



2014 American Team Camp Routines

Line Camp Dance – “Me and My Girls” – by: Fifth Harmony - Time: 2:10 - This year's line camp dance is an upbeat and high energy piece with options to fit each dancer's skill level. Technical elements include single or double pirouette, X-jump or Russian, right jeté or switch leap, calypso or two chainé turns, and pitch kick. Your dancers will be sure to enjoy this fun and sassy routine that will showcase their strengths and showmanship!

“Dance With Me” Techno Mix “Miss High Kick” Kick Series- We have new music to the same kick series used in the past and hoping to inspire some great kickers for “Kick Company” and “Miss High Kick!”

Four Great Routines for Pep Rally

Pep Rally – Int Hip Hop - "Hands in the Air" - by: Various Artists - Time: 1:57- Hands In the air is from the popular movie Step Up, the song will be a hit with any crowd. This pep rally dance will be a fun, cleanable hip hop for the intermediate dancer. This hip hop dance has a couple of formation changes, parts, and fun moves for any level. Any dancer will be able to show personality with this pep rally dance, and directors will be able to use during a busy schedule. If you want a clean, fun, and energetic dance, this dance is for your team. Hands In the Air can always be sped up for the advanced team.

Pep Rally - Adv Pom - “Funky Pom Mix” – by: Various Artists - Time: 1:08— This funky pom is HIGH ENERGY and fast paced! There are technical skills incorporated that can easily be modified for any team, with the emphasis being on motion placement and speed. This routine will push each dancer to improve their pom technique and performance.

Pep Rally - Int/Adv Hip Hop - “Can’t Hold Us” – by: Various Artists - Time: 1:06– “Go Back” will have all crowds pumped up and ready to move to the beat. This high energy hip hop routine will help the dancer groove while staying sharp and clean. “Go Back” is a crowd pleaser that will allow each dancer to grow while being challenged and having fun.

Pep Rally - Int/Adv Jazz - “Woman’s World” – by: Cher - Time: 1:30– “Woman’s World” is an exciting jazz routine that will captivate all crowds. This routine incorporates various leaps and turns that

can be modified for all levels. “Woman’s World will also help challenge each dancer to a new level of style, precision, and technique.

Jazz Routines

Int Field Jazz – “Show Me How to Burlesque” – by: Arrangers (Jay Dawson) - Time: 1:37 - This sassy and upbeat jazz routine is one that your team will enjoy learning and performing. It is filled with stylized movements and crowd-pleasing visuals. Although geared towards the intermediate team, it can be modified for any level. Show off your team’s personality with this energizing number! *Pop Music on Officer CD*

Int Jazz – “Madonna Mix” - by: Madonna - Time: 2:30 - This is a mix of some of Madonna’s greatest hits which include “Express Yourself,” “Material Girl,” and “Vogue, just to name a few! This dance includes lot of parts, groups, floor work, and level changes. This is a dance that can easily be polished and performed at a pep-rally, basketball game, or spring show! Your dancers will love the upbeat and exciting choreography and this will definitely be a performance your crowd will enjoy and remember!

Adv Jazz – “Neon Lights” – by: Demi Lavato - Time: 1:37 - “Neon Lights” is a fun, unique jazz routine that will challenge dancers while enjoying the upbeat pace and choreography. Although there are several advance technical skills (triple or double pirouette, center leap, alisicones and c-jump) this routine can be modified for any level of dance. Performing and perfecting “Neon Lights” will push each individual and help each dancer grow tremendously in both technique and style.

Int/Adv Stylized Jazz - "Move" - by: Little Mix - Time: 1:52 - “Move” is a sassy and high energy jazz routine that is great for a pep-rally, basketball game, or Spring Show performance. The dance includes a double pirouette, jete, splits, and a leap in second that can be easily modified to a single pirouette, x jump, and passé jump. This piece also has lots of visual parts, level changes and floor work. Your dancers will love the music and be challenged with the upbeat and fast paced tempo.

Hip Hop Routines

Int Hip Hop – “Throwback” – by: Various Artists - Time: 2:00- These mixtures of throwback songs such as The Puppies “Hey Little Mama” and Vanilla Ice “Ice Ice Baby” will be great for pep rallies and basketball games! This hip hop routine has parts, groups, level changes, and floor work. The choreography is visual and polishable along with being fun to learn! Your audience will love the back in time music and it will definitely catch the attention of all age groups.

Int/Adv Hip Hop – “Missy Beat” – by: Missy Elliott - Time: 2:03- Who cannot love Missy Elliott’s music? The great mix of remixes of Missy Elliott’s biggest hits Pass that Dutch, Work it and I’m Really Hot will defiantly grab the audience attention. This is an intermediate/advanced hip hop with various tempo changes. This is a different style of hip hop that dancers will have fun with popping and intricate movements. It also incorporates parts and visual transitions. You will not go wrong choosing this routine for a pep rally or any type of performance.

Adv Hip Hop - "Hype Mix" - by: Various Artists - Time: 1:50- Hype is such an energetic fast paced song that has parts, levels, and numerous formation changes. The mixture of music will get your team hype as well as the crowd. The variation in movement from fast to slow makes this dance a challenge but fun at the same time. It will be great for pep rallies and basketball games.

