

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.

START THE PARTY!

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This is Me - The Greatest Showman (Camp Song)



Identity Walk - Each dancer crosses the room performing movement that represents who they are—strong, bold, playful, confident. Encourage unique gestures and big posture.

Voice & Movement Match - Campers sing the chorus while matching each phrase with a movement. Example:

- “This is me” → step forward confidently
- “Look out” → strong arm extension.

Strength Build Finale - Campers repeat the chorus choreography three times.

1. small movements
2. medium confident
3. full-out performance energy.

Encourage strong eye contact and expressive faces.

Gesture Phrase - Campers create a gesture-based movement phrase inspired by the lyrics. Example gestures:

- pointing to self
- reaching forward
- opening arms.

Combine gestures into a short dance sequence.

Emotion Movement Study - Leader calls out emotions from the song:

- courage
- determination
- fear
- pride
- excitement

Campers create movements that express each emotion.

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Best Day of My Life - American Authors (Camp Dance)



Joy Burst Jumps - Identify the biggest musical hits in the chorus. Campers create large jump or lift movements on those beats. They practice hitting those moments together to emphasize the excitement of the song.

Musical Pathways - Campers move around the room using different pathways:

- straight line
- circle
- zigzag
- spiral.

Encourage dancers to match their speed to the music.

Traveling Lines - Campers form lines and travel across the floor performing a short repeating step combination (step-touch, turn, jump). Each time they reach the end of the floor they must return using a new pathway (backwards, diagonal, curved path).

Partner Pattern Builder - Campers work in pairs to create a short repeating movement pattern using three elements:

- one traveling step
- one level change
- one jump or turn.

Pairs perform their patterns for the group while the song plays.

Formation Shuffle - Leader calls out formation types while campers dance:

- circle
- two lines
- triangle
- scattered.

Campers must quickly move into the new formation while maintaining the dance rhythm.

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Everything is Awesome - The LEGO Movie (Olio)



Block Party Groove - Campers imagine they are building a giant LEGO city through movement. Each dancer creates a short “building” motion phrase (stacking, clicking pieces together, hammering, lifting blocks). The leader combines the best motions into a repeating groove that fits the beat of the chorus. After learning the sequence, the whole group performs it together while traveling around the space as if constructing the city.

Awesome Switch Dance - Play the song and have campers dance freely. At certain lyrics like “Everything is awesome!” the leader calls out a movement style switch:

- robot dance
- superhero flying
- giant LEGO character
- tiny toy character

Campers instantly shift their movement style while staying on the beat.

Awesome Freeze Frames - Campers dance during the verse sections. When the chorus hits, they freeze in large “awesome” poses—jumping, pointing, or cheering. Encourage poses that tell a story of excitement or teamwork.

Toy Factory Dance - Campers imagine they work in a toy factory where everything must be built through movement. Each camper creates one repetitive “machine motion” (twisting, stamping, spinning, sliding). The group combines motions into a giant synchronized “factory dance” that moves across the floor.

Comic Book Panels - Divide campers into groups of 4-5. Each group creates three frozen comic book panels that match the excitement of the song (team victory, big celebration, action moment). They transition between panels using quick dance transitions.

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Start the Party - Orange (Parlando)

Party Train - Campers travel around the room in a giant conga-style line. The leader changes movements every 8 counts:

- grapevine
- skips
- marches
- heel digs
- turns

Every camper gets a chance to lead. *Focus:* following choreography and performance energy.

Freeze the Party - Campers dance freely to the music. When the leader pauses the song, everyone freezes in the biggest, silliest party pose they can imagine. Challenge: freeze on one foot or at a low level. *Focus:* body control and musical awareness.

Party Circle Battle - Divide campers into groups of 4-5. One dancer enters the middle and performs a simple groove or party move for 8 counts. The group copies. Rotate until everyone has had a turn. *Focus:* confidence and performance skills.

Balloon Bounce - Pretend an invisible balloon is floating through the room. Campers use different body parts to keep it in the air:

- hands
- shoulders
- knees
- feet

Eventually turn the movement into a dance phrase. *Focus:* creativity and movement initiation.

