

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 for each individual to grow in their understanding of who they are, where they fit in and their purpose.

Spotlight Stations reflects that heart by encouraging campers to express themselves fully, explore big ideas, and grow.

UNIQUELY ME!

SPOTLIGHT SESSION | DANCING

You Say - Lauren Daigle (Camp Song)



Name Moves Remix- Each camper creates a signature movement based on the letters of their name (e.g., “T” = turn, “A” = arm wave). The group learns a few of each other’s “name moves” and combines them into a full group dance phrase. Fun, identity-based, and great for memory and patterning.

Joy Jump Circle- Campers form a circle and take turns leaping into the center to perform a joyful, silly, or expressive move (a spin, a wiggle, a jump, etc.). The rest of the group copies them immediately. Encourages boldness, silliness, and celebrating each other’s creativity.

Echo Step Lines- Campers stand in staggered lines. The front dancer performs a short move (clap + slide + jump), and each person echoes it with their own twist as the move travels down the line. Then the next person becomes the leader. Promotes listening, rhythm, and individuality within unity.

Confidence Catwalk- Campers take turns walking, strutting, or dancing down a “runway” in the center of the room to a repeated instrumental loop from the song. Each student picks a word that represents their identity (e.g., “strong,” “creative,” “kind”) and shows it in their walk or pose. Builds presence, posture, and expressive choices.

Dance Dice Identity Remix- Create two dice: one with dance styles (hip hop, ballet, jazz, stomp, robot, etc.) and one with emotions or identity traits (brave, peaceful, joyful, curious). Roll both, and the group creates a short combo in that style and mood. Encourages adaptability, group work, and emotional expression through dance.

SPOTLIGHT SESSION | DANCING

I'm Finally Me - Laura Marano (Camp Dance)



Me Moves - Campers create a signature move that reflects who they are and teach it to the group. Promotes creativity, leadership, and pride.

Inside-Out Combo - Begin with inward, introspective movement and evolve into bold, expressive choreography. Represents internal identity becoming external confidence.

Style Fusion - Blend multiple dance styles (e.g., ballet, hip hop, jazz) to reflect complexity of identity. Encourages exploration and personalization.

Pathway Phrase- Campers create a short dance phrase that travels across the room in a unique pathway—zigzag, spiral, straight with jumps, weaving side to side, etc. They'

Dance Word Map- Campers choose one identity word (e.g., “brave,” “creative,” “loyal,” “weird and wonderful”) and choreograph a short phrase that reflects it—thinking about how the word might move (sharp, soft, curved, fast).

SPOTLIGHT SESSION | DANCING

What I Am - Will.I.Am (Olio)



Bounce to the Beat Jam- Create a high-energy routine focused on bounce, groove, and bounce-based movement. Add claps, steps, and levels. Optional: switch leaders mid-routine! A celebration of rhythm and joy in every body.

Swag Walk Fashion Show- One at a time, campers walk across the space showing off their personality through exaggerated style. Feel free to add costumes from the VISTO vault and add music and optional “runway” poses.

Freestyle Circle of Fame- A supportive dance circle where each camper enters the center and shows a signature move (simple or wild). Group echoes it back with enthusiasm. Builds bravery and lets each camper be cheered on for being themselves.

Pattern Puzzle Moves- Give campers shapes to build movement from—zigzags, spirals, stars, waves. They create short dance phrases that match their pattern and combine them in duos or trios. Turns math into movement while encouraging originality.

Unity Pulse, Identity Twist- Choreograph a unison phrase with everyone—then in the second round, each camper adds a small “twist” to personalize it (a hand wave, head tilt, spin, etc.).

SPOTLIGHT SESSION | DANCING

How Far I'll Go - Moana (Parlando)



Journey Path Choreo- Dancers create a movement phrase that travels across the room in a winding or zigzag pattern, representing the idea of forging a personal path. The final pose is always facing forward, symbolizing commitment to the journey.

Ocean and Wind Duet- In pairs, one dancer moves like the wind (light, sweeping), and the other like the ocean (flowing, powerful). They alternate leading and following, then combine their styles. Draws on nature imagery from the song and builds shared focus.

