

2010 Feature Line Camp Routines



2010 Team Camp Routine Descriptions



Line Camp Dance:

“Something Like A Party” by: Ncredibles,
Sound Track: The School Gyrls – Time: 1:59

This year's camp dance is full of energy and style! This routine includes double pirouettes, a switch leap, and a Russian Leap. With three repeating sections, your dancers are sure to gain the confidence in their memory work, arm movements, and technical elements. This dance is definitely "like a party!"



Kick Series:

“Fashionista” - Time: :45 – Jr Kick Series

“Bleeding Love” – Time 1:15 – Sr Kick Series

This is a new kick series that has added dimension to the kicks so that you will be able to show off your outstanding kick technique for the Kick-Off. It includes all the basic kick styles.

Jazz Routines:

Int Field Jazz – “Dance and Shout” by: Nick Baratta (Alfred Pub.) – Time: 1:39

This field jazz is choreographed to one of Michael Jackson’s first big hits in the late 70’s, which can easily be adapted to the pop version of the song. This dance is not only visual, but very easy to clean. Most of the movements can be changed to make the routine easier or more advanced depending on the level of your team. The dance has lots of parts, section work, and groups. This fun and upbeat jazz piece would be great for a pep-rally to the pop version of the song or on the field with the band version for a great half-time performance!

Int Jazz – “Rock That Body” by: Black Eyed Peas – Time: 2:08

This is a remix of one of the hottest groups around. If you are looking for a stylized, high energy, and sassy jazz dance, this one is for you!! The choreography includes lots of innovative group work, a technical section, flair of hip-hop, and some visual movements on the floor and in levels. This dance would be great for a pep-rally or spring show – get ready to “Rock That Body” to this awesome dance!!

Int/Adv Jazz – “Passion” by: Kreesha Turner - Time: 2:03

This jazz is a passionate dance meant to entertain the audience. It is a blend of style and technique sure to keep the crowd on their feet. This dance incorporates a double, calypso, fouette's and many other exciting elements.

Adv Contemporary Jazz – “Benny & The Jets” by: Elton John - Time: 1:44

Choreographed to one of Elton John’s classics “Benny and the Jets” this contemporary jazz is a flirty technical number with advanced leaps and turns. The style of this piece is sassy and fun and contains lots of movement into several formation changes. This would make an impressive contest routine and an entertaining one for all audiences.

Hip Hop Routines:

Int/Adv Hip Hop – “Work Mix” by: Various Artist – Time: 2:11

This is a mix of two songs, which include “Work” by Missy Elliott and Ciara along with Usher’s latest hit “OMG.” This is a high-energy dance filled with the latest grooves and moves in hip-hop. The music alone will get your audience fired up and your dancers will love the choreography! It has lots of parts, levels, groups, etc. This hip-hop would be perfect for a pep-rally, basketball game or Spring Show piece!

Int Hip Hop - “Church” by: T-Pain - Time: 1:40

This up beat hip-hop is full of toe tapping fun, sure to energize the crowd at a pep rally. This dance incorporates hard-hitting moves, fun levels with a few surprises along the way. Incorporated is partner work, stalls, double/triple, and fun sure to put a smile on your face.

Pom Routines:

Int Field Pom – “Jumpin’ Jack Flash” by: Doug Adams (Alfred Pub.) – Time: 1:41

This is a very visual pom routine and will look great on the football field. It was choreographed with lots of levels, parts, and arms that are sure to keep your crowd entertained. The choreography includes a jete and a single or double tuck jump. This routine is easily adaptable to all levels of dancers.

[Int/Adv Field Pom – “Ramblin’ Man” by: Ralph Ford \(Alfred Pub.\) – Time: 1:53](#)

This routine is a great entertainment piece for a football game halftime show. It is a fast moving, high-energy routine that the audience will love. This routine consists of visually effective arms, parts and levels. There is a technical section with one group doing a calypso forward. The choreography does allow for flexibility in dance levels and can be easily adjusted to your dancers. The audience will dance in their seats along to the song and enjoy the show!

[Int Pom – “Alive” by Superchick – Time: 2:10](#)

This is a pom routine that is sure to get the crowds on their feet! It is full of parts, effective visuals, and great arm work. There are pace changes throughout the routine to keep it interesting for your audience! There are some technical elements involved such as an X-jump, jete, and double pirouette. This routine is as fun to perform, as it is to watch!

[Int/Adv Pom – “Everywhere” by: Master Blaster \(Best of German Hands Up\) – Time: 2:01](#)

“Everywhere” is a fun sassy pom with many visuals that can be performed for a pep-rally or spring show. This Int/Adv pom has many options; the calypso can be changed to a chaine jete, axel or two chaines. “Everywhere” has many arm movements that can be used with one color of poms or look exciting with two different colors. It is a high-energy dance with many moving parts, floor work, and great levels that will keep the audience wanting more.

[Adv Pom - “Baby” by: Justin Bieber - Time: 1:45](#)

This pom is full of levels and variety sure to please any crowd. This pom would be a great at your pep rally as it includes technical aspects sure to make the crowd go wild. Incorporated is a triple, turning disc, turning C, fouette's, calypso, and a toe touch.

Prop Routines:

[Int Field Hoop Prop – “Cherry, Cherry” by: Chris Sharp \(Matrix\) – Time: 2:00](#)

This fun prop routine to a Nell Diamond classic, offers an array of visual effects, group parts and interesting formations. The sassy choreography includes a jete, crowd-pleasing contagions as well as jazz basics incorporating the prop. This routine is perfect for any small or large team looking for a Friday night showstopper.

[Int Field Streamer Prop – “Messin’ with the Kid” by: Allen Gray \(Matrix\) – Time: 2:17](#)

Your team and your accompanying band will have lots of fun with this streamer routine. With a solid jazz vocabulary and "cleanable" steps and poses, your team will look polished at any level. For a more Beg/Int version ask your band director to try it out at a slower tempo or speed it up for a more Int/Adv routine.

[Int Prop \(Streamer Maracas, Small Fan & Ruffle Puffy Sleeves\) – “Mambo” by: Various Artist – Time: 2:33](#)

This Latin themed production to a "Mambo" song mix features three different prop sections. The highly visual routine allows each prop of maracas and a small fan to have their own time to shine on the dance floor, followed by a group finale. A perfect routine for competition or spring show, your girls will enjoy this unique and sassy dance!

Kick Routines:

[Int Field Kick – “Any Way You Want It” by: Ralph Ford \(Alfred Pub.\) – Time: 1:20](#)

This traditional, and visual kick is sure to be a crowd pleaser. It will have everyone in the stands singing along to this familiar Journey song that every one will recognize. It is an intermediate level routine, which can easily be modified for a beginner team. There are visual formations with smooth transitions and the choreography can be easily polished and perfected.

[Int/Adv Field Kick – “Fame” by: Victor Lopez \(Alfred Pub.\) – Time: 1:31](#)

This classic Broadway song will catch the attention of the halftime audience! Beginning with a jazz section and moving into the traditional kick line, this routine also displays a jete, drop split contagion, some style and footwork, and of course various kick combinations. The accents and dynamic beats will lead your girls and the audience to experience a powerful halftime performance!

[Int/Adv Kick – “The Way You Make Me Feel” by: David Guetta \(feat. Kelly Rowland\) – Time: 2:28](#)

This upbeat pop song allows for a jazzy, stylish, and powerful kick that your team could do at a pep rally, competition, or spring show. This dance features a couple jazz sections including inside turns, a jete, and floor work. It also features group kick sections including splits, contagions, and various kick combinations. The formations in this dance allow for a great visual effect with kicking and contagions and paired with the beats of the music, your audience cannot help but be amazed!

Military Routines:

[Int Field Military – “Entry of Champions” by: Jim Mahaffey/Carl Major \(Jalen\) – Time: 2:00](#)

This is a fun military for any level team. It has visual formation changes, a variety of levels, and lots of visual parts that will “wow” the audience. This military routine has a split stunt, as well as visual contagions and will be easily polished for the football field.

[Int/Adv Field Military – “Seven Nation’s Army” by: Dallas Burke \(Matrix\) – Time: 2:10](#)

This routine is choreographed for any size team. The choreography and musical arrangement will be a crowd favorite during football season. “Seven Nations Army” will challenge your team with complex arm movements combined with traditional footwork for the field. You will notice numerous parts and pick up work throughout the routine that makes it both visual and fast pace on the football field. Choreography includes a right chaine turn, right grand battement, and light floor work.

[Int Military – “Intergalactic” by: Beastie Boys – Time: 2:07](#)

The audience will be taken to a new world with this high explosive military. The visual effects within this routine will truly be a hit with every crowd. This dance has many formation changes and levels that will keep the audiences attention. The choreography contains intricate arm work that is creative and has a style of its own. This is a true military with an upbeat.

[Adv Military – “Dark March” by: James Dooley – Time: 2:00](#)

Suspenseful music designed for an intense action movie will intrigue your audience and have them wanting more! This routine is choreographed for any size team and will be a showstopper for any performance. Packed with intricate arm movements at a fast pace, “Dark March” is sure to challenge your team and wow the crowd!

Novelty Routines:

[Int Novelty – “Laughin’ All the Way to the Bank” by: Bernard Dotson & Ensemble \(Sweet Smell of Success\) – Time: 2:11](#)

This toe-tapping tune, taken from the musical “Sweet Smell of Success,” is the perfect backdrop for our jazzy novelty routine. This piece is perfect for spring show or even a pep rally. It incorporates pirouettes, jete’s, axel turns and a whole lot of attitude. Each section of tricks can be modified to your team’s level of technique if needed.

[Int/Adv Novelty – “Teach Me How to Shimmy” by: DeLee & Michael \(Smokey Joe’s Café\) – Time: 2:11](#)

Do you want to learn how to shimmy? “Teach Me How to Shimmy” from the popular Broadway hit “Smokey Joe’s Café” will have you shaking and shimmying through contest season and spring show! This routine has the perfect medley of playful novelty movements and Int/Adv technique to get your entire team involved. The routine has many technical options for your intermediate dancers and your offices have lots of advanced options with every leap and turn. Now get ready to show off your shimmy!

[Adv Broadway Style Novelty – “Gimme Gimme” by: Sutton Foster \(Thoroughly Modern Millie\) – Time: 2:30](#)

This is a novelty from the 1920’s musical “Thoroughly Modern Millie”. This routine is a sassy high-energy routine with various tempo changes. This particular dance consists of quick weight shifts, jetes and fouette turns. There is a small amount of floor work and acting involved. This comedic number would be a great contest or Spring Show routine.

Lyrical Routines:

[Int Lyrical – “Let Go” by: Lindsay McCaul – Time: 2:12](#)

This beautiful dance routine will challenge the beginner dancers and allow the intermediate dancers to put style into the clean, graceful movements. This dance is sure to look stunning on stage for spring show or on the

contest floor with leaps, turns, partner work, and groups. “Let Go” is sure to be a crowd pleaser and warm the audience’s hearts.

[Int/Adv Lyrical – “Ordinary Miracle” by: Sarah McLachlan – Time: 2:13](#)

This lyrical dance is a great option for medium to large intermediate level teams. Containing challenging weight shifts and other technical skills like a right jete; this routine will keep your intermediate dancers engaged. “Ordinary Miracle” allows your dancers to interpret this beautiful routine in various ways, and it’s up to each dancer to find their own style within the choreography. With slow and drawn out movements, this dance would be perfect for your expressive dancers!

Liturgical Routine:

[Int/Adv Liturgical – “All I Need is You” by: Hillsongs United – Time: 2:07](#)

Captivating movements and a sense of spirituality is what best describes this beautiful dance dedicated to the Lord. Beginning with soft qualities, and shifting to impulsive and powerful movements, creates the emotional tone for this dance. Choreographed with the usage of a rosary to captivate the audience, this routine will definitely challenge and engage your intermediate dancers. Focusing on group work, pick-up steps, parts, technique sequences, and a small fall; this inspiring dance is perfect for your spring show, special performances, and even for contest!

Modern Routines:

[Int Modern – “Tiempo de Drumba” by: Ojo de Brujo - Time: 2:10](#)

This is an appealing modern dance based on quick weight shifts, spirals, turns, partnering, and creative movements. This dance was choreographed and inspired by the motifs of flamenco movement and with an intention to interpret typical life relationships. If your team has not experienced a stylistic modern dance, this one will definitely motivate your team to learn about modern fundamentals. This is a perfect piece for a spring show venue or for special performances!

[Int/Adv Modern – “Could I?” by: The Apple Trio – Time: 2:13](#)

With this light, "airy," and playful routine you might be reminded at times of the early days of modern dance with Isadora Duncan. Your advanced dancers will feel the challenge with the quick weight shifting while your intermediate dancers will be able to express themselves in the gestural and isolated moments without the pressure of difficult movement.

[Int/Adv Contemporary Modern – “Imagine” by: John Lennon – Time: 2:01](#)

This contemporary routine challenges your dancers to move from their center and they get to experience movement in a different way. This dance contains swings and sustained movements, sectional work, and it requires your dancers to be emotionally committed to the movement. “Imagine” gives everyone the opportunity to learn, grow, and connect on an expressive level through the movement that is performed.

Pep Rally Routine:

[Int –Pep Rally: “Shut it Down” by Pit Bull](#)

The pep rally routine is an exciting dance with lots of fun moves and easy to clean. The movement is energetic from beginning to end. Basic technical skills will be incorporated into this routine. This dance would be great for pep rallies, basketball games, or anywhere else you want to get your audience up and moving with your dancers.





Junior Kick Series

8 Around the World (Right leg); close on 7

8 Around the World (Left leg); close on 7

88 Kick 6 X (JKR, JKL, JKR, JKL, JKR, JKL) pivot w/left foot to back (5-6); hook up on 7-8

88 Repeat to the back; ending series facing front 88 Step swings ("Exercise Kicks") 4 times in place; step left kick right first. 8 Jump fans to right 3 times, close on 7

8 Jump fans to left 3 times; close on 7



Senior Kick Series

8 Hold 6 hooking up on 7,8

8 Jump Kick (jk) right (rt) leg to left (lt) 1,2 hook rt 3 point to rt 4 jk front (ft) rt 5,6 jk ft left 7,8

8 Jk lt leg to rt 1,2 hook lt 3 point to lt 4 jk ft lt 5,6 jk ft rt 7,8

8 Star Kicks: jk rt to lt 1,2 jk rt leg ft 3,4 jk lt ft 5,6 jk rt to rt 7,8

8 Jk rt ft 1,2 Rt fan 3,4 jk lt ft 5,6 close ft 7,8

8 Around the world series: starting with the rt leg to left 1,2 ft rt 3,4 rt side 5,6 close ft 7,8

8 Jk lt leg to rt 1,2 ft lt 3,4 lt side 5,6 close ft 7,8

88 6 ft kicks series: jk rt 1,2 jk lt 3,4 jk rt 5,6 jk lt 7,8 jk rt 1,2 jk lt 3,4 step lt 5,6 turn to back and hook up 7,8

88 Repeat 6 kick series and turn to the back starting with rt jk

88 Swing kick series: step lt 1 swing rt 2 step back (bk) rt 3 bk lt 4 step rt 5 swing lt 6 step bk rt 7 bk lt 8

Repeat the same swing kick series close 7,8

8 3 right fans jump fan rt 1,2 and 3,4 and 5,6 close ft 7,8

8 Full set of bye byes or graduated kicks: jk rt pt 1,2 jk lt level 3,4 jk rt high 5,6 jk lt high 7,8

8 Jk rt pt 1,2 jk lt level 3,4 jk rt high 5,6 close ft 7,8

8 3 left fans jump fan lt 1,2 and 3,4 and 5,6 close ft 7,8

88 Full set of bye byes or graduated kicks closing 7,8

1 Clean arms on 1

“Something Like a Party” by: Ncredibles (School Gyrls Soundtrack)

2010 Line Camp Dance – Time: 2:00

Choreographed by: Brittany Watkins and Amy Funderburk



Begin facing the back

Introduction

- 8 Hold 4, pop lt leg with arm bent overhead 5, switch to rt 6, step rt drag ft 7,8
- 8 Step lt 1, rt 2 cross hands prep 3, leap 4, land on ground tucked and roll 5-8
- 8 Rt arm breaks through with rt leg pt 1, step rt arm slice 2, chasse lt 3&4, step rt 5, drag rt leg fwd arms in L 6, step cross 7,8
- 8 Rt fan with arms bk 1,2 pop lt leg 3,4 step lt to bk and walk bk 5,6,7 dig 8

Part A

- 8 Step rt drag ft 1,2 step cross lt rt 3,4 step lt cross arms 5, rt kick diag arm 6, plie' lt to rt 7,8
- 8 Cross turn 1,2 step rt 3 step lt w/lt arm 4, step rt w/rt arm plie 5, turn s/d/t 6,7 stpe out plie 8
- 8 Turn over rt shoulder and step 1, lt 2, drag step rt release 3,4 step lt arm L arm 5, step rt L arm 6 Ball change lt side 7,8
- 8 Step lt 1, kick rt leg 2, step rt 3, clap 2x & 4, chasse' lt 5,6 step across 7, X jump or Russian 8

Part B

- 8 Ball change rt 1,2 2 chaine' turns rt 3,4Calypso5,6 pop lt leg pose 7,8
- 8 Circle arms around lt to rt 1,2 pop rt leg arms posed 3,4 throw rt arm 5,6 and lt arm 7,8
- 8 Kick bc with circle arms 1&2, s/d coupe turn 3,4 slide rt leg to ground 5 roll to bk 6,7,8
- 8 Con't rolling 1,2 sit pose 3,4 snap up 5,6 level snap 7,8

Part C

- 8 Lean kick rt 1,2 roll out 3,4 prep out 5,6 kick to passe' handstand 7,8
- 8 Land rt pop lt leg 1,2 bc bk 3,4 step lt, rt, lt 5,6,7, leap or switch leap 7&8
- 8 Ball change fwd lt 1,2 step lt side 3,4 dig back rt 4, step rt with rt arm out 5, step lt with lt arm 6, turn over lt shoulder step rt 7, step lt 8
- 8 Prep 1,2 d/t turn 3,4 land out 5,6 cross turn lt rt to back 7,8

Repeat Part A, B, and C – last 8ct of C ends in a pose on 7,8

Ending

- 8 Lt chaine' arm wrap 1,2 step lt rt arabesque 3,4 step rt, lt, rt 5,6,7 attitude lt 8
- 8 Step lt 1, chasse' rt 2 &, press kick 3,4 step rt lt 5,6 pitch kick with fly arms 7,8
- 8 Cross turn over rt to lt 1-4, pose lt 5,6 pose rt 7,8
- 8 Step lt, rt, lt 1-3, X jump to bk 4 turn ft 5,6 slice rt arm level 7, slice lt arm up 8
- 2 Slice bk rt and melt

“Dance and Shout” by Nick Barrada (Alfred Publishing Co.)

Intermediate Field Jazz – Time: 1:37



Begin in staggered block in a R dig with head down

8 Hold 1-4, pose by 4 sections across block, 5, 6, 7, or 8.

8 Contagion from R to L reaching in opposition by rows 1-6, shake hips 7-8.

8 **3 groups across every 2 cts** – rock back with head back 1-2, chasse forward with low V arms 3-4, step L 5, R jeté (or passé jump) with high V arms 6, down to ground 7, start rolling to stand on 8.

8 Stand to side 1-2, reach to side with clasp 3, open R arm to front 4, continue groups 5-8

8 Turn to L side 1, step out with L arms 2, pas de bourrée turn dig 3-4, step L 5, R kick with low V arms 6, relevé 7, close 8

8 **Chasse R or L separating into two staggered blocks** 1-2, pas de bourrée 3-4, jazz walk w/hands on hips 5-8

8 **2 groups 2 cts apart** – jump up 1, step back facing into diagonal 2 (1st group – 2nd group holds 1-2), 2nd group jumps up 3, step back 4 (1st group holds 3-4), roll shoulders R, L, R 5-7, reach up and release head 8.

8 step L 1, flick R let into attitude 2, cross 3, extend L leg out 4, 1st group over 5-6, hold 7-8. 2nd group holds 5-6, over 7-8.

8 Step touch 1-2, reverse 3-4, **move blocks back together** with hands on hips and roll shoulders 5-8.

8 Step L 1, passé with wrap arms 2, step forward 3, close R to L & snap up 4, prepare 5-6, single pirouette with arms in clasp at chest 7, jump out 8.

8 **Move to 3 rows** – reach out R 1, reach out L 2, double jazz hands to chest 3, head release 4, bring arms up and down 5-8. Repeat moving step 1-8.

8 **Opposition by rows – Rows 1 & 3:** Rock R 1-2, pas de bourree 3-4, step L 5, passé R 6, step L 7, reach up L and extend L 8. Row 2: Rock L 1-2, pas de bourree 3-4, step R 5, passé L 6, step R, reach up R extend R 8.

8 **1st and 3rd lines:** Pivot L 1 to R side 2, reach up and down with step ball change to side (moving back to center) 3-4, 2nd line: Pivot R 1 to L side 2, reach up and down with step ball change 3-4, **3 groups across every 1 count** – open to front with T arms 5, wrap and release head 6, continue in groups 7-8.

8 Reach back over R shoulder and throw R dance hand down 1, reverse 2, windmill arms to R side and dig L 3-4, step back L, R, L with snaps and reaching back 5-7, slap hips 8

8 **3 groups across 3 rows every 2 cts** – step L 1, point R to side and reach to front 2, step R point L with reach up 3-4, continue in groups 5-8.

8 **2 groups: 1st group** (every other line) prep 1, sauté arabesque 2 (or stag leap), down to ground 3-4, roll over R shoulder 5-6, pose on knee 7-8. **2nd Group:** Hold 1-2, prep 3, sauté arabesque 4, down to ground 5-6, roll over R shoulder 7-8.

8 **Continuing in 2 groups: 1st group:** Lean on R elbow and kick L leg back 1, pose to knee 2, hold 3-4, stand up 5-8. **2nd group:** Pose to knee 1-2, kick L back 3-4, stand up 5-8.

8 **Move to Triangle:** Reach down to low V with R 1, L 2, present 3-4, reach up into V with jazz hands 5-6, down 7-8. Repeat same arms moving to triangle 1-8.

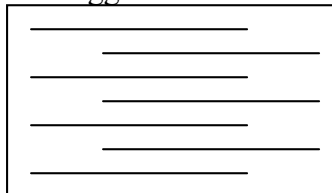
8 Step L 1, kick into 2nd with R 2, turn over L shoulder 3-4, 3 groups front to back- arms to T 5, reach to R hip with both hands 6, continue in groups 6-7, & 7-8.

