

Dance Curriculum Units

The following units are available for individual purchase!

PEP RALLY, JAZZ, HIP HOP, POM, KICK, MILITARY,
PROP/NOVELTY, and LYRICAL/MODERN/CONTEMPORARY

\$249 each • Ready to Ship by September 1st



Presented by American Dance/Drill Team

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The following units are available for individual purchase!

- PEP RALLY (12 short pieces of choreography ~ Jazz, Pom & Hip Hop)
- JAZZ (8 pieces of choreography + 2 intermediate technique workshops)
- HIP HOP (8 pieces of choreography + Hip Hop technique workshop)
- POM (8 pieces of choreography + Pom technique workshop)
- KICK (8 pieces of choreography + Kick technique workshop)
- MILITARY (8 pieces of choreography + Military technique workshop)
- PROP/NOVELTY (8 pieces of choreography + choreography tips & tricks)
- LYRICAL/MODERN/CONTEMPORARY (8 pieces of choreography + workshop)
- *See below for routine descriptions included in each unit!*

Each unit will also include...

- Warm Up Video
- Team Building Instructional Videos
- Motivational Workshop with Melissa Page
- Tips for Contest Prep with Debbie Mendez

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Dance Curriculum Units • PEP RALLY

(12 short pieces of choreography ~ Jazz, Pom & Hip Hop)

Pep Rally Jazz (from 2021) “Nails, Hair, Hips, Heels” by: Todrick Hall - Time 1:27 - This pep rally routine is super fun and upbeat! This sassy number includes parts and levels that are sure to impress the crowd for a pep rally, spring show, or basketball performance. This routine focuses on technical elements such as an arabesque, tilt, floor battement, jeté, pirouette as well as turns in second.

Pep Rally Jazz (from 2021) “Head & Heart” by: Joel Corry x MNEK - Time 1:17 - Your dancers will love this fun and sassy jazz that is perfect for a pep rally, basketball game, or spring show performance. The choreography includes parts, floor work, and levels. "Head and Heart" includes a press leap, floor battement, turning disk, Calypso, tilt kick, coupé turns, pirouettes and a knee drop. All of which can be modified to fit your dancers' needs and ability level. This dance will hype up any crowd!

Pep Rally Jazz (from 2020) “Killer Queen” by: 5 Seconds of Summer - Time: 1:04 - Your dancers will love this fun take on an old throwback! It is perfect for any pep rally, basketball game, or spring show performance! Choreography includes parts, floor work, and ripples! “Killer Queen” focuses on technical skills such a firebird, calypso, pirouette, jeté, and turns in second that can all be modified to any dancer’s ability level. This will be a real crowd favorite!

Pep Rally Jazz (from 2020) “Sway With Me” by: Saweetie with GALXARA - Time: 1:17 - Your dancers will love this fun and sassy jazz that is perfect for a pep rally, basketball game, or spring show performance. The choreography includes parts, floor work, and levels. "Sway With Me" includes a jeté, floor battement, russian, tilt kick, coupé turns, and knee drop. All of which can be modified to fit your dancers' needs and skill level. This dance will hype up any crowd!

Pep Rally Pom (from 2021) “Oh Baby” by: Seizo - Time 1:25 - This is a fun advanced pom that is great for your next performance. The song includes a Michael Jackson sample with an upbeat modern mix to it. The choreography includes multiple moves that can be adjusted to the level of the dancers as well as footwork that can be simplified as necessary. The visuals and levels are great attention grabbers!

Pep Rally Pom (from 2021) “Dose” by: Ciara - Time 1:26 - "Dose" is an exciting pom routine perfect for pep rallies! The music is upbeat with a strong brass section and drumline breakdown perfect to get any crowd on its feet. The routine features stylized pom movements, a grand jeté, and various parts and contagions all with a hip-hop feel to the entire routine.

Pep Rally Pom (from 2020) “Let’s Go Crazy” by: Prince - Time 1:45 - This is a high energy upbeat pom that the crowd will love. With a fun “throwback” song it is perfect for all ages. The choreography includes multiple moves that can be adjusted to the level of the dancers as well as footwork that can be simplified as needed. The quick moves will be sure to capture the attention of the audience!