Pom Routines

Int Field Pom – “Papa’s Got a Brad New Bag”- by: Jalen (Allen Gray) - Time: 1:38-An energetic and fun pom routine that will be the highlight of your halftime show! Colorful section work, double pirouettes, a grand jete’ and fast paced arm-work will have the fans in the stands wanting more. *Pop Music on Officer CD*

Int/Adv Field Pom – “Feel the Noize” – by: Arrangers (Tom Wallace) - Time: 1:34 - Your audience is going to love this fun, upbeat pom routine. The dance choreography includes visual parts and level changes with technical elements that are easily cleanable for a field performance. The audience will be clapping along! *Pop Music on Officer CD*

Int/Adv Pom – “Wreckit Mix” – by: Miley Cyrus (Caked Up) – Time: 2:13 – This pom routine is great for any pep-rally! It has traditional pom arms with a hip-hop style that compliments the music. There are parts throughout the choreography and also technical elements such as double turns, x-jumps/russians, and jetés, which can all be easily modified based on the level of your dancers. “Wreckit Mix” is a great choice for your team!

Int/Adv Pom – “Clap Your Hands” - by: Various Artists - Time: 1:51 - This pom routine is a great mix that your audience will love. The choreography is the perfect blend of tricks such as a calypso, double pirouette, and leap that are all adaptable to the level of your team while incorporating advanced level choreography that moves across the floor to keep the crowd on their toes.

Adv Pom – “Good Time Pom” – by: Various Artists - Time: 1:31 - “Good Time Pom” is a mix of current hits that the audience and dancers will be sure to enjoy. This routine is full of lots of fun, fast pom arms and visuals that will wow the audience. This dance has several technical elements including a turning center, double pirouette, grande jeté, and a turning c-jump. The technical skills along with the fast pace of this routine can easily be modified for polishing and perfecting purposes. The audience will be sure to have a good time with this high energy, entertaining pom routine.

Prop Routines

Int Field Prop (Large Hoop) – “Ease on Down the Road” – by: Matrix (Shane Porter) – Time: 2:13 - This colorful routine will give your team extra halftime sparkle! Lots of visual variety, fun formations and dazzling contagions will delight your audience. This routine includes leaps, turns and quick footwork - perfect for teams of all technical levels. Shimmer and shine with halftime classic. *Pop Music on Officer CD*

Int/Adv Field Prop (Scarf) – “Attitude Dance” – by: Matrix (Allen Gray) - Time: 1:46 - Great for any size team, this field routine is very visual with several technical elements. Parts and levels are used throughout the routine, and while arm movement is the main focus of choreography, there are also pirouettes, jeté leaps, a tuck jump, and a flying disc/x-jump. This dance will be a real eye-pleaser for the audience.

Int/Adv Prop (Swim Ring) – “Summer Time” – by: Various Artists - Time: 1:55 - Packed with your favorite summer-time tunes, this high energy routine would be great for a pep-rally or community performance. Visual formations work for teams big or small. A Styrofoam wreath ring with red tape can also be used as a life-ring. Technical elements include coupe and pirouette turns and saute’ and double stag leaps.

Kick Routines

Int Field Kick – “Wake Me Up” – by: Arrangers (Tom Wallace) - time: 1:37 - This is a high-energy and traditional kick routine that will really wake the audience up! The choreography is geared towards an intermediate team, but can easily be modified to the beginner or advanced level. Included are visually appealing kick sequences, a fun jazz section, and opposition and contagions to make the routine more dynamic. Add some energy and some sass and you’re sure to have a crowd-pleasing performance! *Pop Music on Officer CD*

Int/Adv Field Kick – “Dance Again” – by: Arrangers (Tom Wallace) - Time: 1:58 - This fun, high-energy kick routine will keep your audience captivated. This entertaining kick routine includes an exciting jazz section, eye appealing contagions, and a crowd-pleasing stunt. Let this kick routine be the highlight of your halftime show! *Pop Music on Officer CD*

Int/Adv Pop Kick: "Death of Us" by Ester Dean 2:06 - This is a fun, upbeat kick routine perfect for a pep rally or competition routine. It is an intermediate to advanced level routine featuring a jazz section. With parts, levels, and contagions, this routine is visually entertaining in both the kickline aspect as well as the dance aspect.

Military Routines

Int Field Military – “Let it Whip” – by: Arrangers (Tom Wallace) - Time: 1:27 - This is a traditional field military that will be easy to polish! Visual parts, levels, and contagions will look great

at halftime! The fun music will appeal to your dancers and audience alike. You are sure to whip up a great halftime with this routine! **Pop Music on Officer CD**

Int/Adv Field Military – “Land of 1000 Dances” – by: Arrangers (Tom Wallace) - Time: 1:25-A spectacular stunt, intricate arm work, a double pirouette and crisp, challenging section work will leave your audience breathless! Spotlight your team with this sharp, precision military routine that will be a hit at halftime or a pep rally. **Pop Music on Officer CD**

Int/Adv Military – “Catching Fire” - by: Blizaux - Time: 1:33 - Enter the arena and emerge a victor with this Hunger Games inspired military routine. Arm and body placement will intrigue your audience and challenge your team while the many parts, levels, and formation changes will be a thrill to perform and watch. The odds are definitely in your favor with this routine!

