

2008 Officer Routines



Celebrating our 50th year
in the dance/drill team industry



2008 Officer Camp Staff

Camp Dance: Kimberly Y'Barbo – “Good Luck” – Basement Jaxx – Time: 2:00 - This year's camp dance is a high-energy dance with lots of fun, fast movement. “Good Luck” will be used as the All- American try-out dance. Technical skills will include pirouettes, leaps, fouettes (optional), and a style that will allow each dancer to show their talent. Dancers will love learning this dance and performing to this fun song.

Kick Off: “Push” – Time: 0:45

Jennifer Hodge:

Int Hip Hop – “Mega Mix” – Various Artist – Time: 2:01 - Turn up the VOLUME with this non stop heart pounding hip hop re-mix. This routine is a funky fusion of hip hop and attitude. In no time your team will be moving and grooving to the latest hip hop re-mixes. “Mega re-mix” creative choreography includes part/section work, shoulder stands, and other floor work combinations.

Int Pom – “Disco Time” – Various Artist – Time: 1:58 - Shake your groove thing to the disco beats of the 1970's. “Disco Time” will energize your dancers and crowd as you dance to the hottest disco tunes. This number has many visual sections and parts along with basic pom motions. “Disco Time” is not only a fun and easy to polish routine but your dancers will love performing this high energy routine.

Int Character Jazz – “I Gotcha” – Fosse Original Broadway Cast – Time: 2:00 - Ladies and Gentlemen... It's Showtime!! This classic Fosse Broadway number will provide jazz technique (pirouettes, kicks, chaine turns, and grande jete) with an emphasis on stylization, traditional Fosse flair, Broadway jazz, and attitude. Your team will come alive with sassiness dancing as if their name is in Broadway Lights.

Katie Lane-Quinn:

Int Modern – “Session” – Linkin Park – Time: 2:27 - This routine will allow your students to step out of their box and experience something they never have! Allowing them to let go of their natural ways of moving, this piece will challenge your dancers to a new level of performance and ways of thinking about dance.

Int/Adv Nov – “That's How You Know” – Amy Adams (Enchanted) – Time: 2:30 - This fun and exciting routine allows your dancers to let loose and enter into the world of theatrical dancing! With some challenging elements in technique and expression, your dancers will have an amazing time performing to one of the hit songs from the movie Enchanted!

Int/Adv Lyrical – “Hometown Glory” – Adele – Time: 2:04 - This lyrical routine will help your dancers to challenge themselves technically, expressively, and physically. They will also have a chance to experiment with musicality. Technical elements include pirouettes, extensions, and unique turns and leaps and will be a great dance for contest season!

Kimberly Y'Barbo:

Int Hip Hop – “Shawty Get Loose” – Lil Mama - Time: 2:26 - This hip hop routine has a little bit of a sassy style. This will definitely be a routine that allows the dancers to be themselves. The movement will be sassy and strong to fit this fun song by Lil Mama. This would be a great dance to perform at a pep-rally!

Int/Adv Jazz – “Right Now” – PussyCat Dolls – Time: 2:16 - This jazz dance to “Right Now” is fast and sassy. With stylized movement to bring out the dancer's performance, this dance would be great for contest or any other performances. This dance was choreographed to allow the dancer to have fun and show their personality. The dance includes leaps and turns, along with parts and variety. The fun song and fast movement will be something the dancers will enjoy.

Int/Adv Pom – “RockStar” – Prima – Time: 2:34 - This is a fast and high-energy pom routine. This dance includes many fast arm movements with a style that allows the dancers to have fun. The routine incorporates a

few technical elements such as a double pirouette, russian, and fouettes. This would be a great contest or pep rally routine.

Holly Lyons:

Int Kick – “Barracuda” – Fergie – Time: 1:57 - This is an upbeat routine performed to Fergie’s remake of “Barracuda” in *Shrek the Third*. Your audience is sure to love the fun kick combinations and small jazz sections that allow your officers to show off their style. Your officers will love learning and performing this great kick routine!

Int Jazz – “Damaged” – Danity Kane – Time: 2:00 - This jazz routine is sure to look great on any officer line and could easily be adapted for an entire team. The routine features lots of parts, level changes and innovative floor work. Some of the technical elements include grande jetes, chaine turns, pirouettes, a calypso, battements & a pitch kick. This is a perfect routine for the beginning of the year performances, pep rallies or Spring Show.

Int Lyrical – “Breathe In, Breathe Out” – Mat Kearney – Time: 2:00 - This routine has a contemporary edge that is full of parts and levels. Your officers will enjoy exploring a bit of modern technique infused into the lyrical choreography. Although movements are fluid, this piece is easy to clean and perform. This is definitely a routine to take home and use for special performances.

Meredith Shaver-Walraven:

Int Field Jazz – “Hot, Hot, Hot” – Adolphus Cassell (Hal Leonard Pub.) – Time: 1:42 - This traditional field jazz is choreographed to a salsa mix Hot, Hot, Hot. This dance is not only visual it is easy to polish and features group work, contagions, and parts. Most of the steps can be adapted to make the dance more advanced or simplified depending on the level of the team. This fun song and dance will be a hit at any football halftime!

Int Field Military – “La Serpiente” – Mike Story (Alfred Publishing) – Time: 1:50 - This routine is a great dance to start off football season with. The routine has many parts and visual effects to it. It can be easily polished and can be adapted to the team depending on level. The audience will love this for its visual variety!

Int Field Pom – “Fire” – Will Rapp (Hal Leonard Publishing) – Time: 1:58 - This routine is an upbeat pom with lots of arms and movement on the field. It will be a great routine for the fans in the stands as well as a fun routine for your team. The band can play it at tempo or slower to adjust to the level of your team.

Camp Dance

Officer Camp Dance-

“Good Luck”- by: Basement Jaxx-

Time: 0:19-2:26 Choreographed by Kimberly Y’Barbo

Section A

8- Hold 1-8

8- Step out to rt. arms open to lt. “L” 1-2, arms down 3-4, push up rt. leg attitude in back arms up 5-6, sit 7-8

8- Throw head to lt. passé rt. foot 1-2, ball-change rt. lt. 3-4, step onto rt. leg lt. arm up lt. foot flicks back 5-6 step forward lt. rt. 7-8

8- Circle lt. arm up over head 1, step lt. arm down 2, step rt. 3, lt. 4, arms throw up leg flicks through to back 5-6, walk back rt. lt. 7-8

8- Step out lt. rt. foot passé rt. arm throws over head 1, step to rt. 2, lt. foot back reach down 3-4, ball-change back to front & 5-6, ball-change lt. rt. 7-8

8- Cut lt. leg under, rt. leg out 1-2, pre-prepare 3-4, pirouette with leg extended in front 5-6-7, step out 8



Section B

- 8- Rt. arm over head lt. arm straight out 1-2, arms down 3-4, walk forward rt. foot lt. arm pushes through 5, switch 6, step forward rt. foot release head back 7, step lt. head up 8
- 8- Step out rt. rt. arm out 1, step forward lt. lt. arm up by ear 2, swing lt. arm down and across body 3, lt. foot flicks behind 4, plie' 5, lt. arm swings back by ear lt. foot passé 6, chasse to lt. 7-8
- 8- Throw head around to rt. 1-2, slide down to ground 3-4, slide back on stomach 5-6, roll around 7-8
- 8- Roll to sit to rt. 1-2, roll to sit lt. 3-4, jump off knees 5-6, roll to stand 7-8
- 8- Continue rolling to stand up rt. foot forward 1-2-3-4, step lt. lt. arm swings back and over 5, rt. arm swings over rt. foot coupe 6, step rt. 7, cross lt. 8
- 8- Chaîne rt. 1-2, chasse 3-4, step 5, leap 6, land 7-8
- 8- Stand 1-2, walk back to center 3-4-5-6-7-8
- 8- Walk forward rt. foot rt. arm throws back 1, step lt. lt. arm 2, step rt. arms cross down in front 3, arms to "T" 4, sit lt. foot forward 5-6, hip roll 7-8
- 8- Ball-change rt. lt. &1, tilt kick 2, chasse rt. 3&4, 3-step turn to lt. 5-6-7, step across 8
- 8- Step out lt. 1, half coupe turn rt. foot 2, chaîne rt. 3-4, pique 5-6, pique 7-8
- 8- Step rt. foot 1, turned out lt. passé arms lt. "L" 2, step across lt. 3, step rt. 4, walk to back lt. rt. lt. rt. 5-6-7-8
- 8- Step lt. 1, jump together arms up 2, step onto rt. foot lt. foot flicks arms circle back 3, step lt. 4, lt. leg pushes out, arms push through body 5-6, step across lt. rt. 7-8
- 8- Pre-prepare 1, pirouette 2-3-4, step out rt. 5, cross lt. 6, small x-jump 7, land 8
- 8- Hold 1-2, step back lt. 3, small flick rt. foot arms up 4, walk rt. lt. 5-6, fall over to passé 7-8
- 8- Circle lt. arm up by ear 1-2, drop arm 3-4, throw rt. arm back 5-6, sit 7-8