8 **3 groups by V's in the triangle:** reach up with high V arms 1-2, go down on R knee to side 3-4, continue in groups 5-8

5 Levels 1-4 (knees sitting on feet, up on knees, and standing), reach up with R jazz hand and head back on 5.

Formations:

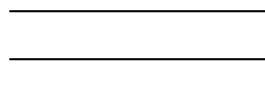
#1 Staggered Block



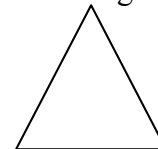
#2 – 2 Staggered Blocks



#3 – 3 Rows



#4 – Triangle



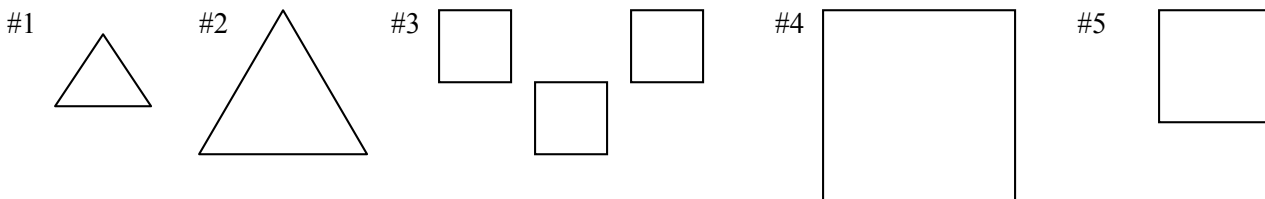
“Rock that Body”-by: The Black Eyed Peas
Int Jazz-Time: 2:08



Beginning formation: starting in a triangle

- 4: pulse up 1-2, down 3-4
- 8: outside triangle leg out throw arms up 1, down 2, hands to hip and roll 3-4, step L crossing arms 5-6, sit 7-8
- 8: hip pop and 1, head pop LF and 2, flick R foot 3-4, step RL 5-6, prep 7-8
- 8: pirouette 1-2, stationary leap 3-4, down to L knee 5-6, release arms 7-8 with L arm up and R in T
- 8: roll over R shoulder 1-2, R leg rainbows 3-4, roll L leg thru 5, push 6, roll up 7-8 facing the back
- 8: ripple from back to front throw arms up facing the front and down looking at hands 1-6, release R arm and leg 7-8
- 8: fan or rond de jambe with R foot 1-4, chest pop out and in 5-7, kick L leg 8
- 8: rond de jambe R leg 1-2, L 3-4, ball change RL 5-6, step L7, passé with L arms 8
- 8: arms throw L1, R2, head roll RL 3-4, contract forward 5-6, releve with arms up 7, knees turn L and, back to front 8
- 8: outside goes down and inside triangle goes up first. Melt 1-4, shoulder pop up down and 5, head roll up 6-8
- 8: circle arms RL 1-4, drop arms RL 5-6, reaching forward rolling hands and head 7-8
- 8: **moving to spread out triangle** arms down 1-2, cross 3-4, T 5-6, roll and snap fingers 7-8
- 8: repeat
- 8: chug facing R arms at chest 1, back 2, both arms up 3, R arm only 4, pivot 5-6, snake 7-8
- 8:3 groups start L to R. prep 1-2, pirouette 3-4, middle group picks up chasse L 5-6, jete 7, down 8
- 8: middle group throws R arm 2, roll up 3-4, next group picks up chasse R 5-6, step 7, russian 8
- 8: ball change 1-2, step L3, kick R4, walk 56, everyone step L7, tilt R8
- 8: party arms **switching 3 groups**
- 8: repeat party arms
- 8: outside groups elbows out inside elbows in 1, switch 2, throw arms back and jump to second 3-4, 3 groups starting L to R going on 5,7, and 1 cross arms and step kick 5-6, chasse 7-8
- 8: jete' 1-2, continue3-8
- 8: turn over R shoulder and rainbow R leg 1-2, groups L to R going on 3,5,7 swing R leg over L5-6, leg thru 7-8
- 8: finish 1-2, groups R to L going on 3,4,5 kick R leg 3, release head and back 4, chest to knees 5, finish 6-7, look front 8
- 8: roll to back with straight legs 1-2 rolling head 3-4, roll up 5-8
- 8: **move to block** arms coming up 1-4, over head 5-8
- 4: head roll R to L
- 8: A and B groups. Group A - R leg cross over L and R arm up 1, back 2. Group B cramp rolls facing L 3-4. Group A drag R leg front to back pushing arms forward 5-6. Group B throw arms and step R7, plie and leg up 8
- 8: bird hand up R 1-2, hit knees LR 3-4, hip roll RL 5-6, rock it out L7-8
- 8: salsa front 1-2, back 3-4, front half of block kick L with R foot 5, back and, drop to tuck 6, hold 7-8.back half chaine' back over R shoulder 5-6, calypso 7-8
- 8: crazy pose 1-2, switch 3-4, switch 5-6, switch 7-8
- 8: **move to tight block** R arm wrap around head 1-2, down 3-4, R arm up 5-7 down 8
- 8: repeat arms
- 8: lean back R to L 1-4, ripple front to back drive car 5-6, head roll R 7-8
- 8: continue ripple1-4, crazy poses 5,6,7, middle person stays up and pose 8 others down
- 8: melt down

Formations:



“Passion” by Kreescha Turner

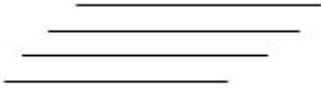
Int/Adv. Jazz 2:03



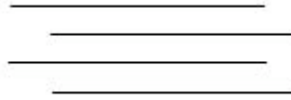
8 hold 1-4, flick right hand 5, left 6, swoop 7, flick arm out with left leg up 8
8 step 1, flick kick 2, sasche' 3-4, front leap 5-6 turn out 7-8
8 body roll 1-3, passe' low V 4, walk to 2nd formation: step right arm out 5, left out 6, wrap 7, collapse or stand 8
8 floor: slide 1-2, kick 3-4, roll 5-6, stand 7-8
8 Stand: right arm up 1, left 2, pitch kick 3-4, turn 5-6, walk 7-8
8 ripple- swoop/ circle down 1-2, cross T 3, wrap body & turn 4, half T 5-8
8 cross L to left 1, open 2, face 3-4, push back 5-6, walk 7-8
8 wrap 1, close 2, snake front 3-4, prep 5-6, double 7-8
8 T snap 1-2 front kick 3-4, bend back 5, tuck 6, hold 7-8
8 parts: #1 slide back 1-2, around 3-4, sit 5-6, hold 7-8
 #2 hold 1-2, slide back 3-4, around 5-6, sit 7-8
8 walk to 5th formation: reach 1-2, slide right ½ T 3-4, reach down 5-6, arms up 7-8
8 continue walking: right arm out 1-2, left 3-4, head 5-6, shoulders 7-8
8 cross arm 1, open legs out 2, knees 3-4, body roll 5-6, knees closed 7, open to the right 8
8 reach out 1, swipe chest 2, point walk 3-4, pivot 5-6, walk 7-8
8 turn 1, spread eagle 2-4, prep 5-6, chaine' 7-8
8 pique' 1-2, land 3-4, slide T arms 5-6, 3 step turn with arms 7-8
8 step out 1, flick leg left 2, flick right 3, ball change 4, hips 5-6 roll 7, arm up point 8
8 right arm up 1, left up 2, release head 3-4, sway 5-6, turn 7-8
8 L arms 1-2, walk to 6th formation: low V right 3, left 4, wrap 5, around 6, prep 7-8
16 side groups: ball change 1-2, fan 3-4, pada-bu-rae prep 5-6, hold 7-8, chaine' 1-4, C jump 5-6, roll up 7-8
 front group: chaine 1-4, calypso 5-6, roll 7-8, donkey 1-2, slide 3-4, roll 5-6, face back 7-8
8 side groups: circle right leg 1-2, out 3, touch 5, open 6, hit 7, down 8
 front group: fan 1-2, stand 3-4, circle arms to right 5, face left 6, release 7, down 8
8 hold 1-2, up 3-4, swig over 5-6, roll up 7-8
8 walk to 7th formation: roll 1, snap 2, roll in 3-4, hit 5, prep low V 6, turn open passe' with L 7, land 8
8 drop on right knee 1, leg out 2, together 3, other leg out- release 4, down 5, arms up 6, roll 7-8
8 stand 1-2, step with right arm up 3, shoulder tap & 4, snake 5, step 6, over 7, down 8
8 slide 1, sasche' 2, step 3, kick 4, turn 5, push out 6, hold 7-8
8 hips 1-2, step 3, passe' 4, step 5, drag 6, clean 7-8
8 prep 1-2, second turns 3-8
8 double 1-2, out 3, up 4, release 5-6, chin 7, down 8
8 rondchom 1-2, left arm up 3, out 4, step right 5-6, passe' 7, push 8
8 prep 1-2, turning disc 3-8
8 roll up 1-2, stand 3, push back 4, pivot 5, wrap head 6, touch down 7, snap T 8
8 hips around 1-2, prissy walk 3-4, point down to levels 5-6, head pop 7-8

Formations

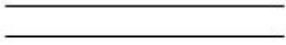
#1 (Diagonals)



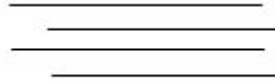
#2 (4 lines in windows)



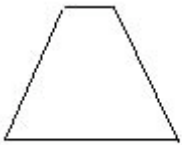
#3 (2 lines)



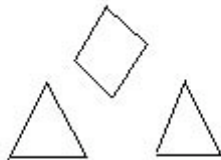
#4 (4 lines in windows)



#5 Trapezoid

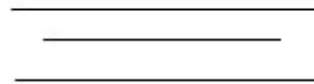


#6 (3 triangle groups)



#7 (3 lines in windows)

#7 Three lines



“Benny & The Jets” by: Elton John

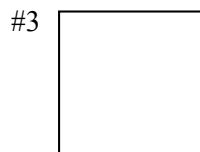
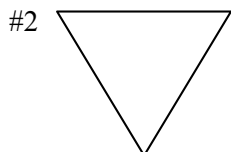
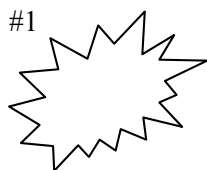
Int/Adv Contemporary Jazz – Time: 1:43



Beginning formation: Clump in center of floor

- 8- hold facing bk 1-2, random poses facing bk 3-4, 5-6, 7-8
- 8- continue poses to front 1-2, 3-4, soutenu turn over L shoulder with arms going into “Indian” 5-8
- 8- R leg flicks to side as arms go to “T” w/head throwing bk 1-2, prissy walks to **formation #2** 3-8
- 8- continue prissy walks 1-4, step to side L 5-6 flick R leg behind L with arms in “L” focus to L 5-7, ball change R,L & 8
- 8- battement R leg with arms in diag 1-2, cross R in front 3-4, small jete in second onto L with shoulders shimming 5, land collapsed over w/R leg in bk 6 reach straight up w/hands touching facing bk 7, lay bk w/arms breaking through 8
- 8- passé turn to ft over L w/arms wrapping waist 1-2, step out of passé walking side L 3, plié on R leg 4, flick R leg to switch direction with arms wrapping head 5, step R 6, step on L and drag R foot with arms pushing bk and focus ft 7-8
- 8- ball change facing ft on R with R arm by ear and L grabbing R elbow 1-2, soutenu turn L to ft wrapping R arm around waist and L arm low “V” 3-4, prepare 5-6, R double pirouette 7-8; plie “&” for another double (or single) pirouette with arms in high fifth
- 8- step out of turn with R hip 3-4, rond de jambe L foot 5, bk coupe 6, kick out L foot to low arabesque with head release 7, step bk on L leg 8
- 8- cut L out to rond de jambe facing bkwards w/R arm circling above head 1-2, turn ft 3-4, release jump w/arms pushing dn 5-6, step ft R with hands brushing mouth 7-8
- 8- push bk on L forced arch with arms closing ears 1-2, step on R and move to **Formation # 3**
- 8- (continue traveling to spot) chug R foot L coupe with R brushing face 1-2, repeat to R 3-4, (in spot) three stomps with R with body going side, diag, ft 5-7, drag R to coupe facing bk arms above head 8-2
- 8- drop to R knee L leg extended arms breaking dn body 3-4, roll over R shoulder to ft sitting knees together on L side of body 5-6, leaning on L hand walking around self with R arm circling head R 7, L 8
- 8- continue walking around self to face R side w/hands on ground 1-2, lift L leg into needle 3-4, snake upper body 5-6, step bk on L 7, R 8
- 8- Stage L half; full turn over L shoulder facing side w/feet jumping together and R arm wrapping head and L behind back 1-2, step R 3, step L 4, R jeté w/arms in touchdown focus ft 5, walk out of it two clumps 6-8 Stage R: same as L but half turn out of the snake to leap R traveling SL
- 8- **continue walking to clumps**; L1, R2, soutenu turn over R shoulder w/arms circling in touchdown above head and head releasing bk 3-4, continue walking R5, L6,R7, pull together to face ft L 8
- 8- scuff R leg up with L arm in “running” position 1, drop to ground with R arm dn and R foot in wide second 2, walk foot in staying contracted 3& 4, roll up and ball change R back w/R arm throwing back 5-6, prepare towards ft 7-8
- 8- chaîné traveling forward 1-2, leap in second facing ft 3, land and roll up facing ft 5-6, L clump-passé step and look R & 7, R clump-& 8
- 8- SR clump: roll head to L dragging R foot over L shoulder 1-2, ball change on R foot facing bk 3-4, throw R arm flick R leg to L 5, put R foot dn to wide second sitting in R hip looking R 6, hold 7-8 SL clump- same as L but start on head roll drag on 4
- 8- drag R foot to ft w/arms R “L” position 1-2, ball change on R w/R arm inverted and L arm straight up leaning body slightly R 3-4, drag R foot to L side w/R arm curving head 5, step R 6, brush L turning over R shoulder into sauté arabesque facing R 7, step bk L 8
- 8- ball change R releasing upper body w/hands on waist 1-2, prepare R L to back 3-4, double coupe turn 5-6, R leg opens second 7-8
- 8- swing R leg into pitch kick facing w/arms in R diag. ft 1-2, land on R cutting L foot out 3-4, soutenu turn over L shoulder with R arm circling head 5-6, land releve in second w/R arm swinging up to reach forward 7-8
- 8- step R and pull R arm through body 1, ball change prepare R & L 2, three fouetté turns into 3-8
- 8- double pirouette 1-2, land out of it on R foot sitting into hip 3-4, step to L diag w/R arm by ear 5, bring up L arm in touchdown 6, hip drop switching direction to R back diag. dropping hands through body 7-8
- 8- **merging two clumps to one large one**; walk 1-8, freestyle arms on accent 1-5
- 8- scuff R leg up w/L arm in “running” position 1, drop to ground w/R arm dn and R foot in wide second 2, walk foot in staying contracted 3 & 4, roll up and ball change R bk w/R arm throwing back 5-6, prepare towards ft 7-8
- 8- chaîné traveling forward 1-2, small x- leap in second facing ft 3, continue turning out of it to face ft 4, ripple from R-L shooting out L foot and reaching forward with arms by ears body tilted over 5-8
- 8- **walk to tighten clump** R 1-2, L 3-4, run w/body tilted over hips pushed back 5-8
- 2- melt into individual poses 1-2

Formations:



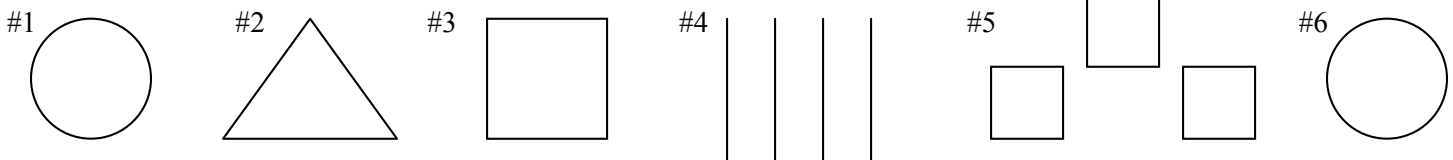
“Work Mix”-by: Various Artist
Int/Adv Hip-Hop-Time: 2:11



Beginning formation: a clump starting in the back

- 8: hold 1-4, upper half up 5, lean R 6, back 7, L and, down 8
- 8: slide L leading with R arm 1, switch 2, body roll down 3-4, in 3 groups front to back stand and point up 5, 6, 7, lean back &, up 8
- 8: 1st group ball change and throw arm and **move to triangle** 1-4, 2nd 5-8
- 8: 3rd 1-4, lean R with L hand to face 5, switch 6, roll hand 7, hand to waist and, pop head 8
- 8: slide L w/R arm out 1-2, cross arms walk forward 3 down 4, jump out R 5, L 6, step forward R foot 7, hip bounce and 8
- 8: walk back R arms cross 1, shoulder 2, throw up 3, down 4, odd lines dig L foot and slide back 5, up 6, even 7-8
- 8: odd lines walk 1-2, turn back 3, even lines hold 1-2, turn to front 3, everyone head pops on 4, odd lines wave hands and pop down 5-6, up 7-8, even lines up 5-6, down 7-8
- 8: ripple from back to front odd lines 1-4, even line front to back ripple 5-8
- 8: even lines walk forward with L foot and L arm down 1, switch 2-4, odd picks up on 3-4, **walk to block** 5-7, jump throwing arms up on 8
- 8: step out with L foot arms together 1, switch right 2, straight arms and, pull back and wiggle fingers apart 3-4, turn L 5, up 6, grab pants and lean forward rolling head 7-8
- 8: step touch L1-2, R 3-4, step back with L foot 5, front 6, back and dip 7, up 8
- 8: dip & comb hair w/R hand 1, up 2, across chest 3, flick hand 4, **move to files** crossing arms 5, out 6, whip 7, point 8
- 8: odd lines go L even R. Jump with feet apart and arms out to side 1, switch 2-4, jump with hands on hips and pop 5-8
- 8: push arms forward and dip 1-2, lean R 3, left 4, hands to knees L 5, R 6, dip 7, close feet 8
- 8: step and snake forward 1-2, knees lean L arms R 3, switch and 4, **moving to 3 groups** hands to hips popping shoulders up and down 5-8
- 8: vogue arms R on top L under 1, switch 2, head tilt L 3, up 4, whip 5-6, head roll 7, down 8
- 8: center group pushes forward outside push away 1-4, turn over R shoulder 5-6, heart with hands 7-8
- 8: ball change LR pushing arms forward 1-2, 3-4, three step turn 5-7, step out to second 8
- 8: turn upper body L 1, R 2, center group down 3, outside 4, turn to front and knees in and 5, “O” with R hand to chest 6, lean R 7, back 8
- 8: hand across face and walk to L crossing feet first 1, 2, push face 3, look away and hand out R 4, step L and pop on and 5 together 6, step out 7 head to front 8
- 8: throw R arm and lean L 1-2, up 3, down 4, again left 5-8
- 8: center group starts 1 and outside 3 step out R 1, turn over L shoulder 2, jump to second 3, feet together 4, step out right foot and L arm out lean R 5, drag foot in 6, switch 7-8.
- 8: outside group start 1 and inside 5 doing random poses
- 8: brush shoulders and lean RL 1-2, body roll 3, down 4, knee bend right 5, L 6, slide to floor 7-8
- 8: kick Lfoot out and lean R 1, back 2, shake head up 3, down 4, turn on feet to face back 5-6, lean head back 7, hold 8
- 8: kick Lfoot up 1, cross over R 2, turn into push up position 3-4, tuck 5-6, front row hold 7-8 back row stand 7-8
- 8: front row slide on knees LRL 1-6, back row slide standing 1-6, turn over R shoulder 7-8
- 8: 3 groups starting with center group. Swing down R picking up L foot 1, opposite 2, step front RL rotating shoulders 3-4, arms LV pop R5, L6, R7, pick up pose 8
- 8: scoop R arm around swiveling hips 1, pop shoulders back 2, pop arms and plié down 3-4, jump onto L leg slapping hands 5-6, step down R7, pick up pose 8
- 8: push L leg back 1, R2, body roll in 3-4, vogue with R arm front 5 and, behind head 6, hands slide down 7-8
- 8: starting with the left group check mark arms 1, center 2, R3, switch arms 4, pop 5-6, body roll 7, outside groups take picture of center group 8
- 8: sassy **walk to clump** 1-4, whip 5-6, hand to hip 7, hold 8
- 8: shoulder pop 1-4, walk 5-6, jump out to second 7, hold 8
- 8: lean R1, back 2, L3, knees in and 4, lean R5, knees in and 6, throw arms up 7-8
- 8: melt down and pose

Formations:



“Church” by: T-Pain
Int Hip Hop – Time: 1:40



Beginning Formation: Triangle

Begin after saying “Ya’ll already know who it is”

8: **(first formation)** 1-8 hold

8: 1 walk R arms in center 2 walk to L 3 walk to R 4 hold 5-6 circle arms around head 7 sit with R arm out 8 pop chest forward

8: 1 walk R and push R arm down 2 walk L 3 jump out 4 hips R 5 hips back 6 lean L 7 circle arms 8 sit arms on sides

8: 1 pop chest 2 sit 3-4 slide back with L arm up 5 crunch 6 push dn 7-8 turn to R

8: 1 hips to ft 2 hips to back 3-4 swing R arm up 5-6 punch and tilt head 7 turn over L shoulder and point up 8 sit and point down

8: 1-2 pop chest 3-4 drag R foot 5-6 drag L and arms up to box 7-8 turn around over L shoulder

8: 1 head nod 2-7 **(second formation)** move with high knees 8 jump out

8: &1 clap twice 2 hold 3-4 kick L foot and head back 5-6 step out 7-8 pop R shoulder forward twice

8: 1-2 push through with box arms 3-4 pull forward with R arm 5-6 pull through with L arm 7 around arms 8 close and punch down

8: 1-2 circle straight arms above head 3 arms and snake down &4 ball change arms in ft of chest 5 circle around arms open 6 grab pants 7-8 swivel legs

8: 1 pop 2 step out with arms in ft 3-4 shoulders 5-6 snake 7&8 ball change with round arms

8: 1-2 hit L arm 3-4 box to R up and down 5 snap L knee &6 close arms at chest 7-8 switch arms to R

8: 1 kick L arm R leg out & switch arms step down 2 crunch 3 switch to R 4 jump out 5-6 snake up 7-8 turn around L shoulder

8: 1 head nod (first group) 2-4 handstand 5-6 bend legs 7-8 (second group) 2 tuck 3-5 ft roll 6 lean 7-8 kick

8: (first group) 1-4 come down from handstand (second group) 1-4 stand up (everyone) 5-6 circle L arm 7-8 circle R arm

8: 1 arms brush out 2 circle down and plié 3 hands on head 4 hold 5 kick R foot &6 ball change 7 turn around 8 pose to R diagonal hands on lower back

8: 1-2 push down L shoulder 3-4 push down R shoulder 5-6 circle R arm around head 7-8 punch arms forward, invert R leg

8: &1 ball change forward with running arms 2 clean 3 step R with touchdown arms 4 close and bend knees 5 jump out & jump together cross arms 6 jump out arms to low v 7 arms up &8 hit head and arms forward

8: **(third formation)** 1-2 punch R arm and L knee 3-4 switch 5-6 turn around R shoulder 7 step out 8 L arm on head plie

8: 1 punch R arm to upper diagonal 2 circle arm 3-4 knees up arms to L 5-6 circle arms forward and L leg back 7 punch arms forward and L leg & arms to side 8 bring arms back up

8: 1-2 box arms and lift R leg 3-4 switch 5 t arms shoot out 6 arms down step L 7 circle arms and face L wall 8 sit

8: 1-2 point L arm hips to R 3-4 switch and look back 5-6 turn over R shoulder arms over head 7 step out arms flicked dn &8 hips R L

8: 1-2 slide L push R arm down 3-4 punch R arm kick R leg 5 lean back 6 close 7&8 fancy feet

8: 1 T 2 clean 3 plié to R 4 switch 5-6 step forward with swoop arms 7 step and look R 8 switch

8: 1-3 train &4 open arms and legs &5 box R arm &6 switch &7 switch &8 chest pop

8: 1-2 isolate body lean R 3 again 4 sit 5 pop chest to center arm on chest 6 sit to L 7 slide to L circle arms &8 ball change

8: **(fourth formation)** 1-2 hops with R leg out and arms in box 3 clean 4-5 circle low to R hands on pants 6 clean 7 arms out 8 hug

8: 1 box arms 2 lean down to R knee 3-4 hold 5 L arm out to side 6 R arm on hip invert R knee and lean L 7 lean to R &8 pop hip

8: 1-2 bounce to R corner 3&4 kick L arms cross over 5-7 point up middle down 8 together

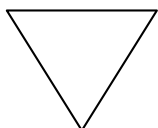
8: 1-2 step forward R arms around to bow 3-4 flick hands R L 5 clean 6 down 7-8 slide L on R hip

8: 1-2 prep for kick over stall 3-4 hold 5-7 close feet together forward and sit to the back 8 lay flat in a T

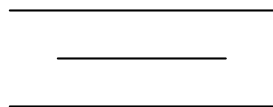
&1: Clap

Formations:

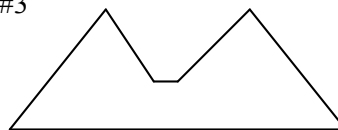
#1 – Triangle



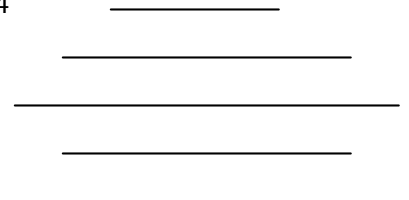
#2



#3



#4



“Jumpin’ Jack Flash” – by: Doug Adams (Alfred Pub.)