Adv Military – “Harry Potter” - by: Corporate DUBZ - Time: 2:06 - Take your team on a trip to Hogwarts with this fast paced, advanced military routine. Your dancers will love the floor work, level changes, intricate arm movements, exciting contagions and group work, that are sure to enchant any audience. This routine will bring a bit of “magic” to that next pep rally, basketball game, or upcoming contest and be a favorite for all!

Novelty Routines

Int Novelty – “Happy” – by: Pharrell Williams - Time: 2:19 - The hottest song of the year is coming to you this summer!!! This intermediate novelty will get your audience clapping along with every performance to Pharrell’s super popular song “Happy.” This novelty will feature skills such as pirouettes, jeté leaps, soutes and more with many options for beginner or more advanced dancers. Get ready to entertain your audience while having a BLAST dancing to this fun and energetic song!

Int Novelty - “Royalty” - by: Various Artists - Time: 2:00 - This routine, set to popular tunes and remakes of favorites, will have your team holding court when they perform. Visual parts and stylized bodywork create a regal theme. Technical elements include a double pirouette into a lunge, sauté and jeté leaps and floor work.

Adv Novelty – “Love is an Open Door” – by: Kristen Bell & Santino Fontana (Frozen Soundtrack) - Time: 1:50 - This exciting and energetic routine is from one of the most popular movies this year! Your team will get the chance to act and dance with this routine. This routine consists of pirouettes, a reverse leap, revolving second leap, a fouetté, and floor work. Your team will have so much fun with this routine and I know it will be an audience favorite.

Lyrical Routines

Int/Adv Lyrical – “Counting Stars” – by: Christina Grimmie - Time: 1:49 - This lyrical routine is perfect for the entire team as it will challenge your beginner dancers and keep your intermediate dancers entertained. The visual effects including formation changes, parts, group work and technique will definitely keep the audience engaged. Some technical elements include: pirouettes, chaîné turns, leaps, kicks, tilts, and a calypso (all which can be modified); in addition, your dancers will be required to execute movements that require strong emotion. “Counting Stars” is a perfect routine to challenge your team and keep all crowds entertained!

Int Lyrical – “Roar” – by: Anthem Lights - Time: 2:18 - Perfect for any special performance, this routine is to a beautiful cover of Katy Perry’s original “Roar.” The dance includes a turning disc, fountés, a pas de chat, a right leap, and intricate footwork. Filled with technical elements, this dance will push your dance to reach new goals. This beautiful dance will allow your dancers to express emotion while mesmerizing the audience.

Modern Routines

Int Modern- “Beating Heart” by: Ellie Goulding - Time: 2:26 - This is an appealing modern dance based on creative movement, turns, quick weight shifts, spirals, and partner work. The choreography is inspired by the movie *Divergent* in which it highlights how society classifies individuals by certain characteristics, and how your qualities can mold your future. If your dancers have not experienced modern dance or motif-based choreography, this would be the dance in which your team could learn

about modern fundamentals and feel a great connection about the story line. "Beating Heart" is a perfect dance that can be performed at your spring show or a special performance!

Int/Adv Modern – “Eet” – by: Regina Spektor - Time: 2:06-This intermediate/advanced modern routine is sure to keep your audience intrigued from start to finish. With its various tempo changes, upbeat chorus, quirky movements, and technical skills, this routine is sure to impress! Technical elements incorporated in the dance include pirouettes, coupe turns, battements and fans, a jete, and parts that include optional fouettés and a turning disc. “Eet” is a full of quirky and expressive movements that incorporate modern fundamentals in addition to a variety of technical elements. This dance is perfect for a spring show or special performance, perhaps even a contest routine. “Eet” is sure to challenge the range and versatility of your dancers.

Contemporary Routines

Int Contemporary -- "Oceans" - by: Hillsong United - Time: 1:46 - Allow your dancers to explore different qualities of movements while expressing themselves with this beautiful song entitled "Oceans" by Hillsong United. This dance is perfect for your intermediate dancer, but it's also a great way to get your beginner dancers started with this style of dance. "Oceans" includes pretty visuals, turns and leaps, parts, and a few solo moments. This beautiful routine would be perfect for any contest or spring show performance!

Int/Adv Contemporary- “Someone Like You”- Adele- Time: 1:50- “Someone Like You” is a syncopated routine that incorporates expressive movements with technical elements for intermediate to advanced dancers. The choreography is designed to challenge your dancers with quick formation changes and fast technical sections. These sections include leaps, kicks, and turning combinations. If you are looking for a powerful dance that flows, “Someone Like You” is perfect for you.