Section C

- 8- Hip roll 1-2, roll 3-4, walk rt. lt. 5-6, step rt. release head 7-8
- 8- Step lt. 1, flick rt. foot 2, step rt. 3, lt. 4, turn to back 5-6, sit 7-8
- 8- Throw lt. arm out 1-2, rt. arm back 3-4, head roll 5-6, step lt. 7, dig rt. foot 8
- 8- Change lines- drag rt. 1-2, lt. 3-4, walk 5-6-7-8
- 8- Repeat first 8-count: Step out to rt. arms open to lt. "L" 1-2, arms down 3-4, push up rt. leg attitude in back arms up 5-6, sit 7-8

Repeat Section B

- 8- Rt. arm over head lt. arm straight out 1-2, arms down 3-4, walk forward rt. foot lt. arm pushes through 5, switch 6, step forward rt. foot release head back 7, step lt. head up 8
- 8- Step out rt. rt. arm out 1, step forward lt. lt. arm up by ear 2, swing lt. arm down and across body 3, lt. foot flicks behind 4, plie' 5, lt. arm swings back by ear lt. foot passé 6, chasse to lt. 7-8
- 8- Throw head around to rt. 1-2, slide down to ground 3-4, slide back on stomach 5-6, roll around 7-8
- 8- Roll to sit to rt. 1-2, roll to sit lt. 3-4, jump off knees 5-6, roll to stand 7-8
- 8- Continue rolling to stand up rt. foot forward 1-2-3-4, step lt. lt. arm swings back and over 5, rt. arm swings over rt. foot coupe 6, step rt. 7, cross lt. 8
- 8- Chaîne rt. 1-2, chasse 3-4, step 5, leap 6, land 7-8
- 8- Stand 1-2, walk back to center 3-4-5-6-7-8
- 8- Walk forward rt. foot rt. arm throws back 1, step lt. lt. arm 2, step rt. arms cross down in front 3, arms to "T" 4, sit lt. foot forward 5-6, hip roll 7-8
- 8- Ball-change rt. lt. &1, tilt kick 2, chasse rt. 3&4, 3-step turn to lt. 5-6-7, step across 8
- 8- Step out lt. 1, half coupe turn rt. foot 2, chaîne rt. 3-4, pique 5-6, pique 7-8
- 8- Step rt. foot 1, turned out lt. passé arms lt. "L" 2, step across lt. 3, step rt. 4, walk to back lt. rt. lt. rt. 5-6-7-8
- 8- Step lt. 1, jump together arms up 2, step onto rt. foot lt. foot flicks arms circle back 3, step lt. 4, lt. leg pushes out, arms push through body 5-6, step across lt. rt. 7-8
- 8- Pre-prepare 1, pirouette 2-3-4, step out rt. 5, cross lt. 6, small x-jump 7, land 8
- 8- Hold 1-2, step back lt. 3, small flick rt. foot arms up 4, walk rt. lt. 5-6, fall over to passé 7-8
- 8- Circle lt. arm up by ear 1-2, drop arm 3-4, walk 5-6, pose 7-8

“Hip Hop Mega Mix” - Various Artists

Int. Hip Hop 2:00

Choreographed by Jennifer Hodge



Beginning formation: block in windows

4 hold in a pose

8 change pose 1-2 bounce 3-4 change pose 5-6 bounce 7-8

8 slide step with clap 1-2 slide step with clap 3-4 (making formation wider) various body and arm roll 5-6 roll again 7-8

8 gun finger right point to left 1 left point to right 2 point up 3 over flat back 4 pump right arm 1/2 and out 5 pump down 6 left arm 7-8

4 travel thru lines

8 ripple travel across formation plie with shoulders

8 chug rt. back 1 left 2 right 3 left 4 step left 5 pull right arm up to 1/2 T 6 step out 7 head and right arm & 8

8 step left 1 pull both arms to 1/2 T 2 twist 3-4 chug back 5 back 6 pop shoulders grip collar 7-8

8 jump together 1 out 2 snap right left right 3 & 4 circle right 5 pump 6 circle left 7 pump right arm up & 8

8 walk around 1-2 step out left 3 right 4 arms up slow 5-6 down 7-8

4 pump right 1 left 2 both 3-4 making formation tighter

8 lean side to side levels with plie 1-4 slap hands left to right 5-8

8 monkey slow left 1-2 right 3-4 circle at chest 5-6 over head 7-8

8 move to triangle grab pants 1-2 run 3&4 grab pants 5-6 run 7&8

8 cont. moving

8 plie down 1-4 hands right left right 5&6 snap right arm down 7 left down 8

8 pop shoulders front with open hands 1 back 2 front 3 back 4 hands on hips 5-6 step out right 7 head 8

8 parts (every four counts) step out 1 cross 2 run 3&4 left hand on chest 5 right & pop 6 walk to back 7-8

8 continue groups last group starts on 1

8 cross 1 jump out front 2 left hand on chest 3 right & pop 4 step rt 5 left leg up 6 step left 7 right up 8

8 kick out & 1 step 2 jump together 3 pump 4 circle arms around 5-6 over head 7 1/2 T 8

8 look back & 1 push down & 2 roll chest 3-4 snap 5-8

8 move to four lines arms right left right 1&2 down to left 3 right 4 over head right left right 5&6 down to left 7 right 7

8 parts (1-3 -5) big right arm circle 1-4 look rt & 5 throw and jump 7-8

8 shoulder roll 1-4 shoulders 5-8

8 walk it out 1&2 small right circle 3-4 finish groups 5-8

8 move thru lines step touch or plie together 1-2 switch 3-4 repeat moving back to starting place 5-8

8 pull right arm across 1-2 kick legs out 3&4 chug around arms down low 5-6-7 arms out at levels 8

8 sprinkler arm 1-2 throw rt arm 3-4 jump out 5-6 pulse 7-8

8 every other line tuck 1 legs out 2 flat on back 3-4 hold 5-8 or

hold 1-2 step up to line 3-4 leap over 5-6 land 7-8

8 adjust formation cross arm 1 throw right 2 cross 3 throw left 4 left arm right leg 5-6 right arm left leg 7-8

8 hammer left to right 1-2-3-4 prep 5 tuck jump around 6-7 land 2nd position 8

8 arms and legs 1-2 tuck 3 back 4 slide on back 5-8

1 arms and legs out to X

Formations

#1 block in windows

#2 triangle

#3 four lines

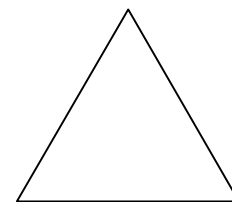
“Disco Time” – Various Artists
Int. Pom – Time 2:02
Choreographed by Jennifer Hodge



Beginning formation line with right hand on shoulder of person in front of you
 8 hold 1-2 bounce in line 3-8
 8 walk front or back to make four lines in windows 1-4 jump out 5-6 reach up high V to right 7 down low V to left 7
 8 hands on hips shake 1-2 poms over head right left right 3-4 hips shake 5-6 poms low right left right 7-8
 8 pivot to back 1-2 step right 3 left 4 circle arms 5-6 hips to the right 7 left 8
 8 three groups (1-3-5) pulse 1-2 drag to front 3-4 kick ball change 5-6 pulse arms low V 7-8
 8 pulse pick up ½ 1-2 low V 3-4 ball change cross right leg over left & 5 spin around 7-8
 8 pick up across the formation “Disco” group one- right arm up 1 together 2 right arm down 3 together 4 pick up group 2 shuffle feet pull right arm & 56 shuffle again & 78
 8 pick up group 3 repeat disco 1-4 pick up group four shuffles 5-8
 8 snake to left 1-2 step back in shake poms ½ t 3-4 reverse to right 5-8
 8 swing arms over head moving around to left 1-3 step out left right arm out left ½ 4 swing arms up over head 5-6 down and look front 7-8
 4 step together step together moving backwards
 8 move to triangle roll poms swing right 3 left 4 roll poms 5-6 punch up right 7 left 8
 8 continue moving repeat arms
 8 parts (1-3-5-7) side to side turn left touchdown 1 down by side 2 high V front 3 low V 4 step and turn back 5-6 2nd position front 7-8
 8 release back ½ T to flat back 1-2 swing to right 3 left 4 step touch up punch arms 5-6 step touch windmill arms 7-8
 8 cont. parts 1-4 ripple front to back shake poms circle around
 8 cont ripple start 2nd ripple shake poms over head ending on right hip
 8 three parts (1-3-5) front to back right arm over head 1 switch 2 touchdown 3 roll down hit low level 5-6 hit high knees 7-8
 8 hit standing level 1-2 slow monkey to look left 3-4 switch 5-6 pulse over head 7-8
 8 shoulders right 1 left 2 circle to right 3-4 shoulders left 5 right 6 circle to left 7-8
 8 tuck 1 2nd position flat back 2 poms move up leg 3-4 punch right 5-6 punch left 7-8
 8 peel off (1-3-5) chaine 1-2 chasse 3-4 step 5 leap 6 land down 7-8
 8 cont. groups landing 1-2 landing 3-4 roll sunshine legs 5-6 low knees to front 7-8
 8 parts front to back (1-3-5-7) high knees fan right pom 1-2 low knees poms to left 3 to right 4 high knees fan 5-6 poms down 7-8
 8 arch back to bug 1-2 cont groups 3-4, 5-6, 7-8
 8 side to side slices 1 & 2, roll down 3 & 4, swing head left 5 right 6 punch left 7 punch 8
 8 pulse arms low 1-2 ½ T 3-4 low 5-6 clap 7-8
 8 move to three lines triplet 1&2, 3&4 shake poms 5-8
 8 cont. moving or move thru lines depending on team size
 8 moving in opposite directions step same arm same leg 1-2 repeat 3-4 ball change swing poms under 5-6 over head 7-8
 8 arms to left 1 right 2 left hip 3 right hip 4 three step turn back 5-6 wrap head 7-8
 8 L arm right 1-2 left 3-4 swing poms to shoulders 5-6 repeat swings 7-8
 8 pivot to back 1-2 pivot 3-4 turn or roll front 5-8
 1 levels hit low V shake poms