Pep Rally Pom (from 2020) “Move Mix” by: Various Artists - Time 1:15 - This pep rally routine is action-packed from the first count! The musicality of the choreography leads the visuals, and the upbeat group parts keep the audience excited. This routine includes fast arm movements, double pirouette, straight jeté, a press leap, and a “solo” part(s).

Pep Rally Hip Hop (from 2021) “Mischievous” by: Various Artists - Time 1:12 - This routine is fun for anyone to learn regardless of hip hop skill level! The choreography is quick but easy to clean with lots of visual movements and some simple floor work. This dance is sure to entertain any crowd at pep rallies, basketball games, or special performances!

Pep Rally Hip Hop (from 2021) “Blast Off” by: Various Artists - Time 1:25 - Captivate your crowd with this fun and visually appealing hip-hop to some of the most popular songs of 2020! “Blast Off” is a smooth and spunky number, that includes group work, floor work, and possible highlight skills, to suit teams at any level. Any group dancing to “Blast Off” will look out of this world!

Pep Rally Hip Hop (from 2020) “Warriors” by: Wolves – Time: 1:04 – This dance is quick and fun! The choreography is fast paced with lots of powerful and visual movements. It even includes some floor work, but it is simple enough for anyone to learn and very easy to clean. This routine would be perfect to pump up a crowd at pep rallies, basketball games, or special performances!

Pep Rally Hip Hop (from 2020) “Hall of Fame/Another Win” by: Swoope - Time: 1:30 – Pump up your whole team with this Victory themed Hip Hop, perfect for Pep Rallies in any season! The choreography includes parts, groups, and opposition as well as some basic hip-hop grooves and transitions. “Hall of Fame/Another Win” is sure to entertain and bring out the school spirit in any crowd!

Dance Curriculum Units • JAZZ

(8 pieces of choreography + 2 intermediate technique workshops)

Int Jazz (from 2021) “Show You Love” by: Kato and Sigala - Time 1:37 - This is a fun and upbeat jazz piece that your dancers will love to perform. It is filled with parts and group work that can be easily polished and perfected for a pep rally or basketball game. The choreography includes technical skills that can be modified to more simplified or enhanced movements to fit your dancers. This is definitely going to be a crowd pleaser performance!

Int Jazz (from 2020) “This is Real” by: Jax Jones and Ella Henderson - Time 1:33 - This upbeat jazz piece is perfect for a pep-rally or basketball game. The routine features levels, parts, and floor work that can be easily polished and perfected. The choreography includes a pirouette, jeté, calypso, and press leap that will highlight your team's technique. This is a sassy dance your crowd will love!

Int Jazz (from 2019) “Kill the Lights” by: Jess Glynne (Yolanda Be Cool Remix) – Time: 1:45 – Your dancers will love this upbeat and sassy jazz that is perfect for a pep rally, basketball game, or spring show performance! The choreography includes parts, floor work, and levels. “Kill the Lights” includes a jete, pirouette, battement, and x-jump that can all be modified to any dancer’s ability level. This dance will be a definite crowd pleaser!

Int/Adv Jazz (from 2021) “Heartbreaker” by: Pat Benatar - Time 1:29 - This fast, upbeat jazz is sure to keep the crowd entertained! This dance contains technique such as: a triple turn, turns in second, turning center, and a few others! The choreography contains groups, levels, and opposition. Anyone who watches this dance is sure to get out of their seat and start dancing too!

Int/Adv Jazz (from 2020) “Look at Me” by: Cassandra Bartho - Time: 1:10 - Your dancers are going to fall in love with this choreography! This piece is an upbeat jazz dance that is perfect for any type of performance that you can think of! The choreography includes levels, parts, technique, and the wow factor that the audience is going to love! “Look at Me” includes a jeté, triple pirouette into a press leap, and a firebird that can be modified to any dancer’s ability!