KICK SERIES

“Dance With Me” Techno Mix--Miss High Kick Series

8 Hold 7, connect on 8

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

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

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

88 Repeat the Kick 6 X to the back; ending series facing front

88 Step Swings (Exercise Kicks) –step left kick right first- 4 times in place

8 Jump fans to right 3 times closing on 7

8 Jump fans to the left 3 times, closing on 7 and end on 8

“Me & My Girls” – by: Fifth Harmony
Line Camp Dance – Time 2:11



Begin facing the back, 2nd position parallel

Section A

- 8 Hold 1-2, pop head up 3-4, pose of your choice 5-6, switch pose 7-8
- 8 Pivot on R to front 1-2, prep 3, stationary leap 4, land in tuck 5-6, kick R leg on ground 7-8
- 8 Roll to back 1-2, head roll in push up position 3-4, continue rolling to stand 5-6, pivot to front 7-8
- 8 Prep 1-2, double (or single) pirouette 3-4, circle arms overhead to R 5-6, switch to L 7-8

Section B

- 8 Ball change back on R &1, kick R 2, step R 3, close 4, roll hips 5-6, jump to close 7-8
 - 8 Plié to R 1-2, roll shoulders 3, prep 4, chaîné calypso (or 2 chaîné turns) 5-8
 - 8 T arms 1, wrap and look L 2, step back R/arms in TD 3-4, step back L/arms in T 5-6, BC back 7-8
 - 8 Chainé F pushing arms down 1-2, run RL 3-4, R switch leap (or regular leap) 5, tuck 6-7, pop up 8
 - 8 Rond de jambe R 1-2, step L 3, inverted R fan 4, ball change R 5-6, step out R 7, arms to low V 8
 - 8 Clip turn R while rolling hips 1-4, step F on RL 5&, passé R 6, pivot on R to back 7-8
 - 8 Walk facing back flicking arms RL 1-2, step out RL 3-4, hip roll 5-6, prep 7-8
 - 8 Chainé to R 1-2, piqué 3-4, jazz walk to front RL 5-6, wrap head and close feet 7-8
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- 8 Step touch R 1-2, step touch L 3-4, close feet/circle arms in TD 5-7, jump to 2nd position 8
 - 8 Go down 1-2, Slide L leg through to ground 3-4, roll forward 5-6, kick R leg on group 7-8
 - 8 Roll to B to stand 1-4, switch lines facing B swinging R arm up 5-6, L arm up 7-8
 - 8 Pull arms down at elbows/close feet 1-2, pivot R to F 3-4, prep 5-6, double (or single) pirouette 7-8
 - 8 Step R 1, flick L leg/swing R arm to T 2, step L 3, close feet/TD arms 4, BC back on R 5-6, hips 7-8
 - 8 Drag to left w/ L arms 1-2, prep 3-4, chaîné to R 5-6, run RL 7-8
 - 8 Russian (or X-jump) 1-2, BC back on L 3-4, plié to L 5-6, catch step &7, R pitch kick 8
 - 8 Pivot to B on R 1-2, pivot to F on R 3-4, close feet 5, hands to pockets 6, pop chest 7-8

Repeat Section B

- 8 Ball change back on R &1, kick R 2, step R 3, close 4, roll hips 5-6, jump to close 7-8
 - 8 Plié to R 1-2, roll shoulders 3, prep 4, chaîné calypso (or 2 chaîné turns) 5-8
 - 8 T arms 1, wrap and look L 2, step back R/arms in TD 3-4, step back L/arms in T 5-6, BC back 7-8
 - 8 Chainé F pushing arms down 1-2, run RL 3-4, R switch leap (or regular leap) 5, tuck 6-7, pop up 8
 - 8 Rond de jambe R 1-2, step L 3, inverted R fan 4, ball change R 5-6, step out R 7, arms to low V 8
 - 8 Clip turn R while rolling hips 1-4, step F on RL 5&, passé R 6, pivot on R to back 7-8
 - 8 Walk facing back flicking arms RL 1-2, step out RL 3-4, hip roll 5-6, prep 7-8
 - 8 Chainé to R 1-2, piqué 3-4, jazz walk to front RL 5-6, wrap head and close feet 7-8
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- 8 Step touch R 1-2, step touch L 3-4, close feet/circle arms in TD 5-7, jump to 2nd position 8
 - 8 Go down 1-2, Slide L leg through to ground 3-4, roll forward 5-6, kick R leg on group 7-8
 - 8 Roll to B to stand 1-4, switch lines facing B swinging R arm up 5-6, L arm up 7-8
 - 8 Pull arms down at elbows/close feet 1-2, pivot R to F 3-4, prep 5-6, double (or single) pirouette 7-8
 - 8 Step R 1, flick L leg/swing R arm to T 2, step L 3, close feet/TD arms 4, BC back on R 5-6, hips 7-8
 - 8 Drag to left w/ L arms 1-2, prep 3-4, chaîné to R 5-6, run RL 7-8
 - 8 Russian (or X-jump) 1-2, BC back on L 3-4, plié to L 5-6, catch step &7, R pitch kick 8
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- 8 Pivot to B on R 1-2, pivot to F on R 3-4, close feet 5, hands to pockets 6, step L 7, melt down to R 8