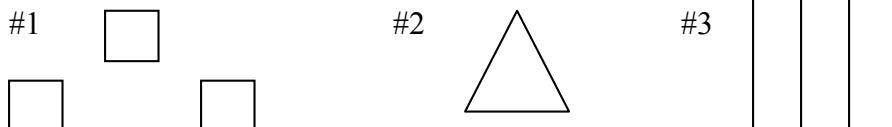
Int Field Pom – Time: 1:41



Start in 3 blocks – levels

- 8 Hold 1-4, low V 5, T 6, high V 7, shake 8
- 8 Stand 1-2, R arm up 3-4, step out R circle arms 5-6, step back L cross arms frt 7, sit low V 8
- 88 Part 1-3-5 (R-L) step out L 1-2, passé back with high V 3-4, chassé with R to face L arms clean 5-6, step L 7 R leap 8, step L 1, hold 2, drag R arms push up 3, hold 4, step L arms clean 5, 3 step turn 6-7-8
- 88 Continue parts 1-4, feet together rocket 5, step back arms open to low V 6, sunshine jump R-L 7-8-1 finish 2, contagion roll to stand 3-8
- 88 Move to triangle – R arm up/down 1-2, L arm up/down 3-4, low V 5, in 5, high V 7, in 8, low V 1, in 2, high V 3, in 4, R arm up/down 5-6, L arm up/down 7-8
- 8 Punch across L 1, step out R, punch R 2, relevé 3, hold 4, ball change back R, head back 5-6, step fwd R, arms in levels 7, hold 8
- 8 Drag to back R, arms up 1, hold 2, jump out low V 3, in 4, step fwd L, punching frt in parts (B to F) 5-6-7-8
- 8 Windmill back contagion 1-7 step frt with L, hands on hip 8
- 88 Hit levels 1-4, parts 5-7-1 (F-B) L arm out 5, R arm out 6, roll R arm, L arm to shoulder & 7, switch 8, push R arm up, L at shoulder 1, L arm up, R arm down 2, L arm out and look 3, clean with head down 4, continue parts 5-8
- 8 Opposite diagonal arms, shake 1-2, switch 2 times 3-4, switch and shake 5-6, switch 2 times 7-8
- 8 T by lines 1-2-3 hold 4, rocket fwd head back, high knees 5-6, stand 7-8
- 88 move to files: use same moving arms
- 8 Group A – chasse fwd R arms up 1-2, ball change fwd, T arms 3-4, chasse back with L, arms up 5-6, ball change back, T arms 7-8
- Group B – chasse back with R, T arms 1-2, ball change back with arms up 3-4, chasse fwd with L, T arms 5-6, ball change fwd with arms up 7-8
- 8 This step takes you to staggers:
 - Group 1 – drag L high V 1, close 2, chaine fwd 3-4, hold 5, parts stepping out L 6-7-8
 - Group 2 – drag R, low V 1, close 2, chaine back 4-5, hold 5, parts stepping out L 6-7-8
- 8 Contagion L-R: jump together L arm up 1-6 windmill close 7-8
- 8 Parts 1-3-5 (L-R): step out R with “L” arms 1, switch 2, passé R with high V 3, down 4, 3 step turn back 5-6-7, pop R present arms 8
- 8 Chasse fwd arms down 1-2 step 3, single or double tuck jump 4-5 hold 6, parts 7-1-3: step back together, arms up 7, clean 8
- 8 Continue parts 1-4, R-L jump out with high V 5-6-7 hold 8
- 8 Prep 1, sissone 2, land down 3, roll to levels (sit, knees, stand L-R) 4-8
- 88 Parts 1-3-5 (L-R): L broken T 1, clean 2, R broken T 3, clean 4, L broken T 5, rocket 6, R rocket T 7, clean 8, continue 1-4, tuck 5-6, levels 7-8
- 8 Continue 1-4, tuck 5-6 switch levels (sit, knees, stand R-L) 7-8
- 8 Low checks RL 1-2, pick up parts on levels in 3, low V 4, in 5, T 6, in 7, high V 8
- 8 Tuck 1-2, sit 3-4, contagion punch up and sunshine out 5-8
- 1 pose over L or R 1

Formations:



“Ramblin’ Man” – by: Ralph Ford (Alfred Pub.)

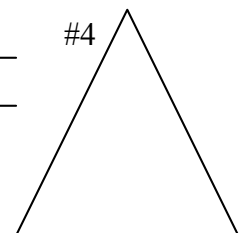
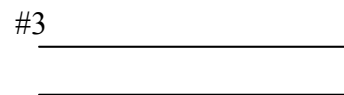
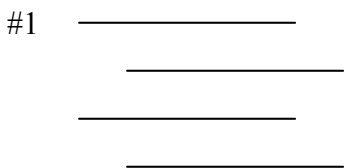
Int/Adv Field Pom – Time: 1:36



Start in staggered block

- 88 Pick up B to F: grp 1 – Chasse R, circle arm 1-4, step L bk in punch 5-6 step R 7 open and point L out 8, sunshine shake up 1-4 stand 5-6, T 7 close 8.
- Grp 2 – hold 1-4, punch up with L leg out 5-6, pull to low V 78, sunshine shake up 1-4 stand 56, T 7 close 8
- Grp 3 – hold 1-8, sunshine shake up 1-4 stand 5-6, T 7, close 8.
- 8 (Opposition) – chasse out with T arms 12, ball change bk, punch up 3-4, 3 step turn in 5-6, jump out with level arms (low, T, high) , in 8
- 8 Step fwd with R, low V 1-2-3, all face back with “L” arms 4, walk 5-6 ball change with low V facing frt 78
- 8 Chasse jete fwd, land down 1-6, levels L to R 7-8
- 888 Parts 1-3-5: L across 1, open broken T 2, touchdown 3, switch broken T 4, ½ T 5, elbows down 6, circle R 2 times 78-12, chaser (starts bottom R) 3-8, 1-4 continue low V pickup 5-8
- 8 Stand, punching up R 1-2, 3-4, ball change R, throw R arm out 5-6, pencil turn 7-8
- 8 Ball change fwd R, arms dn 1-2, ball change bk R, arms ups 3-4, step passé L, T arms 5-6, step dig R, low V 7-8
- 88 Move to 3 triangles: circle out 2 times 12-34, broken T to R 5, switch 6, switch up 7, chest 8, repeat 1-8
- 88 Parts 1-3 (frt triangles on 1, back triangles on 3): ball change out with R 1-2, close feet, arms at chest 3, “L” to R 4, switch 5, R arm over to L 6, circle R up 7-8, both arms to R, close feet 1, open T to back 2, punch to R 3, close to side 4, continue 5-6, step fwd R with “L” arms 7 or 8
- 88 Parts 1-3-5: walk to back with L, high V 1-2, walk R with low V 3-4, step out L and punch 5-6, turn to frt 7, prep 8, turn 1-2, jump out 3, in 4, continue 5-8
- 8 Group 1 – 2 chaines fwd 1-4, calypso 5-6 land on ground 7-8
- Group 2 – step back R to face side 1, cross 2, step 3, roll to ground and stand 4-6 rocket, slice to low V 7-8
- 8 Group 1 – T contagion F to B 1-4 stand 5-8
- Group 2 – T contagion turning frt B to F 1-4 hold 5-8
- 88 Move to 2 horizontal lines – high V 1, low V 2, shake 3-4, shoulder 5, switch 6, out 7, clean 8, repeat
- 88 Zipper contagion: Frt line L-R: rocket up and tuck 1-4, wrap in 5-8, 1-4,
- Back line R-L: rocket up, down 1-4, wrap in 5-8, 1-4 all center out: high V 5-8
- 88 Frt line – circle to low V 1-2 low check LR 3-4, back line – chainé to file 1-2, high check RL 3-4
- opposition parts: open 5, close 6, chest 7, up or down 8, open 1, close 2, chest 3, switch 4, shake sunshine up or down 5-8
- 8 Stand – punch fwd 1-2, chest 3-4, clean with head down 5-6, clean 7-8
- 88 Move to triangle – use same arms
- 8 Step out, arms at shoulders 1, punch and tilt 2, circle R 3-4, L arm up, slice to diagonal 5-6, high V 7, clean 8
- 88 Tuck 1-2, levels (diagonally) 3-4, parts 5-7-1: R punch up 5, switch 6, R arm out 7, rocket 8, R down, head back 1, L down 2, circle and head up 3-4 continue parts 5-8
- 7 (R-L): ripple - punch up LR 1-5 chest, head down 6 “K”

Formations:



“Alive” – by: Superchick

Int Pom - Time: 2:12



Begin in a tight trapezoid. First position is a tuck with head down

- 8 – hold 1-2, contagion R to L: windmill arms R-L, R arm ends in low diagonal, L arm by ear 3-8
- 8 – step L with T arm 1-2, close to back over R shoulder 3-4, space formation out High V 5, T 6, Low V 7-8
- 8 – Parts L to R 1,3,5,7: turn over L shoulder popping L leg, hands go in pockets
- 8 – chasse L circling arms L to R 1-2, slide down keeping R knee bent 3-4, turn to L with legs extended out front 5-6, punch L arm up and look forward 7, clean and look back side 8
- 8 – contagion R to L: roll back kicking legs R-L and roll back up.
- 8 – contagion continues 1-4, R Z-sit front 5-6, lean on R side 7, kick L leg 8
- 8 – sit back up L arm on L knee 1-2, push up position 3-4, 1st file punches L arm up 5-6, 2nd file punches L arm up 7-8
- 8 – roll up to front 1-4, L diagonal 5, R diagonal 6, circle R arm towards center 7, R arm extended out to side 8
- 8 – chaine with arms at chest 1-2, X jump 3, turn out 4, sit into R hip with arms in low V 5-6, R arm circles toward center flicking R leg 7-8 (body should be facing L side, focus forward)
- 8 – chasse R 1-2, step L 3, R jete 4, step L and pivot to front 5-6, throw arms in and out 7-8
- 88 – moving to three diagonal blocks: R arm punches up 1, switch to L 2, low V 3, high V 4, shake poms down 5-8. Repeat moving arms: R arm punches up 1, switch to L 2, low V 3, high V 4, shake poms down 5-8
- 8 – Parts by group 1,3,5: step L 1, R pitch kick 2, roll to ground and into low knees 3-8
- 8 – parts continue (middle group rolls into high knees, back group rolls up to standing) 1-4, front and back groups circle arms R-L 5-8, center group circles arms L-R 5-8
- 8 – High V to front 1-2, low V 3-4, front and back groups lean L with downward checks 5-6, switch to R 7-8, Center group leans R with downward checks 5-6, switch to L 7-8
- 8 – all groups clean 1-2, back group hit High V 3-4, center group hits T 5-6, front group hits low V 7-8
- 8 – come to tuck 1-2, front and back group push up extending legs out 3-4, slide R leg through 5-6 hold 7-8, center group holds 3-4, push up extending legs out 5-6, slide R leg through 7-8
- 8 – roll up facing back 1-4, move blocks into one large block formation arms pop R-L-R-L 5-8
- 88 – Parts L to R 1,5,1: chaine forward 1-2, X jump 3, turn out 4, step R-L 5-6, jete with arms wrapped and head released 7-8, parts continue finishing 3-4, and 7-8
- 8 – extend R leg out wrapping arms around head 1, arms to sides 2, look L 3, forward 4, step R punching arms to R side 5-6, step up and passé L with “L” arm 7-8
- 8 – circle arms back R-L 1, pop R leg with arms in T 2, step R, L rond de jambe to front 3-4, prep with L foot forward 5-6, single/double pirouette 7-8
- 8 – land out 1, close with hands in pockets 2, Opposition by line: first line will Ball Change R pushing R arm forward 3-4, turn over R shoulder 5-6, close front 7-8. Second line will Ball Change L pushing L arm forward 3-4, turn over L shoulder 5-6, close front 7-8.
- 8 – Opposition continues: First line will Ball Change L pushing L arm forward 1-2, turn over L shoulder 3-4, close front 5-6. Second line will Ball Change R pushing R arm forward 1-2, turn over R shoulder 3-4, close front 5-6, all together: punch R arm up and down 7-8.
- 88 – Opposition by line:
- First line: chaine R with arms at chest 1-2, chasse R with arms by side 3-4, chasse L to back with arms in T 5-6, ball change back R with R arm up and L arm by side 7-8. Chaine R with arms at chest 1-2, chasse R with arms by side 3-4, chasse L to front with arms in T 5-6, ball change back R with R arm up and L arm by side 7-8.
- Second line: chaine L with arms at chest 1-2, chasse L with arms by side 3-4, chasse R to back with arms in T 5-6, ball change back L with L arm up and R arm by side 7-8. Chaine L with arms at chest 1-2, chasse L with arms by side 3-4, chasse R to front with arms in T 5-6, ball change back L with L arm up and R arm by side 7-8.

8 – everyone closes 1-2, pick up arms L to R: (1st group only) Rock hips to R, arms roll down and up to R 3-4, (2nd group picks up) Rock hips to L, arms roll down and up to L 5-6, (3rd group picks up) Rock hips to R, arms roll down and up to R 7-8

8 – everyone closes 1-2, pick up arms R to L: (1st group only) Check arms above head R-L-R 3&4, (2nd group picks up) Check arms above head L-R-L 5&6, (3rd group picks up) Check arms above head R-L-R 7&8

88 – Move to Triangle formation: R arm punches up 1, switch to L 2, low V 3, high V 4, shake poms down 5-8. Repeat moving arms: R arm punches up 1, switch to L 2, low V 3, high V 4, shake poms down 5-8

8 – Step L punch L arm down and across 1, touch R to L with L arm in diagonal 2, step R punch R arm down and across 3, touch L to R with R arm in diagonal 4, chasse L circling R arm out 5-6, step L with R arm cleaning 7, R arm across body T level 8

8 – step R 1, step across L with arms in prep 2, chaine forward 3-4, chaine forward 5-6, push R hip out arms go High V to Low V 7&8.

88 – Parts center out 1,3,5: step L to back lifting arm over 1-2, chasse R 3-4, step L-R 5-6, dig L with arms in touchdown above head 7, step out L with arms in low V 8. Parts continue to finish 1-2, 3-4, extend R arm up to diagonal 5, bend over head 6, R arm back out 7, bend over head 8.

8 – Parts back to front 1,3,5: step R with box arms 1, pivot to front 2, dig R leg crossing arms in front 3, step out with arms in low V 4, parts continue to finish 5-6, 7-8

8 – Contagion front to back: prep wrapping arms around torso (R in front), sauté leap landing in tuck

8 – Contagion L to R: roll to back opening legs to 2nd position, continue roll to R side

8 – Contagion R to L: circle both arms back and release head

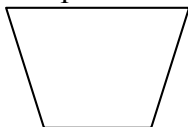
8 – head comes up 1-2, lay on elbows, parts by line: 1st line kicks R-L 5-6, 2nd line picks up kicking R-L 7-8

8 – sit up 1-2, parts front to back: slide into R Z-sit with L arm extended 3-4, parts finish 5-6, or 7-8

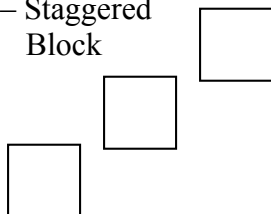
1 – L arm comes to side, R arm slices up to ear, focus up at arm

Formations:

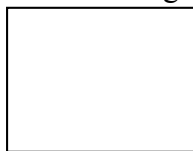
#1 - Trapezoid



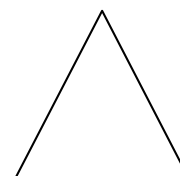
#2 – Staggered Block



#3 – Large Block



#4 - Triangle



“Everywhere” by: Master Blaster (Best of German Hands Up)

Int/Adv Pom - Time: 2:01



Triangle starting with 3 in the front, 4, 5, etc... Everyone facing back

Introduction – Master Blaster

4 flower 1-3, hands to chest 4

88 Groups of 3- Gr1 step back rt, left, arms double T 1-2, step front rt arm up 3, left arm/close foot &, break arms to a tuck 4, pop out 5, tuck 6, low knees 7, hold 8

Gr2 – start on 3-4 step back rt, left, arms double T , step front rt arm up 5, left arm/close foot &, break arms to a tuck 6, pop out 7, tuck 8, high knees 1-2

Gr 3 – start 5-6 step back rt, left, arms double T , step front rt arm up 7, left arm/close foot &, break arms to a tuck 8, pop out 1, tuck 2, stand 3-4

Everyone rt high v left angle 5, rt T/left behind head 6, low v left 7, switch rt 8

8 Standing close/step left, kick 2, turn 3-4, shake poms up rt & left /step back 5&6, punch front/ball change 7-8 Knees – close poms to chest 1, tuck to a bug 2, hold 3-4, high knees/shake poms 5&6, tuck to feet 78

8 Everyone cross poms front 1-2, pump 3 hinge/rt elbow bend &, back down 4, pas de bourre 5&6, Inside V turn back/front v tuck 7, front 8

88 Move to three lines – shake 1-4, rt arm straight down/left at elbow 5, to head 6, down 7, around back of head 8, repeat

8 Triplet opp directions / high v low v 1&2, passé up/arms touchdown 3, L4, around opposite 5-6, chasse opposite 7-8

8 Grande Jete 1-2, step 3-4, turn walk back 6-7, front/poms touchdown

88 Parts 1-3-5 Hands hit T 1-2 or 3-4 or 5-6 T/ball change rt 3-4 or 5-6 or 7-8, pas de bourree 5-6 or 7-8 or 1-2, everyone prep 3-4, double pirouette 5-6, land 7, together 8

88 Parts rt to left Start 1-3-5 – High V 1, close &, Lrt 2, touchdown 3, close to knees 4, X-jump 5, down 6, rock step out rt/high v low v 7&8 2nd group finish 1&2, 3rd group finish 3&4, everyone turn back prep 5-6, chaine 78

4 Center group Calypso on 1-2, chaine out 3-4/1st and 3rd line chaines to ground to high knees 3-4

8 everyone hits leg 1, high V 2, cross rt arm 3, left 4, touchdown/standing passe 5, front /knee group down to a tuck 6, standing Pas de bourree turn/floor tuck 7-8

8 standing swing both hands left 1, switch 2, low left 3, switch 4, punch front 5, close 6, hold 7-8 floor group – hold 1-2, swing up 3-4, switch low 5-6, punch 7-8

8 (new formation)Side groups pas de bourree back 1&2, chasse opposite directions 3-4, prep 5, X – jump front &, land on knees 6, hold 78 Center group – step front 1-2, chasse back 3-4, Step 5, leap 6, turn 7-8

8 Side group pivot front 1-2, pivot 3-4, rt low 5, witch 6, High v 7, close 8

Center group – pivot 3-4, back pivot 5-6, low v plea 7, close 8

88 Move to two lines - cross front 1, hips 2, shake 3-4, high v 5, close 6, low 7, close 8

88 Front line step L R, arms low touchdown left rt 1-2, shake bent arms 3&4, push out rt 5, hold 6, swing around head 7, knee 8, back line start on 3-4 step left right, arms low touchdown left rt, shake bent arms 5&6, push out rt 7, hold 8,

swing around head 1, knee 2, Switch lines R arm high v 3, switch 4, switch 5, close to stomach 6, punch up 7, to a tuck 8

8 Parts around 1-2-3 -4 - step both poms to rt 1, back T 2, opposite side 3, front T, close 5, 6,7,8

88 Move to columns left low diag 1, diag 2, high diag 3, open to high v4, rt around 5, down 6, left around 7, down 8

8 Contagion front to back opposite in columns step out L 1-5, clock L6, shoulder 7, close 8

8 Contagion punch up 1-4, Contagion around 5-8

4 Opposite bend around 1-3, close poms 4

8 Diagonals opposite, cross 1, diag 2, switch 3, switch 4, opposite up 5, close 6, pivot 7-8

8 Every other line 1 or 3 T pops out 1-2, or 3-4, wrap 3-4 or 5-6, Ball change 7-8

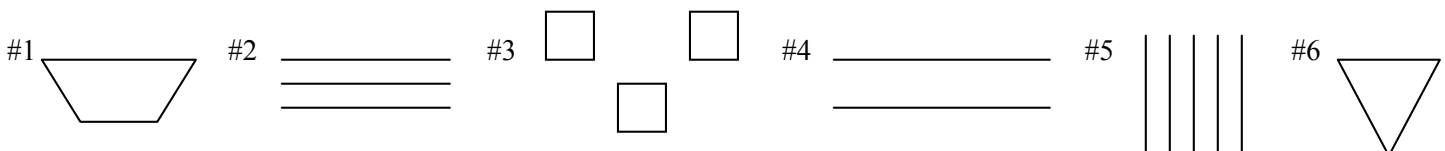
88 Move to ending Triangle – shake 1-4, rt up 5, down 6, left 7, down 8

8 Everyone step kick 1-2, low v plea 3, turn 4, walk opposite arms up 5- 6, releve punch up 7, down low v/ left foot up 8

8 Pas de bourree 1&2, prep 3-4, double pirouette 5-6, land 7-8

8 Levels 1-4, Box start on 5-6-7, Group 1 close 5, open 6, turn 7, switch 8, turn 1, close 2, punch up 4 Group 2 Close 6, open 7, turn 8, switch 1, turn 2, close 3, punch up 5 Group 3 Close 7, open 8, turn 1, switch 2, turn 3, close 4, punch up 5, everyone around to closing 6-7-8

Formations:



“Baby” by Justin Bieber

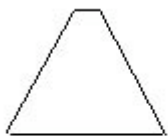
Adv. Pom 1:45



- 8 hold 1-2, high V 3, ½ T &, low V 4, prep 5-6, toe touch 7-8
- 8 Down part: tuck 1, knees 2, clock 3-5, K 6, swoop to head 7, down 8
- Up part: hold 1, punch down 2, ½ T 3, T 4, touch down 5, clean 6, step 7, pitch 8
- 8 roll up 1-4 or turn 1-2 hold 3-4, walk to 2nd formation up 5, in 6, out 7, down 8
- 8 1st & 3rd up/ others down, rocket 1, T 2, rocket down 3, clap 4, rocket to left 5, release 6, across 7, high V 8
- 8 down 1 wrap to back 2, chassé tilt 3-8
- 8 left knee 1-2, hip with right arm up 3, head 4, across 5, open 6, wrap 7, prep 8
- 8 triple 1-3, out 4, clap 5-6, push back 7, close 8
- 8 cheerio 1, around down 2, cross leg T 3, cross arms back 4, prep 5-6, chainé 7-8
- 8 turning disc 1-4, low V then high V 5-7, close 8
- 8 walk to 3rd formation: right arm out 1, left 2, touch down 3, candle sticks 4, wrap/look 5, close 6, prep 7-8
- 8 second turns 1-8
- 8 right arm out 1, drag across 2-3, T 4 down rocket 5, clap 6, punch up to diag. 7, down diag. 8
- 8 swoop 1-2, hip 3-4, push down 5-6, chug 7, close 8
- 8 high V parts 1-2-3: front group- high V 1, swing 2, up 3, knees 4, ground 5, drop 6, hold 7-8
- 8 hold 1, touch down 2, in 3, diagonal 4, low V 5, diagonal &, rocket down 6, stand 7-8
- 8 walk to 4th formation: low V 1, Indian 2, circle 3&4, check down, switch 6, low V 7, clap 8
- 8 L 1, circle 2, head 3, shoot 4, ½ T 5, cheerio 6, parts 7-8-1: out 7, ½ T 8
- 8 K 1, knee 2, hold 3-6, wrap 7, hips 8
- 8 touch down to side 1, check 2, right arm up 3, ½ T 4, switch arms 5-6, circle 7 across 8
- 8 punch out 1, low V 2, grab head 3, low V 4, circle 5, rocket 6, cross 7, switch 8
- 8 right hip 1, left hip 2, right punch 3, cross down 4, close 5, wrap 6, V or T 7, wrap 8
- 8 chassé leap 1-4, step 5, Russian 6, turn out 7-8
- 8 walk to 5th formation: throw to left side 1, switch 2, wrap 3, ½ T 4, punch out 5, T &, soldier 7, switch to back 8
- 8 touch down 1, slide left T 2, prep to front 3, kick 4, close 5, arms out 6, wrap 7, out 8
- 8 K 1, around 2, high V 3, low V 4, cross leg 5, switch 6, circle 7, down 8
- 8 right arm up 1, across 2, shoulder 3, switch 4, touch down 5, down 6, pony 7-8
- 8 L 1, switch 2, turn ½ T 3, pose 4, shake 5-6, rocket to left side 7, release 8
- 8 prep 1, turn 2, T 3, cheerio 4, around 5, up in cheerio 6, turn to back 7, low V front in levels 8

Formations

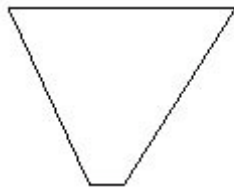
#1 (trapezoid)



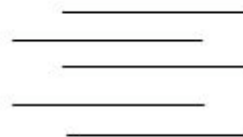
#2 (4 columns)



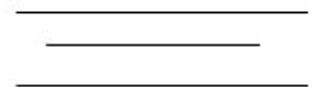
#3 (backwards trapezoid)



#4 (5 lines in windows)



#5 (3 lines)