#1 ----- #2 x x x x
 x x x x
 x x x x
 x x x

#3 triangle



#3 _____

“I Gotcha” – Fosse Original Broadway Cast
Int. Character Jazz – Time 2:00
Choreographed by Jennifer Hodge



8 pose arm over head 1-2 snap to left 3-4 jazz hands pocket 5-6 “Fosse”roll open jazz hands 7-8
 8 legs swivel front 1-2 pulse 3-4 right leg out left arm up 5 arm down and dig 6 left leg out right arm out to right side 7 cross 8
 8 turn 1-2 pivot to back 3-4 head back 5 head back up 6 pulse arms down by side 7-8
 8 moving to left walk 1-2 step together arms in touchdown 3 arms down to low V 4 walk traveling left 5-6 right leg out point front 7 arm over head look front 8
 2 “Fosse” pulse 1-2
 8 moving to new formation and traveling center drag 1-2 pop leg pulse 3-4 drag 5-6 pop leg pulse 7-8
 8 continue moving repeat drag and pulse 1-8
 4 ball change cross right over left 1-2 turn 3-4
 8 jump out point front 1-2 hands on hips 3-4 back ball change &5 kick 6 pivot 7-8
 8 walking to back moving in tight 1-4 rt hand up on back to the right 5 left 6 “Fosse” finger roll
 4 touch turn right jazz hand overhead 1-2 wrap head 3 point right leg out 4
 8 chasse 1-2 step 3 jete 4 land 5-6 leg sunshine roll 7-8
 8 “Fosse Step” shoulders up and down tighten formation 1-4 drive car arms to left 5-6 arms right 7-8
 8 moving back right shoulders up and down expand formation 1-4 head down 5 pop head up 6 head down 7 pop head 8
 8 three groups (1-2-3) passé 1 leg extension 2 roll 3-4 stand 5 left jazz hand up 6 right jazz hand up 7 circle 8
 8 arm over head 1 finish parts 2-3 kiss front 4 drag prep 5-6 double 7-8
 8 pop to different poses either all together or pop one at a time
 8 “Fosse Step” shoulder shrugs moving rt
 8 move step right 1 left leg attitude 2 step left 3 right 4 left attitude 5 step left 6 right 7 left attitude 8
 4 throw right 1 left 2 contract 3 push out 4
 6 free style jazzy arms over head moving back 1-5 right arm over head facing left side 6
 8 step right 1 left 2 drag out kick &3 step on right 4 pivot 5-6 step out front 7-8
 8 head roll 1-2 point and hips &3 point and hips &4 right ball change 5 passé 6 walk to back 7-8
 8 open arms 1-2 ball change point finger 3-4 roll down 5-6 right leg slide thru 7-8
 8 slide out 1-2 swing around 3-4 up on knee 5 kick 6 roll and stand to back 7-8
 8 “Fosse Step” legs in and out rotate formation
 8 finger roll on hip 1-2 and 3-4 clap to back 5-8
 8 chasse 1-2 step 3 jete front 4 prep 5-6 turn 7-8
 8 chaine turns to center
 1 pose

Formations:

#1 Triangle

#2 _____

#3 X X
 X X
 X X
 X X
 X X
 X

“Session” by Linkin Park
Int. Modern 2:23
Choreographed by Katie Lane-Quinn



Start in STRAIGHT LINE

Intro- Improvisation with walking forward and back and looking down and up

8-improvisation with running back and forth

8-improvisation playing with timing

8-improvisation with stopping and starting

8-move to PARTNERS in DIAGONAL

8-(1,3 or 5) partner A (on stage Left): stir R 1& grab R hand 2, pull in 3, jete 4, hold 5, throw 5, push out with wrists 7, skid & arms circle over and lunge 8. Partner B (on stage R): lunge R towards partner arms reaching 1-2, place arms on floor 3, scoot to R 4, slide L to ground 5-8

8- partner A: walk back RL 1& snake head 23, pull R toe in 4 step RL 56 pencil turn 78

8- partner B: get back up to feet with body still bent over 1, snake head 23, drop arms down then body 4, three step turn to switch sides with partner 5-8

8-8-switch parts (A does B part, partner B does A part) (partner B is now on stage L and partner A is stage R)

8-move to STAGGERED LINES facing diagonally on stage L upstage corner using improvisation with running, stopping, walking, looking, starting

8-continue moving to staggered lines

8-(1,5,1,5,or 1) phrase moves towards downstage stage L corner: arms reach 1 scoot legs 2, arms reach 3, scoot lets 4, step out L reaching L arm 56, circle around and plie 7, sauté 8

8-turn out of it 12, R attitude lift to side L arm flicks over head 3, recover 4, step L and swirl around 5-7, back down to hands on floor 8

888-everyone continues repeating the phrase, moving on the diagonal until last group goes through phrase once (whole part should last four 8-counts)

8-(1,3,5,7, or 1 from R to L) out into 2nd position swipe R arm 1, swipe L 2, passé and contract in 3, sauté scoot 4, L heel up R arm to T and L arm at chest 56, attitude spiral around 7 set down 8

8- sauté 1-2, shift weight to hands 3, look up 4, roll to R side 56, roll to L side 78

8-finish 12, finish 34, 56, 78

8-crawl to face body front 1-4 (parts 5,6, or 7) pop to X on side

8- odd people- curl in 12, stretch X 34, curl in 56, stretch 78

even people- hold 1-2 curl in 34, stretch X 56 hold 78

8-everyone curl in 1, roll to back and to right side 2-4, get up 5-8

8-hands scoot in parts following square path every 8-count; hands 1 scoot 2, hands 3, scoot 4, shift weight in hands then back 58

8-2nd person picks up following same path as person (like follow the leader)

8-3rd person picks up

8-4th person picks up

8-5th person picks up (everyone ends up in a line)

8-run in different directions to sides, front, back, or corners

In silence, do running, walking, starting and stopping, look up & down improvisation (front person cues to end)

Formations:

1. Straight Line
2. Partners in Diagonal
3. Staggered Lines
4. Spread out in space

XXXXXXXXX XX

XX

XX

XX

X X X

X X



“That’s How You Know”-Amy Adams

Int/Adv Novelty 2:32

Choreographed by Katie Lane-Quinn

Start in small clump

Improvisation to “How does she know you love her” “How does she know she’s yours”

8- look to front on “does” roll shoulder on “love her”

8-switch poses on “how does she know” improve on “that you lover”

8-move to STAGGERED LINES on “how does she know that you really really love her”

8-cha cha RLR 1&2 cha cha to back LRL 3&4, cha cha back to front 5&6, cha to side RLR 7&8

8- step RL pointing RL 12, soutenu around with arms to chest 34, R arm opens on “really” L arm opens on “really” arms out and then to chest on “love her”

8- (1,3, or 5 R to L) bc RL passé R 1&2, bc prepare &3, pirouette 4, open arms to sides presenting up and down 56, T 7, drop to roll 78

8-stand 12 or 34 or 56, back up RL 7& passe 8

8-into circle, chaine jete 1&2, turn out of it 34, chasses RLR arms up then down 5&6, again 7&8

8-chaine 12, soutenu &3, soutenu &4, back up to THREE GROUPS 5-7, R shoulder push forward with arms at chest 8&

8-GROUP 1: “write a little note” 12, prepare &3, pirouette 4, arms reach down out and up 56, arms up on top of head 78

8-GROUP 2: arms clasped, gesture to R 12, en dedan pirouette arms clasped above head 34, reach down and up 56, arms present forward 78

8-GROUP 3: nod head forward 12, point 3&4, pencil turn with leg dragging 56, step forward L passé arm carving under into pirouette 78

8-everyone goes to SPREAD OUT position chasse 1&2, 3&4, 5&6 7&8

8-melt “he’s your love”

8-move to STAGGERED LINE again passé walk 1-4, quick step 5&6 7&8

8-(1,3,or 5 L to R)cha cha to R 1&2, cha cha to L 3&4, cha cha to back 5&6, cha cha to front 7&8

8-continue cha cha’s side to side finishing 12 or 34 or 56 everybody 78

8-(1,3,or 5 R to L) chaine to R 1&2, chaine to L 3&4, run to back RL 5&, reverse leap to front 6, step back 7 look to back 8

8-finish 12 finish 34, inside pirouette 5 arabesque 6 bc LR 7& arms up then drop 8&

8- (parts 1,3,5,7, or 1) run run sauté 1&2, pick up 3&4, pick up 5&6, pick up 7&8

8-pick up 1&2, pick up 3&4, arms in V turning around yourself 5-8

8-pas de basque with R arm circling over 1&2, pas de basque other way 3&4, sway with arms wrapped around 56, inside pirouette 78

8-step step snap 1&2, 3&4, 5&6, 7&8

8-(1,3 or 5 R to L) run RL 1& leap 2, finish 34, finish 56, stand 7, hip shake &8