**“Hands In the Air” – by: Timberland (feat. Ne-Yo)
Pep Rally – Intermediate Hip Hop – Time: 1:57**

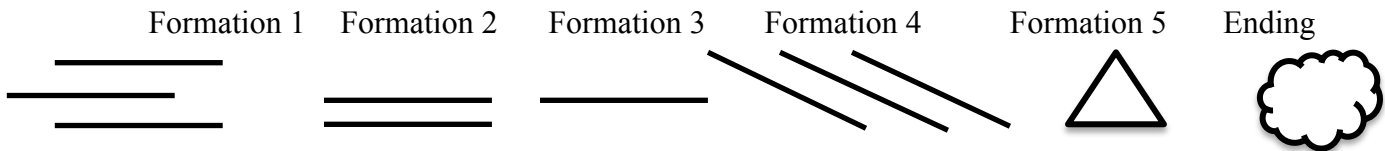
Start in a Block – 3 lines

- 8 Hold 1-4, Brush to front 5, down 6, pump Rt Fist 7, clean 8
- 88 Parts 1-3-5 Walk rt 1(3 or 5), left 2 (4 or 6) , kick rt 3 (5 or 7), 2nd 4(6 or 8), Rt arm up/left across 5&6(7&8 or 1&2), pull rt 7(1 or 3), switch left 8(2 or 4), everyone rt circle 5, left diag/look down 6, punch 7&8
- 8 Turn 1, 2nd/hands overhead 2, grab wrist pull 3&4, left up/tilt head rt 5, switch 6, drag down 7, ground 8
- 8 Roll back 1-4, rt low v 5&6, punch fwd 7, tuck 8,
- 8 Snake side 1, pop 2, wave rt hand/left back/pop rt 3, switch 4, roll hands on knees 5 6, roll 7, pop hands front of chest 8

- 88 **Move two lines** Snap front/rt foot back 12, switch 34, roll 5, hips 6, roll 7, hands chest 8
- 8 Jump side/rt arm circle 1-2, step/hands low v fist 3, heel &, down 4, BC rt/left front box front 5, side open&, close 6, step back body roll BC 7-8
- 8 Arms open wheel around 1 chest 2 pop chest 3-4 step LRL 5-6 L hip 7 R hip 8
- 8 Pivot 1-2 back 3-4 parts: 5/6/7 front arms up 5 down 6 or 6 down 7 or 7 down 8
- 8 R arm chest 1 switch L 2 R arm up 3 down 4 parts: 5-7 roll on knees 5 up 6 or roll 7 up 8
- 8 Kick R 1 back 2 punch up L 3 R 4 arms on head 5-6 arms up 7-8
- 8 Parts 1-2-3 Box arms 1 or 2 or 3 clean 4 move run 5-7 jump out side 8
- 8 Look front 1 hold 2 roll 3-4 step R 5 throw 6 step L 7 throw 8
- 8 Step R 1 arms 2 pop 3 foot 4 punch front L R 5-6 head R L 7-8
- 8 Walk 1-2 shoulders 3-4 circle around 5-6 arm 7 hold 8

- 8 **Parts Opposition Front**-rt arm 1, pump box rt 2, switch left 3, pump left 4, 3 step turn rt 5&6, pull box 7, pump rt arm 8 **Back**-left arm 1, pump box left 2, switch rt 3, pump rt 4, 3 step turn left 5&6, pull box 7, pump rt arm 8
- 8 Turn back opposite 1&2, **Front** squat 3, roll 4-5, hand/foot 6, roll back 7 8 **Back** turn 1-2, Arms up 3 Low 4, plié fist 5, open/side &, front 6, walk R 7, L 8
- 6 Front roll up or pivot 1-2, Back walk to straight line 1-2, Everyone Contagion pose 3-6
- 8 **Group 1**- blades punch fwd/left 1&2, side chest 3, down &, back chest 4, around to chest fist/step rt fwd dig 5-6, hands what's up/snake back 7, clean 8
- 8 **Group 1 & 2** Repeat Pick up
- 8 **Group 1&2 & 3** Repeat Pick up
- *Should make diagonal lines**
- 8 Knees R 1-2 L 3-4 low V R 5 L 6 step out push down R 7 L 8

- 88 **Move to a Triangle**
- 8 Repeat Chorus: Arms open around 1, chest 2 pop chest 3-4 step LRL 5-6 L hip 7 R hip 8
- 8 Pivot 1-2 back 3-4 parts: 5/6/7 front arms up 5 down 6 or 6 down 7 or 7 down 8
- 8 Parts 1/3 up cover face 1 out & hands 2 or up 3 out & hands 4 lean 5-8
- 8 Lean back up 1-4 pivot together 5-6 jazz walk back 7-8
- 6 Jazz walk to a clump 1-2, pivot 3, fade pose 4-6



“Funky Pom Mix” – by: Various Artists
Pep Rally – Advanced Pom – Time: 1:08

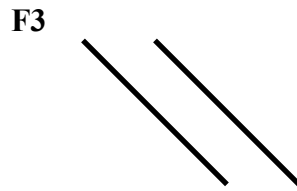
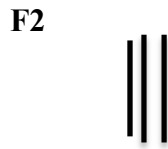
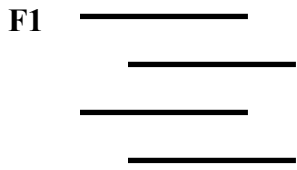