“Cherry, Cherry” by: Chris Sharp (Matrix Pub.)
Int Field Hoop – Time: 2:00



Beginning in diagonal lines facing front, hoop down to side

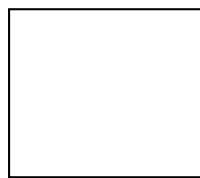
8 hold 1-4, contagion from front of line to back: tendu R foot, hoop in low R diag
8 pick up from back line to front line on 1-3-5: R arm high diag, all close 7, hold 8
8 3 groups starting on 1-3-5: b/c back L facing R 1-2, halo feet together 3-4, circle to L 5, hit to R broken T 6, hold 7-8
8 hold 1-4 while other groups finish, all switch to L and close feet 5-6, flip hoop and look down 7, up 8
8 move to block: arms stay to L 1-2, up 3-4, R 5-6, in front of body and shake 7-8
8 cont. moving repeat arms
8 contagion in opposition, circling to levels-odds baby knees, evens standing
8 Odds: up 1-2, down 3-4, up 5-6 close front 7-8. Evens: down 1-2, up 3-4, down 5-6, close front 7-8
8 Odds: flip hoop down to low L diag 1-2, high L diag 3-4, high R diag 5-6, low R diag 7-8
Evens: high L diag 1-2, low L diag 3-4, low R diag 5-6, high R diag 7-8
8 Reverse: Odds: high R diag 1-2, high L diag 3-4, low L diag 5-6 close 7-8. Evens: low R diag 1-2, low L diag 3-4, high L diag 5-6, close 7-8
8 contagion R-L: odds sit to L hip-hoop out to R; evens tendu R, hoop in high L diag, all shake 7-8
8 switch levels 1-2, switch 3-4, switch 5-6, clean 7-8
8 odds stand shaking hoops 1-4 while evens hold, odds chaine R-evens chaine L hoop in halo 5-8
8 shake hoop in front of body 1-4, reverse: chaine back hoop in halo 5-8
8 pick up from R-L in 3 groups on 1-3-5: shake hoop to L, all shake to L 7-8
8 contagion front to back: releve, step back with R, pull hoop around neck
8 move to chevron: overhead 1-2, flip down 3-4, flip up 5-6, down 7-8.
8 cont. moving: low L diag 1-2, R 3-4, L 5-6, R 7 close 8
88 2 contagions-outside chevron L-R, inside chevron R-L: high L diag start on 1, begin second contagion on 5 turning to face back w/ hoop up, end on second 8
8 outside chevron: step R 1-2, pivot to front 3-4, step R 5-6, pivot to back 7-8. Inside chevron hold 1-4, step R 5-6, pivot front 7-8
8 outside chevron hold 1-4, inside chevron step R 1-2, pivot to back 3-4, all step out to R foot-L foot popped-hoop to R 5-6, switch to L 7-8
8 switch to R 1-2, turn to front over L shoulder with arms still in broken T 3-4, contagion R-L flipping hoop down and up 5-8, head follows hoop.
8 Inside chevron chasse R 1-2, step L 3, leap R 4, land standing 5, hold 6-8. Outside chevron hold 1-2, chasse R 3-4, step L 5, leap R 6, land standing 7, hold 8
8 Move to 3 columns with clock arms: 1-2, up 3-4, R 5-6, in front of body and shake 7-8
8 cont, moving repeat clock arms
8 All contagions from front to back: up and down
8 contagion: outside columns to outside, inside column up
8 contagion: close to center shaking hoop
8 contagion: outside columns circle to outside, inside column squat and recover
8 Move to one line-elbow spacing: overhead 1-2, flip down 3-4, flip up 5-6, down 7-8.
8 cont. moving: low L diag 1-2, R 3-4, L 5-6, R 7 close 8
8 Step R 1-2, tendu with arms in opposition diagonals every other one 3-4, step across w/L 5-6, passé R-halo hoop 7-8
8 Close 1-2, walk to tighter line 3-7, grab neighbor's hoop 8
8 Wave contagion from L-R
8 every other one step forward R-L to split line-pushing hoop out and in 1-2, tendu R-halo hoop 3-4, drop hoop 5-6, hold 7, pose 8

Formations:

#1 – 3 Diagonal Lines



#2 – Large Block



#3 - Chevron



“Messing with the Kid” by Allen Grey (Matrix)
Int Field Streamer Prop – Time: 2:17

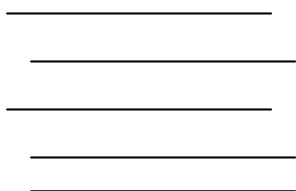


Beginning position: Face to back with R foot in tendu

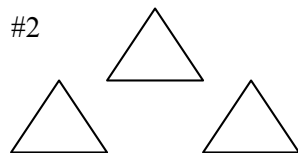
- 8 Ripple from L to R: streamers circle up to come down in Low V/pivot to face front 1-8
- 8 Step touch/reach across w/R streamer and pull 1,2 step touch/reach both streamers across and pull 3-4 chaîné w/streamers circling overhead 5-7 streamers down 8
- 8 Ball change “L arms” 1-2 wrap R streamers around waist to chaîné 3-4 L streamers reaches L/ball change 5-6 L streamer up/close feet 7-8
- 8 Close arms down 1-2 ball change forward/streamers cross low 3-4 step back into hips/low V 5 switch to high V 6 close hand overhead/look 7 open to high V 8
- 8 Lines going every 2 counts: Line one - chasse front 1&2, step 3 battement/arms overhead 4 close down 5-6 hold 7-8
- 8 Continue steps: Line two closes 1-2 Line three closes 3-4 Line four closes 5-6 hit levels w/ high or low V 7 switch high or low V 8
- 8 Ripple from R to L: Standing up with streamers circling around to overhead and back down 1-8
- 8 Traveling to formation two: R arm reaches out/L arm wraps waist 1-2 switch 3,4 streamers overhead 5-6 close dn 7-8
- 8 Triangles begin every 4 counts: Front Triangle – side chasse 1&2 ball change w/windmill arms 3-4 chaîné 5-6 hop out to 2nd position with high V 7 close to tuck 8
- 8 Side triangle continues 1-3 close 4 other side triangle continues 5-7 close 8
- 8 Levels 1-2 poses 3-4 “T arms” 5 circle streamers to low V 6 hit low V 7 close hands in front 8
- 8 Frt triangle recovers 1-4 triangles meet in middle/walk 5-6 sit into hip/L streamer out/R streamer over waist 7 switch 8
- 8 Ripple from R to L circling arms around from right to left: 1-6 close streamers into chest/look down 7 pose w/ low V 8
- 8 Traveling to formation three: R arm reaches out/L arm wraps waist 1-2 switch 3-4 streamers overhead 5-6 close dn 7-8
- 8 Continue traveling: repeat step 1-8
- 8 Every other column begins/other columns pick up after 4 counts: chaîné forward 1-2 hit low V 3 hold 4 chassé forward 5&6 hit “T arms” 7 hold 8
- 8 Continue with columns: soutenu to back 1-2 high V 3, hold 4 continue to hold 5-8 while other columns finish
- 8 Every other column begins/other columns pick up after 2 counts: pivot 1-2 chasse front 3-4 step 5 battement 6 tuck down 7-8 (other columns jeté 7,8)
- 8 Tuck down 1-2 stand clean 3-4 sit into hip/L streamer out/R streamer over waist 5-6 switch 7-8
- 8 Stand clean 1-2 stagger lines 3-4 prissy walk w/streamers low 5-6 prissy walk w/streamers high 7-8
- 8 Circle R streamer down and around to pose: parts from L to R 1 or 2 or 3 or 4 jazz square with one arms 5-7 dig R foot/wrap over chest 8
- 8 Streamers to low V/hips shakes 1&2, shoulder shake to switch to left hip 3&4 Step cut 5-6 step passe w/ “T arms” 7-8
- 8 Step out from passé 1 half pirouette 2 chasse 3&4 “X jump” 5&6 arms circle through high V 7-8
- 8 Wrap arms to R 1-2 clean arms 3,4 traveling to Formation Five w/streamers overhead 5-6 close down 7-8
- 8 Continue traveling: R arm reaches out/L arm wraps waist 1-2 switch 3-4 streamers overhead 5-6 close down 7-8
- 8 Groups every 2 cts; outside ream of triangle begins: Clock arms begin to L/ball change to R 1,2 R streamer comes up/feet together 3,4 L streamer comes up/R streamer to R/ball change to L 5,6 clock arms end to R/feet together 7,8
- 8 Feet together start pick-up circular arms 1-2 Remaining groups finish clock arm section/pick up arms 3- 8
- 8 Step L/together/Step L/dig w/pick up arms cont’d 1-4 step R/together/step R/dig w/pick up arms reversed 5-8
- 8 Outside ream of triangle wraps overhead 1-2 down to low V/pop R knee 3-4 inside triangle repeats 5-8
- 8 Triangle reams start every 4 counts: pivot to back 1-2 pivot to front 3-4, 5-6, arms “T” 7-8
- 8 Continue pivots 1-8
- 8 Popcorn contagion front to back 1-8
- 8 Hit levels 1 or 2 or 3 hold 4 R streamer up/look side 5 hold 6-7 look front 8
- 7 Slow circles to Indian arms 1-6 low V 7

Formations:

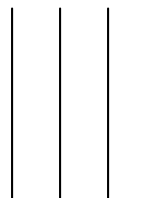
#1 & #4



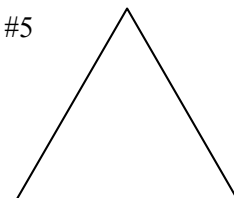
#2



#3



#5



“Mambo” by: Various Artist

Int Prop (maracas, small fan, ruffle puffy sleeves) – Time: 2:33



Beginning formation is a triangle with the fans being the outer V the sleeves being the middle V and the maracas are the back V. Everyone will begin facing the side depending on where they are in the formation (left will face the left side and right will face the right, with the exception of the center girls who will face the front) right leg is popped out in front and head is down.

8- On the second “mambo” or “3-4” each prop will hit a pose (Maracas will hit a cheerio over head, Sleeves will hit mambo position, Fan will cover face with fan left arm on hip. The upper body of these poses need to be turned completely to the front) bring right leg to the back to Ball Change on 5-6 to a right tilt kick on 7 with the right leg landing crossed in front of the left on 8.

8- pop left knee out to face the back on 1 and pull right leg in to left to face the right side on 2 chasse 3-4 step 5 leap with mambo arms and facing the audience 6 land 7-8

8- pull left leg back to sit on 1-2 Ball room dance arms (right-across stomach left in a box with a flicked hand) and flick right leg 3 open body to the front flicking right leg again 4 ball change right leg back & 5 step right leg forward (and face the front) 6 cross left leg back (head will follow until 8) & cross right leg back 7 step left leg & look forward 8

8- Groups (outer, middle and inside triangle) outer triangle- mambo arms with right hip roll to the front 1-2 rond de jambe right leg around to back leaving left leg extended (with a slight bend) arms will hit a rocket to the back on 3 and wrap around the stomach (left in front) 4. Middle triangle will begin the parts on 3-4 end on 5-6 and Outer triangle will begin on 5-6 end 7-8.

8- Begin leaning body back towards the audience while rolling shoulders right on 1 left on 2 right on 3 and release head back on 4 break arms straight up to touch down while flicking right leg out on 5 pull right leg in to dig while bring arms across body with flexed hands 6 rond de jambe right leg around while right arm wraps around head back to front 7 sit on right hip with both hands on right hip as well on 8

8 cross left leg over 1 open with right leg pointing out and facing the right on 2 cross right leg over 3 open with left leg pointing out face the front on 4 (arms will vary with each prop: maracas: will roll their arms on bottom on 1-2 on top on 3-4. Sleeves: will shimmy with their arms out by their sides. Fans: fan in right hand in front of their face and left on hip. Bring left leg to right front diagonal while crossing right arm over hip 5 cross left arm over 6 release head back arms back and around 7-8

8 hit mambo arms and twist hip on 1-2 temps de fleche while bring left arm onto hip and right arm bent in front with flexed hand 3-4 and walk to side 5-7 on 8 hit pose legs will be sitting on right hip with left leg popped to right side (Maracas will hit a cheerio over head Sleeves will hit mambo position fan will cover face with fan left arm on hip)

8- Groups will each begin on counts 1,3, & 5 and end on 4,5, & 6. The movement is the same. Bring right leg into turned out passe and arms into a rocket on 1 sit on right hip facing left with arms by side. Shake on 7-8.

8- Fans and sleeves chasse off with ballroom arms to their designated side. (Maracas continue.)

Maraca Section – start in block formation

8- While fans and sleeves are exiting the stage maracas begin their part/Rows alternating, Row 1: ball change R L, arms break to ‘low v’ 1-2, ball change back R L, arms break to ‘high v’ 3-4, ball change forward R L, arms in “Ole” with R arm over head 5-6, ball change back R L, arms switch to “Ole” with L arm over head, release head. Row 2: Reverse parts. Parts on counts 3-4 and 7-8 become 1-2 and 5-6.

8-Chasse forward R, arms wrap body to R 1-2, L chasse forward arms wrapping to L 3-4, Shimmy back walking R L R L, leaning back, 5, 6, 7, 8

8-Rows Alternating, Row 1: Ball change forward R L, R arm sweeps down then to “T”, L arm rounded at stomach 1-2, Ball change back R L, R arm rests on head, L arm on hip 3-4, Repeat 5-6, Repeat 7-8. Row 2: Reverse parts.

8-Change Formation to “X” Cha Cha Step R L R, hands at hips shaking 1&2, Cha Cha step L R L 3&4, repeat traveling footwork with R elbow resting on L hand 5&6, repeat step with L elbow resting on R hand 7&8

8-Arms rise to “high V”, shaking maracas 1, 2, 3, 4, 5, bring arms down 6-7, pose with hands on hips, facing

inside of “V”, outside foot in dig 8

8-Melt into leveled poses, contagion from outside to inside 1-6, shake maracas 7-8

8-Ball change back L R, arms in ‘Ole’ with R arm over head, release head 1-2, Step L 3, Pencil Turn 4, Prepare for a turn &5, Double coupe turn with right elbow resting on left hand 6-7, Jump out to Second position 8

8- Windmill arms, shaking maracas, head looks down to R when arms reach the R side, wrap arms around body 1-4, Hold 5, L hip bounce &6, Ball change L R, arms come to chest at broken ‘T’ on relevé ‘and &7, R hip bounce ‘and 8’

8-Shake maracas and Party off towards stage R

Fan section – start in trapezoid formation

L hand on hip and fanning face with fan in R hand walk on from stage L in a block formation walking RLRL 5-8 (same 8 count that maracas are leaving stage R)

8 hands stay same fan at chest chaîné turn to R 1-2 again 3-4 step R 5 tour jeté with fan going above head 6 walk RL 7-8

8 R grand jeté with arms in L and R arm up 1 step R 2 walk LR 3-4 contagion from R to L passé L leg then point it out to side scooping arms to L with R arm up 5-8

8 step L towards L and L hand on hip 1 flick R foot fan coming down in front of you 2 step R 3 flick L foot 4 prep for double outside turn in passe 5-6/ Starting in 3 parts from R to L every two counts/ double turn landing out with body facing front and L foot popped and both hands on R hip head facing L 1st group 7-8-1-2

8 2nd group 1-4 3rd group 3-6 switch focus and pop R foot 7 switch again 8

8 ball change LR with L foot in back and in relevé while circling hips back and to L with arms circling down to up &1-2 ball change again &3-4 ball change LR out to L arms coming down to T 5-6 1st and 2nd lines go down 3rd and 4th stay up/ 1st and 2nd L knee goes down 7-8 back rows step out on L to back 7-8

8 front rows sit and roll to back and fan R leg to back 1-2 back rows standing fan R leg with L arm circling 1-2 front rows roll to front sitting on knees 3-4 standing rows turn to front 3-4 all rows hit T arms 5 wrap R in front and L in back 6 shoulder rolls 7 release head 8

8 front rows hit R arm in T looking R coming to high knees 1-2 back rows R arm goes across body to L looking L 1-2 everyone brings R arms up by ear looking up front row stepping up on L 3 everyone close with L arm on hip and fan at chest front row close to standing 4 shoulder roll releasing head fanning self 5-8

8 split down middle and exit off sides fanning self 1-8

Ruffle Puffy Sleeve section – start in two block group formations coming in from both sides

8-transition onto stage entering from both R and L downstage.(entering while fans are fanning themselves off both sides of the stage) If entering stage L passé step L foot with arms R extended out L holding stomach 1, switch arms and step R 2, chasse R,L,R and switch to face the front over R shoulder arms extend up (touching over head) 3 &, pull arms down everything squared off to L side by 4. Repeat passé steps traveling backwards starting on R foot with same arms 5, switch feet and arms 6, repeat chasse but travel over left shoulder facing the back and clean to the stage R side by 8. If entering from stage R; repeat same instructions but begin stepping forward on R foot, switching to the L. Travel over right shoulder to face the back and clean to stage R side by 4. Repeat same steps traveling backward beginning on L foot first.

8-repeat the same traveling eight count as before.

8-chasse traveling to R (feet R,L,R) body stays to the front 1-2, passe step over with L leg to front R diagonal with L arm extending out to side and R arm wrapping stomach 3, look to front 4, plie down onto forced arched with L arm swinging up by ear 5, return to starting position 6, passe step over with R leg to face the front with R arm extending out to side 7, passe step over with L leg arms swing down placing palm of hand on hip bones 8.

8- Two parts: group still on stage R goes first. Passe step over with R leg to front L diagonal with “salsa arms” meaning L arm rounded above head and R arm rounded out in front of chest and both palms facing out 1, plie down onto forced arch and arms switching positions 2, back up to starting position on 3, hold 4-6. Second group on stage left starts on count 3, plie down 4, back up 5, hold 6. Both groups step into their center arms in a broken T with elbows dropped and shake shoulders 7, close feet but leave arms up 8.

8- Next part steps will be the same but reversed sides. Stage L group steps R leg bent and L leg extended with L elbow dropped and flexed hand R arm wrapped on stomach 1, close to face center over R shoulder feet close

together and hands placed on top of each other over belly button. Repeat same step facing the back stepping with L leg and same arms 3, close over left shoulder to the front arms over stomach 4. Stage R group steps facing front with L foot out first 1, closes over left shoulder to face the center 2, repeat step to the back stepping R first. Then turning over R shoulder to close to the front 4. Both groups step on R leg with L foot in a dig arms extended above head facing front R diagonal 5, rond de jambe L leg keeping arms up 6-7, close L leg back to a dig and both arms pull down with elbows down and hands flexed out by side head looking over L shoulder 8.

8- everyone faces front passe step R, L, R, L arm bent with palms facing front swinging from L-R, R-L, L-R, R-L 1-4, on 4 stop facing front R diagonal and begin to roll shoulders back head facing the front and leaning back 5, 6, 7, close to front L diagonal with both hands placed on R hip looking to the front 8.

8- Odd numbered rows step on R leg to face the back with R arm on hip L arm bent shoulders shaking 1, step together with L 2, step out to L (arms the same) 3, together with R 4, step on R leg arms bend and swing to R side 5, arms switch shift weight to L 6, step back on R leg arms switching back and body rotating closer to front 7, stay in same position with both legs in plie and switch head to look over L shoulder 8.

Even numbered rows do all the same movement but stay facing the front the entire eight count.

8- odd numbered rows passe up arms extending up over head facing front L diagonal 1, step down to diagonal arms extend straight out to sides 2, pull back up to passe with arms up 3, and close to the front arms down by sides 4, repeat passe step to the front L, R, L, R arms bent in front with palms forward swinging from R-L first and then continue to switch with each step 5-8. Even numbered rows begin with passe step first starting on L, R, L, R 1-4, then passe on releve to front R diagonal arms by ears above head 5, step down arms straight out by side 6, back into passe 7, close to front arms down 8.

8- Everyone steps over L shoulder stepping onto R leg rotating on L arms clapping above head 1, keep rotating to the front 2-4, begin to walk in a circle around yourself over R shoulder with L arm bent out by side and R arm wrapped around stomach head looking up and over R shoulder 5-7, come to front and passe L leg crossing over to front R diagonal arms open to a box with palms facing out and head to the front 8.

Ending group part

Maracas and Fan will chasse on with ballroom arms for the last 8 count of sleeve part. **Ending Formation** – Sleeves will be in block group in front, fans will be in block group on stage R in back, and maracas will be in block group on stage L in back

8- continuing to adjust to last formation/ hands down by sides walk L 1-2 R 3 and swivel hips to left side on the first “mambo” 4 hands down by side walk R 5-6 L 7 and swivel to right on “mambo” 8

8- Now in last formation Shimmy down facing front and on 1-2 and up on 3-4 then **repeat the entire first beginning part from the ball change tilt kick on 5-6.**

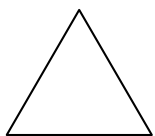
Repeat is seven 8 counts long and fans will still start all steps with parts

8 ending position (front few rows on bottom knees, middle rows on high knees and back standing) turning over R shoulder from last step to the front left leg and head go down 1-2 right leg goes down 3-4 maracas will shimmy then return to end position 5 sleeves hit mambo arms then return to end position 6 fans will fan themselves and return to end position 7 Hold “Mambo” 8

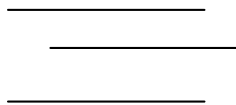
1- hit pose from beginning. (Maracas will hit a cheerio over head, Sleeves will hit mambo position, Fan will cover face with fan left arm on hip)

Formations:

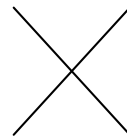
Beginning Formation



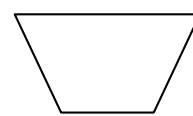
Maraca 1st Formation



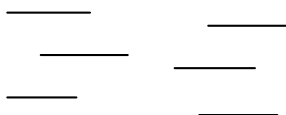
Maraca 2nd Formation



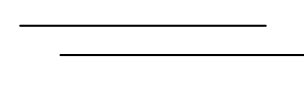
Fans Formation



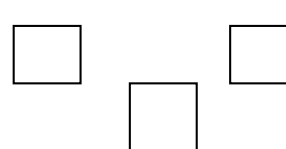
Sleeves Formation



Sleeves 2nd Formation



Ending Formation



“Any Way You Want It” by: Ralph Ford (Alfred Publishing)

Int Field Kick – Time: 1:20



Beginning Position: staggered lines

4- Hold

8- Parts (group A front line- knees/ group B back line- standing) group A: push lt. arm down with flexed hand and rt. arm on hip 1-2, push both arms up to touch down 3, push down to low V with flexed hands 4, group B: push rt. arm down with flexed hand and lt. arm on hip 5-6, push both arms up to touch down and step out to rt. 7, push down to low V with flexed hands 8.

8- Close arms by side and stand 1-2, pivot rt. to face bk in groups (3-5), step rt. 5 or 7, close feet together (lt. to rt.) 6 or 8.

4- Walk forward or backwards (step- together) 1-2, hook up 3-4

8- Around the world kicks right: JKR to left diagonal 1-2, JKR to center, JKR to rt. diagonal, point 7, point 8.

8- Around the world kicks left: JKL to right diagonal 1-2, JKL to center, JKL to lt. diagonal, point 7, point 8.

8- Straight Kicks: JKR 1-2, JKL 3-4, JKR 5-6, prep 7, jump with legs together & 8.

8- Recover 1-2, move to straight line 3-8 (the three blocks create one block)

8- Straight Kicks: JKR 1-2, JKL 3-4, JKR 5-6, hold 7-8.

8- Cowboy kicks: Cross feet 1, jump to second position 2, cross 3, JKR to rt. diagonal 4, repeat to left 5-8.

8- “New Yorker” kicks: JKR to left diagonal 1-2, passé 3, point behind to rt. 4, prep 5, rt. fan kick 6, close 7, hold 8.

8- Back ball change rt./ lt. 1-2, lift rt. leg to neighbor to your rt.’s back 3-4, bow 5-6, recover 7-8.

8- Move to 2 staggered blocks: recover 1-2, cross rt. arm down to lt. 3, bring rt. arm up to high rt. diagonal 4, cross lt. arm down to rt. 5, bring lt. arm up to high lt. diagonal 6, bring arms down slowly to low V 7-8.

8- Repeat arms while moving: cross rt. Arm down to lt. 1, bring rt. arm up to high rt. diagonal 2, cross lt. arm down to rt. 3, bring lt. arm up to high lt. diagonal 4, bring arms down slowly to low V 5-6, hook- up 7-8.

8- Star kicks: JKR to lt. diagonal 1-2, JKR center 3-4, JKL center 5-6, JKR rt. diagonal 7-8

8- Continue star kicks: JKL to rt. Diagonal 1-2, JKL center 3-4, JKR center 5-6, close 7-8.

8- Two outside blocks: (move to center to create 1 block) cut 1, step towards center 2, step to second position 3, grapevine- step back 4, step to second position 5, cross in front 6, flick kick 7, step towards center 8.

88- Outside blocks: (continue moving to center with footwork and kicks) swing kick 1, step 2, close 3-4.

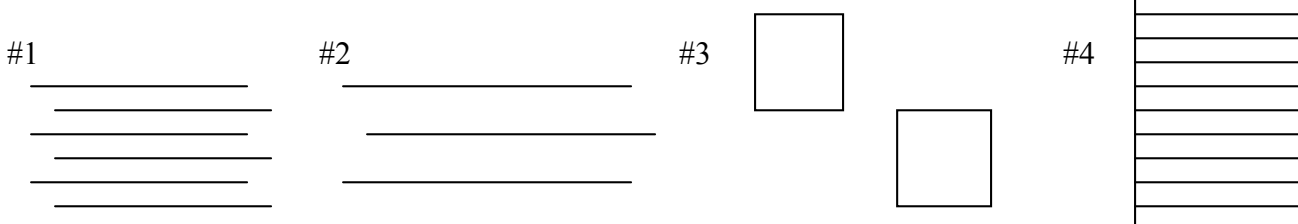
Parts front to back (5-7-1): Group 1- passé 5, open passé 6, go down to rt. knee 7, head up 8. Group 2- hold 5-6, passé 7, open passé 8, go down to rt. knee 1, head up 2. Group 3- passé 1, open passé 2, go down to rt. knee 3, head up 4/ Group 1- stand and kick rt. 5, close 6/ Group 2- stand and kick 6, close 7/ Group 3- stand and kick 7, close 8.