8-run to clump

8-improvise ending “he’s your love”

FORMATIONS:

1. small clump
2. staggered lines
3. spread out random
4. same staggered lines
5. Same small clump lines

X X X X

X X X

X X X X

X X X

X X

X

X X X

“Hometown Glory” by Adele
Int-Adv Lyrical 2:04
Choreographed by: Katie Lane-Quinn



Start spread out

8- hold

8-walk in circle

8-sparatic poses

8-sparatic poses 1-4, bc RL 56 passe 7, contract and plie 8

8-ronde jambe R and L 12, bc RL &3 step R 4 shoulder roll down 5-8 push R arm through &

8-spread eagle arms 1-4 bc RL muscle arm in front &5 plie 2nd 6, scissor jump 7, land 8

8-drag to line 1-6, push R arm down then L &7 hold 8

8-pick up twist step &1 or &3 or &5 or &78

8-circle arms and pull forward walk RL 1-3 pull elbows in popping knees &4 arms to T and release 5-6, prepare 7, pencil half turn to back 8

8-prepare to back RL 12, pirouette to the front 345, R foot down and look R 6, look front 7 hold 8

8- transition to staggered lines cross 1 drag 2 bc 34 cross 5 drag 6 bc 78

8-repeat 1-4 melt arm 5-8

8-hold silence and pop arms up on 8

8-(1,3,or5 from L to R)push RL arms down 1&, pull 23, saut de basque 456, snake and drag 78

8-step L leap R and turn out of it to front 1-4, passé with L arm forward 5-6 bc RL &7 passe 8

8-bc to back &1 pirouette 234 step R 5, bc LR 67 arabesque 8

8-L attitude pose 1 step L 2 pencil turn in R low attitude 3 step R 4 step L 5 turn back around to front 6-8

8-step RL 12, assemble 3-4, R elbow up 5, L arm up 6, wrap 7-8

8-step R to pencil turn 1-2, turn around yourself 3-4, finish 5-6, finish 78

8-(1,2 or 3 from L to R) L arm pulls to R 1 or 2 or 3 hold 4, L to R again in parts R foot comes to L turning to back 5 or 6 or 7, hold 8

8- walk to back RL 12, turn to front and walk backwards RL 34 bc to back RL pull arms forward 56, step back R 7, prepare L 8

8-chaine into jete in back attitude 1-4 turn out of it 5-6 circle “world” arms to R 78

8-push arms out 1-2, sauté back circling arms backward 34, step out L prepare 5 inside turn into arabesque 6-8

8-freestyle to spread out position again

8-continue freestyling

8-solo “of my world”

8-solo “of my world”

8-solo “of my world”

8-solo “of my world”

8- solo on last note and as everyone else melts up

Everyone walks off in different directions

Formations:

1. spread out

```

X   X   X
  X
X       X
    X
  
```

2. Straight Line

```

XXXXXXXXX
  
```

3. Staggered Line

```

X   X   X
  X   X
  
```

4. Same as #1

“Shawty Get Loose” By: Lil Mama
Int. Hip Hop Time 2:26
Choreographed by Kimberly Y’Barbo



Begin in two groups

-Hold Intro, face back

8- Groups: Go 4 or 8- 1st group: Hold 1-2-3, look 4, hold 5-6-7 hip roll 8

8- Everyone hold 1-2-3, hip roll 4, move out 5-6-7-8

8- Sit 1, jump up hit knees &, land 2, box arms swivel 3, pull side 4, reach rt. arm across 5, pull to chin 6, lt. hand under chin 7, head back 8

8- Jump to rt. hands on hips 1-2, step lt. 3, flick hand 4, walk around yourself 5-6-7-8

8- Jump together 1, out 2, push rt. hand down &, switch lt. 3, switch hands rt. kick rt. foot 4, step rt. 5, flick hands out 6, step lt. 7, tap turn around 8

8- Together 1, out 2, lt. knee in- out- in, rt. hand push down 3&4, Groups go 5-6 or 7-8 1st group together 5-6, fall 7-8

8- Groups continue: scoot to knee 1, head nod 2, roll around 3-4, sit on knee head nod 5-6, 2nd group head nod 7-8

8- Stand up to lt. 1, jump back kick rt. foot 2, walk back 3-4, step out roll rt. hand 5, look at hand 6, stand center 7-8

8- Rt. hand under chin 1, lt. &, rt. hand on hip 2, lt. &, hold 3, pop chest &4, head roll rt. 5-6, arms up pop back 7-8

8- Flex lt. foot 1, rt. 2, swoop squat 3-4, walk side 5-6, sit and pop 7-8

8- Move to triangle: Freestyle

8- Continue moving: Freestyle

8- Jump out box arms circle 1-2, pop up to lt. 3, pop down to rt. 4, step back rt. circle hands lt. 5, sit 6, step back lt. circle hands rt. 7, sit 8

8- Jump to back 1, jump out 2, hands come up sides feet move 3&4, throw lt. leg back 5, sit 6, head back 7-8

8- Step lt. 1, jump together 2, step 3, reach rt. hand down 4, slide through to rt. knee 5-6, hold 7, pop &8

8- In squat walk lt. 1, rt. 2, body roll up 3, down 4, sit 5, pop &6, sit 7, pop &8

8- Roll to stand 1-2, walk back 3-4-5-6, step 7, jump to front throw arms across 8

8- Step rt. 1, kick lt. foot 2, step over lt. 3, step out to back 4, hips lt. 5, rt. 6, hip roll 7-8

8- Hip roll rt. 1-2, hips rt. 3, center &, hips lt. 4, push through body 5, step lt. 6, rt. 7, lt. 8

8- Throw lt. arm up 1, step lt. 2, jump out 3, rt. arm up &, switch lt. 4, body roll lt. 5-6, body roll rt. 7, body roll lt. kick rt. foot 8

8- Pas de bourre 1&2, step lt. 3, grab rt. foot turn 4-5, jump out 6, hips rt. lt. 7-8

8- Throw arms up 1, drop over 2, look up 3, lt. knee down 4, rt. knee 5, stand up 6, parts: flick hands 7-8

8- 2nd group flick 1-2, 3rd group 3-4, 4th group 5-6, everyone flick 7-8

8- Body roll rt. 1-2, arms over head drop 3-4, flex lt. foot forward 5, rt. 6, swoop down squat 7-8

8- Ball change forward rt. 1, back lt. 2, reach arms & drop 3, sit 4, walk lt. 5, rt. 6, lt. 7, reach up &, throw down 8

8- Move to block: Freestyle

8- Jump out roll arms 1-2, reach rt. arm across 3, lt. arm across 4, hands around mouth lt. 5, rt. 6, reach rt. arm across 7, reach lt. arm across 8

8- Throw arms over head 1, down 2, throw arms across body 3, down 4, throw rt. arm up 5, down 6, jump up rt. arm out 7, lt. arm out 8

8- Slide lt. leg back and down 1-2, kick rt. leg 3-4, up on knees 5-6, grab hands over head circle rt. 7-8

8- Pop back 1, pop 2, throw rt. arm 3, lt. 4, wrap body head back 5-6, throw arms up 7-8

8- Roll to stand to back 1-2, freestyle move 5-8

8- Continue moving to triangle

8- Jump out box arms circle 1-2, pop up to lt. 3, pop down to rt. 4, step back rt. circle hands lt. 5, sit 6, step back lt. circle hands rt. 7, sit 8

8- Turn 1-2, move together throw arms 3-4-5-6-7-8

Pose 1

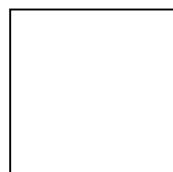
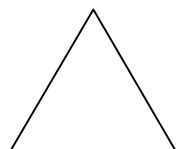
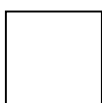
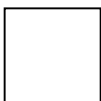
Formations:

1. Two Groups

2. Triangle

3. Block

4. Triangle



“Right Now”- Pussycat Dolls

Time: 2:16- Int/Adv. Officer Jazz

Choreographed by Kimberly Y’Barbo

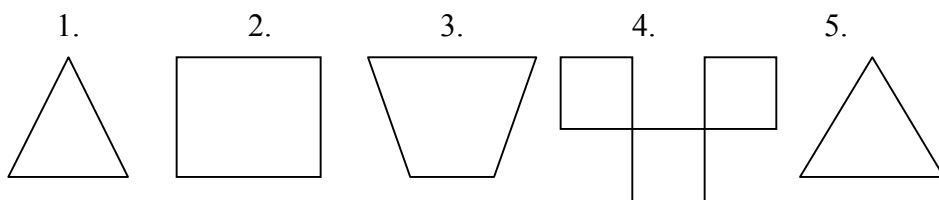


Begin in Triangle:

- 8- Freestyle shakes 1-6, roll 7-8
- 8- Freestyle shakes 1-6, roll 7-8
- 8- Arms up 1, down 2, flick lt. foot lt. arm 3-4, step lt. 5, rt. 6, drop over 7-8
- 8- Roll up 1-2, reach rt. arm back 3-4, brush hands across front 5-6, drop 7-8
- 8- Arms up, flick hop 1-2, step rt. lt. 3-4, step 5, attitude turn 6-7-8
- 8- Step lt. dig rt. arms push forward 1-2, step rt. lt. 3-4, step rt. 5-6, passé hop 7-8
- 8- Sassy walk side 1-4, swing rt. arm 5, lt. 6, push in plie' 7-8
- 8- Turn in 1-2-3-4, prepare 5-6, double pirouette 7-8
- 8- Reach both arms up 1, rt. down 2, up 3, lt. down 4, hip rolls 5-6, 7-8
- 8- Reach lt. arm across 1, pull with elbow 2, step rt. lt. 3-4, jump together arms up 5-6, walk to back rt. lt. 7-8
- 8- Jump back arms up 1, flick hands 2, jump back 3, flick hands 4, body roll around to side 5-6, flick hands down and back 7-8
- 8- Flick rt. foot roll to rt. 1-2, body roll forward 3-4, step forward lt. arms roll up 5-6 drop 7-8
- 8- Groups- 1st Group: Prep 1, small tilt jump 2, land 3-4, walk back rt. lt. 5-6, sit 7-8
- 8- 2nd Group Repeats- 1st group continues: hip roll 1-2, sit 3-4, reach arms out 5-6, drop 7-8
- 8- Everyone push through 1, step lt. 2, step out 3, cross 4, chaine' 5-6, chaine' 7-8
- 8- Chaine' jete' 1-2, roll to ground 3-4-5-6, reach arm up 7-8
- 8- Roll back to stand 1-2-3-4, drag back 5-6, 7-8
- 8- Continue moving to block- freestyle 1-6, hop on rt. leg, lt. leg back 7-8
- 8- Step lt. 1, step rt. lt. rt. arms push through to "L" 2-3-4, step lt. 5, flick rt. foot 6, pivot 7-8
- 8- Walk to back rt. 1-2, lt. 3-4, hip roll throw arms across to rt. 5-6, look rt. 7-8
- 8- Slide to ground rt. leg back 1-2, sit on bottom 3-4, reach over to legs 5-6, bring knees in 7-8
- 8- Push legs out lift bottom 1-2, cross rt. leg over 3-4, lt. leg 5-6, kick rt. leg up 7, passé 8
- 8- Roll around to stand to back 1-8
- 8- Arms in lt. "L" drag to rt. 1-2, step lt. 3, rt. 4, throw rt. arm over head 5-6, roll to rt. 7-8
- 8- Groups: 1st group Step forward rt. lt. 1-2, prepare 3-4, fouettes in seconde 5-6, 7-8,
- 8- 1st group continues fouette 1-2, double pirouette 3-4, jump out reach arms up 5-6, sit 7-8
- 8- 2nd Group repeats: Step forward rt. lt. 1-2, prepare 3-4, fouettes in seconde 5-6-7-8
- 8- Continue: fouette 1-2, double pirouette 3-4, jump out reach arms up 5-6, sit 7-8
- 8- Move to trapezoid freestyle 1-8,
- 8- Continue moving arms up 1-8
- 8- Reach both arms up 1, drop rt. arm 2, up 3, lt. arm down 4, hip rolls 5-6, 7-8
- 8- Reach lt. arm across 1, pull 2, walk rt. lt. 3-4, flick lt. leg back 5, step forward lt. 6, breathe 7, contract forward 8
- 8- Step out lt. 1, rt. fan kick 2-3-4, walk side rt. lt. 5-6, circle rt. arm up 7-8
- 8- Drop rt. arm down 1-2, pull lt. hand under chin 3, rt. hand 4, sway 5-6, sit push hands down 7-8
- 8- Walk lt. rt. 1-2, brush lt. foot 3, land in 5th position 4, turn and jump 5-6, run to rt. 7-8
- 8- Leap front 1-2, land 3-4, drag back 5-6, 7-8
- 8- Step lt. 1, rt. leg brushes front arms circle over 2, walk back 3, 4, release upper body melt 5-6-7-8
- 8- Step rt. 1, coupe 2, walk lt. rt. 3-4, step lt. 5, passé jump 6, step back rt. lt. 7-8
- 8- Jump up 1-2, step back rt. lt. 3-4, release back 5-6, step lt. rt. 7-8
- 8- Turn 1-2, pull arms to lt. shoulder rt. leg flicks 3-4, switch 5-6, booty roll 7-8
- 8- Move to 3 groups
- 8- Reach rt. arm up 1-2, lt. 3-4, release arms 5-6, pop arms down rt. foot flexes forward 7-8
- 8- 3 Groups- Go 1-5- or 1: 1st group Walk forward rt. lt. 1-2, pivot to back 3-4, walk back 5-6-7, flick to front 8

- 8- Prepare 1-2, double pirouette 3-4, jump out land down on ground in second 5-6, lay on stomach legs come together in back 7-8
- 8- 3rd group continues: Prepare 1-2, double pirouette 3-4, land on ground in second 5-6, lay on stomach legs come together in back 7-8
- 8- Everyone rolls up 1-8
- 8- Move to triangle- Snaps 1-8
- 8- Continue moving- Snaps 1-8
- 8- Ball- change back 1-2, chasse forward 3-4, step lt. 5, leap front 6, land 7-8
- 8- Roll up 1-4, move back 5-6-7-8
- 8- Swing arms to lt. "L" 1-2, swing down 3-4, swing rt. over head 5-6, step lt. 7, dig 8
- 8- Hip roll 1-2, 3-4, melt down 5-6, pose 7-8

Formations:



“Rock Star”- by: Prima J
Time: 2:34- Int./Adv. Pom
Choreographed by Kimberly Y’Barbo

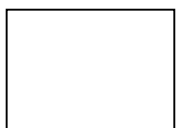


- 8- Hold 1-4, swing poms behind back rt. lt. rt. lt., 5-6-7-8
- 8- Rt. foot forward, arms cross front 1, throw poms back 2, head back 3-4, arms circle back 5-6, walk forward lt. rt. 7-8
- 8- Throw lt. arm up, rt. arm across 1, switch 2, rt. arm throws over head 3, both poms to right shoulder 4, cross poms to lt. 5, passé 6, pivot rt. foot 7-8
- 8- Step 1, sit to front 2, roll hips 3-4-5-6, arms shoot up chasse rt. 7&8
- 8- Groups: Begin 1 or 5- Arms circle back 1, poms cross in front lt. passé 2, step back lt. 3, rt passé arms cross knee 4, sit lt. lt. pom “T” 5, lt. pom up 6, both arms up 7, throw down look rt. 8
- 8- 2nd Group Continues- sit lt. lt. pom “T” 1, lt. pom up 2, both arms up 3, throw down look rt. 4, everyone jump together 5-6, twist knees lt. 7, twist knees rt. 8
- 8- Step lt. cross poms 1, rt. passé arms in lt. “L” 2, chasse to lt. 3&4, rt. pom circles over head 5-6, throw head close to rt. side. 7-8
- 8- Parts: Begin 1-3-5-or 7. Shoot poms to rt. side 1, open to “T” 2, roll hips 3-4, step rt. forward arms cross over head 5, drop to ground 6, hold 7-8
- 8- Parts continue 1-2-3-4, everyone look back 5, up 6, look lt. 7, front 8
- 8- Come to knees pom in 1-2, lt. pom up by ear 3, rt. pom 4, arms cross in front 5, thrown down 6, head back 7, up 8
- 8- Arms swing to rt. “L” 1-2, sweep rt. arm low 3-4, arms circle above head 5-6-7-8
- 8- Roll to stand up to back 1-2-3-4, pivot to front 5-6, walk forward 7-8
- 8- Chaine’ 1-2, chasse 3-4, step 5, small x-jump 6, land over 7-8
- 8- Roll up 1-4, walk back to center changing formation to a diamond 5-8
- 8- Prepare 1-2, double pirouette 3-4, jump out rt. pom up by ear 5, “T” 6, lt. pom up 7, jump together poms in 8