Start in Windows; Hold talking intro

- 8 Hold 1-2, high or low V 3-4, hug 5, T 6, low rocket 7, high V 8
- 8 Toe touch 1-2, land 3-4, hug 5, behind head 6, half T &, punch crossing in front 7 **Floor Part:** scoop
8 **Standing Part:** hands to hip 8
- 8 **Floor Part Cont.:** cont. scoop 1, rt arm angle 2, roll to get up 3-6, low V to TD arms 7-8
- 8 **Standing Part Cont.:** rt angle with left hand on shoulder 2, cross 3, high V with passé 4, step turn into files 5-6, low V to TD arms 7-8
- 8 Opposite K's 1, half T &, switch K's 2, shampoo contagion to knees beginning 3,4,5,6 ending on 8
- 8 **Move to Stagers:** pony crossing 1, low V 2, cross 3, low V 4, left low angle 5, rt low angle 6, TD with hips 7-8
- 88 Half T 1, step forward T 2, turn to back half T 3, low/high V chassé 4, chassé half T &, low/high V step 5, bend to knee 6
- Group 1:** Turn to front high V 7, bend to left knee 8, swing rt arm 1, clasp 2, swing rt arm 3, clasp 4, swing rt arm 5, clasp 6, rt arm to ground 7, walk around 8
- Group 2:** Hold 7, turn to front high V 8, bend to left knee 1, hold 2, swing rt arm 3, clasp 4, swing rt arm 5, clasp 6, rt arm to ground 7, walk around 8
- Group 3:** Hold 7-8, turn to front high V 1, bend to left knee 2, hold 3-4, swing rt arm 5, clasp 6, rt arm to ground 7, walk around 8
- 8 Continue walking & 1, hold 2, plié 3, twist jump 4-5, hold 6, hug and bring in knees 7, z sit to rt 8
- 8 Push up to bent back 1, body roll with arms pushing down 2, arms in buckets 3, twist left knee bring left hand to hip & 4, chassé to front low V 5, cross &, chassé to front low V 6, pump rt arm 7-8
- 8 Step forward on left with daggers 1, turn to front with left arm up 2-3, half T 4, push in opposition 5, half T 6, whip rt arm 7, high left angle 8
- 8 **Move to Reverse Double V:** pony with pump forward 1-2, low V 3, daggers 4, high V 5, daggers 6, step rt with bow and arrow 7, step left with bow and arrow 8
- 8 Slide rt arm over left and chassé to rt with arms crossing to low V 1-3, turn to back and clean 4, hands to head 5-6, hips 7-8
- 8 **Group 1:** Bend and cross 1, stand low V 2, rt arm to head with left on hip 3, left arm shoulder with rt on hip 4, bend to left leg 5, hold 6-2
- Group 2:** Hold 1-2, bend and cross 3, stand low V 4, rt arm to head with left on hip 5, left arm shoulder with rt on hip 6, bend to left leg 7, hold 8-2
- Group 3:** Hold 1-4, bend and cross 5, stand low V 6, rt arm to head with left on hip 7, left arm shoulder with rt on hip 8, bend to left leg 1, hold 2
- 8 Cont. 1-2, bend and swing left arm around 3-4, ball change with pose 5-6, prepare 7-8
- 8 Fouetté in second 1-2, double pirouette 3-4, land in high V 5-6, z sit to back 7-8
- 8 Touch down 1, hands to ground 2, tuck 3-4, snake to front on groups 5-7, clap 8
- 8 **Move to Triangle:** right bow and arrow 1, switch 2, half T &, cross in front 3, circle arms back 4-5, roll 6-8
- 8 **Groups 1-3-5:**
- Group 1:** Hit rt knee 1, rocket 2, shampoo 3, bend to rt knee 4, hold 5-8
- Group 2:** Hold 1-2, hit rt knee 3, rocket 4, shampoo 5, bend to rt knee 6, hold 7-8
- Group 3:** Hold 1-4, hit rt knee 5, rocket 6, shampoo 7, bend to rt knee 8
- 8 Prepare 1, chaîné turning disc 2-7, touch down 8

1 Hit ground with arms in front of knees

Formations:



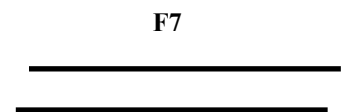
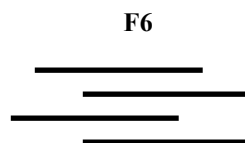
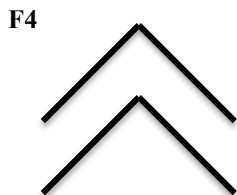
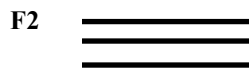
“Can’t Hold Us” – by: Macklemore & Ryan Lewis
Pep Rally – Intermediate/Advanced Hip Hop –
Time: 1:12