Adv Jazz (from 2021) “Uh Huh” by: Somewhere Else - Time 1:21 - Challenge your dancers technique and style with this high energy, sassy jazz routine. Your team is sure to have a great time while performing this routine and will leave the floor feeling confident and proud. “Uh Huh” features technical elements such as challenging floor work, advanced leaps and turns, and stylized precision movements. While this routine features many advanced elements that will highlight your dancers skills, it is also a crowd pleaser visually and can be modified to fit every team's needs. Any audience is sure to love watching this routine.

Adv Jazz (from 2019) “Werk It” by: Mama Haze – Time: 1:18 – This routine is one that your entire team is sure to love! “Werk It” is a uniquely styled and technically advanced routine that will challenge your dancers, but includes modifications to fit any level. This sassy jazz option is extremely visual with many moving parts. This high-energy routine can definitely be used to entertain a crowd anytime of the year!

Int/Adv Stylized Jazz (from 2021) “Hit the Road Jack” by: Throttle - Time 1:33 - Your dancers will love this fun, upbeat jazz dance! It's perfect for any pep rally, basketball game, or spring show performance! Choreography includes parts, floor work, and ripples! "Hit The Road Jack" focuses on technical skills such as a double or triple pirouette, tilt kick, russian, turns in second, spinning disk, press leap, coupé turn, and a toe touch that can all be modified to any dancer's ability level. This will be a real crowd favorite!

Dance Curriculum Units • HIP HOP

(8 pieces of choreography + Hip Hop technique workshop)

Int Hip Hop (from 2021) “What’s Poppin?” by: Various Artists - Time 1:36 - This dance is a smooth and stylized hip hop that your dancers will love. This routine is a fun mix that includes the official song for the NBA playoffs that your dancers and spectators are sure to love. The routine has parts, levels and many visuals that’ll entertain any crowd.

Int Hip Hop (from 2020) “Work Mix” by: Various Artists - Time 1:38 - “Work Mix” is an exciting routine that is sure to get the audience involved. It features pickups, floor parts, and group parts that will keep dancers moving from beginning to end. This routine will make for a great performance for all teams regardless of skill level.

Int Hip Hop (from 2019) “Tempo” by: Lizzo ft. Missy Elliot – Time: 1:38 – This dance is upbeat, energetic, and fun! The choreography is fast-paced with lots of powerful and visual movements, but is simple enough for anyone to learn and very easy to clean. This routine would be perfect to pump up a crowd at pep rallies, basketball games, or special performances!

Int/Adv Hip Hop (from 2021) “It’s About That Time” by: Various Artists - Time 1:48 - If you are looking for a crowd pleaser this dance is it!!! Everyone wants a crowd starter and with music from Lil Jon and Missy Elliott! This fast beat, energetic routine will definitely challenge your dancers mentally and physically. Your crowd will be on their feet and snapping their fingers to this one. It has parts, levels and current dance moves. It will be great for pep rallies, basketball games or any special performances!

Int/Adv Hip Hop (from 2020) “Swagger Jagger” by: Cher Lloyd - Time: 1:08 - Your dancers will have so much fun with this upbeat and dynamic hip-hop, perfect for any pep rally, basketball game, and spring show performance! “Swagger Jagger” has floor work, levels, and barrel jump which can be modified. Don’t miss out on this exciting number!

Int/Adv Hip Hop (from 2019) “Going Bad” by: Various Artists – Time 1:52 – “Going Bad” is a mix of popular songs that will have your audience on the edge of their seats. Intricate movements paired with visual parts will allow your team to show their personalities while improving as a unit.

Adv Hip Hop (from 2021) “It’s Goin Down” by: Various Artists – Time 1:49 - “It’s Goin Down” is a fast paced routine that is sure to work up a sweat as well as pump up the crowd! There’s a variety of music ranging from smooth and funky to sharp and sassy. This dance will be a challenge to the dancers with many different parts and visuals, but is a showstopper for any type of performance!