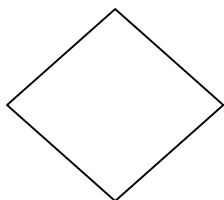
- 8- Hit poms 1, out &, back in 2, throw lt. pom down rt. pom out 3, switch 4, rt heel forward poms to rt. shoulder 5, switch 6, jump out throw poms across to rt. shoulder 7-8
- 8- Swoop 1 jump together to lt. poms above head 2, throw poms down rt. foot points out 3, close 4, pivot, throw rt. arm around 5, turn to back 6, walk 7-8
- 8- Walk to back rt. arm high-v lt. arm across body 1, switch 2, chasse' 3&4, step 5, jump together to front arms up 6, arms come down sides of body shake hips 7&8
- 8- Walk forward lt. rt. poms in front 1-2, arms high-v 3, switch to low- v 4, ball-change rt. lt. &5, rt. kick arms "L" 6, bring to passé 7, step to rt. 8
- 8- Chasse' lt. 1&2, rt. arm then lt. arm circle forward 3-4, arms to "T" lt. turned out passé 6, step down 7, flick through 8
- 8- Throw lt. arm out and around 1, sit 2, throw rt. 3, sit 4, rt. pom swings from behind back 5, lt. pom 6, lt. pom to rt. shoulder 7, drop 8
- 8- Pas de bourre 1&2, chaine' to front 3-4, chaine' in plie' 5-6, axle 7-8
- 8- Land to front 1, pump &2, pas de bourre arms come up 3&4, walk to rt. arms come down 5-6, throw rt. pom out 7-8
- 8- Circle upper body 1-2, throw rt. pom down 3, to hip &, back down 4, jump together poms to rt. shoulder 5, lt. 6, ball-change forward 7&, throw arms out 8
- 8- Walk around yourself 1-2-3, jump out 4, shake hips 5&, sit 6, head to rt. 7, up 8
- 8- Poms in front booty around to lt. 1-2-3-4, step back lt. 5, throw arms up 6, step back rt. 7, throw 8
- 8- Moving to triangle- Walk shaking poms 1-4, swing rt. arm out 5, across 6, out 7, across 8
- 8- Continue moving- Walk shaking poms 1-4, throw arms out to "T" 5, wrap body 6, throw out again 7, wrap 8
- 8- Parts- Jump out 1 or 3- Jump out arms in lt. "L" 1, drop over knees in 2, or 3-4, everyone hips to lt. 5, rt. 6, circle hips lt. 7-8
- 8- Step back with rt. arms circle back 1-2, flick rt. pom back 3-4, step 5, push through body 6-7, step forward 8
- 8- Turn to back arms up 1-2, arms down 3-4, chasse rt. 5&6, step 7, russian 8
- 8- Turn out and to front 1-2-3-4, walk back to center 5-8
- 8- Walk forward lt. foot 1, rt. 2, point lt. foot out arms in lt. "L" 3, throw down 4, reach rt. pom across 5, passé rt. arm comes to "T" 6, chasse to lt. 7&8
- 8- Walk diagonal 1-2-3, ball-change &4, double pirouette 5-6, jump out arms up 7, down 8
- 8- Swing rt. pom behind back 1-2, lt. pom 3-4, rt. pom circles up 5-6, drop 7-8
- 8- Move to trapezoid- Shake poms 1-8
- 8- Groups: Begin 1 or 5- Down to rt. knee 1-2, switch to lt. 3-4, sit on bottom 5-6, rt. pom over head 7, back out 8
- 8- 1st group continues kick 1-2, up to knees 3-4, reach poms together up to rt. 5, lt. hip 6, both groups together rt. shoulder 7, lt. shoulder 8
- 8- Poms in center head roll rt. 1-2, reach poms down 3, poms up low kick 4, roll around to stand 5-6-7-8
- 8- Drag back rt. foot 1-2, lt. 3-4, step out to rt. poms circle over head 5-6, close 7-8
- 8- Prepare 1-2, fouettes in seconde 3-4, 5-6, double pirouette 7-8
- 8- Jump out 1-2, swing rt. pom out 3, lt. 4, step rt. foot forward arms cross in front 5, throw poms back 6, head back 7, up 8
- 8- Moving to trapezoid- Walk shaking poms 1-4, swing rt. arm out 5, across 6, out 7, across 8
- 8—Continue moving- Walk shaking poms 1-4, throw arms out to "T" 5, wrap body 6, throw out again 7, wrap 8
- 8- Throw rt. arm back 1, lt. 2, head back 3, up 4, melt down 5-6, hit pose 7

Formations-

1. Block



2. Diamond



3. Triangle



4. Trapezoid



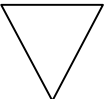

Barracuda – by Fergie
Intermediate Officer Kick – Time 1:57
Choreographed by Holly Lyons



Begin facing the back in a Triangle (w/point in front)

- 8 – Hold 1-4, Parts F-B: L leg out & look L 5 or 6 or 7, hold 8
- 8 – R arm brushes up 1-4, wrap head and toe to dig 5-8
- 8 – Parts F-B: step out 2nd position w/ L arm up 1or 2 or 3, hold 4, hips L-R 5-8
- 8 – Parts F-B: step to back on R leg & layback 1 or 2 or 3, hold 4, step L & recover 5-6, turn to front (7-8)
- 8 – Parts F-B: run RL 1-2, grande jete 3, tuck 4, cont. 5-8
- 8 – Lunge fwd arms reach up 1-2, push back 3-4, tuck 5-6, stand up 7-8
- 8 – **Move to formation #2 (one line):** wrap arms & pivot turn 1-2, chasse 3-4, dip pivot 5-6, walk Lr 7-8
- 8 – Parts As&Bs: 2nd pos. reach out with R 1 or 2, roll wrist 3-4, arms fwd drag back 5-6, step 7, hook up 8
- 8 – JKR – across diagonal, open diagonal 1-4, JKL – across diagonal, open diagonal 5-8
- 8 – Straight kicks JKR, JKL 1-4, R fan 5-6, cut 7, developpe’ 8
- 8 - Lunge 1-2, push off 3, close 4, Parts L-R: pop hip 5 or 6 or 7, close 8
- 88 – Double kicks around the world:(to R diag. JKL, JKR–to frnt JKL, JKR–to L diag JKL, JKR)1-8,1-4, R fan, close 5-7
- 8 – **Move to formation #3 (diagonal groups of 2):**drop and go 1-2,pencil turn fwd 3-4,pull arms across 5-6, T arms 7, close and lift 8
- 8 – Straight kicks – JKR, JKL, JKR 1-6, twist to L 7&8
- 8 – Straight kicks – JKR, JKL, JKR 1-6 twist to R 7&8
- 88 – Parts F-B (1,3,5): step L 1, face side 2, chaine fwd 3-4, step L 5, R pitch kick 6, step R 7, push to pencil bk 8, tuck 1-2, cont. parts 3-6, turn to side and both knees down 7, snake up to front 8
- 8 – Cont. snake 1, throw arms 2, roll to back & stand 3-6, face front 7, hook up 8
- 8 – R Star Kicks
- 8 – L Star Kicks
- 8 – Straight kicks – JKR, JKL, JKR 1-6, prep 7, 2nd in the air &, R coupe cut behind 8
- 8 - Step side w/ R 1, pop L 2, flick R 3, pt, fwd to L 4, Parts L-R: pt R tow bk & arm reach fwd 5or 6 or 7, hook up 8
- 8 – LKR across, JKR open 1-4, JKL fwd 5-6, close 7
- 8 – **Move to formation #4 (triangle pt in back)** – pivot turn/ push R hand 1-2, walk 3-4, cont walk/wrap waist 5-6, walk 7, hook up 8
- 8 – JKR to Left diag (1-2), passe’ (3), point (4), jump Rt fan (5-6), close (7)
- 8 – Straight kicks-JKR, JKL, JKR, JKL
- 8 – Rt envelope kicks (1-4), Left envelope kicks (5-8)
- 8 – **Jump flex kicks shifting formation one line at a time** – 1st group travels, 2nd & 3rd group in place
- 8 – Cont.Jump Flex Kicks – 1st & 2nd group travel, 3rd group in place 1-4, close 5, 1st group: pop hip 6-7, close 8, 2nd & 3rd group walks forward to form 1 line 6-8
- 8 – Contagion: (options – lay forward, L leg back and fall back into splits OR point R leg forward and layback sliding forward into splits)
- 8 – Knees pull up to L side 1, roll to opp side-every other person stands 2-6, step to back or head back 7-8
- 2 – Turn to front and pose, fnt hand in pocket & bk arm up with style, look to audience

Formations:

- 1. 
- 2. _____
- 3. _____
- 4. 
- 5. _____



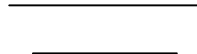
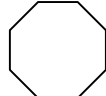


Damaged – by, Danity Kane
Intermediate Officer Jazz – Time 2:00
Choreographed by Holly Lyons



Begin in a V with levels & the point in back (Formation #1)

- 8 – Hold
- 8 – A’s: turn to front on knees 1-3, pose 4, layback/sit 5-6, stand up 7-8. B’s&C’s hold
- 8 – A’s: Step R dig L 1-2, step 3, priouette 4, step 5, brush 6, step 7 pitch 8. Bs: reach 1-2, in 3-4, stand up w/L 5-6 step L 7, pitch 8. C’s: Hold 1-4, roll to outside 5-8
- 8 – A’s&B’s: step dig 1-2, pencil 3-4. C’s face inside 1-2, step pencil 3-4 **EVERYONE-walk to line (formation #2) 5-7**, pose in levels 8
- 8 – continue pose 1-2, **(pull to staggers #3)step LR 3-4**, prepare 5, pirouette 6-7, chaine to R 8-1
- 8 – cont chaine 1, bc to R 2-3, bc back 4-5, run fwd 2x RL 6-7, grande jete 8
- 8 – Tuck 1-2, roll to L 3-4, floor wk: R leg up 5-6, R leg under 7-8
- 8 – Push up to toes 1-2, sit 3-4, stand 5-6, walk back 7-8
- 8 – (Switch staggers) A’s&C’s: pencil turn 1-2, walk 3-4, drag 5-6, pivot 7-8. B’s: pencil turn 1-2, drag 3-4, walk 5-6, pivot 7-8
- 8 – Step L 1, battement arms up 2, step dig 3-4, open 5, snake L 6, walk 7-8
- 8 – Jump forced arch 1, step back & smear 2, walk 3-4, step 5, passe 6, step 7, prep across 8
- 8 – Low chaine 1-2, callypso 3-4, hold 5-6, **Move to tight group (form #4) - 3 Groups break away 7-8**
- 8 – Cont break away 1-2, 3-4, push ½ turn to front 5-6 , step back 7, prep 8**
- 8 – Directional Chaines
- 8 – Opposition – up or down 1-2, 3-4, 5-6, everyone end down 7-8
- 8 – Parts 1’s&2’s (1 or 3): 2nd position 1-2, L leg push through & pose 3-4, roll 5-6, stand up 7-8
- 8 – Cont. parts 1-2, pop chest RL 3&, roll chest 4-5, pull to R ft 6, roll 7-8
- 8 – R foot out-snap & close 1-2, step touch behind-arms RLR 3&4, push 5, pop6, look &7, close 8
- 8 – hips high to low (3x)1&2, snap fwd 3, back 4, **Move to Formation #5 (triangle) walk facing back 5-8**
- 8 – Reach R 1-2, look at audience 3-4, release 5-8
- 8 – Parts 1,2,3 (1,5,1): chaine 1-2, chasse 3-4, step grande jete 5-6, land in tuck 7-8
- 8 – Continue Parts 1-4, Continue Parts 5-8
- 8 – Parts by rows (everyother row is in opposition): A’s-L leg up first 1, switch 2. B’s-R leg up first 1, switch 2, **EVERYONE-** push up 3, head 4, walk hands back LRL 5-7, roll up 8
- 8 – Cont. roll up 1, jump 2, step 3, passe 4, step LR 5-6, pitch kick 7, recover/step 8
- 8 – Arms out/drag 1-2, arms in 3-4, chaine 5-6, walk walk 7-8
- 8 – Step R cross L 1-2 chaine 3-4, step attitude front 5-6, back group-turn around step 7-8, front group- roll and stand 7-8
- 8 – Continue 1-2, bc and reach 3-4 chasse, arms down 5-6, step battement 7-8
- 8 – Turn out of battement 1-2, **walk to end (formation #6)-arms up 3-4, arms down -6, head roll 7-8**
- 6 – Pose to levels 1-2, 3-4, ending pose 5-6