Start in 3 Lines Staggered

- 4 Hold 1-4 with hands grabbing pockets bent down
- 8 Stand 1-2, arms out 3, pull in 4, snake arms 5-6, step forward with “come on” hand 7-8
- 8 Kick ball change with feet 1 &, hands to hips in plié 2, push rt 3, push left 4, rt arm block 5, left arm block 6, cross arms with kick 7, low V basketball hands 8
- 8 Dunk rt 1-2, dunk left 3-4, flat box 5, step forward cross hands 6, look at watch 7 or 8
- 6 Wipe counter 1, box 2, punch rt arm across 3, clip turn with arms crossed 4-5 head nod 6
- 8 **Contagion:** Throw rt arm around to floor pushing out flexed left leg with left hand over eyes
- 8 Stand 1-2, Forward Roll or Head Spring 3-5, back pack 6, rt arm to left knee 7, left arm to knee &, body roll 8
- 8 Cont. body roll 1, **Move to files:** Looking different ways low 2, medium 3, high 4, pony grabbing pockets 5-7, wipe counter with both hands 8
- 8 Cross arms in X and **move to windows** crank back 1-2, **Group 1:** point rt to floor 3, point left to floor &, point up in box 4, hold 5-8; **Group 2:** Hold 3-4, point rt to floor 5, point left to floor &, point up in box 6, hold 7-8; **Group 3:** Hold 3-6, point rt to floor 7, point left to floor &, point up in box 8
- 8 Push back 1-2, hands in pockets kick forward 3, kick back 4, **move to Double V’s** grabbing pockets and running 5-8
- 8 Punch rt in front 1, punch left in front 2, punch buckets 3, punch behind 4, body roll low or high cheerio 5-6, switch 7-8
- 8 Arms cross and push out 1-2, look to rt with basketball hands 3, look to left with basketball hands 4, spin the records 5 & 6, rt hand point up 7, head nod 8
- 8 Rt arm up 1-2, left arm up 3-4, running back step LRL w/ arms cross in front to upside down box 5-8
- 8 Check 1, invert check and knee &, check 2, roll 3-4, backpack 5, step forward wave hands 6-8
- 8 **Move to Reverse Triangle:** Jump rope arms 1-4, L hand to knee 5, switch &, rt arm T 6, throw ball 7, chicken wings 8
- 8 Pop 1-2, scoop 3-4, box in fists 5, surf 6, open box 7, cross arms 8
- 8 **Move to 4 Lines:** Jump rope arms 1-4, L hand to knee 5, switch &, rt arm T 6, throw ball 7, cross arms 8
- 8 Backing up step kick rt with arms crossed 1-2, step kick left with arms low V 3-4, step kick rt with arms high V 5-6, run forward with arms grabbing pockets 7 & 8
- 8 **First and Third Lines:** Slide to rt and clap 1-2, step back pumping fist 3-4, high knees to left 5 & 6, hug 7, point 8
- 8 **Second and Fourth Lines:** High knees forward 1 & 2, slide to rt and clap 3-4, step back pumping fist 5-6, hug 7, point 8
- 8 Kick left leg out crossing arms 1, kick rt leg out crossing arms 2, raise the roof 3-4, cross feet 5, untwist to Indian sit 6-8
- 1 Head down with arms crossed 1

Formations:



“Woman’s World” – by: Cher

Pep Rally – Intermediate/Advanced Jazz – Time: 1:30



Start in Double V’s holding intro

8 Hold 1-2, groups cross arms in front to low V beginning 3,5,7

8 Flick to front 1, ball change prepare &2, chaîné to front 3-4, leg popped 5-6, pose 7 or 8

8 Head roll with arms flexed down 1-2, cha cha 3-4, ball change 5, fan kick 6-7, cross arms in front 8

8 Left hand on floor 1, both hands on floor 2, bent leg barrel jump to get up 3-5, snake up 6-7, cross arms in front 8

8 Catch step to passé 1, swivel to head 2-3, push out to flexed L 4, **Move to 3 Diamonds** 5-7, push arms forward 8

8 Cont. 1, step back left 2, rt ball change 3, step forward 4, step L 5, turn with rt leg crossed with arms in T 6, left arm up 7, slide down face 8

8 Ball change with rt arm bent 1-2, step to left over rt shoulder crossing arms 4-5, low V snap 6-7, shoulder roll 8

8 Pose 1, kick ball change 2 &, prepare 3, chaîné calypso leap 4-7, cross arms 8

88 Floor Part: (Land Calypso to ground) Arms to hips 1, hands to ground 2, push up with head roll 3-4, left knee to ground 5, grab rt leg 6-7, roll to get up 8-4

Standing Part: (Land Calypso standing) Arms to hips 1, left arm up 2, pitch kick 3, clean 4, push out rt arm 5-6, step rt 7, single pirouette 8, rt grand jeté 1-4

Pick Up Together: Ball change with low V snap & 5, ball change with T snap & 6, ball change with Touch Down snap & 7, step to rt with low V arms 8

8 Scoop 1-2, ball change with hands on heart 3-4, prepare 5-6, fouetté in second 7-8

8 Fouetté in second 1-4, double pirouette 5-6, land with arms pushed back low V 7, step left 8

8 Group 1: Rt passé with left leg 1, turn over rt shoulder 2-3, cross arms and T to ground 4-5, hold 6-8

Group 2: Hold 8, step 1, Rt passé with left leg 2, turn over rt shoulder 3-4, cross arms and T to ground 5-6, hold 7-8

Group 3: Hold 8-1, step 2, Rt passé with left leg 3, turn over rt shoulder 4-5, cross arms and T to ground 6-7, hold 8