Adv Hip Hop (from 2020) “Mega Mix” by: Various Artists – Time 1:41 - From Sean Paul, Iggy Azalea, Nicki Minaj, Kendrick Lamar and many more artists this routine will keep your crowd engaged with it’s energetic choreography and variety of music changes. It has sassy and hard hitting choreography with parts, levels and tricks. This dance will be great for pep rallies, basketball games or any special performances!

Dance Curriculum Units • POM

(8 pieces of choreography + Pom technique workshop)

Int Pom (from 2021) “Seven Nation Army (Remix)” by: DMNDS - Time 1:30 - This intermediate pom has a new fun take on the classic Seven Nation Army! With powerful movement, and interesting visuals, this routine is sure to get the crowd pumped up! Technical skills showcased in this dance are a jeté, single or double pirouette, firebird, turns in second, russian or X jump, and a tilt kick.

Int Pom (from 2020) “Don’t Start Now” by: Dua Lipa – Time: 1:30 – This upbeat and super fun intermediate pom routine is one your team will be so excited to learn, because it is choreographed to one of today's top hits, “Don’t Start Now”! Stationary leaps, leaps, and double pirouettes are the technical elements you can expect to see in this pom routine. This dance will definitely be a crowd pleaser!

Int/Adv Pom (from 2021) “Pitbull Mix” by: Pitbull - Time 1:18 - This fiery pom routine is jam packed with strong, sharp movement to best accent your team’s strength. With a variety of technical options, this fun and upbeat dance is great for intermediate and advanced dancers. If you’re looking to pump up the crowd, this challenging Pom is for you!

Int/Adv Pom (from 2020) “High Class” by: Eric Pasley - Time 1:18 - This dance is a sassy pom routine that will have your dancers going back to their country roots! Your dancers will love performing this pom choreography. This routine is sure to be a fan favorite for your next pep rally or special performance!

Int/Adv Pom (from 2019) “Throwback” by: Various Artists – Time: 2:16 – This upbeat pom will take you back to the good old days of the 90’s! Filled with popular favorites, this mix is visual, fast and continuous, and perfect for any energizing performance, especially pep rallies or sporting events. Within this routine, your dancers will complete pirouettes, press leaps, and jetes.

Adv Pom (from 2021) “Conga (John Revox Remix)” by: Gloria Estefan - Time 1:23 - This high energy pom has technical elements as well as moments to show projection. This routine is very upbeat and sassy and one to get the crowd excited. Skills such as a toe touch, turning stag leap to a split, and pirouettes will challenge your dancers while still having a fun time!

Adv Pom (from 2020) “This Is How We Do It (Agami Remix)” by: Montell Jordan - Time 1:18 – With a strong beat, this high energy Pom is certain to get the crowd moving. Strong movements mixed with technical elements such as a turning disc, toe touch, and pirouette, will give your team the opportunity to show off their skills while still having fun!

Adv Pom (from 2019) “It’s Raining Men (Remix)” by: Core Power Workouts – Time: 1:36 – This high energy, upbeat pom will be to challenge your team! With fast pom motions and new take on a classic song, your team will keep the audience on the edge of their seats. Technical elements such as a turning disc, fire bird leap, pirouettes, and more will allow for your team to showcase both their precision and technical talents!

Dance Curriculum Units • KICK

(8 pieces of choreography + Kick technique workshop)

Int Field Kick (from 2021) “We Found Love” by: Tom Wallace, Arrangers Publishing - Time 1:46 - This sassy field kick routine for any level of kicker. The routine includes variations of kick sequences, a grand jeté, and a double pirouette. The contagions and groups showcase the shifts and changes within the music which make for a visually appealing routine. This is great for the football field or any performance.

Int Field Kick (from 2020) “Timber” by: Matt Conaway, Hal Leonard Pub. - Time 1:41 (Pop Version Available) - This fun and upbeat kick will be a crowd-pleaser no matter your team’s level! While choreographed with the football field in mind, this routine is also perfect for pep rallies and basketball season. The routine plays with visuals, musicality, and includes a short jazz section.