8- Killer kicks in opposition (every other line): Group A- JKR to rt. diagonal 1-2, JKR to back rt. diagonal 3-4, JKR to rt. diagonal 5-6, close 7, hold 8. Group B- JKL to lt. diagonal 1-2, JKL to back lt. diagonal 3-4, JKL to lt. diagonal 5-6, close 7, hold 8.

8- JKR 1-2, JKL 3-4, close and unhook 5-6, tuck 7-8.

1- Pose in levels with arms (M-O: Stand, high knees, low knees)

Formations:



“Fame” arranged by Victor Lopez

Int/Adv Field Kick – Time: 1:40



Beginning Formation: Staggered block

8 Hold facing L wall, R foot in parallel dig, arms at side, head looking straight 1-4 Contagion starts L to R: single R chaine forward; R foot steps to releve second position square to front, R arm breaks to straight up, head looking forward; sit into R hip, break R arm down to side, L arm breaks to straight up, head looks R 5-8

8 Contagion continues 1-6 All together: Switch weight to L foot, R foot ball changes behind L foot, L arm lowers to “T”, head looks toward L arm

8 Close L arm to side and step to R with R foot 1, Step onto L foot and plie 2, X jump square to front, arms break to touchdown, land on R foot, arms break down 3-4, ball change L foot behind R foot 5-6, step to L with L foot 7, pull R foot parallel to L on releve facing R, wrap arms around waist L in front R in back, release head 8

8 Two parts, every other row: Step L foot across square to front, hands at arm pits, elbows in at sides 1, touch R foot to R side, arms “snap” down to sides 2, step R foot across, arms flip into body 3, touch L foot to L side, arms break to touch down and “snap” 4 OR Step L foot across square to front, arms flip into body 1, touch R foot to R side, arms break to touch down and “snap” 2, step R foot across, hands at arm pits, elbows in at sides 3, touch L foot to L side, arms “snap” down to sides 4; All together: From either arm position, wrap arms around head, cross L foot over R, soutenu over R shoulder to face back, drop arms, dig L foot 5-8

8 Three groups, L to R, starting on count 1, 3, or 5: Step L foot square to L side, cross arms at chest 1,3,5; kick R foot to R shoulder, square to front, arms in “L” with L arm by ear 2,4,6; arms drops to side, step R across body, head looks side 3,5,7; step L, head stays looking side 4,6,8; R foot passé, L foot releve, R hand thumb forward on R hip, L arms flicks side to straight at shoulder level, head looks at audience 5,7,1; R foot steps down to side, arms in same position, head stays toward audience 6,8,2; body squares off to audience, head looks to L side, L hand thumb forward on L hip, L leg points toward L side shoelaces front 7,1,3; Everyone: Hold 4, Drop arms, head to audience, walk to high kick line (**2nd Formation**) 5-7, hook up 8

8 Knee drop contagion from center to the ends

8 L foot step front, passé R leg across body, head to audience 1-2; R foot step across body, passé L leg across body, head to audience 3-4; L foot ball change, hips square to R side, head to R side 5-6; close feet parallel, body square to front 7-8

8 Jump kick R, jump kick L, jump kick R 1-6; close feet 7; head nod & 8

8 Around-the-world: jump kick R to L shoulder, jump kick R forward, jump kick R to R shoulder, head follows each prep 1-6; close feet square to front and plie 7; “X” jump, land together & 8

8 Around-the-world: jump kick L to R shoulder, jump kick L forward, jump kick L to L shoulder, head follows each prep 1-6; close feet square to front and plie 7; “X” jump, land together & 8

8 Close arms at sides 1-2; Two parts will be moving girls to staggered line (**3rd Formation**), every other dancer: Left pivot turn to back, arms at side 3-4, step L to back, arms at side, head to back 5, R ball change to back, switch body square to front, arms at sides, head audience 6-7, step R front 8, step L front, plie, arms cross at chest 1, grand jete to front, arms high “V” 2, land in tuck, hands on either side of body head looking down 3-4 – OR– Left pivot turn to back, arms at side 3-4, step L to back, arms at side, head to back 5, step R to back, arms at side, head to back 6, L ball change to back, switch body square to front, arms at sides, head looking at audience 7-8, step L front, plie, arms cross at chest 1, grand jete to front, arms high “V” 2, land in tuck, hands on either side of body, head down 3-4/ Contagion R to L: Roll to back toward L side, end with both knees bent, R knee against floor, L knee toward ceiling, R hand next to body on floor on R side with straight arm, L arms straight, wrist resting on L knee

8 Contagion continues 1-4; lay back on forearms facing L side, knees bent and together, toes on floor, head looks at knees 5-6; kick R leg straight to ceiling, keep L leg bent 7; kick L leg straight to ceiling, bend R leg back to floor 8

8 Kick both legs straight to ceiling 1; bend both knees back to floor, head releases back 2; hold 3-4; sit up straight, arms straighten behind body, hands flip on floor, fingers pointing away from body, head looks at audience 5-6; roll to back over L shoulder to stand 7-8

8 close L foot to R foot parallel 1-4 clip turn R foot behind L foot 5 turn over R shoulder, square body to front, hook up 6; R jump fan 7-8

8 R jump fan 1-2; R chasse to R side, square to front 3-4; step L to R side, head looks to R side 5; R swing kick to R side, head looks to R side 6; R leg steps behind, pas de bourree R, L, R, ending to L side, head follows R, center, L 7-8-1

8 L Swing kick to L side, head looks to L side 2; step L to L side 3; pick up R foot 4; R foot steps across body to L side, ball change forward, head looks to L side, slight lift 5-6; R foot steps to R side, body square to front, head looks to L side 7; L leg passé across body, L knee pointing to R side, R foot flat on floor, head looks to R side 8

8 L foot steps to L side in second position, plie both legs, head to audience 1; jump straight up, straighten legs, hit feet together, head drops to chest 2; land in second position, plie, head to audience 3; jump feet together parallel, head to audience 4; step R to R side, head to audience 5; L flex kick across body, head looks to R side 6; step L to R side, head looks to R side 7; R flex kick to R side, head looks to R side 8

8 Step R to R side, head looks to R side 1; L flex kick across body, head looks to R side 2; step L to R side, head looks to R side 3; close R foot to L parallel, head to audience 4; L developpe jump kick to L shoulder, head tilts away from leg 5-6; L chasse to L side, body square to front 7-8

8 Jump kick R, jump kick R 1-4; Jump kick L to L side, head follows prep 5-6; step L to L side, head looks to L side 7; pull R foot to L foot parallel releve, switch hips to face R side, head looks to R side slightly lifted 8

8 Step R, L, R to R side, head looks to R side 1-3; half turn over R shoulder to face L front diagonal, close L foot to R foot parallel, drop arms to side, head follows body 4; L foot wide ball change behind R foot, arms straight up to "L", L arm by ear, head to audience 5-6; close L foot to R foot parallel, arms close straight to side, head looks to front diagonal 7-8

8 Contagion L to R: Plant R foot, slide backward into R split, drop forearms on floor next to front leg, drop upper body to front leg

8 Recover body straight up, arms low "V", fingers touching floor, head looks L diagonal 1-2; Z-sit, drop head to chest 3-4; step onto L foot, square body to front, head to audience, arms at sides 5-6; close R foot to L foot parallel, arms at sides, head to audience 7 hook up 8

8 Two end sections of line: Walk straight forward, stay hooked up –OR– middle section of line: jump kick R jump kick L jump kick R 1-6; all close feet together 8 (**4th Formation**)

8 All together: Graduated kicks: Jump point R head down on point, jump waist L head up on kick, jump kick R, jump kick L 1-8

8 Close feet 1; close arms 2; two front lines: drop to L knee, hips face L diagonal, head to audience, arms at side 3-4; drop R knee parallel with L knee, head to audience, arms at side 5-6; sit on feet, head drops to chest, arms straighten, hands overlap on knees 7-8 –OR– back line: hold 3-6; Turn hips to L diagonal, dig R foot, plie both legs, arms straighten, hands overlap on knees, head drops to chest 7-8

&1 Front two lines: R hand thumb forward on R hip, L arm breaks through straight up by L ear, jazz hand palm forward, head released back –OR– back line: L knee straightens, R hand thumb forward on R hip, L arm breaks through straight up by L ear, jazz hand palm forward, head released back

1st Formation

2nd Formation

3rd Formation

4th Formation

“The Way You Make Me Feel”

by: David Guetta (feat. Kelly Rowland)

Int/Adv Pop Kick – Time: 2:28



Beginning Formation - Start in double pointed triangle

8 start facing back with R foot in dig hold 1-4 roll hips to R 5-6 again stepping out onto L foot bringing hands to hips looking over R shoulder 7-8

8 contagion over R shoulder from R to L windmill arms R then L backwards bending over and ending with L arm up by ear and L foot pointed out 1-6 step onto L touch feet together and throw arms back 7-8

8 step L turn over R shoulder to front 1 rond de jambe R foot rolling head to R and throwing arms to broken T w/ R arm out 2 step R 3 flick R foot pushing R arm across body going to L 4 step R 5 flick jump L then R throwing up arms by ears 6-7 step L 8

8 R foot in dig arms on hips roll hips 1-2 ball change RL rolling head to L with hands on top of each other in front of body 3-4 circle arms above head to L and step onto L facing back ending with R arm wrapped across stomach and L arm in T 5-7 Pick up step in three groups R to L stepping on R foot preparing for single or double inside turn in passe with arms wrapped 8

8 turn 1-2 arms come down cut R foot forwards 3 step R 4 step to front L 5 straight jete to front arms up by ears 6 step L 7 sit onto R leg with L foot popped and arms in circle on R hip looking R 8/ other groups start on 2 and 4

8 L group ends on 4 walk L R L 5-7 hook up and close feet 8

8-straight kicks to the front R,L,R 1-6 close feet together 7, open feet to second 8

8- close feet and prep to L diagonal 1, kick L leg 2, prep to front 3, kick R 4, prep to front 5, kick 6, prep to R diagonal 7, kick R leg 8.

8- prep L diagonal head looks to the front 1, head turns back to side kick R leg again 2, close to R diagonal again 3, ball change back on L leg keeping body to R diagonal &4, switch hips to L diagonal 5, ball change back on R leg hips staying to L diagonal &6, bring both legs together hips facing R diagonal in plie head to the front 7, switch hips to L feet come to releve &, back down to plie on R side 8.

8- step to R diagonal with L foot 1, passe R leg switching hips over to L diagonal 2, put foot down to L diagonal 3, walk L, R 4-5, kick L leg to L diagonal 6, step back straight back leaving body to the diagonal 7, switch hips to front and shifting weight onto R leg leaving L leg pointed out to the side 8.

8 Every other line goes in opposition to either L or R/ step back on L 1 out on R to second position 2 onto L 3 kick R facing R 4 step R 5 flick kick L and look front 6 step L 7 flick kick R on 8

8 step R 1 ball change L R facing L &2 step out in second on L 3 back on R 4 out in second on L 5 step front R 6 kick L 7 step L 8

8 passe leg that's out looking front 1 point looking back side 2 replace pointed foot with other leg 3 switch again 4 jump kick R 5-6 jump kick L 7-8

8 In three groups front to back pick up step/ front group goes to L knee 1-2 bows 3-4 split 5-6/ 2nd group starts on 5

8 Last group starts on 1, ends on 5-6 everyone z sits 7-8

8 roll contagion to stand up facing back from front to back 1-6 turn over L shoulder to face front ball change on L wrap L arm around stomach and R arm in T head releasing back 7-8

8 move to **2nd Formation - two lines**/ hands in pockets rolling shoulders LR walking LR 1-2 chasse on L foot wrapping arms over head 3&4 arms hands back in pockets rolling shoulders walking RLRL 5-8

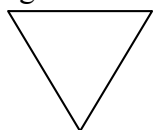
8 still moving, walking RL hands in pockets and shoulders rolling 1-2 R chasse wrapping hands over head 3&4 hands back in pocket rolling shoulders walking LRL 5-7 waist hook up on 8. Left foot dig, facing the R, looking to the R.

8 Leaving hips to the R, walk for forward starting with your left foot and look forward on 1-3, bring your right foot around to sous-sous facing the left on 4, passe 5, put it down behind on releve on 6, switch R&L still on releve 7-8.

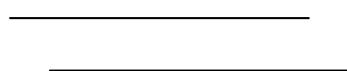
8 Stepping with your R foot 2 flex kicks 1-4, Step R 5, rond de jambe L leg through passe 6, place behind you in deep lunge 7, look forward on 8.

- 8 Ripple from R to L with tucked position knee swivel from R to L, 1-8
- 8 Ripple from L to R, Passe 1, Shoot it back &, Flip hips to the right and sit 3, 1-8
- 8 **3rd Formation** -Separate into Staggered block 1-4, R hand to shoulder, R foot in passe &, Shoot R foot out to the side, L arm to ear on 5, drop L arm across your body to R wall 6, Open to the front and present across 7-8.
- 8 releve half turn to the back landing in a sit position with L hand wrapped and R arm T 1-3, Step (prep) L 4, Side right kick 5, turn out 6, prep R L 7-8.
- 8 Two chaines up and down 1-4, straight jete 5-6, land 7-8.
- 8 Drag on L, R arm Windmill 1-2, drop and roll 3-6 ending on knees facing left wall, Cross arms 7, Facing the front left hand on head, r arm in low V 8.
- 8 Slice right arm across and lean back 1-4, Step up on left 5, clip turn to stand up 6-8.
- 8 Move into Block by closing in staggers 1-8
- 8 plie feet together with arms straight and touching knees looking down 1-2 circle arms up and over to hook up releasing head and stepping back on L foot pointing R in front of you 3-4 step R 5 flick kick L leg to front 6 step L 7 straight kick R 8
- 8 jump fan L three times 1-6 point R foot to L turning body to L 7 and reverse to R 8
- 8 do this all in reverse to R with 3 R fans
- 8 jump point L foot looking down 1-2 jump kick R leg waist level looking up on kick 3-4 jump high L kick 5-6 close together 7 unhook 8
- 8 **4th Formation** - move to Vs and will hook up and kick facing outside diagonals/same moving transition as earlier from triangle to 2 lines
- 8 continue moving
- 8 graduated kicks jump point R then Jump point L 1-4 Jump kick waist R then L 5-8
- 8 jump kick high R then L 1-4 jump kick high R 5-6 passe 7 point in front 8
- 8 Outside V and inside V will go in opposition level of pointing and high kicking/ outside V starts with jump high kick R then L 1-4 then jump point R then L 5-8/ Inside V does opposite
- 8 unhook 2 cross R foot over L if on L side of V's and unwind turn to tuck facing front 5-8/ opposite for R side of V's
- 8 hit either high knees (outside V) or standing (inside V) 1 R look up and shoot R arm up by ear 2

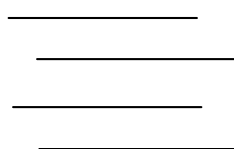
Beg. Formation



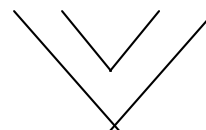
2nd Formation



3rd Formation



4th Formation



“Entry of the Champions”

by: Jim Mahaffey (Jalen)

Int. Field Military- Time: 2:00



Beginning Position: 3 staggered lines, start facing opposite directions in a tuck position, head down.

8- Parts (1-3-5) Rt. to Lt.- Stand and open to X position 1, tuck 2, 3-4, or 5-6, everyone flat back to stand 7, stand and close feet 8.

8- Move to 3 staggered blocks with arms: raise arms to high V 1-4, pump arms to high V 5, T arms 6, low V arms 7, close 8.

8- Parts F-B by lines(1-3-5): pivot rt. arms in low V 1, face back and arms crossed at chest 2, pivot rt. with arms in high V 3, face front with arms crossed at chest 4, (Begin going down in levels on 5) rt. diagonal arms 5, broken rt. diagonal 6, switch 7, lt. diagonal 8.

8- Continue parts 1-4, switch arms with rt. arm up in parts- 5-6-7, hold 8.

8- Parts lt. to rt. by blocks (1-2-3): Chaser arms start down to lt. 1, bend rt. arm up 2, switch arms 3, both arms to lt. diagonal 4, open to high V 5-6-7, hold 8.

4- Low V 1, circle arms to close by side 2-3, hold 4.

8- Parts lt. to rt. by blocks (1-3-5): pull arms up to lt. 1, switch to rt. “&”, switch to lt. 2, touch down arms up 3, pull arms down to rt. 4, continue parts 5-6, 7-8.

8- Recover to stand 1-2, begin moving to 1 Block: check arms at hips to rt. 3, switch to lt. 4, switch rt. 5, switch lt. “&”, switch rt. 6, switch lt. 7, open to low V 8.

8- Continue moving: bring arms up slow to high V 1-3, prayer 4, prayer down 5, prayer up 6, down 7, up 8.

8- Flexed arms to diagonal arms (in opposition, every other line) 1, switch diagonal arms 2, T arms 3, prayer arms “&”, T arms 4, tilt with diagonal arms 5, switch diagonal arms 6, center T arms 7, prayer 8.

4- Create staggered lines: Group A- bow 1-2, hold 3-4/ Group B- step to lt. 1-2, bow 3-4.

8- L arms (in opposition)1, switch L arms 2, switch 3, one arm daggers at chest (in opposition) “&” switch dagger arm at chest 4, pull arms to side 5, switch 6, switch 7, push arm straight up “&”, switch arm up 8.

8-Arms in opposition every other line: Touchdown arms up/ down 1, high V/ low V 2, T 3, low V/ high V 4 clap down/ up 5, T 6, clap up/ down 7, clap down/ up 8.

8- Slow walk forward bringing arms up to high V 1-3, close feet 4/ or backwards with arms down to low V 1-3, close 4, reverse direction and arms 5-7, close feet 8.

8- Contagion (F-B lt. diagonal): clap over head to tuck 1-4, Contagion (B-F) begin to roll up towards lt. to stand to face lt. diagonal with lt. arm up in diagonal 5-8.

8- Continue contagion to stand 1-4, drag back rt. with lt. arm straight out 5, drag back lt. with rt. arm straight out 6, step back rt. with prayer arms at chest 7, close to front 8.

8- Contagion (L-R): Pull arms to lt. step out rt. 1, pull arms to rt. 2-4/ Parts Group A- T arms on 5, close 6, Group B- T arms 7, close 8.

8- Move (groups of 5 for stunt) arms: low V 1, clap thighs 2, low V 3, clap thighs 4, rt. arm dagger 5, lt. arm dagger 6, push arms straight out 7, close 8.

8- Repeat arms and continue moving and face back 1-8.

8- Prep for split while facing back 1-2, split 3-4, switch to face front in splits 5-8.

8- Walk forward or turn in circle 1-8

8- Recover 1-4, face front 5-6, head down 7, up 8.

88- Move to 2 triangles: repeat check arms (check arms at hips to rt. 1, switch to lt. 2, switch rt. 3, switch lt. “&”, switch rt. 4, switch lt. 5, switch rt. 6, switch lt. 7, open to low V 8.

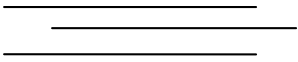
8- Step out in opposition 1, Bow with flat back and step out to second position (each triangle in opposition) 2-3, check arms 4, switch check arms 5, high V 6, clap 7, close 8.

4- Go down in levels (low knees, high knees, standing)

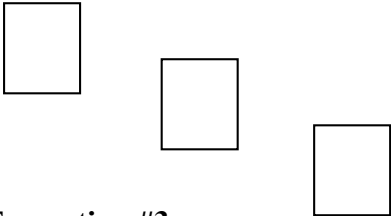
8- Broken T arms 1, clap down 2, low V 3, break through to low V again “&4”, prayer at chest 5, clap high 6, high V 7, break through to high V “&8”.

8- Indian 1, clap back of hands “&2”, broken T 3, cross push through 4, T 5, close 6, head down, head up 8.
8- Slow arms up 1-3, clap 4, close 5, head down 6, pose 7.

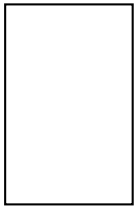
Formation #1



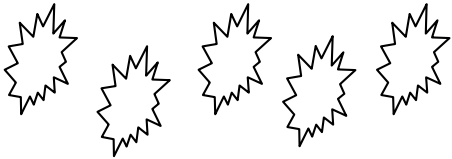
Formation #2



Formation #3



Formation #4 (Groups of 5 for stunt)



Formation # 5 (Move to 2 Triangles)



“Seven Nations Army” – by: Dallas Burke (Matrix Pub.)
Int/Adv Field Military – Time: 2:10



Beginning Formation: one long line, facing the back

8 contagion L to R right clip turn arms up to rocket 1-8
 8 contagion R to L every other person bow to flat back or hold 1-8
 8 G1- down on L leg 1-2, R 3, sit arms to ½ T 4, invert 5, R up 6, “L” with left arm up 7, diamond 8
 G2- walks front to stagger lines ½ T 1, L dagger 2, switch 3, ½ T 4, invert 5, R up 6, “L” with left arm up 7, diamond 8
 8 contagion from center, rotate diamond to up or low level (G1- full circle to outside G2- ½ circle to outside)
 8 2 groups- Line 1- fold 1, R front &, open 2, switch arms 3, fold in 4, arms front 5, ½ T 6, break to T 7, recover 8 Line 2-
 fold 3, R front &, open 4, switch arms 5, fold in 6 arms front 7, ½ T 8, break to T 1, recover 2
 8 continue 1-2, R wrap 3, look L 4, line 1- roll to back stand 5-8 (line 2- ball change &3, kick R 4, pivot to back 5-6 close
 7-8)
 8 walk to block facing back R arm up 1, chaser 2, touch down 3, close 4, arms circle open 5-8
 8 continue 1-8
 8 pick up L to R 3 groups 1/2/3 turn over L shoulder Indian 1, flex 2, pull 3, push 4, 3 step turn R arms over head R to L
 5-7, tuck 8
 8 continue pick up- roll 1-2, high knees R arm in ½ diagonal 3, seatbelt and sit 4, up open arms to diagonal 5, windmill
 arms 6-7, roll 8
 8 continue pick up- roll to stand 1-2 or 3-4 or 5-6, R arm up 7, turn to face front arm recovers 8
 8 every other line opposition- step outside leg and audience arm 1, close blade arm up 2, passé pray 3, “x” 4, every other
 line circle arms 5 close 6, or 7 close 8
 8 R arm in chest chaser 1, L in R low 2, L to low V 3, prepare 4, R chaine arms ½ T 5-6, arms break to T 7, recover 8
 8 2 Groups every other line 1/3- T 1, tuck 2, pike 3, T plie 4, pike 5, up 6 group 2 up 8
 8 R check 1, L check &, high V 2, R in 3, L in 4, cross in front 5, elbows in swing arms out 6, low V 7, close 8
 8 walk to small staggered triangles- arms meet at L diag 1, pull R down 2, chase 3, arms at R low diagonal 4, open L to
 low V 5, meet 6, windmill R up 7, close 8
 8 repeat arms
 8 slice R arm 1-2, and all roll to 3 levels within each triangle 3-8
 8 groups within each triangle 1/3/5 chop L 1, switch to R &, back L 2, R across clockwork 3, “L” 4, switch 5, look R 6,
 continue groups 7-8
 8 group continue 1-2, L across 3, high knees “L” 4, switch 5, R in 6, every other triangle clip turn to back L arm in 7, L
 arm slice across 8
 8 indian 1, open with R up to head 2, “S” 3, switch 4, rotate in 5, all triangles face front indian 6, flex 7, down 8
 8 every other triangle moves forward or back arms in opposition- G1 walk front low V 1, T 2, high V 3, rocket 4, plie
 arms move clockwise 5-8 G2- walk back arms high V 1, T 2, low V 3, rocket low 4, rotate arms clockwise 5-8
 8 move to vertical lines within each triangle pray 1, invert 2, down 3, low V 4, in 5, invert pray 6, pray 7, close 8
 8 continue walking without arms 1-8
 8 step side in opp F to B arm out 1-2, across 3, contagion F to B within each line windmill arm to face front and tuck
 8 continue 1-6, stand 7-8
 8 move to staggered block facing front R arm up 1, chaser 2, touch down 3, close 4, arms circle open 5-8
 8 continue R arm up 1, chaser 2, touch down 3, close 4, arms circle open 5-8
 8 groups F to B 1/3/5 twist to side ½ “T” 1, close 2, rocket to back 3, feet close 4, continue 5-8
 8 every other line step out to 2nd in opposition T 1, turn to F ½ T arms 2, step to center T arms 3, close feet arms ½ T 4,
 flip to box arm 5, L out R down 6, switch 7, close 8
 8 3 groups F to B 1/3/5 – step R pray 1, R kick rocket arms 2, step front low V 3, wrap to back 4, tuck to front arms
 extended 5, continue 6-8
 8 continue 1-2, hit levels 3-4, R up 5, windmill arms slow 6-8
 8 R check 1, L check &, high V 2, R in 3, L 4, cross 5, swing elbows 6, low V 7, recover 8
 1 pose 1

Formations:

1. _____ 2. _____ 3. 4. 5. 6.