Push and Pull Phrase- Create a choreographed section based on push-and-pull movements—away from center, back to center. Dancers can pair or mirror each other. Explores how all of us experience push and pull when uncovering our identities.

Free Spirit Freestyle- Play the instrumental version and let campers improvise across the space using big, full-body movements that express freedom, hope, and curiosity. Optional prompts: “Move like you’re chasing the horizon,” “Move like you’ve found your voice.”

Anchor to Air- Begin movement low to the ground (“anchor”), then gradually rise and leap or spin (“air”). Repeat with different timing and shapes. Visual metaphor for feeling stuck and then breaking free.

SPOTLIGHT SESSION | DANCING

Stand Out - A Goofy Movie (Bombershay)



Swagger Combo- Teach a short combo filled with personality—think shoulder rolls, hair flips, sharp arm snaps, playful foot slides. After learning it, campers repeat the combo, each time with a different “identity vibe” (e.g., “bossy,” “chill,” “funny,” “fierce”).

Great for style variation, stage presence, and musicality.

Across-the-Floor Identity Moves- Campers travel across the room using a different movement quality each time: high knees like a pop star, slow turns like a drama queen, stomps like a superhero. Layer in music and confidence cues (“walk like the stage is yours”).

Freeze & Feature- Play music and have campers dance freely. When the music stops, call out a featured dancer who strikes their boldest “signature move” in the center. Others freeze as background shapes (arms up, stage-ready, pointing, cheering).

Builds confidence, highlights individuality, and emphasizes transitions.

Build-a-Breakdown- In small groups, campers choreograph a 4-count

“Identity breakdown”— a short phrase that reflects their shared vibe (e.g., stomps and claps for strength, spins and waves for creativity). Each group adds their piece into a larger group number.

Tempo Tag- Leader changes the tempo throughout a song (slow-motion, medium groove, double-time). Campers must adjust their dancing instantly. You can also assign them different musical roles (one group dances percussion, one group dances melody). Teaches adaptability, musical responsiveness, and timing.

SPOTLIGHT SESSION | DANCING



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.

Psalm 139 Movement Meditations (Psalm 139:13-14 - Wonderfully Made)

Campers create slow-motion, breath-focused movement phrases that reflect God's care and creativity in forming each of us. Movements begin close to the body (introspective) and gradually expand outward (boldly stepping into purpose). Can be done individually or as a group.

Gideon Before & After Skit (Judges 6-7 - From Fear to Courage)

Campers perform two short scenes: one showing Gideon hiding in fear and doubt, and one showing him boldly leading with God's strength. Between scenes, discuss what changed—and how God spoke identity over him.

Prodigal Son Monologue (Luke 15:11-32 - A Homecoming of Grace)

Campers choose to speak as either the returning son or the loving father. Monologues can be written or improvised, focusing on themes of regret, welcome, love, and identity. Helps campers experience the joy and worth that comes not from performance, but from being deeply loved and forgiven by God.

Jesus' Mirror (Philippians 2:5; John 13:34 - Reflecting Christ's Character)

In pairs, campers take turns acting like Jesus toward each other—offering encouragement, truth, forgiveness or comfort through improvised scenes or silent gestures. Afterwards, they reflect on how it felt to give and receive Christlike love.

Loved by God Freeze Frames (Jeremiah 31:3 - Everlasting Love)

Campers create group tableaux that show key concepts: being chosen, being forgiven, being welcomed, being loved. Each group presents their image while others guess the message before debriefing as a whole.

SPOTLIGHT SESSION | DANCING



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.

Voice Sculpt Challenge (Psalm 139 / Jeremiah 31:3)

Give each camper a creative vocal prompt (e.g., “Make a sound that feels like being known,” “Sing a note like you’re being hugged,” “Create a rhythm that sounds like joy”).

They have 30 seconds to come up with their own sound, then share it with the group. Group can layer or respond, turning it into a spontaneous vocal soundscape.