Int Field Kick (from 2019) “Starships” by: Tom Wallace, Arrangers Pub – Time: 1:30 (Pop Version Available) – This fun and energetic field kick will show off your team’s awesome kicks while being visually entertaining for your audience! This polish-ready choreography allows you to keep or “up the technique” skills while also showcasing contagions and fun footwork. Routine elements include a stationary leap, jete or switch leap, parts, and ends in a jump split.

Int/Adv Field Kick (from 2021) “I Like It” by: Tom Wallace, Arrangers Publishing - Time 1:22 - This is a high-energy kick routine featuring groups, contagions, and lots of hip switching! This routine will push your team’s stamina and kick technique, all while having fun. Sass is required! Intermediate and advanced options are provided to be better tailored for each team.

Int/Adv Field Kick (from 2020) “September” by: Ishbah Cox, Hal Leonard Pub. - Time 1:38 (Pop Version Available) - Your dancers will love this energetic kick routine that is perfect for the field! You just can’t help but smile when hearing the song which will help your dancers push their stamina when they are tired! The choreography includes parts, levels, direction changes, and a grand jeté that can all be modified to your team’s ability level. This dance will definitely be a crowd pleaser!

Int/Adv Kick (from 2021) “Sweet Dreams” by: Eurythmics - Time 1:54 - Your team will enjoy a blast from the past with this fun and upbeat kick routine! This piece is versatile and would be perfect for a pep rally, spring show, or even a football field performance! The choreography includes both intermediate and advanced options, pirouettes, grande jeté, turning disk, and high kicks, of course. This routine is electric and will be entertaining for any audience!

Int/Adv Kick (from 2020) “Aretha Mix” by: Aretha Franklin - Time 1:44 - Your team will have a blast performing this fun and upbeat routine! This piece is perfect for any pep rally, basketball game, or spring show. The choreography includes intermediate and advanced options, pirouette, press leap, floor work, parts, and a sassy attitude. This routine is for sure to be a crowd favorite!

Int/Adv Kick (from 2019) “Let’s Get Loud (Cha Cha Remix)” by: Jennifer Lopez – Time: 1:32 – Who would not want to add a little dash of Latin spice to their routine? This kick routine will make the audience want to be on the floor with your dancers! It is a fun, sassy, and energetic dance that will showcase style and kicking. In this routine you can expect to see a reverse leap, press leap, and a double pirouette. It is a perfect routine for pep rallies, basketball games, or special performances!

Dance Curriculum Units • MILITARY

(8 pieces of choreography + Military technique workshop)

Int Military (from 2020) “Thriller” by: Michael Jackson (James Egbert Remix) - Time 1:45 - This military is perfect for your Halloween pep rally! Add a mask or zombie costume and you will scare up a fun routine to a remixed classic. Parts and levels with easy to clean movement will make this a “thrill” for everyone to see!

Int Field Military (from 2021) “U Can’t Touch This” by: Paul Murtha, Hal Leonard - Time 1:15 - This easy to clean routine will have your team ready for a fun and funky half time performance. Parts and levels will visually appeal to the crowd that’s dancing in their seats to this 90’s jam. You could easily add poms and use the pop version for a pep rally dance too!

Int Field Military (from 2020) “Star Wars (Main Theme)” by: Mike Story, Alfred Pub. – Time: 1:14 (Pop Version Available) - Everyone knows this song and will immediately focus on your team when it begins! Easy to count and clean, choreography includes a jeté, and a press leap for technical skills. Parts, levels, and contagions will be seen on the field for a visual impact that will please every eye.

Int Field Military (from 2019) “James Bond Theme” by: Jerry Burns, Arrangers Pub – Time: 1:23 (Pop Version Available) – An easy-to-clean routine that will appeal to your crowd! Parts, contagions, and levels will make this a great first routine of the season. Your team will love the fun music and easy to remember choreography.

Int/Adv Field Military (from 2021) “Batman Theme by: Mike Story, Alfred Publishing - Time 1:28 - This fast-paced, advanced field military to the theme from “Batman” will make your team Hometown Heroes! This dance features an abundance of intricate arm work combined with plenty of formations, section work and level changes. Your audience will be super impressed as your team executes double pirouettes, a tilt jump, a grand jeté and a sensational scorpion stunt!