“Intergalactic” by: Beastie Boys

Int. Military– Time: 2:07



Start in four lines, head down, feet together

8 Hold 12, bend rt arm/look up 3, left &, close/head down 4, rt to shoulder 5, cross rt to left angel/left on shoulder &, close alligator front 6, flower open &, close around opposite 7, both hands to ½ T &, close look down 8

8 Parts 1-2-3 rt T/left bent 1, switch &, back/look rt 2, up to diag/look 3, switch diag/look front &, down left 4 or 5, or 6, everyone open low v flex/heel 7, close 8

88 Parts 1-3-5-7 step rt/arms bend straight front 1&, left step 2, rt bend up,/left to elbow 3, close to box &, tuck 4, walk left swing arms 5&6, rt arm to audience 7, close side 8, bow 1, tuck 2 or 4 or 6, last group does not tuck, everyone stand 8

8 everyone turns front arms low diag 1, close to head 2, open &, close back 3, back to low diag front 4, box 5, open &, close 6, open &, slide 7, switch hands &, cross over shoulder flex 8

8 step over flex ½ t left 1, switch &, back 2, ½ T 3, cross up or down &, hi v or low v 4, turn opposite direction 5, close/step 6, keep walking/swing arms 7&8

8 8 Parts 1-3-5-7 front to back – ½ left &, switch rt 1, ½ T up &, switch 2, chase break down 3, close 4, or 6, or 8, or 1, 1st and 3rd line punch front 1, close 2nd and 4th line punch front 3, close 4, everyone walk together to two lines/ low v 5, close 6, look rt 7, front 8

8 walk to partner 1-3, turn side 4, arms shoot front 4, diag up or down 5, break ½ T 6, up or down opposite diag &, close 6, switch 7, switch opposite &, close diag up or down 8

8 L work – front person – rt arm front 1, L to left &, switch rt 2, left over 3, close to a tuck 4 Back person face back rt out side 1, Left &, switch 2, side 3, ½ face & front/close look down 4, front high knees 5 low v, close &, high v 6, tuck 7-8 Back high v 5, close &, low V 6, punch front 7, close 8

88 Move to three lines –rt check 1, switch 2, slap hand 3, rt out 4, swing 5&6, rt slide 7, switch &, close 8

8 Parts rt to left - clock front 1-3-5 step back left/rt arm front 1, L rt up 2, left up/rt broken 3, left broke/rt close 4, close/tuck 5, levels 6 or 8 or 2 of next count

8 Parts front to back chaser – 1-2-3 Front line - rt ½ t 1, Rocket up &, rt 2, tuck 3-4, stand flower front 5, rocket front 6, ½ T &, wiper blades rt straight 7&8 2nd line – rt ½ t 2, Rocket up &, rt 3, tuck 4-5, rocket front 6, ½ T &, wiper blades rt straight 7&8 3rd line - rt ½ t 3, Rocket up &, rt 4, flower front 5, rocket front 6, ½ T &, wiper blades rt straight 7&8

88 Parts left to right – 1-2-3 1ST Group -step rt/ high V 1, circle & around to low/ left passé 2, slice rt up diag/left on hip 3, switch to rt shoulder/ rt behind head &, switch low diag 4, rocket to left foot 5, switch rt 6, up to side close hands and elbow rt 7, open front box &, close left 8, side flex 1, look front 2, hold 3-4, open flex front T 5, to rt 6, hold 7-8 2nd Group -step rt/ high V 2, circle & around to low/ left passé 3, slice rt up diag/left on hip 4, switch to rt shoulder/ rt behind head &, switch low diag 5, rocket to left foot 6, switch rt 7, up to side close hands and elbow rt 8, open front box &, close left 1, side flex 2, look front 3, hold 4-5, open flex front T 6, to rt 7, hold 8 3rd Group -step rt/ high V 3, circle & around to low/ left passé 4, slice rt up diag/left on hip 5, switch to rt shoulder/ rt behind head &, switch low diag 6, rocket to left foot 7, switch rt 8, up to side close hands and elbow rt 1, open front box &, close left 2, side flex 3, look front 4, hold 5-6, open flex front T 7, to rt 8

88 Parts left to rt – 1st Group step back rt low diag 1, to the back ½ diag &, switch 2, close flex over rt shoulder 3, open to 2nd 4, close feet /rocket &, chest 5, rocket down/fold 6, tuck 7, walk hands out 8&1(head looks up 1), push back 2, knees 3, rocket front /step rt up 4, open flex look rt 5, close front 6 2nd Group step back rt low diag 2, to the back ½ diag &, switch 3, close flex over rt shoulder 4, open to 2nd 5, close feet /rocket &, chest 6, rocket down/fold 7, tuck 8, walk hands out 1&2(head looks up 2), push back 3, knees 4, rocket front /step rt up 5, open flex look rt 6, close front 7 3rd Group step back rt low diag 3, to the back ½ diag &, switch 4, close flex over rt shoulder 5, open to 2nd 6, close feet /rocket &, chest 7, rocket down/fold 8, tuck 1, walk hands out 2&3(head looks up 3), push back 4, knees 5, rocket front /step rt up 6, open flex look rt 7, close front 8

88 Move to two lines Rt hand over shoulder 1, close 2, switch left 3, close 4, arm breaks rt 5, switch left &, close 6, rt elbow up 7, slice rt low front/left on elbow &, switch 8

8 Contagion Windmill to the back

8 Contagion Rocket back to front low V

88 Box Step Marching – A’s – walk forward High V1, chest 2, low 3, chest 4, pivot back high V, 5, close 6, low 7, close 8, Turn right swing arms 1-4, pivot swing walking back 7-8 B’s – turn left swing arms walk 1-4, pivot turn back 5-8, turn back High v 1, close 2, low 3, close 4, pivot walk front high V 5, close 6, low v 7, close 8

4 – Shoulders rt down 1& look rt 2, switch 3& look left 4

8 Move to Triangle Punch front rocket 1, close 2, slap rt/left rt 3&4, look left/hand on opposite shoulder look left 5, close front 6, flower/rt foot up 7, close 8

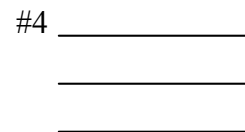
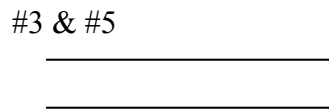
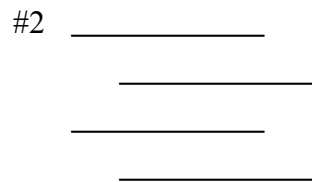
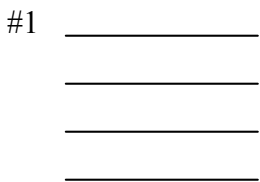
8 Continue moving -Punch front rocket 1, close 2, slap rt/left rt 3&4, look left/hand on opposite shoulder look left 5, close front 6, punch front/pivot rt 7, close back 8

8 Parts front to back – 1st V- step rt back hand on head 1, front rt arm out flex 2, switch left low diag flex 3, bow 4, tuck 5, low knees 6 2n V- step rt back hand on head 2, front rt arm out flex 3, switch left low diag flex 4, bow 5, tuck 6, high knees 7 3rd V- step rt back hand on head 3, front rt arm out flex 4, switch left low diag flex 5, bow 6, tuck 7, stand 8

8 Everyone – cross rt over/left to shoulders 1, wrap rt/left high v &, K rt 2, switch left 3, close elbows to head &, open 4, close 5, rocket 6, chest flip hands left up 7 switch rt up &, rt straight up/look up 8

4 – Break hand down to a bug, if standing tuck 1-3, rocket up to levels 4

Formations:



“Dark March” by: James Dooley
Adv Military– Time: 2:00

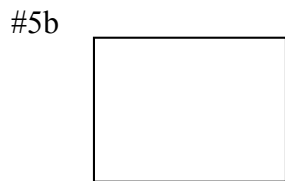
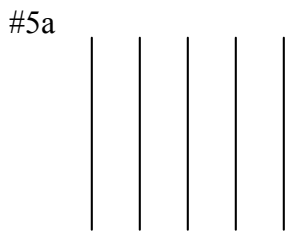
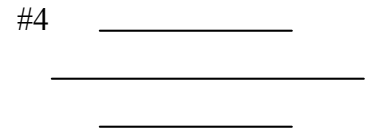
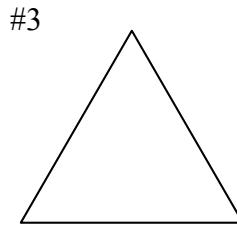
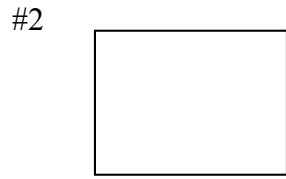
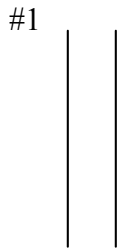


Begin in 1-2 long files

- 8 Hold 1-2, contagion B-F: roll on to back with toes pointed over head 3-8
- 8 Contagion F-B: Roll up opening legs to second and arms rocket up 1-8
- 88 Step up with R leg arms clean 1-4, move to staggered block: L hand slides up to hip 5, switch R 6, both hands 7, clean 8. Cross R hand on chest L in LV 1, switch 2, cross chest 3, LV 4, hands to pockets 5, clean 6, slide hands up hips 7, clean 8
- 8 Odd lines line step out L arms parallel to inside 1, pull L elbow up 2, switch arms up to L diagonal 3, switch down &, open diagonal 4, flex hands 5, rotate to opposite diagonal 6, push hands down to L diagonal 7, open diagonal to F 8. Even lines go opposite 1-8
- 88 L-R: Jump together palms touching over head 1, pull arms down 2, plié pulling arms to shoulder level 3, straighten and push arms down 4, step out R opening to LV 5, flip hands out 6, check LR 7-8, M goes 3-2, R goes 5-4, F-B: plié opening to LV 5, jump together 6, M 6-7, B 7-8
- 8 B-F: L elbow to hip R arm in HV 1, R elbow to hip L arm in T 2, L elbow to hip R arm in LV 3, open LV 4, clean head down 5, M 2-6, F 3-7, head up 8
- 88 Move to triangle: Slice down wrists crossing 1, pull elbows up 2, HV 3, bend elbows &, HV 4, circle in to LV 5, HV 6, flex LV 7, clean 8. Repeat 1-8
- 8 F-B: Bow 1-2, sit to low knees 3-4, middle to high knees 5-6, back to standing 7-8
- 6 Contagion F-B Tuck 1-6
- 8 Hold 1-2, stand opening feet and arms flex 3-4, lean opposite directions 5, look up at diagonal 6, lean back center 7, head front 8
- 88 F-B: Close feet hands together 1, pull arms up 2, step back R breaking R arm to T 3, close L to back pushing arms together 4, step back R breaking R arm to T 5, close L to front pushing arms together 6, clean arms and relevé 7, tuck 8, or 2-1, or 3-2, bug 3-4, F-B: pop elbows out to side 5, or 6, or 7, opposite lines straight arms 8
- 6 Switch levels 1, all straighten arms 2, circle down and out opposite ways 3-4, bug 5, push arms out to HV 6
- 8 L-R: Pull R arm in 1, switch arms 2, HV 3, arms in 4, or 3-6, or 5-8
- 88 B-F: Sit up R arm on top of L 1, open arms 2, rotate R 3, switch arms 4, rotate 5, close 6, break to T 7, clean 8, high knees 1-2, stand LR 3-4, or 3-6, or 5-8
- 8 Contagion F-B: Step back R, windmill arms over and close to back 1-8
- 5 Pivot R 1-2, close feet head down 3, head up 4, hold 5
- 88 Move to three staggered lines: Check low L 1, R 2, circle to L 3, check 4, check RL 5-6, open LV 7, clean 8. Repeat starting to R 1-8
- 8 Contagion starts at opposite ends of every other line: Step out R pushing R arm across chest, turn going down to L knee arms in LV 1-8
- 8 Contagion comes back: Odd lines will turn to wall rocketing up and closing knees then down to bug, even lines will close knees and rocket up then down to bug 1-8
- 8 Contagion L-R: Pull back leaning on hands 1-8
- 8 Contagion R-L: Drag forward to bug 1-8
- 8 Sit on L hip R arm pushes up to R diagonal 1-2, rotate R arm to ground and sit on R hip L arm pushes up to diagonal 3-4, bug 5-6, tuck 7, stand facing front 8
- 88 Move to files: Arms clean 1-4, L hand slides up to hip 5, switch R 6, both hands 7, clean 8. Cross R hand on chest L in LV 1, switch 2, cross chest 3, LV 4, hands to pockets 5, clean 6, slide hands up hips 7, clean 8
- 2 Hold 1-2
- 88 Three groups F-B: R arm out to LV 1, switch L 2, R arm to T 3, L 4, R to HV 5, L 6, HV 7, clean 8, or 3-2, or 5-4, pray 5, rocket up or down 6, open hands 7, switch rocket 8
- 8 Turn to middle superman arms up or down 1, face front pulling arms to forehead or hips 3, switch 4, break to opposite diagonals 5, switch 6, plié 7, jump together 8.

88 Odd lines slide L arms T 1, clean 2, L-R: pivot R LV 3, pray 4, repeat HV 5-6, R knee down 7, L knee 8, sit 1-2, or stay on high knees 5-2, or stay standing 7-2, head down 3, up 4, R arm to HV left elbow at hip 5, R elbow at hip L arm to T 6, L elbow to hip R to LV 7, LV 8
5 Rocket up 1-2, pray 3, push rocket front 4, open jazz hands head back 5

Formations:



“Laughin’ All the Way to the Bank” by: Bernard Dotson & Ensemble
from the musical: *Sweet Smell of Success*

Int. Novelty – Time: 2:11

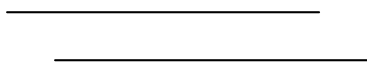


Begin in 2 staggered lines, facing back

88-Hold 1-4, pick up from stage right in 3 groups on 5-1-5: step out with right foot, left foot popped, shaking hip
 8 rond de jambe to front w/ arms in high V 1-2, point R foot to L diagonal 3, back 4, Charleston 5-6, Charleston 7-8
 8 pivot R 1-2, prep 3, sauté 4, land 5, pop back to left foot-hand to head in three groups on 6, 7 and 8
 8 in opposition: front line three step turn to R w/ hands flexed in low V 1-3, dig 4, reverse to L 5-7 dig 8. Back line travels L then R.
 8 jazz square R over L 1-3 close 4, jazz square L over R 5-7, close 8
 8 chasse R 1-2, step back to corner w/ L foot 3, arm out and flick hand 4, ten de fleche 5-6, pencil turn 7-8
 8 front line chasse R 1-2, step 3, jete 4, land down 5; back line hold 1-4, chasse R 5-6, step 7, jete 8
 4 Back line lands 1 while all mime words, hands to face.
 8 3 groups from L to R starting 1-3-5: first group lean to L elbow 1, kick 2, sit to back 3-4, lean back to elbows and kick R 5, L 6, R 7, L 8
 8 cont. kicks R 1, L 2, all close to L 3, fan roll to stage left 4-5, sit to L 6, stand 7, kick back w/R 8 looking front
 8 moving to three blocks: flexed hands in low V popping shoulders
 4 cont. moving snapping, swinging arm in and out at elbow
 4 sugar R 1, L 2, R 3, L &, R 4
 8 groups from L to R starting on 1-3-5: hands to head 1, flexed hands front-stepping into plie 2, pirouette 3-4, prep 5, double stag 6, step across w/ L 7 hold 8
 8 hold 1-4 while other groups finish, pose by groups low 5, middle 6, high 7, close 8
 8 All step out R, middle group arms up, outside groups arms down: flick arms R 1, L 2, R 3, L 4, close R foot to L 5, bring R arm overhead to front 6, “drive” R 7, L 8
 8 step forward L 1, tilt kick R 2, land R foot and snap R arm over to front 3-4, flick to back 5, step R 6, L-R wrapping arms 7-8
 8 turn to front and move 3 groups together to form one big block formation: hands flexed, shrugging shoulders 1-6, prep to L side 7-8
 8 R pique 1-2, R pique 3-4, chaine 5-6, b/c R pushing hands forward 7-8
 8 2 groups by lines: group 1-low chaine R 1-2, axel turn 3-4, step R 5, step L across 6, demi leap in 2nd with hands down 7, land 8. Group 2 holds
 8 Group 1 holds, Group 2 repeats chaine-axel-leap combination
 4 step L 1, kick R 2, step R 3, pose 4
 8 contagion from L-R: Rainbow arms over to R placing hands on knees and R foot in dig 1-4, shake hip 5-8
 8 3 step turn to L 1-3, dig R 4, in four groups from L-R pointing foot out on 5-6-7-8
 8 move to triangle with shoulders popping up and down
 4 cont. move arm swinging in and out snapping
 8 sugars arms moving up from side R 1, L 2, R 3, L 4, double time bringing arms over head 5&6&7&8
 8 2 groups by lines: odds- twist w/kick flick arms to side 1, close 2, twist hip 3, close 4, pivot R to back 5-6, pivot to front 7-8. evens- pivot R to back 1-2, pivot to front 3-4, twist w/kick flick arms to side 5, close 6, twist hip 7, close 8
 8 3 groups on 1-3-5: stepping back w/ L arms in high V, all shake 7-8
 8 move to clump step 1, pose 2, step 3, pose 4, step 5, pose 6, step 7, pose 8
 8 reach down 1-2, up 3-4, melt 5-6

Formations:

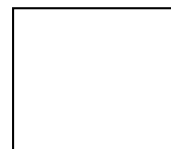
#1 – 2 Staggered Lines



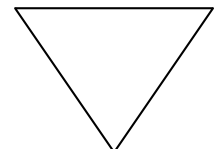
#2 – 3 Blocks



#3 – 1 Large Block



#4 - Triangle



“Teach me how to Shimmy” – by: DeLee & Michael (Smokey Joe’s Café)

Int/Adv Novelty – Time: 2:11



1st formation – 2 lines

8 – Hold 1 – 4, 1st line shifts R swinging arms to R behind back 5-6, 2nd line picks up shifts L swinging arms to the L behind back 7-8

8 – R pivot 1-2, stagger to 4 lines step R while snapping 3-4, L 5-6, R 7, close feet 8

8 – Scuff & kick L foot 1, jump out 2, opposition hips with arms overhead in circle 3-4, switch 5,6, passé to face opposite walls 7, open to face wall 8.

8 – Monkey to audience 1-2, switch 3-4, ball change back with arms in T 5 – 6, inside R pirouette 7 – 8

8 – Jump out to 2nd position 1-2, freestyle twist 3 – 8

8 – Jump together R angle w/arms in touchdown 1-2, step L3, R tilt kick w/diag arms 4, cross w/R over L 5, turn out 6 – 8

8 – 4 groups (1,3,5,7) – cross R 1, point L 2, cross L 3, point R 4, chasse R w/ low V arms 5-6, step L 7, jeté leap 8

8 – Continue groups 1- 8

8 – Pop up to knees & shimmy 1-2, drop to opposite hips & pose w/ arm overhead 3-4, roll up 5 – 8

8 – Pulse to audience w/ hands in “pockets” 1-2, close 3-4, close to audience 5, prep 6, pirouette 7-8

8 – Transition to 3 blocks – walk 1-4, wrap head 5 - 6, move hands down waist to side 7 – 8

8 – Continue transition – swing arms behind back 1 – 4, wrap head 5 – 6, move hands down waist to side 7 – 8

8 – Triplet R moving hand to touchdown 1 & 2, triplet L moving arms back down to waist 3 & 4, turn to face back hugging body at chest 5 – 6, jump out to 2nd position 7, hold 8

8 – Shift weight to R and pop L knee w/hands on back 1- 2, roll hips to L3, sit into L hip 4, jump together to side 5 - 6, prep back 7 – 8

8 – 2 side groups – R chaîné 1 – 2, R chaîné 3 – 4, step out R 5 – 6, parts (7, 1, 3) ball change R & push hand across at chest level 7 – 8

Middle group – R chaîné 1 – 2, axle 3 – 4, step out R 5 – 6, hold 7 – 8

8 – continue part – souté 1 – 2, land 3 – 4, body roll up 5 – 6, sit w/ weight in L hip and R knee popped 7 – 8

8 – Shimmy back 1 – 2, shimmy up 3 – 4, and continue groups 5 – 8

8 – Cross L 1, low flick kick w/ arms out at waist level 2, cross R 3, point L w/ arms in touchdown 4, rond de jambe L 5, sit back on L 6, rond de jambe R 7, sit back on R 8

8 – 3 groups – group 1 – monkey 1 – 2, monkey 3 – 4, rond de jambe to face back wall 5 – 6, shimmy 7 – 8. Groups 2 & 3 – pose 1 to face group 1, hold 2 – 4, change pose 5, hold 6 – 8

8 – Continue group 1 – face side 1 – 2, prep & 3, chaîné 4 – 5, jeté leap 6, turn out of leap 7 – 8

Groups 2 & 3 - pose 1 to face group 1, hold 2 – 4, change pose 5, hold 6 – 8

8 – group 2 – prep 1 – 2, fouetté a la seconde 3 – 4, fouetté 5, jump up w/ R leg out 6, land down in lunge 7 – 8. Group 1 & 3 - pose 1 to face group 2, hold 2 – 4, change pose 5, hold 6 – 8

8 – Continue group 2 – tuck 1 – 2, open to face back in 2nd position 3 – 4, shake body while moving arms overhead 5 – 8.

Group 1 & 3 - pose 1 to face group 2, hold 2 – 4, change pose 5, hold 6 – 8

8 – Group 3 – prep 1 – 2, chaîné to audience 3 – 4, ball change R 5 – 6, R fan kick 7 – 8. Group 1 & 2 - pose 1 to face group 3, hold 2 – 4, change pose 5, hold 6 – 8

8 – Continue group 3: land from fan kick 1-2, clip turn R 3-4, shimmy & shake 5- 8. Group 1 & 2 - pose 1 to face group 3, hold 2-4, change pose 5, hold 6-8

8 – Step R & circle arm & snap 1, push arm through chest & step w/ R to side wall 2, step R 3, L 4, low flick kick 5, ball change prep & 6, double pirouette 7 – 8

8 – Step R & shimmy 1 – 2, 3 step turn LRL 3 – 5, passé R & snap out L arm & snap 6, prep 7 – 8

8 – chaîné 1 – 2, leap 3 – 4, roll to ground to face R angle 5 – 6, pose 7, go back on elbows 8.

8 – Kick R 1 2, switch to L kick 3 4, roll up to face back 5 – 8

8 – Transition to bow tie formation – cross wrists 1 -2, low V 3- 4, walk and roll shoulders 5 – 8

8 – Continue transition 1 – 8

8 – Ripple from center – push up in relevé w/ low kick & shimmy and land over L knee in plié 1 – 8

8 – parts (1,3,5) – stand w/ outside foot dig & outside arm overhead w/flicked wrist. 1 – 2, 3 – 4, 5 – 6, step back on L foot & pop R knee arms in low V 7 – 8

8 - Cross R 1, point L 2, cross L 3, point R 4, chasse R w/ low V arms 5-6, step L 7, jeté leap 8.

8 – Land from leap 1 – 2, go to levels 3 – 4, R arm up 5, switch to L 6, arms to T 7, close 8.

