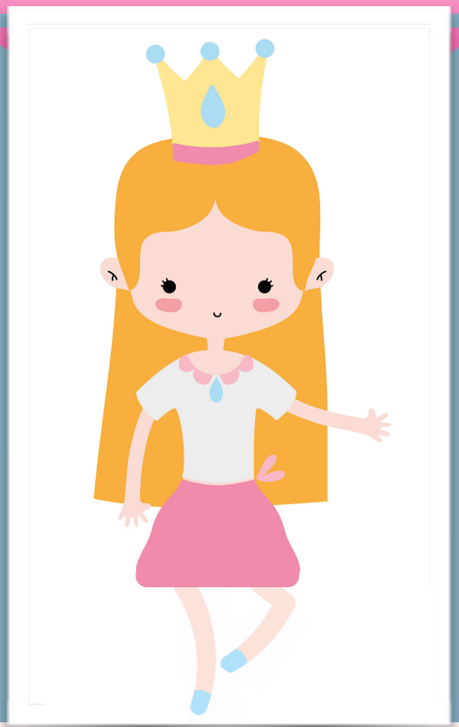
Sauté



Plié

Tendu

Bourree Turn



Passé