

SPOTLIGHT SESSION | DANCING



Spotlight Station is where campers step beyond rehearsal and into deeper discovery. During this rotation, they engage in creative activities that help them explore their showcase content from new angles—whether through movement, storytelling, character work, or personal reflection.

It's a chance for students to take bold, creative risks, make meaningful choices, and see how their unique voice shapes the story they're telling. Whether they're diving into lyrics, embodying a character, or experimenting with movement, every activity is designed to stretch comfort zones and build confidence.

At K2K's VISTO Camp, we believe theatre is more than performance—it's a pathway to identity, belonging, and purpose. Spotlight Station reflects that heart by encouraging students to express themselves fully, explore big ideas, and grow as both performers and individuals.

WE BELONG TOGETHER!

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You'll Always Find Your Way Back Home - Hannah Montana (Camp Dance)



Circle Dance - Choreograph a dance in a circle that always returns to the center, symbolizing return and community. Builds spatial awareness and group rhythm.

Hug Step - Integrate partner movements like spins, or high-fives that celebrate connection. Encourages physical trust and joyful expression.

Travel & Return - Begin with dance phrases that move outward and gradually return to center stage. Represents the journey of finding belonging.

Linked Arms - Use choreography where dancers are physically connected (e.g., shoulder to shoulder or arms linked) to reflect unity. Strengthens coordination and partner connection.

Group Groove - Each camper contributes one move to a group dance. Promotes ownership, inclusion, and celebrating diverse movement styles.

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Glorious - David Archuleta (Camp Song)



Rise & Shine Sequence- Campers begin low to the ground, then gradually rise through a series of sweeping, expanding movements that grow in size and brightness. The phrase ends with arms extended overhead or outward in a final “shine” gesture. Reflects the journey from uncertainty to clarity, reinforcing the idea that each voice grows brighter over time.

Ripple of Voices- Campers stand in a line or circle and perform a movement phrase one at a time, like a ripple. Each dancer starts their movement slightly after the person beside them. The ripple repeats with added layers—jumping, turning, or extending.

Solo & Ensemble Contrast- One camper performs a short solo (freestyle or choreographed), while the rest create a supportive backdrop using flowing arm movements or stillness. Then the roles rotate so that each dancer experiences leading and supporting.

Glorious Gestures Phrase- Campers identify key words from the song (e.g., “glorious,” “voice,” “part,” “beautiful”) and create one unique movement or pose for each. They string these gestures together into a phrase that repeats during the chorus.

Circular Celebration- Choreograph a group routine in a circle formation, representing unity. Include moments where dancers face inward, then outward, mirroring the idea of shared joy and outward expression. End with everyone moving to the center for a final, unified pose.

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Let's Get Together - Parent Trap (Olio)



Mix & Match Partner Parade

Campers start with a partner and learn a simple, bouncy dance step together—like a grapevine with a turn or a “step-clap-spin.” After playing with it for awhile, they switch partners and try a new combo. Continue rotating partners every few minutes.

Clap & Celebrate Combo

Campers choreograph a short phrase made entirely of rhythm-based partner actions: double hand claps, shoulder taps, high-fives, and silly arm waves. You can set this to a count of 8 and repeat it in pairs or with the whole group.

Friendship Leader Line

Campers form a “Friendship Train” with one dancer leading a 4-beat move while others copy behind them. After 16 counts, the leader moves to the back and a new dancer becomes the leader.

Magic Mirror Dance

In pairs, one camper performs a slow, exaggerated movement (like tossing invisible confetti, swimming through air, or dancing like a robot), and the partner mirrors them perfectly. Then they switch roles and try to go faster.

Build-a-Dance Chain

Start with one camper who creates a fun dance move (like a spin and jump). The next camper adds on their move, and the sequence continues to grow as more campers join in. Once complete, the full group performs the entire routine together like a camp dance.

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We Belong Together - Toy Story 3 (Parlando)

Dance of Loyalty- Have campers work in small groups and play with movements that include linking arms, protective stances, and movements that shield or support another dancer.