8 – Wrap head w/ L arm 1, L arm at shoulder level 2, swing up R arm to ear 3 – 4, arms circle out as you roll to back wall 5 – 8

8 – Hold 1 – 2, jerk w/ R arm step R 3 – 4, jerk w/ L arm pivot to front 5 – 6, close 7 – 8

8 – Shimmy to center to bowtie & step to center 1 – 2, close feet 3 – 4, shimmy away from center of bowtie & step out 5 – 6, close feet 7 – 8

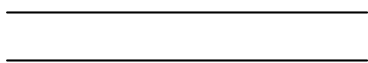
8 – shimmy and chug w/ R to side wall 1-2, chug 3-4, circle R arm around & L hand at chest 5-6 , roll R hip and sit 7-8

8 – 2 parts (1 & 5) ball change w/ inside leg & inside arm moving out to chest level 1-2, cross with inside 3, turn out 4, tuck 5-6, continue parts 7-8

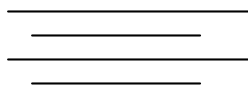
8 – Continue parts 1-2, levels 3-4, ripple to lean out from center 5-7, pose 8

Formations:

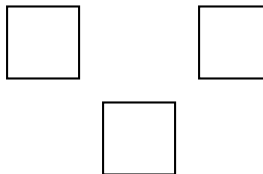
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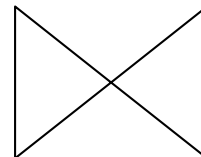
#2



#3



#4



“Gimme Gimme” by: Sutton Foster
from the musical: Thoroughly Modern Millie
Int/Adv Novelty – Time: 2:30

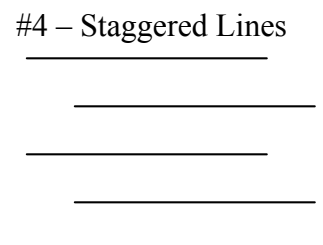
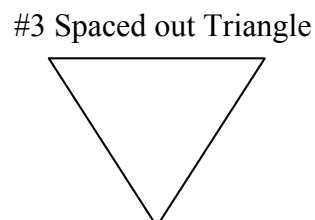
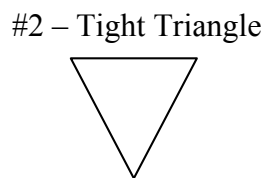
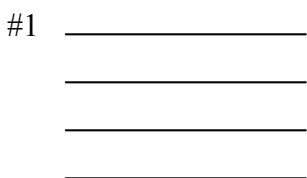


Beginning position: Staggered block formation facing back w/ R foot in inverted dig, L arm wrapped behind back holding your R elbow (Formation #1)

- 8- Rolling R hip and R Wrist into a grasp, 1-2 (Gimme Gimmie), Step behind with your R, 3, passe around to face the front with arms circling above your head 4, R foot through passe to the back 5-8.
- 8- run to L corner 1-2, jump out to second and reach out 3-4, step back on R 5, L foot back into low Arabesque 6 chugs backwards 7&, turn to the front and grasp 8
- 8- Step back on R 1, L foot back into low Arabesque 2 chugs backwards 2&, Step open to the back 3, turn to the front and prep 4, step R 5, three step turn with arms wrapped 6-8.
- 8- Land in plied R leg L arms (left across body, R up) Open to the front and melt 1-4, run to front 5&6&, jump out to second and Grasp into your chest 5-8.
- 8-prep 1, Stationary leap 2 with L arms, Land and roll to the front 3-4, Swoop left leg across, cover your face and look down 5-6 (tears) turn to knees facing the front Shimmy arms up 7-8 (laughter).
- 8- Wrap arms around head and press down 1-4, Reach out R arm 5-6, left arm 7-8.
- 8-Shimmy to flat back 1-4, Roll over L shoulder to stomach 5-8
- 8- kick legs and flirt 1-6 (love) Roll up 7-8
- 8- Transition to **Formation #2**: Walk 1-2 Jump together and roll freestyle 3-4, repeat 5-8.
- 8- Repeat 1-4, Ripple from front to back 5-8, soutenu Jump out to second pitched forward, arms in a V to the front Wrists broken downward.
- 8- Turn to the L side, pop your R foot, Push hips forward and Arms back with fingertips pointing towards you on 1, Switch to left leg arms rounded in front 2, Releve hands to shoulders 3, Face the front in a lunge on the right leg hands touching at your knee 4, Reach out to the L with arms slowly rising 5-7, Left foot in a dig facing the front touchdown arms 8.
- 8- Drop L hand down the R arm and under chin 1-4, Catch step R facing the L wall then drawn R into dig with left hand on hip R hand in low in front of body flexed wrist.
- 8- Roll R should forward 1-2, roll back 3-4, switch direction to R corner, releve in fourth with arms in box palms up 5-6, drop back into a sit position with right hand on forehead and L Drop behind 7-8.
- 8- Circle R legs with knees attached hands on hips 1-2, Flop foot down R leg straight L leg bent Hand on hips wrists touching waist 3-4, Pop Chest out slightly &5, Lock knees and swivel around hips 6-8.
- 8- Tuck down knee swivel R and L reaching out in forward V Grasping hands 1-4, Wrap around above head and rise up 5-8.
- 8- Move to **Formation #3** 1-8 Bursting arms up out and around. Move to Block of Stagers.
- 8- Step out the R heel R arm in low V with wrist and foot flexed Chin up L hand on hip 1, step together tilt the head down, flip wrist in on 2, (paddle step) Repeat 3-4, Cross in front with the R leg ball change 5-6, Brush tilt jump 7-8.
- 8- Ball change behind 1-2, soutenu R in front Hands on heart 3-4, Prep 5-6, Double Turn 7-8.
- 8- Drag out on R foot L arms 1-2, Step L pivot turn with grasp arms from a touchdown to chest 3-4, Shimmy with arms in broken T and walking R 5-6, L on 7, R on 8.
- 8- Cut onto L swing R leg around to the front L hand on head Right arm in broken T 1-3 Step on right leg 4, Prissy walk through tight 5th position starting with L 5-8 ending in 5th with R in front.
- 8- Sissone with arms in broken T while Fluttering hands 1-2, land right foot in behind 3-4, Push arms out from shoulders drag on the right with L arms and broken wrists 5-6, Cross in front with L drop arms 7-8.
- 8- passe R left are Swing forward 1, Step right left 2-3, Passe R left arm swings forward 4, Land out in plie R 5 clean arms, right arm circles around laterally to meet the L facing the L wall at level 6, Draw right arm back to a bow and arrow position 7, Shoot Right arm straight with a Jazz hand and drag 8.
- 8- Hold out Drag on 1-2, run start with R 3-4, Leap 5-6, Land out 7-8.
- 8- move to **Formation# 4**: R pivot turn with arms in T palms up, head released in Deep plie 1-4, Readjust windows and center 5-8.

- 8- Charleston your R leg with Knees attached Front the back 1-4, Prissy walk with circle hands at waist switching every other line 5-8.
- 8- Long reach to the R 1-4, Long reach to the L 5-8.
- 8- Charleston your R leg with Knees attached Front the back 1-4, Prissy walk with circle hands at waist 5-8 not switching.
- 8- Rond de jambe R leg around 1-4, L around 5-8.
- 8- low flick kick L leg in front R arm in front flipping wrists from shoulders 1, low flick kick L to the side switching arms 2, Pas de bourrée 3&4, Double coupe turn 5-6, Release and roll down onto your right leg 7-8.
- 8- every other line Drop and roll forward to knees 1-4. Other lines chaine forward 1-4, Rising arms from low V to high V 5-8.
- 8- R arm breaks to high V 1, L arm breaks to high V 2, R arm breaks to low V 3, L arm breaks to low V 4, Shimmy 5-8.
- 8- (ground level lines) roll to the L onto your back propped up on elbows, (standing level lines) turn to the back releasing your head, turn back to the front looking forward 1-4, (ground level) flick legs up 5-6 drop 7-8, (standing level) break up to touchdown arms 5-6, pull arms into chest in a grasp 7-8.
- 8- (ground level) roll up to the back 1-4, and Prissy walk to switch every other line 5-8.
(standing level) Prissy walk forward to switch lines 1-8.
- 8- (lines 1&3) cross right foot over L 1-2, slow unwind into a L dig facing the R and 3-4, Big slow roll 5-8 with L wrist on hip leaving L foot popped.
- (line 2&5) cross left foot over L 1-2, slow unwind into a R dig facing the L 3-4, Big slow roll 5-8 with R wrist on hip leaving R foot popped.
- 8- (lines 1&3) step on L 1 (lines 2&4) step on R, three developpe kicks (on the even counts) Step 7 prep to the back 8.
- 8- Plie step on inside leg 1, Tour 2, walk 3-6 into files, the first person of each file raises hand with enthusiasm 7-8.
- 8- the second person in the file will lightly push the first person in the file to the L 1-4; the third person will then push the second person to the R 5-8.
- 8- Fourth person pushes the third person to the L 1-4, readjust back to **Formation #4** 5-8.
- 8- Sissone with arms in broken T while Fluttering hands 1-2, land right foot in behind 3-4, Push arms out from shoulders drag on the right with L arms and broken wrists 5-6, Cross in front with L drop arms 7-8.
- 8- passe R left are Swing forward 1, Step right left 2-3, Posse R left arm swings forward 4, Land out in plie R 5 clean arms, right arm circles around laterally to meet the L facing the L wall at level 6, Draw right arm back to a bow and arrow position 7, Shoot Right arm straight with a Jazz hand and drag 8.
- 8- Hold out Drag on 1-2, run start with R 3-4, Leap 5-6, Land out 7-8.
- 8- R pivot turn with arms in T palms up, head released in Deep plie 1-4, walk center 5-6 Step R and Cross L to prep 7-8.
- 8- 4 piques in a square 1-8.
- 8- continued 1-6, Step and Prepare for fouettes 7-8.
- 8- 2 fouettes 1-8.
- 8- 1 fouette 1-4, double turn 5-6, three step turn starting with the R ending in a big pose 7-1

Formations:



“Let Go” by: Lindsay McCaul
Int. Lyrical – Time 2:12



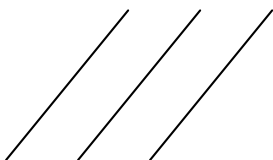
Beginning position: in diagonals, alternate lines standing or on low knees facing the back right diagonal

- 88 Contagion from back to front: L arm reaches back and look at hand 1-6, L arm to chest 7-8
- 8 Extend arms in L (L down) diagonal, L leg tendu 1-2, roll to stand facing back and R arm breaks down 3-6, reach R arm and leg to front 7, L swings to meet in parallel 8
- 8 Arms come into chest, head down 1, extend arms to T and R leg in tendu, head turns to the leg in tendu 2, (odd lines extend L, even lines extend R) arms come down to side, ball change with audience leg 3&, rond de jambé and opposite arm circles 4, back ball change, release head, arms reach forward 5-6, step 7, step &, battement and arms in diagonal 8
- 8 Odd lines land in R lunge R arm reaches 1-2, even lines cross step with L foot 1, right lunge 2, everyone open right arm 3, tuck L leg and roll to stand 4-5, stand and step back R, L 6 &, forced arch fourth position R arm out 7, swipe arm across body to switch direction &, L knee comes to passé 8, L back arabesque &
- 8 Spiral around to unwind 1, land 2, chasse in opposition with leading arm breaking up 3&4, small back leap with arms pressing down sides and head released 5, turn to front 6, release upper body arms in low V and roll wrists 7, clean 8
- 8 Moving to formation Staggered Block: walking 1 & 2 &, R three step turn 3 & 4, reaching L arm out to T 5, R arm up 6, walk 7-8 facing back
- 8 R arm circles clockwise 1, split in lines: **Odds:** (Partner A) freestyle reach towards front 2, souttenu turn to front with L arm up 3, bring it down 4, walk around partner (L, R L, R) L arm T's 5, R arm up 6, R fan on 7, face L, R leg back. **Evens:** (Partner B) relève second arms T and release back 2, knee roll to ground 3-4, L arm reach out to side 5, R arm reaches up 6, R leg extends and rond de jambé around to front 7, tuck to R with L leg up 8
- 8 Continue groups: **Odds:** R sauté arabesque pushing down on Partner B shoulders 1, land in front of partner in staggers 2, R back ball change with R arm reaching F 3-4, drag R arm down 5-6 **Evens:** hold 1-2, deep R back ball change, R arm reaches forward 3-4, turn to front over R shoulder leading with the foot 5-6, **Together:** pinwheel with L arm circling first weight ends on left leg in prep, 8
- 8 single pirouette with arms crossed over chest 1, shoot R leg out in arabesque to back diagonal (modification: fouette on &) and land on 2, hold 3, 4 Parts: (4,5,6,7)—R sauté with R diagonal arms 4, step R with R arm reaching across body 5, unfold arm to T look at hand L foot behind R 6, wrap arm around arm and to unwind feet 7, R arm hold onto L shoulder and release head 8-1,
- 8 Finish parts 1-4, together sissone back with R leg back and R arm up 5, land and clean 6, turn over L shoulder in L passé arms in circle 7, and finish circle and land on L leg 8
- 4 Step R to the back look at R hand 1, drag to front with R arm up 2, chasse 3&4
- 8 step L &, R leap Front half arms reach forward; Back half reach arms up 1, land to ground 2, rock to L taking body to L looking down, tucking R leg into kneel 3, return to kneeling look forward 4, R arm comes to chest &, repeat body rock to L with R arm in diagonal 5, return to upright kneel 6, L leg extends to back R diagonal L arm circles forward 7, flip body over to pike facing back R corner 8
- 8 Contagion 1-8 from R to L: R arm reaches across body and draws a circle on the floor bring L leg into body, comes back to sitting, roll to stand facing L
- 8 In Partners: Partner A chaine to R back corner facing R front corner 1& 2, R arm comes to T 3-4, catch partner and hug chest rotating them from R to L 5-6 Partner B: R ball change reach arms R and L in parallel to back R corner 1-2, L arm reaches in T to L front corner facing R front corner 3, L arm must be above Partner A's arm lean into Partner A 4, hug partner A legs go into second sweeping across the floor R, L 5-6, **Everyone** two freestyle reaches on 7, 8 weigh on R leg on 8
- 8 Walking to Triangle (make it tight): walk L, R 1&, three step turn 2&, reach out arm ball change 3-4, walking 5-8 L arm reaches side 5, R arm reaches up 6-8

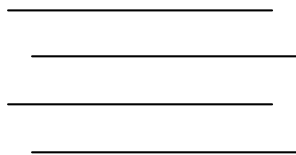
- 8 R arm circles 1, grab and go on relevé 2, melt 3, outside leg extended to the side, arms in T, body bent over 4, R section of Triangle drags to R to spread out 5, L section drags to L to spread out 6, Front and Back section adjust 7-8
- 8 L arm circles back, step back L 1, step R Front to prep for inside pirouette 2, single R inside pirouette 3, land in L fourth relevé 4, contagion Front to Back melt down to tuck 5-8
- 8 3 groups in levels (low knees, high knees, and standing) on 1, 2, 3: L leg extends out to side, L arm reaches to R diagonal 1, L arm circles down and around to reach for L leg and grab air 2, L arm grabs R shoulder rock body to R 3, R arm comes up 4, melt and push forward to tuck 5, finish parts 6-7, hold 8
- 8 In columns (triangle) **Odds:** walk back R, L, R and R arm reaches 1&2, walk front L, R, L reach L arm 3&4, walk back to triangle R, L, R 5&6 **Evens:** hold tuck 1-2, walk back R, L, R reach R arm 3&4, walk forward to triangle L, R, L 5&6, grab hands in chevrons on 6, hold 7, release head and releve 8 soloist disconnects from group (from the point of the triangle) 8
- 4 Group melts to R front corner hitting levels 1-2 contagion from R to L, L arm reaches to L front corner, soloist freestyle's to L front corner 1-3 turns to walk away on 4

Formations

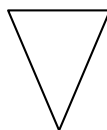
#1 Diagonals



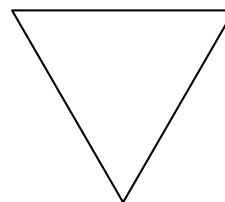
#2 Staggered Block



#3 Tight Triangle



#4 Triangle



“Ordinary Miracle” by: Sarah McLachlan
Int/Adv Lyrical – Time 2:23



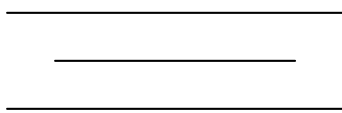
Beginning Position: Straight Lines

- 8- Hold facing back in second position
- 8- Switch weight with arms coming up R 1-2, L 3-4, R 5-6, L 7-8
- 8- Scoop L foot with L arms 1-4, L rond de jambe around to front 5-8
- 8- reach R arm to half “T” 1-2, bring into waist 3-4, circle head R 5-6, collapse 7- 8
- 8- Scuff R foot and with L hand “running” 1-2, step to back R 3, touch L 4, extend L foot out to lunge to the ground on knees front 5-8
- 8- Windmill R arm 1-4, hands come to chest 5-6, push down 7-8
- 8- **Even rows:** raise up to high knees with R arm up in R angle 1-2, roll R 3-4, “Z” sit facing back L diagonal with wrapped arms 5-6, hold 7-8
 - Odd rows:** hold 1-4, raise up to high knees with R arm up in R angle 5-6, roll R 7-8, “Z” sit facing L back diag. with wrap arms 7-8
- 8- **Even lines:** roll to knees facing front 1-4, circle arms from center out onto high knees extending L leg to ground 5-6, hold 7-8
 - Odd lines:** “Z” sit facing back L diag. with wrapped arms 1-2, hold 3-4, roll to knees facing front 5-6, circle arms from center out onto high knees extending L leg to ground 7-8
- 8- Lift head and chest 1-2, roll on back to standing with L leg fanning 3-6, stand 7-8
- 8- Balance to R back diag. L 1, R 2, L 3-4, step L 5, R 6, sauté arabesque with L leg 7, step out of it facing R back diagonal 8
- 8- R high chaine 1-2, R low chaine 3-4, grande jete in second 5-6, R turn out of it to face front 7-8
- 8- R leg to front attitude with hand to R hip 1-2, lunge R leg back with arm in plank with R arm front 3-4,
 - Events:** scoop R arm down to come up with R leg in passé to face R wall 5-6, **Odds:** hold 5-6 scoop R arm down to come up with R leg in passé to face R wall 7-8
- 8- **Switching rows; Events:** step front with R/drag L foot to front with arms in high “V” 1-2, step L with arms breaking down 3-4, balance R with windmill arms focus following 5-8 **Odds:** same as evens but facing back
- 8- **Events:** repeat L 1-4, step with R foot to roll down and collapse over 5-8
 - Odds:** Balance over L shoulder to front, step with R foot to roll down and collapse over 5-8
- 4- Roll up 1-2, step R and reach R hand by ear 3, grab R arm and step L 4
- 8- plie bending arms to R side 1-2, turn over L shoulder 3-4, contract facing R front diagonal 5-6, head roll to R 7-8
- 8- continue head roll back to contract 1-2, step to the back w/ R foot and push hands towards front 3-4, extend R hand out to half “T” facing back 5-8
- 8- Hold 1-2 look & step to R 3-4, ripple turn over L shoulder w/ hand on heart from stage L to R 5-8
- 8- prepare R,L 1-2, double coupe turn 3-4, step R foot out 5-6, head roll to R 7-8
- 8- **Even rows:** step R facing side 1, L 2, inverted passé to turned out with arms circling in opposition facing back 3-4, step R/L 5-6, small back grand jete 7-8
 - Odd rows:** same as even but passé front
- 8- Continue traveling to (**Formation #2**) Sauté arabesque w/L foot 1-2, passé moving backwards 3-4, repeat sauté traveling to clumps 5-6, passé 7-8
- 8- cross R foot over and souttenu over L shoulder to back 1-4, ripple from stage R to L opening R arm parallel to ground 5-8
- 8- Half soutenu over L shoulder with arms in first position 1-2, ball change R foot back 3-4, battement R with arm in diagonal 5-6, step R 7, L 8
- 8- drag to R front diag. with L foot 1-2, walk L 3, jump together facing R front diagonal 4, swoop L arm down with head following 5-6, walk R 7, L 8
- 8- cut L foot towards side with R arm brushing face 1-2, continue swing to meet L parallel to ground, 3-4, pick up chaine turn forward from stage L to R with arms in “T”: first group 5-6, second group 7-8

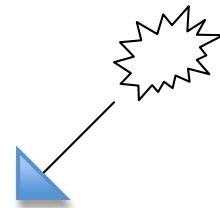
- 8- Third group 1-2, everyone steps w/ R foot and brushes arms forward 3-4, step back L 5-6, R 7-8
- 8- (traveling to **Formation #2**) **Even rows:** lunge to L side with L arm in plank 1-2, soutenu R shoulder to front R diagonal 3-4, R arm out with head following 5-6, repeat L 7-8 **Odd rows:** (traveling to back L diagonal) half coupe to back 1-2, walk 3-4, step R drag L 5-6, walk L 7, R 8
- 8- **Even rows:** repeat odd row 1-8 **Odd rows:** repeat even row 1-8
- 8-: (continue traveling to **formation #2**) half coupe to back 1-2, walk 3-4, step R drag L 5-6, walk L/R 7-8
- 8-all rows: lunge to L side with L arm in plank 1-2, soutenu R shoulder to front R diagonal 3-4, R arm out with head following 5-6, repeat L 7-8
- 8-(traveling to **formation #3**) soutenu over R shoulder 1-2 lane duck w/ R leg with, arms swooping to “L” 3-4 , step R/L 5-6, jete R 7, land on R 8
- 8- Step R/L 1-2, sauté arabesque R 3-4, soutenu over L shoulder 5-6, circle arms drop to R knee with L out 7-8
- 8-Lift head and chest 1-2, roll on back to standing with L leg fanning 3-6, stand 7-8
- 8- Balance to R back diagonal L 1, R 2, L 3-4, step L 5, R 6, sauté arabesque with L leg 7, step out of it facing R back diagonal 8
- 8-Group 1 (stage L side of formation): windmill R arm to plank around to L leg lunge 1-4, circle arms to L side 5-8
- 8- Group 1 (stage L side of formation) and 2 (stage R side of formation): circle arms to R side 1-4, brush arms “pulling curtain” from R to L 5-8
- 8- reach R arm to half “T” 1-2, bring into waist 3-4, circle head R 5-6, collapse 7- 8
- 8- Step L 1-2, R 3-4, reach L hand up to sky while music fades 5-8

Formations:

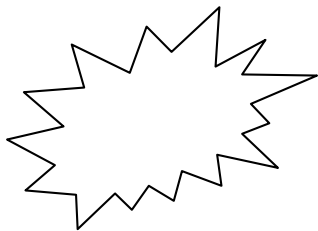
#1 Staggered lines



#2 Clump upstage L traveling at diag. to formation #3



#3



“All I Need is You” by Hillsongs United

Int/Adv Liturgical – Time 2:07



Beginning Position: Diagonal Lines—three levels (sitting, kneeling, standing) facing different directions, looking down

- 8 hold 1-2, **Group A** look up 3-4, **Group A** reach up and melt arms **Group B** look up 5&6, **Group A & B** roll over R side and roll head **Group C** look up 7&8
- 8 **Group A & B** finish standing up 1-2, **Group A-C** step/drag with R foot while pushing arms down and releasing head 3, walk towards back diagonal L/R/L/R/L finish with R tendu 4-8
- 8 **Group A** step R and L degage turn while pushing hands behind 1-2, scoop arms and passé L 3, lift L arm and wrap with R arm with R passé 4, face back reaching up with L arm 5, L arm wraps behind and change facing 6, arms reach up 7-8
- 8 **Group A & B** inside turn over L shoulder with wrapped arms 1-2, step out in second with T arms 3, sway L and wrap with L arm 4, swing L arm over head and bring L leg in 5, push arms down and step L while turning around R shoulder 6, step R continue turning 7, step L and reach with L arm 8
- 8 **Group A-C** swivel R passé in and out while L arm reaches up and melts down 1-2, drop and brush arms up to an L position 3-4, step R/push R arm down and release head 5, step L and turn with R passé to face front 6, arms scoop down and reach up 7-8
- 8 **Formation Change to #2 (Staggered Lines)**—walk and wrap arms R/L 1-2, take off rosary 3-6, stretch rosary with arms down and look down 7-8
- 8 L coupe turn and arms to the Left 1, step L 2, clasp hands 3, *Ripple L to R*—release rosary/swing R arm over to R side with L tendu 4-6, turn over L shoulder with L passé and release head 7, grand plie and look down 8
- 8 slide R leg thru 1-2, close legs to face Right side with clasped hands 3-4, *Ripple R to L*—push legs and scoop arms to lift up 5-8
- 8 Z sit/head roll L to R and place rosary behind head 1-2, half-kneel to R side/reach R/L 3-4, upper body roll to R side with T arms 5-6, scoop arms down 7, stand with arms reaching up 8
- 8 step R/release head/grab rosary 1, step L/bring rosary forward 2, step R/prep &, rond de jambe or fan kick 3-4, chaine turn front or back 5, **Formation Shift into Three Groups**—walk front or back and put rosary on 6-8
- 8 **Group A** coupe turn w/arms above head and melt in 1-2, chasse L/X jump with R arm above 3-4, turn around and body roll R/L with R arm extended 5-6, wrap turn over L side 7, chasse 8
Group B R arm reaches up 1-2, melt arm down 3-4, join Group A turn around and body roll R/L with R arm extended 5-6, wrap and turn over L side 7, chasse 8
Group C reach R/L 1-2, twist arms and look up 3, melt arms down and look down 4-8
- 8 **Group A & B** tour jete/land 1-2, leap/land 3&, twist turn over R shoulder 4-5, open to second position and melt R arm thru L arm looking up 6-7, swivel arms & 8
Group C reach up R/L & 1, melt arms down 2-4, arms to T 5, melt arms 6, face front 7-8
- 8 **Group A & C** step L and kick 1-2, passé and arabesque 3-4, Group C turn and open arms to T position 5, Group A turns and open arms to T position 6, close feet and push arms down 7&, circle arms and lift leg waist level 8
Group B face back while wrapping R arm and lifting L arm up 1, melt arm down 2-3, open arms to T 4, swivel to L side & break R arm in 5, swivel R & break L arm in 6, swivel L/R arms down 7-8
- 8 **Group A & C**—prep/stationary jump/land 1&2, **Group B**—twist and throw arms to T position/melt arms 1-2, **Formation Change to #4 (Three Formations)**—run to formation 3-6, arms reach to center R/L and melt arms while releasing head 7&8
- 8 **Center Group**—soutenu turn 1-2, prep & 3, three a la second turns 4-6, double pirouette 7-8
Back Groups—face back and take off rosary 1-4, push opposite sides 5-6, swivel turn away from each other with arms above head 7-8
- 8 **Center Group**—chaine 1, double attitude jump 2, step 3&, tilt jump 4, step back L and throw arms 5, chasse 6, reverse leap 7, land 8
Back Groups—release rosary 1, let go and catch rosary while turning in a low level 2, stand facing back 3, place rosary behind back 4, grab rosary with other hand and lift arm to diagonal 5-8
- 8 **Center Group**—inside turn 1-2, chasse/cabriole 3-4, chaine turn over L 5-6, step L/tilt kick 7-8
Back Groups—step/drag towards center 1, step and grab rosary 2, turning pas de chat with arms above head 3-4, stand facing into center in second position/place rosary on neck 5, open arms to T and release head 6-8
- 8 **Center Group**—melt R arm down and release head 1, face back 2, walk/run to different spots while lifting arms above head 3-6, open arms and fall backwards 7-8