Formations:

- 1. 
- 2. 
- 3. 
- 4. 
- 5. 
- 6. 

Breathe In Breathe Out – by, Mat Kearny
Intermediate Officer Lyrical – Time 2:00
Choreographed by Holly Lyons



Begin in clump with levels – connecting with neighbors

8 – Hold 1-4, hands to chest 5, look 6, scoop out and down 7, contract 8

8 – Stand out of levels 1-4, **Move to Formation #2 (staggered lines) 5&6&7**, degage 8

8 – Rond de jambe 1-2, R elbow pulls across 3, Reach L 4, 3 step turn/grab elbow 5&6, push R arm around and through 7&8

8 – Step releve/ press R elbow forward 1, clasp/step back on R 2, chaine forward 3&4, step R &, Step L/open R arm 5, open L &, R to chest 6, step back/L arm up 7-8

8 – Switch hand to front/plie 1-2, step 3, passe 4, prep &5, pirouette turn(s) 6-7, R arm across 8

8 – Plie/R arm low 1&2, step R 3, Step L across/R fist pulls to heart 4, tour turn 5&6, walk L,R/arms moving up 7-8

88 – Parts (1,3,5): Step L w/arms to 3rd pos. 1, open to 4th 2, shift weight to L foot 3, tilt battement 4, step 5, turn 6, **run to formation #3 (V w/point in back) 7&8&1&2**, reach R open, across, overhead, hips 3-6, pencil front 7-8 (*as parts finish pick up w/ reaches or pencil to front)

8 – Chaine forward 1&, T arms 2, repeat back 3&4, As – repeat to front 5&6, reach fwd w R to side 7, pull through 8. Bs – arms up 5-6, back to T 7-8

8 – Switch arms over and under 1-2, 3-4, As – walk L,R fwd 5-6, Bs – walk R,L,R 5&6, hands under chin 7, lift and melt to knee &8

88 – 2 GROUPS: group 2 holds, Group 1 – Roll up 1, step to face back 2, chaine turns to right (2) 3&4&, step 5, rond de jambe L leg to face front diag 6, walk back 2x 7-8, step &1, attitude 2, step L,R &3, big L arms/plie 4, wrap 5, chaine to front diag 6&7, step head and arms down 8 (**this choreography moves into Formation #4**)

88 – 2 GROUPS: group 1 holds, Group 2 – Look L 1-2, Look R (body over) 3-4, arms swing up 5, rebound 6, swing down and stand up 7, face back 8, look &, chaine turn fwd 1-2, prep 3-4, pirouette 5-6,

EVERYONE=high chaine 7&, low chaine 8&

88 – Callypso 1, roll to ground and stand 2-4, chasse to back diagonal 5-6, tour jete &7, chasse 8&1, pas de chat &2, chasse L to R diag 3&4, pitch kick w/arms by ears 5, release down 6, pose to R /push arms 7, step across w/L 8

8 – Prep 1, saute 2, step across L 3, coupe turn/hand to chest 4, open arms 5, hands to chest 6, ball change back/press out 7-8

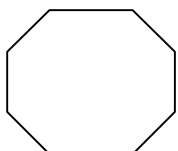
8 – Chasse to L diag. &1-2, step grande jete &3, step 4, grande jete 5, step 6, 2nd pos./ L arms back 7, R arm 8

8 – Feet parallel/ head down/arms down 1, contract/head up slowly 2-4, **lead w/elbow turn to clump 5&6&, walk 7-8 (moves to Formation #5)**

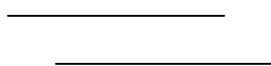
8 – Melt to levels 1-2, hands to chest/look down 3-4, look out 5-6, connect 7-8

Formations:

1. Clump



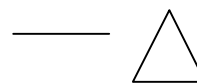
2. Staggered lines



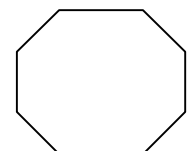
3. V



4. 2 groups



5. Beginning clump



“Hot, Hot, Hot” – by: Alphonus Cassell (Hal-Leonard Corp)

Int. Field Jazz – Time: 1:42

Choreographed by Meredith Walraven



Start in three blocks, middle block staggered forward

8 In three groups step left point right foot out, right arm above head on (2, 4, or 6) pop L knee T arms look L (7) pop R knee touchdown arms look front (8)

8 Step R passé L (1-2) step L kick R (3-4) pivot turn R (5-6) walk R, L (7-8)

8 Walk R, L with same arm above head on (1-2) pivot R (3-4) pop R knee look R (5) switch to L (6) invert R knee cross arms in front (7) invert L knee arms to low V (8)

8 Ball change L circling arms (1-2) step R dig L (3-4) L arm circles back as you step back on L foot (5-6) repeat on R (7-8)

8 Walk to block swish arms (1-4) R arm high V (5) L arm high V (6) open and float down (7-8)

8 Continue walking with same arms (1-8)

8 Opposition lines: chasse R (1-2) ball change windmill arms (3-4) repeat other side (5-8)

8 close to front (1-2) prepare (3-4) double pirouette (5-6) close (7-8)

8 chasse slow to L diagonal R arm winding (1-3) step (4) prepare to front (5-6) chaine turn (7-8)

8 feet in second position touchdown flicking wrists R, L, R (1-2) switch down flicking L, R, L (3-4) step R pop L, R arm bent out at waist L arm behind back (5-6) switch (7-8)

8 Opposition lines: chaine arms at side (1-2) chasse side R arm up and down (3-4) repeat opposite direction (5-8)

8 Slide R (1-2) ball-change L (3-4) step L rolling shoulders (5-6) point out R foot R arm raises up from side (7-8)

8 Walk to trapezoid R arm (1-2) L arm up (3-4) cross at chest (5) T (6) circle down (7) close (8)

8 Continue walking and repeat arms (1-8)

8 Ball-change R with head release (1-2) chasse R (3-4) step L (5) leap (6) land in tuck (7-8)

8 Three groups: R leg points out arms in T (1, 2, or 3) everyone touchdown arms on (4) stand with R leg (5-6) close feet (7-8)

8 Three groups starting on 1, 3, or 5: step L back meet R foot to L, arms T and close (1-2) step R to front (3) passe to back (4) step L, R, L to side (5-7) X jump (8)

8 land with L foot behind (1) windmill arms to L wrapping waist (2-3) finish groups (4-7) hold (8)

8 Cut with L arms (1-2) passe R (3) chasse (4-5) ran de jambe R foot L arm swiping R (6-7) pop L foot (8)

8 roll hips with arms in low V (1-2) repeat roll arms to T (3-4) repeat roll arms in high V (5-6) passe R arms wrap chest (7) step R (8)

8 Walk to Triangle: repeat first moving arms (1-8)

8 Continue walking to Triangle: repeating first moving arms (1-8)

8 Ball-change R front, arms cross in front (1-2) drag R foot back arms in high V (3-4) pop R (5-6) switch (7-8)

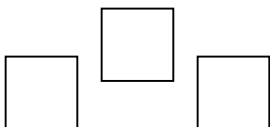
8 feet in second position touchdown flicking wrists R, L, R (1-2) switch down flicking L, R, L (3-4) step R pop L, R arm bent out at waist L arm behind back (5-6) switch (7-8)

8 Contagion front to back lift R leg slightly to front arms in high V to tuck position (1-8)

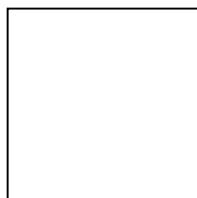
7 Hit levels (1-4) R arm T (5) L arm T (6) R arm up L arm at hip (7)

Formations:

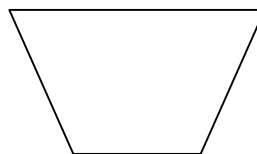
1. 3 blocks



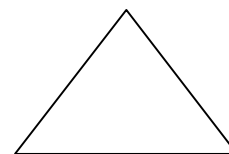
2. Large Block



3. Trapezoid



4. Triangle



“La Serpiente” by: Mike Story (Alfred Publishing)

Int. Field Military – Time: 1:46

Choreographed by Meredith Walraven



Beginning position: levels low knees, high knees, and standing in a block

8 Hold (1-4) pray (5) rocket (6) high V (7) low V (8)

8 R diagonal (1) half R diagonal (2) half L diagonal (3) L diagonal (4) high V (5) half T (6) palms together to front (7) T (8)

8 Stand (1-4) R low V L at pocket (5) switch to L (6) circle to R (7) hit to R low V (8)

8 Contagion L to R (1-4) contagion R to L (5-8)

8 Contagion front to back X jump (1-8)

8 High knees hands out front broken wrists (1) T with broken wrists (2) R arm in to chest (3) L arm in (4) rocket (5, 6, or 7) high V (8)

8 Half T (1) cross arms low (2) low V (3) pray (4) R bow and arrow (5) touchdown palms together (6) L bow and arrow (7) Indian arms (8)

8 Open arms (1) close (2) blades at shoulders (3) close arms to legs (4) stand (5-8)

8 Walk: arms gradually come up to high V (1-3) rocket (4) chest, rocket (5-6) T (7) close (8)

8 Continue to walk: repeat arms

8 Slide to R, T arms (1-2) ball change, R arm low V, L arm low V (3-4) 3 step turn L (5-7) dig R foot, arms high V (8)

8 Ball change R back, arms cross at chest (1-2) layout (3-5) close feet (6) R diagonal (7) L diagonal (8)

8 circle arms to Indian (1-2) open (3) arms tick to R (4) opposite (5) Indian arms (6) bow and arrow to R, L (7-8)

8 half T (1) cross front (2) R check (3) L check (4) high V (5) rocket (6) pray (7) close (8)

8 Walk: R arm T (1-2) L arm T (3-4) rocket (5) pray (6) close arms (7-8)

8 Walk: repeat arms

8 Salsa arms, R ball change front (1-2) step R back (3) L together (4) prepare (5-6) single pirouette (7-8)

8 Land in second position, arms low V (1) hands to pockets (2) R arm half T to low front (&3) repeat L arm (& 4) slide to R low V (5) close feet (6) 2 groups: pivot slow (7 or 1)

8 complete pivot to back (1-2) pivot back to front (3-4) close feet (5) bow (6-7) stand up (8)

8 Second group stands up (2) body swing R to L (3-8)

8 Chasse R front (1-2) step L (3) leap R (4) land (5-6) knees (7-8)

4 Stand (1-4)

8 Walk R high V (1) L high V (2) rocket (3) high V (4) circle down (5-6) pray (7) close arms (8)

8 Walk: repeat arms

8 Opposition lines: step out R, R bow and arrow (1) step back together with R, rocket arms (2) step out to L with L, L bow and arrow arms (3) cross R front, Indian arms (4) feet in second, close arms (5) look L (6) look R (7) look front (8)

8 Three step turn R (1-3) close feet T arms (4) R salsa (5) T (6) L salsa (7) close arms (8)

8 Step to R, R arm T (1-2) cross L over, L arm T (3-4) step R, arms rocket (5-6) pop L knee R arm to R low diagonal (7-8)

8 Passe to L wall (1-2) step R (3) close feet and arms (4) R arm low V, slap (& 5) L arm low V, slap (6) both low V, slap (7-8)

8 Walk: repeat first moving arms

8 Walk: repeat first moving arms

8 levels (1-4) pray (5) rocket (6) T (7) close (8)

8 R half diagonal (1) R diagonal (2) L half diagonal (3) L diagonal (4) high V (5) circle arms out and close (6-8)

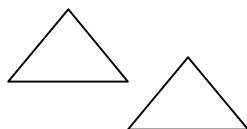
5 T arms broken wrists (1) R arm to chest (2) L arm to chest (3) rocket (4) high V (5)

Formations:

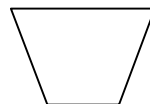
1. Staggered Block

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X X X X X X X X
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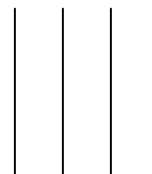
2. Two Triangles



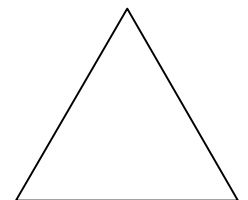
3. Trapezoid



4. Four files



5. Triangle



“Fire” – by: Will Rapp (Hal-Leonard Corp)

Int. Field Pom – Time: 1:58

Choreographed by Meredith Walraven



Starting position in 3 levels head down poms at chest

8 hold (1-2) look L, R (3, 4) T arms in 3 groups (5, 6, or 7) R arm up, L arm down by side (8)

8 arms to T (1) L arm up, R arm down (2) high V, low V (3-4) stand (5-8)

8 R arm high V, L behind head (1) switch (2) switch to low V R (3) switch L (4) circle arms to R (5-6) circle arms to L (7-8)

8 R arm across, L on hip (1) open to L bow and arrow (2) touchdown (3) R bow and arrow (4) L arm across, R on hip (5) arms to chest (6) high V (7) low V (8)

8 step back L, T arms (1) close R to L foot, close arms to side (2) chasse R front (3-4) step L front (5) close feet facing back, T arms (6) walk R, L arms R low V, L on hip, and switch (7-8)

8 step R passé L to front (1-2) step L, arms cross at chest, kick R, arms high V (3-4) lay back stepping R foot front (5-6) close feet and poms to chest (7-8)

8 In opposition: chasse to R (1-2) ball change, L arm above head (3-4) back to L (5-8)

8 In opposition lines: Three step turn to R (1-3) dig L foot low V (4) Repeat opposite direction changing arms on count 8 to high V (5-8)

8 Walk to triangle: R arm low V L at hip, switch to L (1-2) shake poms at chest (3-4) R arm high V, L behind head, switch to L (5-6) shake at chest (7-8)

8 Step out R, R arm reaches across body low (1) close L to R, R arm to high V (2) repeat to L (3-4) ball change circling arms full circle inward (5-6) close (7-8)

8 Chasse R to front, arms low V (1-2) step L (3) double tuck, arms high V (4) pivot turn R to back (5-6) close to back (7-8)

8 Contagion back to front turning over R shoulder arms high V to low V (1-8)

8 Contagion front to back popping R foot and circling arms full circle outward (1-8)

8 hit levels (1-4) parts starting (5, 6, or 7) both arms L diagonal (5) high V (6) both R diagonal (7) L arm half T (8)

8 Continue parts: switch to L arm diagonal low and R arm half T (1) both low L diagonal (2) low V (3) chest (4) rocket (5) open to low V (6) end (7 or 8)

8 stand (1-4) arms half T (5) cross in front (6) low V (7) close to side (8)

8 Clock work dancers R to L : go on (1, 2, or 3) Step R back to L side arms front of body (1) R L to back wall (2) switch to L L (3) both arms out to opposite side (4) close arms to side (5) close feet, arms to chest (6) group 2, 3 finish (7, 8)

8 Walk to Trapezoid: T arm up (1) chest (2) shake (3-4) touch down arms (5) chest (6) shake down (7-8)

8 Continue walking to Trapezoid: repeat arms

8 Group one: ball change R (1-2) chasse arms in low V (3-4) step L (5) leap R (6) land in tuck (7-8)

8 Group two: repeat

8 Four parts: on high knees arms high V then to bug position (1-2) part 2 (3-4) part 3 (5-6) part 4 (7-8)

8 low knees arms chest (1) high knees, rocket arms (2) low V (3) chest (4) arms T (5-6) roll to L (7-8)

8 stand to side (1-2) groups go (3, 5, or 7) prepare (3-4) chaine (5-6) chasse to R, R arm up and down (7-8)

8 finish groups (1-4) L low V, R at hip (5) switch to R (6) switch back to L, look L (7) hold (8)

8 prepare (1-2) double pirouette (3-4) jump to second position and close (5-6) hips (7-8)

8 Two groups: Ball change R back (1-2) kick R, arms high V (3) cross R over L (4) turn around (5-6) second groups finishes (7-8)

8 Walk to Triangle: repeat first moving arms

8 Continue walking

8 R K arms (1) chest (2) L K arms (3) chest (4) high V (5) chest (6) low V (7) chest (8)

8 R check (1) L check (2) high V (3) half T (4) cross low front (5) low V (6) chest (7) turn to L arms out in front of body (8)

8 Contagion back: windmill arms wrapping at waist to L (1-8)

8 Contagion L to R: opening to T position to R side arms in front of body looking R (1-8)

8 Hit levels (1-4) Low V (5) T (6) high V (7) chest (8)

& 1 R high V or L high V or high V if in center file

Formations:

1. Staggered Block

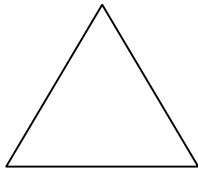
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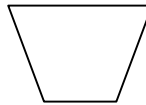
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2. Triangle



3. Trapezoid



4. Tight Triangle

