

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.

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When You Believe - Prince of Egypt (Camp Song)



Hope Reach - Campers begin close to the ground with small movements. As the music grows, they gradually reach upward and expand their movement. By the chorus, movement becomes large and expressive.

Trust Partner Dance - Campers work in pairs creating short movement sequences where one dancer leads and the other follows. Switch roles halfway through the song.

Expanding Circle Dance - Campers begin dancing in a tight circle. With each chorus the circle grows larger until it fills the room. *Growth Focus:* spatial awareness and ensemble unity.

Movement Story Arc - Divide campers into small groups. Each group creates a short movement story representing three stages:

- 1.doubt
- 2.hope
- 3.belief.

They perform their movement arc while the song plays. Encourage clear physical contrasts between the three stages.

Crossing Paths - Campers travel across the room on different pathways while performing expressive movement phrases. When two dancers meet, they briefly mirror each other's movement before continuing on their path. This creates a visual moment of connection and shared belief before dancers move on.

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What Dreams are Made Of - Hilary Duff (Camp Dance)



Pop Star Stage Walk - Campers practice walking across the space like pop stars performing in a huge concert. Encourage confident posture, rhythm in their steps, and dramatic turns.

Dance Phrase Builder - Each camper contributes one movement step. The leader combines the steps into a full dance phrase performed with the chorus.

Rhythm Travel Challenge - Campers move around the room following the beat of the drums. Leader calls different travel styles:

- skipping
- sliding
- hopping
- spinning.

Pop Concert Formations - Divide campers into small groups and assign each group a concert formation style:

- V shape
- two lines
- staggered triangle.

Groups create 16 counts of movement in that formation and share with the group.

Dance Phrase Remix - Leader teaches a simple dance phrase. Groups must remix the phrase by changing:

- level
- direction
- speed.

Each group performs their version.

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In Summer - Frozen (Olio)



Melting & Freezing Dance - Campers begin frozen like snowmen statues. When the music starts, they slowly “melt” into flowing dance movement as if the sun is warming them. At random moments the leader calls “Freeze!” and everyone must snap back into a snowman pose. Encourage exaggerated melting motions and silly character choices.

Olaf’s Weather Forecast - Divide campers into groups and assign each a weather condition Olaf imagines enjoying:

- sunshine
- beach breeze
- warm sand
- giant summer storm.

Groups create a short movement phrase that shows how Olaf would react to that weather. Perform phrases during different parts of the song.

Snowball Rhythm Toss - Campers imagine tossing invisible snowballs around the room while moving to the beat. Each toss must match a musical accent. Gradually add spins, jumps, or slides before throwing the next snowball.

Summer Shape Builder - Campers move around the space creating large body shapes inspired by summer:

- sunshine
- waves
- palm trees
- melting ice.

On musical cues they transition quickly from one shape to another.

Sun vs Snow Movement Duel - Divide campers into two groups:

Team Snow: cold, sharp, icy movements

Team Sun: warm, flowing, relaxed movements

Groups take turns performing their movement style while the other watches. During the chorus both groups merge their movement styles into a playful “summer chaos dance.”

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A Dream is a Wish Your Heart Makes - Cinderella (Parlando)

Wish Gesture Dance - Campers each invent one gesture that represents making a wish. Gestures are combined into a repeating movement phrase that the whole group performs together.

Dream Levels - Campers explore dancing on three levels:

- low (kneeling or floor movement)
- medium (walking and turning)
- high (reaching and stretching upward).

Leader changes levels throughout the song.

Storybook Tableau - Small groups create three frozen pictures inspired by dreams:

1. wishing
2. waiting
3. dreams coming true.

Between pictures they transition with graceful dance movement.

Ripple of Wishes - Campers stand in a line. One dancer creates a small, graceful movement. Each dancer down the line adds something new until the ripple becomes a full dance phrase.

Dream Pathways - Tape or imaginary pathways are created across the floor (use gym floor lines). Campers travel along them using graceful steps that match the calm melody. Encourage:

- slow spins
- reaching movements
- sweeping arm patterns.

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Nothing is Impossible – Planetshakers (Bombershay)

Nearly Impossible Movement Challenge - Leader calls out unusual movement challenges:

- dance without bending knees
- dance using only arms
- dance in slow motion.

Campers adapt their movement creatively while staying with the music.

Movement Build-Up - Start with small, controlled steps. Every eight counts campers must add a bigger movement until the whole room is dancing with huge jumps and spins.

Momentum Builder - Campers create a repeating movement phrase with strong grounded steps. Every repetition adds a new element:

- arm movement
- turn
- jump.

By the end the phrase becomes a powerful full-body sequence.

Movement Motif Creation - Campers invent a short movement motif representing the idea of strength or perseverance. Groups combine motifs into a short choreographic sequence.

Directional Energy Dance - Leader calls directions and energy levels:

- forward with power
- sideways with speed
- backward slowly
- diagonal leaps.

Campers adapt their movement instantly.

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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.

The Long Way Around - Sometimes dreams take longer than expected. Set a start and finish point.

Round 1: Travel straight across.

Round 2: Travel while following strange rules:

- only backwards
- only zigzags
- only giant steps
- only tiny steps
- freeze every 5 seconds

The journey gets harder but everyone still arrives.

Dream Team Dance-Off - Small groups receive a dream-related challenge. Groups create a 20-second dance showing the journey from dream to reality.

- Build a theme park
- Explore space
- Perform on Broadway
- Win a championship
- Invent something amazing
- Travel the world

Pharaoh Says - A dance version of Simon Says inspired by Pharaoh. Commands:

- Pharaoh says jump
- Pharaoh says spin
- Pharaoh says freeze
- Pharaoh says level change
- Pharaoh says travel

Mix in commands without "Pharaoh says."

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Saving the Harvest - Inspired by Joseph preparing for the famine. Scatter objects around the room. Campers must collect them using different dance movements:

- slides
- turns
- leaps
- skips
- lunges

After collecting everything, groups create a 10-second celebration dance.

Dream Freeze Gallery - Campers move freely. Leader calls:

- Dream achieved
- Big challenge
- Helping others
- Never giving up
- Celebration
- Brave choice
- Fresh start

Campers instantly create a frozen shape. Walk through the "gallery" and observe everyone's choices.

Build the Kingdom - Campers create one giant moving machine together. One camper begins with a simple repeated movement. Others join one at a time. Goal: Create a moving "city" that works together.

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