Build the Party - Create choreography in layers:

- Layer 1: feet
- Layer 2: arms
- Layer 3: facial expressions
- Layer 4: travel

By the end campers have built a full performance phrase.

Focus: choreography retention and performance quality.

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Good Day - Forrest Frank (Bombershay)



Groove Exchange - Campers create a simple 4-count groove. Partner A teaches it to Partner B. Partner B adds one new movement. Continue building until groups have a complete phrase. *Focus:* choreography creation and collaboration.

Follow the Beat - Campers spread out and perform freestyle movement only when they hear a strong beat. When the beat drops out, they freeze. As confidence grows, add turns, floorwork, or directional changes. *Focus:* musicality and rhythm awareness.

Energy Ladder - Perform the same movement phrase five times:

1. 10% energy
2. 30% energy
3. 50% energy
4. 75% energy
5. 100% energy

Discuss which level best fits different sections of the song. *Focus:* dynamic performance and stage presence.

Festival Finale

Small groups create a short "festival-style" combination using:

- one jump or level change
- one traveling move
- one ending pose
- one groove

Groups perform for one another as though they are headlining a summer festival. *Focus:* creativity, teamwork, and performance confidence.

Music Video Walks - Campers travel the room as though they are filming a music video.

Leader calls:

- Beach Bonfire (Acoustic)
- Youth Rally (Contemporary Christian)
- Feel-Good Movie Ending (Cinematic Pop)
- Small Town Summer (Country)
- Road Trip Adventure (Pop Rock)
- Summer Camp Highlight Reel (Folk Pop)
- Sports Championship (Arena Rock)

Campers adjust their movement quality instantly.

Focus: performance presence and character.

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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.

Miracle Freeze - Campers dance freely around the room. When the leader calls a Bible story, campers must instantly create a frozen shape. Examples:

- Feeding the 5000 → sharing food
- Calming the Storm → balancing in rough waves
- Lazarus → waking up dramatically
- Children Coming to Jesus → excitement and celebration
- Matthew's Party → giant dance pose

Challenge: Can groups of 3-5 create a frozen picture together? *Focus:* storytelling and quick physical choices.

Follow Me - One camper becomes the leader and creates a travelling movement.

Examples:

- giant marching steps
- sneaky tiptoes
- spins
- slides
- hops

The group follows exactly. Every 30 seconds, Jesus "calls" a new disciple and leadership switches. *Focus:* leadership, observation, movement memory.

Water Walk Challenge - Create pathways across the room. Campers must cross while performing a movement challenge: Examples:

- only on one foot
- only backwards
- giant slow-motion steps
- balancing an imaginary object
- eyes focused on one point

If they "fall in the water," they dramatically restart.

Focus: balance, control, commitment.

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Extras

Fish Net Frenzy - Scatter scarves around the room. Groups must "catch" as many fish as possible using only movement. Examples:

- lunging
- sliding
- turning
- jumping

No running allowed. Once collected, groups create a dance phrase showing their giant catch.

Focus: locomotor movement and creativity.

Party Invitation Relay - Campers start on one side of the room. They travel across using a chosen movement. Examples:

- grapevine
- gallops
- skips
- slides
- turns

When they arrive, they invite another camper to join. The floor gradually fills with dancers.

Focus: travelling patterns and inclusion.

Storm vs Peace - Half the room becomes:

- waves
- wind
- lightning

Using sharp, chaotic movement. The other half becomes:

- gentle breeze
- calm water
- stillness

Using smooth movement. Switch roles. Then combine both qualities into one phrase. *Focus:* movement dynamics.

Best Party Ever - Groups receive a surprise party theme:

- Medieval Party
- Underwater Party
- Superhero Party
- Pirate Party
- Candyland Party
- Space Party
- Ancient Jerusalem Party
- Farm Party
- Glow Party
- Jungle Party

Groups create a 20-second dance showing guests arriving, celebrating, and ending with a giant pose. *Focus:* storytelling, teamwork, and performance.

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