Two-by-Two- Camper's work in pairs to create complementary movements. Partners must mirror, support, or pass energy back and forth throughout the dance. We want campers to understand that that belonging grows strongest in trusted relationships.

Lost Toy Step- Dancers begin moving low to the ground or away from the group, representing being "lost," and gradually rejoin the group through high-reaching or centered choreography.

Echo & Respond Pathways: Campers are placed in small groups and take turns dancing across the room one at a time. As each dancer moves, the rest of the group echoes their final pose or movement as a group response. For example, if one camper finishes with arms wide and a knee bent, the group immediately mirrors or builds on that pose in unison. Then the next dancer goes.

Group Pulse- Create a dance built on a shared rhythm—everyone must stay in sync with a central beat or body pulse, such as a heartbeat motion.

Skills Developed: Group timing, cohesion, internal rhythm.

Help campers to see that belonging isn't just visual—it's felt deeply, like a rhythm shared between hearts.

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What I've Been Looking For – High School Musical (Bombershay)

Superstar Dance-Off- Split the group into two “dance crews.” Each crew creates 8 counts of movement to the same section of music, then takes turns performing their choreography like a friendly dance battle.

Pose-to-Pose Combo- Campers choreograph a dance phrase where every 4 counts must end in a strong, stylized pose. Think magazine covers, music video vibes, or superhero stances. Reinforces the power of individuality within a structured piece.

Vibe Check Shuffle- Call out different “vibes” (e.g., “smooth,” “snappy,” “dramatic,” “cheesy”) every 8 counts. Campers must shift their energy and dance style to match the vibe cue.

Choreo-in-Reverse- Teach a short phrase of choreography, then challenge dancers to perform it backward. They can reverse the direction, the energy, or the entire sequence.

Finale Freestyle Fountain - Create a circle and have each camper jump into the center one at a time to freestyle for 4 counts. The whole group then repeats their move in unison, like a fountain of energy building to the final chorus.

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Extras



The following Spotlight Session activities revolve around the biblical content for the week. Incorporate them into your week to strengthen the understanding of the stories campers are learning.

Unity Freeze Frames (Psalm 133:1 - Living in Harmony)

Campers work in small groups to create frozen scenes that represent moments of unity—celebration, teamwork, reconciliation, or worship. These tableaux are shared silently or accompanied by a song lyric or verse.

Open Door Skit (2 Kings 4:8-11 - The Shunammite Woman's Hospitality)

Groups create a short skit where someone opens their home, group, or heart to someone new. Whether welcoming a traveler, a new camper, or a neighbor, the scene should model generosity and kindness.

Sharing Circle (Acts 2:42-47 - The Early Church)

Campers portray members of the early church community, sharing resources, food, worship, and time. They brainstorm what this might look like in their own lives today and act out a short scenes of sharing and caring.

Kindness in Motion (Luke 10:25-37 - The Good Samaritan)

Using gentle choreography, campers represent moments of compassion: stopping to help, offering water, lifting someone up (symbolically, no physical lifting). Movements can be set to music or soundscape.

Zacchaeus Reflection Monologue (Luke 19:1-10 - Zacchaeus is Seen by Jesus)

Each camper writes or improvises a short reflection as Zacchaeus—before and after his encounter with Jesus. What did it feel like to be unseen? What changed when Jesus noticed him? Monologues can be dramatic, simple, or poetic.

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Skills Developed: Character empathy, solo performance, reflective writing.

Spiritual Focus: Shows how being seen, welcomed, and forgiven opens the door to real belonging.

Harmony of the Early Church (Acts 2:42-47)

Divide campers into small groups. Each group is assigned one musical layer: rhythm (body percussion), melody (humming or simple vocal line), harmony (drones or background vocals), or spoken word (a verse or phrase from Acts 2:42-47). They rehearse separately, then combine all parts into a live "sound church" that grows together in volume and unity.

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