Int/Adv Field Military (from 2020) “The Horse” by: Jerry Burns, Alfred Publishing - Time 1:21 (Pop Version Available) - Your team will charm the halftime fans with this flashy field military, filled with a generous amount of quick sharp arm work, visually appealing section work and loads of level changes. This dance also features a double coupé, a grand jeté and a spectacular stunt!

Int/Adv Field Military (from 2019) “Bang on the Drum All Day” by: Nick Baratta, Alfred Pub – Time: 1:46 (Pop Version Available) – This dance is a strong field military that will rock your audience. Quick, sharp arm work, challenging section work, a variety of visual level changes, a double pirouette and a spectacular scorpion stunt will thrill your fans in the stands!

Int/Adv Field Military (from 2018) “Make Your Hands Clap” by: Paul Murtha (Hal Leonard Pub.) – Time: 1:38 (Pop Version Available) – This strong, field military routine will get your audience rocking. Quick, sharp arm work, challenging section work, smooth transitions, visual level changes, two different leaps, a mini flip stunt and a sensational split stunt will leave your fans clapping for more!

Dance Curriculum Units • PROP/NOVELTY

(8 pieces of choreography + choreography tips & tricks)

Int Field Prop-2 Small Hoops/Discs (from 2021) “I Got You (I Feel Good)” by: Tom Wallace, Arrangers Publishing - Time 1:25 - Colorful two-sided discs will make this dynamic field routine an instant halftime hit! Your team will dazzle the audience with a double pirouette, a grand jeté, fun partner sections and amazing arm work. This field prop is packed with plenty of visual variety, lovely levels and five formation changes. It is perfect for dancers of all levels.

Int Field Prop~Large Hoop (from 2020) “Mickey” by: Tom Wallace, Arrangers Pub. - Time 1:27 (Pop Version Available) - This bouncy fun tune will have your audience singing along as your team performs this vibrant and visual large hoop routine. This dance features eye-catching arm work, a double pirouette and a grand jeté. This is a field prop with plenty of technical variety for dancers of all levels.

Int/Adv Field Prop-Chair (from 2021) “These Boots Are Made For Walkin” by: Tom Wallace, Arrangers Publishing - Time 1:36 - Your football season is sure to be a hit with this upbeat and stylized field chair routine. Levels, parts, and group work along with a technical section that can be modified to fit any team’s skill level will wow the audience.

Int/Adv Field Prop~Streamer (from 2020) “Give Me Everything (Tonight)” by: Tom Wallace, Arrangers Pub. - Time 1:20 (Pop Version Available) - Bright, colorful streamers will give this fun routine the halftime hype you’re looking for! The audience will love your team’s sassy style as they show off their dance skills with a double pirouette, a grande jeté, an illusion, a sauté arabesque and fun canon work. Add in lots of level and formation changes for a classic halftime hit!

Int Novelty (from 2021) “Party Mix” by: Various Artists - Time 1:38 - Your audience will have so much fun watching your team perform this party themed routine! This energetic novelty is guaranteed to be a show stopper for any pep rally, basketball game, or community event. The choreography includes jetés, pirouettes, press leaps, and sassy elements for all dancers and audiences to enjoy!

Int Novelty (from 2020) “Loud” by: Big n Rich – Time 1:45 – You’ll have your audience dancing and clapping in the stands with this western themed routine. This energetic novelty is guaranteed to be a crowd pleaser for any pep rally, basketball game, or community event. Elements include a single or double pirouette, jeté, levels, parts, and contagions. This easy to clean routine can be adapted for all levels of dancers without losing its country flare!

Int Novelty (from 2019) “You Can’t Stop the Beat” by: Various Artists (Hairspray) – Time: 1:44 – You’ll have your audience dancing in the aisles with this routine as your bring the energy of Hairspray to the stage! This high-energy novelty to the song “You Can’t Stop the Beat” is guaranteed to be a great crowd pleaser for any performance. This intermediate routine will WOW your crowd from start to finish with achievable technique and style for all dancers.

