

# 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.

**GO THE DISTANCE!**

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## Go The Distance - Hercules (Camp Song)



**Power Pose Starts** – Each dancer begins in a pose representing personal strength. Teaches body shaping and stillness as storytelling. If you'd like to build on this exercise every 8-16 counts you can get campers to change their pose.

**Obstacle Moves** – With the song playing in the background get campers to create motion sequences that mimic difficulty—tripping, crawling, climbing. Help them to build storytelling through movement, understanding that we use our bodies a lot, even when singing.

**Leap for Glory** – Have campers work together to create a jump sequences at song climaxes to reflect the lyrical journey. Encourages risk-taking and physical power.

**Journey Formations** – Moving across the floor in diagonal lines, circles, or clumps. Leader can call out the different shapes and campers must adjust to create it. Shows unity and metaphor for a shared goal.

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## Reach - S Club 7 (Camp Dance)



**Step Up** - A choreographic progression starting from low levels to leaps and high reaches. Embodies striving for more, and builds awareness of levels and progression. Can be lead by Choreographer or built together as a group with camper input.

**Team Toss** - Practice the camp dance with a twist- a balloon must be kept in the air, passed around between campers. Encourages trust, physical awareness, and team-based success.

**Hand Reach Phrase** - Each dancer contributes a personal move involving reaching and pulling, then they are woven together. Encourages creativity and symbolizes personal striving.

**Purpose Path** - Begin in scattered solo work that converges into synchronized group choreography. Demonstrates finding a common goal or direction.

**Drive and Jump** - Sharp grounded steps evolve into energetic jumps. Represents breaking free of limitations and builds explosive movement control. Can be done as a large group in a circle, or split campers up into smaller groups and have a time of showing each other what's been worked on.

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## I Can See Clearly Now - Johnny Nash (Olio)

**Sunburst Step** - Explore space by using radiating arm and leg patterns. Let campers focus on one part of their body at a time and see the extremes of movement that they can make, then put arms and legs together in movement. Encourages big, expressive movement.

**Light Feet** - Spend some time listening to the dynamic of the music and matching it with different types of travelling movement (skipping, hopping, jumping, running, crawling, etc). Helps to create better awareness of physical translation of musical composition.

**Rain to Sun Dance** - Dual-contrast choreography starting heavy and ending light. Campers can work with the Choreographer to start and then be given some time to create on their own. Teaches transition and narrative through dance.

**Group Shape** - Arrange campers to create a shape (rainbow, sun, clouds) and give each camper a number and a scarf to dance with. When their number is called they can move and interpret what that part of the music makes them feel with their scarf in hand (otherwise they stay frozen in a tableaux)

**Sway & Spin** - Listening to the song, have campers explore whether a part of the song makes them feel calm or more joy filled. Incorporate turning and flow elements to show relaxation and jumping and sharp movements to exemplify joy.

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## Born Ready - Dove Cameron (Parlando)

**Ready-Set-Go** - Have campers freeze until a cue, then explode into motion. You can choose a part of the body that you want them to explore between the freezes to switch things up as well, but start with full body exploration. Builds discipline and explosive energy.

**Power Moves** - Let campers explore different ways of moving their body with power. Explore sharp movement, stomps, different tempos and grounded poses. Embodies strength and control.

**Sharp Sync** - Challenge campers to try to move as a group to develop precision and timing. Have one camper lead the whole group and switch off who is the leader periodically.

**Countdown Dance** - Choreography reflects a countdown theme (starts with small movement and builds to big, celebratory movement). Builds anticipation and structure. Creation can be done as a large group or within crews.

**Step Into Power** - Stride across the floor with bold eye contact. Too often these days people struggle with eye contact; have campers work in pairs and practice crossing each other at the centre of the room while maintaining eye contact. Embodies personal confidence.

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## My Lighthouse | Rend Collective (Bombershay)

**Wave Motion-** Campers explore fluid arm and torso movements in choreographed “wave” patterns—rising, crashing, and flowing continuously. Movements start solo and grow into a group ripple. This exercise reflects the unpredictability of life’s journey and the movement of the sea God helps us navigate.

**Rocking Boat-** In partners or small groups, campers sway rhythmically like boats in the water—adding directional changes, dips, and pauses. They must stay connected and balanced throughout.

**Flashlight Moves-** Campers perform in a dim room using handheld flashlights, creating contrast between shadow and motion. The light can represent their “purpose” or be passed from dancer to dancer. We want to help campers understand that they are illustrating being a light in the darkness and following God’s guidance. Creates discussion opportunities around how it felt to be the light and the share that light.

**Anchor Step-** A choreographic structure that alternates between grounded, strong movements (the “anchor”) and more fluid, exploratory phrases (the “journey”). While the music plays call out whether they’re exploring ‘anchor’ or ‘journey’ movement, and when you call ‘neutral’ dancers return to a central pose to re-ground.

**Guiding Light-** One camper leads a sequence while others follow—moving across the space with choreographed steps that symbolize direction and unity. The camper leading can start with a lantern/flashlight and switch it off as the leader of the group switches.

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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.

### **Basket Boat Mime (Exodus 2:1-10 - Miriam Saves Moses)**

Campers silently act out the story of Miriam helping save her baby brother Moses by hiding him in a basket in the Nile. Focus on gestures of care, courage, and quiet protection as they act out the journey from hiding to discovery. Demonstrates how purposeful action, even by a child, can change the course of history.

### **Royal Entrance (Esther 4-5 - Esther's Courage)**

Campers create short scenes showing what it might feel like to be Esther—standing up for others even when it's hard. They can also imagine modern-day versions of Esther's bravery, such as sticking up for a friend or speaking out when something's wrong.

Teaches how standing with purpose and courage can impact communities and bring justice.

### **Wall Builders Relay (Nehemiah 2-6 - Rebuilding the Wall)**

Campers use their bodies to form “bricks” and construct a wall across the room. Each crew adds one person at a time, using strength, balance, and teamwork to complete their structure using creative poses. They reflect on what it takes to build something that lasts.

### **Young & Bold Monologues (1 Timothy 4:12 - Don't Let Anyone Look Down on You for Being Young)**

Campers write and perform motivational speeches or short monologues about being young and brave—what they can do now, not just when they grow up. These can be funny, serious, or poetic. Reinforces that youth is not a limitation—God uses young people with bold purpose every day.

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### **Purpose Pathway Freeze Frames (Thematic Reflection)**

Choose a meaningful lyric from one of the week's songs (such as "Go the Distance" or "My Lighthouse"). Campers reflect on what that lyric means and create a series of freeze frames that tell a visual story of their own path or purpose.

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