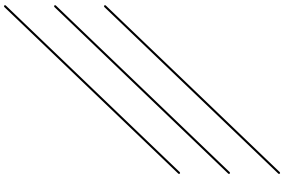
Back Groups—close feet and grab rosary 1-2, put rosary on and walk to meet trio 3-4, kneel 5-6, support falling dancer 7-8

5 **Falling Dancers**—begin laying down on floor 1-2, take off rosary and lie down 3, lift R arm with rosary on hand 4-5

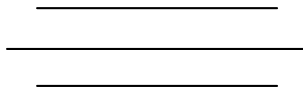
Others—roll to opposite sides 1-2, stand up/feet together 3-4, stretch arms to a T/release head 5

Formations:

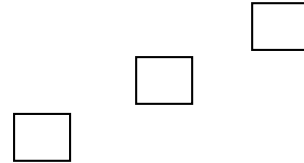
#1 Diagonal Lines



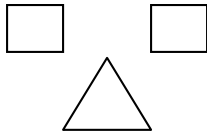
#2 Staggered Lines



#3 Formation Shift (Clumps)



#4 Run to Center in Three Forms



#5 Ending Formation

Run to different spots to fall down (having center triangle dancers falling down, and other dancers being the support and standing to opposite sides for ending)

“Tiempo de Drumba” by: Ojo de Brujo
Int. Modern- Time: 2:10

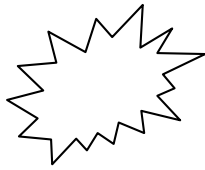


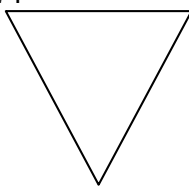
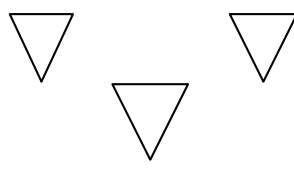
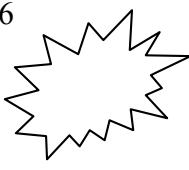
Beginning Position—Scattered, facing different directions

- 8 **Group 1:** Hold (1-4) flamenco pose (5-6) contraction (7) recover (8)
- 8 **Group 1 & 2:** Cross R ft. over L and turn, R arm up, L arm down (1-4) flamenco pose (5-6) contraction (7) recover (8)
- 8 **Group 1-3:** Cross L ft. over R and turn, L arm up, R arm down (1-4) flamenco pose (5-6) contraction (7) recover (8)
- 8 **Formation # 2: Staggered block-** R three step turn, arms up, (1-3) close ft. (4) reverse (5-8)
- 8 **Oppositional Work** (every other line) **Group A:** R lunge, R arm down (1-2) reverse (3-4) L passé (5) L lunge (6) contract twice (7-8) **Group B:** Opposite
- 8 **Two parts (every 2 counts)** Step L, L arm reaches up (1) reverse (2) “fan hands”, plié (3-4) jump R/L, both arms circle back (5-6) hold (7-8)
- 8 L foot spirals back to front (1-2) 2nd Group finishes (3-4) hold (5) contract twice (6-7) recover (8)
- 8 Switching lines – **Group A:** R three step turn going back, R arm bent, L extended (1-4) reverse turning back (5-8) **Group B:** Reverse
- 8 Step R, R arm up (1) close ft. (2) L lunge back, “T” arms (3-4) inside turn, third position arms flexed hands (5-6) land w/ R lunge (7-8)
- 8 R degage, “fan hands” (1-2) inversion, bent legs (3-6) L leg up (7-8)
- 8 L lunge (1-2) switch lunge, arms wrapped L in front, R back (3-4) jump L lunge, switch wrapping arms (5-6) roll back with head initiation (7-8)
- 8 Step R (1) Step L, plié (2) wrapping arms L in front, R back (3) sauté jump w/ head initiation (4-6) facing side, L ft. front, R back (7-8)
- 8 Small jump back, “fan hands” contracting down (1-4) repeat (5-8)
- 8 Arms in front (1-2) R back attitude to front (spiral), arms to R (3-6) L rond de jambe en l’air (7-8)
- 8 Land w/ L ft., R degage (1-2) recover (3-4) R chasse, L arm front to back (5-8)
- 8 **Formation # 3 (Combine: Line 1 & 2):** Step R, under curve (1) close ft. together (2) recover (3-4) **Group B:** face back w/ R degage, land down (5-8) **Group A:** roll front (5-8)
- 8 **Two Groups:** Group B: arms up (1) arch back (2-3) recover (4) hold (5-6) slide underneath (7-8) Group A: grab partners’ wrists (1) “fan hands”, arch back (2-3) recover (4) pike (5-8)
- 8 Group B: tuck legs together (1-4) face front (5-6) facing back, R leg up, L extended (7-8)
Group A: L attitude (1-4) land (5-6) hold (7-8)
- 8 Together: L lunge front (1-2) R passé, running arms (3-4) L lunge (5-6) two contractions (7-8)
- 8 **Formation # 4 Triangle:** R three step turn/arms up (1-4) L three step turn/arms up (5-8)
- 8 **Three groups** (every 4 counts): R rond de jambe, arms in fifth position, fingers roll in (1-4) opposite, low “V” arms (5-8)
- 8 L ball change to side, L arm straight/R bent, fingers roll in, look L (1-3) step R (4) step L, arms behind back (5) R attitude (6) L tendu (7-8)
- 8 Inversion (1-4) R foot front/L back, arms wrapped in front R up/L down (5-6) hold (7-8)
- 8 2nd group finishes (1-2) hold (3-4) 3rd group finishes (5-6) turn to opposite side, arms switch (7-8)
- 8 Flick L foot, arms up/down (1-2) **Contagion Left to Right:** back release to R side (3-8)
- 8 L hand down (1-2) step L/R (3-4) L three step turn to the back (5-7) hold (8)
- 8 L ball change back (1-2) prepare (3-4) R turn/R pirouette, R arm half up/L straight to the diagonal (5-6) land (7-8)
- 8 **Formation # 5: Dancers moving to R triangle:** R three step turn, arms up to R (1-3) face back (4) reverse (5-8) **Dancers moving to L triangle:** L three step turn, arms up to L (1-3) face back (4) reverse (5-8) **Center triangle:** R three step turn front/arms up to R (1-4) reverse (5-8)
- 8 L under curve, R arm swing down & up (1-2) reverse (3-4) grand plie, arms behind (5-6) arms up, straight legs (7-8)

- 8 "Fan hands", contracting down (1-4) R attitude, arms behind back (5-6) L tendu (7-8)
- 8 X jump with T arms (1-2) land (3-4) L back clip turn, arms bent/hands touching (5-8)
- 8 R lunge, circle arms to R (1-2) degage turn, arms bent/hands touching (3-4) land R ft. front, L ft. back (5-6)
R elbow reaches R (7) plie, arms bent/ hands touching (8)
- 8 **Three parts (every 4 counts):** L ball change to side, L arm straight/R bent, fingers roll in, look L (1-3)
reverse (4-6) L attitude/switch back front (7-8)
- 8 R attitude/switch back front (1-2) hold (3-4) 2nd group finishes (5-6) hold (7-8)
- 8 3rd group finishes (1-2) hold (3-4) R rond de jambe/running arms (5-6) L rond de jambe/running arms (7-8)
- 8 R lunge, R arm down (1-2) reverse (3-4) L passé (5) L lunge (6) contract down twice (7-8)
- 8 **Moving to Formation #1:** Individual walk (1-8)
- 5 Flamenco pose (1-3) shake (4) contract (&5)

Formations:

#1  #2 (As needed) #3

#4  #5  #6 

“Could I?” by: The Apple Trio
Int/Adv Modern – Time 2:13

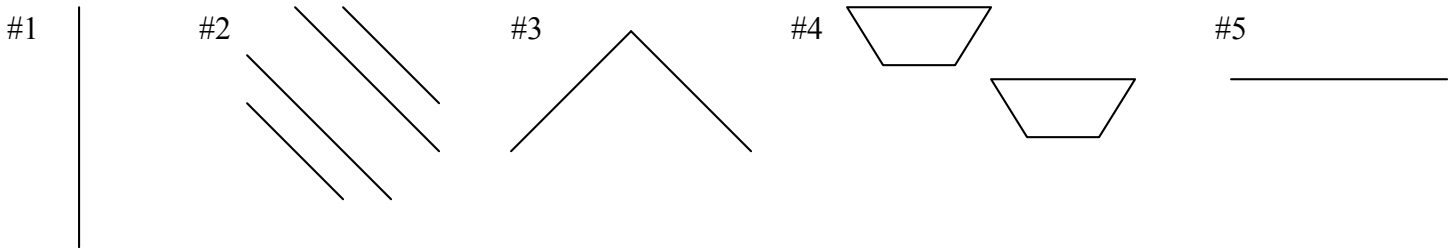


Beginning Position: straight line facing forward in parallel

- 8 Hold 1-8 in Formation One
- 8 Ripple wave from back to front with every other person undercurve/overcurve 1-8
- 8 Repeat 1-8
- 8 Finish wave 1-4 “big” steps out to expand to **Formation # Two** 5-6 hold 7-8
- 8 Sauté arabesque 1-2 spin with barrel arms 3-4 flat back parallel kick 5-6 sissone with attitude 7-8
- 8 Attitude hops w/ bouncing ball hands 1-2 repeat 3-4 brush rond de jambe 5-6 arabesque/reach 7-8
- 8 Moving backwards with arms swiping/arabesque 1-2 repeat 3-4 R foot cross 5 spiral to unwind 6-7 release over parallel stance 8
- 8 Parallel sissone with elbows and knees connected 1 close 2 repeat 3-4 “thinker” stance 5-6 hand pushes head 7 step to lunge 8
- 8 Straight jump & back to lunge 1-2 repeat 3-4 jump to face front in parallel 5 jump side in parallel 6 repeat 7-8
- 8 Scoop foot & hands 1 step out 2 sauté pivot to bk 3-4 step R 5 hop in parallel 6 land in curve/arms reach 7-8
- 8 Head up 1-2 hold 3-4 slowly rise from plie 5,6,7,8
- 8 Formation transforms to **Formation # Three** with a Circular Path: **Dancer A:** run, run, 1-2 sauté arabesque 3-4 repeat until in new formation 5-8; **Dance B:** Jete, jete 1-2 run, run 3-4 repeat until in new formation 5-8
- 8 Continue 1-8
- 8 Continue 1-8
- 8 Continue 1-8
- 8 Pick up (front to back): sway R 1-2 sway L 3-4 over curve 5-6 contract jump 7-8
- 8 Release arms to ceiling 1-2 continue pick up step 3, 4, 5, 6, 7, 8
- 8 Continue pick up step 1-8
- 8 Attitude hops w/bouncing ball hands 1-2 repeat 3-4 sauté pivot to side 5-6 step/hop in parallel 7-8
- 8 Land in parallel 1-2 step L/R knee in 3-4 step R/L knee in 5-6 step L/R to face side 7-8
- 8 R arm swings to face front 1-2 both arms swing to face back 3-4 R arm swings to face front 5-6 R arm swings down and around/parallel jump 7-8
- 8 Land in C curve with arms released 1-2 fingers touch back 3 hands release in front of chest/head releases back 4 sway back and forth 5, 6, 7, 8
- 8 Continue sways 1-4 look front 5 hold 6-8
- 8 Draw circle with R arm 1, 2, 3, 4 point to L w/R finger 5, 6, 7, 8
- 8 Look at finger/drop hand 1,2,3,4 R knee comes up 5-6 R arm circles 7-8
- 8 R hand pushes leg/open to lunge 1, 2, 3, 4 big L arm circle 5-6 L foot flick off of floor 7-8
- 8 L hand pushes foot 1-2 step L 3-4 lower to squat/L arm reaches fwd 5, 6, 7, 8
- 8 R step in squat/ L arm stretches behind 1,2,3,4 L arm circles to pull R shoulder up 5-6 R arm swings up as you stand 7-8
- 8 R arm reaches up/forward 1 hold 2-4 L arm swipes through R arm 5-6 chaine 7-8
- 8 Pique to inverted fan 1-2 spin out of fan 3-4 step to parallel 5-6 zig-zag breakdown into plie 7-8
- 8 Hold 1-3 jump to move to **Formation # Four** 4 run 5, 6, 7, prepare 8
- 8 **Group 1: Dancer A** Sauté arabesque 1-2 spin with barrel arms 3-4 flat back parallel kick 5-6 sissone with attitude 7-8 **Dancer B** undercurve under Dancer A’s arm 1-2 barrel arms 3-4 undercurve under Dancer A’s arm 5-6 circle R arm to pull Dancer A’s hip to scoot backwards 7-8
- 8 **Group 2: Dancer A** Attitude hops w/bouncing ball hands 1-2 repeat 3-4 brush rond de jambe 5-6 arabesque 7-8 **Dancer B** Attitude hops w/bouncing ball hands backwards 1-2 repeat 3-4 spiral to floor 5-6 roll under arabesque of Dancer A 7-8 sit to look at Dancer A

- 8 **Group 1: Dancer A** step/reach to pull Dancer B's leg 1-2 repeat 3-4 R foot cross 5 spiral to unwind 6-7 release over parallel stance 8 **Dancer B** moving backwards with arms swiping/arabesque 1-2 repeat 3-4 R foot cross 5 spiral to unwind 6-7 release over parallel stance facing R 8
- 8 **Dancer A** Parallel sissone with elbows and knees connected 1-2 repeat 3-4 "thinker" stance 5-6 hand pushes head 7 step to lunge 8 **Dancer B** place hands on floor 1 scoot to side & 2 repeat 3&4 "thinker" stance 5-6 hand pushes head 7 step to lunge 8
- 8 Parallel hops to **Formation # Five** 1-8
- 8 Scoop foot/hands & step out 1-2 sauté pivot back 3-4 step/parallel hop 5-6 land in curve/arms reach 7-8
- 8 Look up 1-2 hold 3-4 sway 5, 6, 7, 8
- 12 Ripple wave from R to L with every other person overcurve 1-12 - Ripple wave from L to R with every other person undercurve 1-12
- 8 Continue Ripple 1-8
- 8 Shift to different ending levels 1-8
- 1 Raise hand to complete ending position 1

Formations:



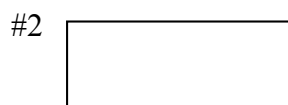
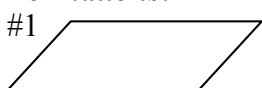
“Imagine” by John Lennon
Int. Contemporary Modern – Time 2:01



Beginning Position: Start in small clump, facing back, feet together looking down.

- 8 - Hold 1-4, ball change back and release head 5-6, walk to back R 7, L 8.
- 8 - **Formation Change while walking back to parallelogram.** *Group 1-* walk to back R 1, pivot to front and step on left foot 2 continue walking forward R 3, L 4, R 5, L 6, R 7, and close feet 8. *Group 2-* walk back R 1, L 2, R 3, pivot to front and step on left foot 4 continue walking forward 4-7, close feet 8. *Group 3-* Walk to back R 1, L 2, R 3, L 4, R 5, pivot to front and step on left foot 6 continue walking forward R 7, and close feet 8. *Group 4-* Walk to back R 1, L 2, R 3, L 4, R 5, L 6, pivot to front and step on left foot 7 and close feet 8.
- 8 - Relevé and arms open to T 1-2 accent begins at the sternum, R arm curves down to left hip 3 head follows, R arm comes back to front head follows &, R arm to R hip head down 4, R arm rotates up fingers are make peace sign relevé 5, Walk back R 6, L 7 arms melt, step back R ball change release head 8.
- 8 - Step L 1, R small lunge forward and arms cross at the hip 2, close 3, hold 4, R side arabesque &, close 5, upper body release R to L 6, up 7, small jump L close R small life of the arms &8.
- 8 - R ball change lunge R hand flexed left on wrist , step L 2, slide to ground legs parallel 3, hold 4, tuck legs in arms wrap around legs 5, release 6, rotate to R pike up 7, continue rotation land L leg tucked under R leg up 8.
- 8 - Run rotation to L off ground R arm up face different directions 1-2, small release any direction 3-4, big release to R 5-7, Different reaches 8
- 8 - Different reaches &, arabesque jump to R arms together above head 1 ,run to spread out (fill the floor) 2-4, stop in open forth passion facing different directions reach R arm up with intention 5-8.
- 8 - **Formation Change Block.** Run to block 1-6, small scuff of right foot 7, jump &, land down 8.
- 8 - hold &, throw both arms to R L foot pick up to small attitude 1, throw L no arm R leg in passé 2, arms come to broken T body angled to R 3, R arm through L hand on R shoulder body angled to L &, R hand to salute L hand at hip both blades half a rotation of body to face R side 4, Arms in diagonal R arm up L arm down L prep for inside turn 5, 1 ½ front attitude turn R arm up L arm connect to knee 6 &, Land L side small ball change R arm flexes through 7, R arm circles back R leg passé hop 8.
- 8 - R 1, L 2 to face back, both arms up parallel relevé 3, arms go back head down relevé 4, step R 5, step L 6, prepare 7 step R inside skater turn 8
- 8 - prep &, turn 1-2, jump and arm circle 3, arms to the R 4, arms to the L 5, R arm up jazz hand face front 6, arm down on R leg 7, jump back R L &8.
- 8 - Spiral roll up (from the top of the head) 1, R ball change back 2 &, pencil turn over R shoulder, close feet arms open to T head back 4-5, melt arms head back 6-7, R elbow to right hip 8, R elbow stays connected to R hip R arm across body angled to L &
- 8 - Shift weight and arms back R on a, L arm up and spiral release 1, step back L 2, step back R 3, step L over R shoulder 4, step R to second position 5, R arm up to wave shift weight R 6, shift weight L 7,
- Group 1: prepare 8, 1 ½ skaters inside turn L leg extended 1 &, front attitude battement L leg 2, prepare with L 3, 1 ½ outside turn R leg up R knee connected to L knee 4 &, down 5, roll up R hand peace 6-8.
- Group 2: continue shift of weight R 8, L shift 1, prepare 2, 1 ½ skaters inside turn L leg extended 3 &, front attitude battement L leg 4, prepare with L 5, 1 ½ outside turn R leg up R knee connected to L knee 6 &, down 7, roll up R hand
- 8 - Shift weight R 1, L 2, R 3 L 4, turn over R shoulder L arm first position R arm around 5, body to front L arm in first R arm up 6, step with L leg L arm in first R arm swings under L 7, chasse R- R arm circles around to the R 8 &
- 8 - arms rounded to R side head tilted step out with R 1, both arms circle L close R to L 2, chasse R & 3, step L 4, R leg turned out passé L leg extended up arms back head down &, land 5, different reaches on 6, 7, and 8 legs in second
- 8 - reach R arm forward leaning R 1, **Formation Change Two backwards Triangles** turn over R shoulder run to back 2-4, reach R arm to back R diagonal weight on R 5-6, turn over L shoulder step L 7, R 8, hold &
- 8 - Relevé and arms open to T 1-2 accent begins at the sternum, R arm curves down to left hip 3 head follows, R arm comes back to front head follows &, R arm to R hip head down 4, R arm rotates up fingers are make peace sign relevé 5, hold 6, walk back R 7, L 8
- 8 - 3 step R to second1, L arm floats down 2-3

Formations:



“Shut It Down” – by Pit Bull
ADTS Pep Rally- Time 1:35



Start in triangle formation

- 4
- 8 facing back hold 1 look front 2 step left 3 jump together 4 step right 5 head 6,7,8
- 8 wrap left arm 1 look front 2 hold 3 jump together 4 step right 5 snap arms out 6 arms down 7-8
- 8 wrap head both arms 1-2 rt arm out step right 3 left 4 rt arm chest 5 left 6 lean rt 7 throw 8
- 8 hands on pockets 1 throw lft 2 snap lft arm to rt 3 dig 4 out 5 hold 6 head roll to left 7-8
- 8 circle arms back close to lft 1-2 step rt front 3 over 4 three step turn to back 5,6,7 close to side 8
- 8 hands slide up legs 1-2 step out rt 3 shift weight & 4 walk left, rt 5-6 rt arm chest & left arm 7 grab over head 8
- 8 step front rt, lft, rt 1&2 step back lft, rt, left 3&4 rt leg up 4 jump out circle arms 5 rt arm on head 6 indian arm 7 left arm two fingers 8
- 8 left arm to rt 1 pull back 2 PBR arms slice out 3&4 swing and shuffle feet 5&6 cross arms 7 ½ “T” & down 8
- 8 pony running arm 1 arm out 2 running arm 3 out 4 arms roll down body stepping left 5-6 hands on knees 8
- 8 move to lines or block formation facing back
- 8 turn look front over lft shoulder 1 push arms down & 2 step rt, left 3& 2nd position 4 bounce 5&6 circle arms turning front 7& hips 8
- 8 shoulders rt, lft, 1&2 flick hands 3& push down 4 up 5 walk lft, rt, lft 6,7,8
- 8 pick up 1-3-5 throw left arm over to right 1 switch 2 pick up ½ T 3 over head 4 pick up ½ T 5 over head 6 everyone ½ T 7 overhead 8
- 8 every other line circle 1-2 over and hold 3-4 or hold over 1-2 circle 3-4 jump out hands invert on hips 5 rt knee & 6 arms out 7 down 8
- 8 jump out to 2nd position facing left 1-2 shake hips front/back 3 & punch front 4 up to side 5 left arm out look front right on hip 6 switch & arch back arms switch 7 jump together 8
- 8 walk rt/left/right/ 1-3 left leg out bend body over 4 look to right arms push out straight 5 look forward hand pulls in 6 step front 7 step right big hip 8
- 8 step left swing left arm 1 bounce step right 2 flex right foot to left side arms in box 3 hold 4 slide to right hands on shoulders 5 left leg out low V arm 6 snake up leg 7-8
- 8 move back to triangle facing back or if you have audience front and back face other direction
- 8 turn look front over lft shoulder 1 push arms down & 2 step rt, lft 3& 2nd position 4 bounce 5&6 circle arms turning front 7& hips 8
- 8 shoulders rt, lft, 1&2 flick hands 3& push down 4 up 5 walk lft, rt, lft 6,7,8
- 8 pick up 1-3-5 throw left arm over to right 1 switch 2 pick up ½ T 3 over head 4 pick up ½ T 5 over head 6 everyone ½ T 7 overhead 8
- 8 every other line circle 1-2 over and hold 3-4 or hold over 1-2 circle 3-4 jump out hands invert on hips 5 rt knee & 6 arms out 7 down 8
- 8 wrap head both arms 1-2 rt arm out step right 3 left 4 rt arm chest 5 left 6 lean rt 7 throw 8
- 8 hands on pockets 1 throw lft 2 snap lft arm to rt 3 dig 4 out 5 hold 6 head roll to left 7-8
- 8 circle arms back close to lft 1-2 step rt front 3 over 4 three step turn to back 5,6,7 close to side 8
- 8 hands slide up legs 1-2 step out rt 3 shift weight & 4 walk in tight 5, 6, 7 pose 8

Formations

- #1 Triangle
- #2 block in windows