Int/Adv Character Jazz (from 2021) “On Broadway” by: SMASH cast - Time 1:39 - “On Broadway” is a classic Broadway style, inspired by the Fosse and Rockette style. This dance has solid intermediate level technique, which includes a double pirouette, LA leap, various battements, and a surprise leap. It also will challenge your dancers with quick footwork, fast weight changes, and syncopation. It is sure to please a crowd for a community performance or spring show piece!

Dance Curriculum Units • LYRICAL/MODERN/CONTEMPORARY (8 pieces of choreography + Lyrical/Modern/Contemporary workshop)

Int/Adv Lyrical (from 2021) “Heal” by: Tom Odell - Time 1:35 - This is a “feel good” routine that will allow your dancers to release their inner emotions and past experiences! The movement comes from within and will translate with the musicality. It will challenge and expand their movement by whole body dancing. The choreography includes a calypso, à la seconde turns, and a surprise leap. This lyrical piece will have the audience feeling as if they were in the dancers’ shoes.

Int/Adv Lyrical (from 2020) “Higher Love” by: James Vincent Morrow - Time: 1:40 - “Higher Love” will give your dancers an opportunity to improve their projection and musicality in this Int/Adv Lyrical. The choreography includes pirouettes, various floor work sections, and leaps with options to accommodate dancers of all levels. While featuring different parts, levels, groups, and opposition, this routine is sure to captivate your audience!

Int/Adv Modern (from 2021) “Stand Up” by: DLGS (Cynthia Erivo) - Time 1:27 - This intermediate/advanced modern routine will challenge your dancers with weight shifts, parts, turns, and partner work. This routine is about working together as a team and standing up for one another. “Stand up” would be a great routine to take to competition or perform at your Spring show.

Int/Adv Modern (from 2020) “Way Down We Go” by: Kaleo (Stripped Audio) - Time: 1:40 - This modern piece will challenge your intermediate dancers by learning about weight shifts, inversions, transferring of weight, momentum, continuous movement and performance quality. The lyrics will allow your dancers to connect emotionally while reflecting on moments in their life where they have been challenged or felt discouraged. “Way Down We Go” is a routine that will be perfect for any special events, competitions, and even spring show ensembles!

Int Contemporary (from 2021) “Dance With Somebody” by: Marian Hill - Time 1:38 - This intermediate contemporary is a perfect challenge for beginner and intermediate dancers. This routine includes ripples, parts, floor work, pirouettes, jetés, a tilt jump and a calypso. This routine is a perfect way to introduce and engage dancers to the contemporary style with visual variety and the use of musicality.

Int Contemporary (from 2020) “Love in the Dark” By Adele (Leroy Sanchez Cover) – Time 1:48 - This intermediate contemporary dance is perfect for those beginner/intermediate dancers looking for a heartfelt and dynamic piece of choreography. This routine includes parts, floor work, pirouettes, jetes, calypso, and a variety of visuals. “Love in the Dark” is the perfect dance to introduce and engage your dancers to contemporary style while allowing them to express their emotions through the powerful lyrics of Adele’s beautiful song!

Int/Adv Contemporary (from 2021) “Seasons” by: Needtobreathe - Time 1:38 - “Seasons” will give your dancers the opportunity to work on control and expression of movements, as well as their musicality in this Int/Adv contemporary. The choreography includes coupé turns, fouettés, various floor work, and leaps with options to accommodate dancers of all levels. This dance will feature different parts and groups that will showcase your dancers beautifully.

Adv Contemp (from 2021) “Dream On” by: Cinematic Pop - Time 1:37 - This advanced contemporary is challenging, but very fun to perform. In this routine we have advanced technique that consists of: a triple pirouette, tilt jump, floor work, and a turn combination to name a few! This dance allows each dancer to showcase their technique in various ways! This dance contains group work, levels, and opposition, that the audience will love.