2 Flatten back and move in with arms flexed to ground 1 & 2

8 **Move to Wide Triangle:** step rt with rt arm out 1, step left with left arm out 2, cross arms 3, swing arms to low V 4, check arms 5, turn to front 6, snake 7-8

8 Cross arms in X 1, hands pull to hips 2, cheerio arms with jazz hands 3, kick 4, close 5, bent leg grand jeté 6-8

8 Turn out of leap 1-2, hands push down ribs 3, running arms 4, hands to ground 5, slide to left hip with rt leg extended 6, roll to push up 7-8

8 Cont. 1, move rt hand in 2, move left hand in &, move rt hand in 3, jazz hands 4, low V 5, drag 6-7, turn to back 8

8 **Repeat to back (Move to Shield):** step rt with rt arm out 1, step left with left arm out 2, cross arms 3, swing arms to low V 4, check arms 5, turn to front 6, snake 7-8

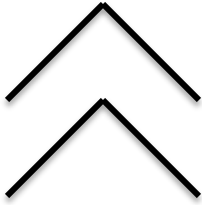
8 Cross arms in X 1, hands pull to hips 2, cheerio arms with jazz hands 3, kick 4, close 5, rt leap in second 6-8

8 Turn out of leap 1-2, hands push down ribs 3, running arms 4, hands to ground 5, slide to left hip with rt leg extended 6, roll to push up 7-8

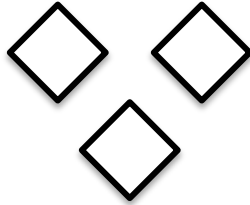
8 Cont. 1, move rt hand in 2, move left hand in &, move rt hand in 3, jazz hands 4, roll to front 5-6, kick left leg 7, turn to back with knees bent 8
1 Release head

Formations:

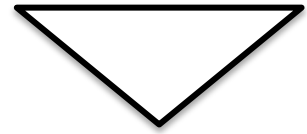
F1



F2



F3



F4



“Show Me How You Burlesque” – by: Arrangers (Jay Dawson)

Intermediate Field Jazz – Time: 1:38



Begin in three lines, facing the front, with hands on hips, right foot in dig, and head down.

- 8 Hold 1-2, look to front “sassy walk” R 3-4, “sassy walk” L 5-6, step out to R on relevé sit into R hip &- 7, look R 8
- 8 shake L hip 1-2, look front, shake L hip 3-4, jazz square: arms “T” 5, cross arms R over L 6, bring arms to chest crossed 7, L arm down R arm up and snap 8
- 8 **Parts by line: (Line 1 start count 1, Line 2 start count 2, Line 3 start count 3)** Pivot 1-2 **OR** 2-3 **OR** 3-4, step R touch L, R hand on hip, focus to the front looking over R shoulder 3 **OR** 4 **OR** 5, Repeat to L 4 **OR** 5 **OR** 6, step R point out L (head right) 7-8
- 8 Three-step turn L (hands stay on hips) 1-3, dig R 4, step R, arms cross R over L 5, turn over L shoulder to L passé break arms to low “V” 6, step back L pop R knee 7, switch 8
- 8 Step L 1, jump together break arms up 2, step R flip hands R 3, switch L 4, prepare clean arms 5-6, double (or single) pirouette 7-8
- 8 Jump out then in with hands flexed 1-2, sit to right hip switching shoulders R-L-R 3-&-4, repeat movement to the left 5-&-6, chug right pushing R shoulder forward 7, chug to face L 8
- 8 Step L to back in plié 1, drag L to front arms in “L” 2, step L 3, R kick and hands by side 4, step R 5, jump together arms to low “V” with hands flexed 6, chasé to front breaking arms up the body 7-&-8
- 8 **Move to three groups:** step L-R arms up flip hands R-L 1-2, wrap arms over head 3, clean arms 4, shimmy R-L-R-L 5-6-7-8
- 8 Continue to three groups, Repeat arms
- 4 Right group pose 1, center group pose 2, left group pose 3, all groups jump together arms low “V” flexed hands 4
- 8 **Three groups from L to R on 1, 3, or 5:** ball change side 1-2, pencil turn over right shoulder 3-4, step R-L 5-6, R leap step L 7-8
- 8 **Continue in groups:** step front R replace and dig R facing left 1-2, finish groups 3-6, all groups step back R popping L knee 7, switch 8
- 8 **Move to two triangles** (facing back) step R clap up R 1-2, step L clap up L 3-4, step R clap down R 5-6, step L clap down L 7-8. Pivot R to front 1-4, chug L-R 5-8
- 8 Continue transition repeating arms; end facing back
- 8 **Group 1-** Cross R over L unwind to front 1-2, chug digging R circling R arm 3-4, hold 5-8
- 8 Jump together, head down bending at waist 1, jump out break arms through chest 2, “W” arms bounce L-Center-R pop left knee (head left)3-4, hold 5-8
- (**Group 2-** Hold 1-4, cross L over R unwind to front 5-6, chug digging L circling L arm 7-8 Hold 1-4, jump together, head down bending at waist 5, jump bout break arms through chest 6, “W” arms bounce R-center-L pop right knee (head right) 7-8)
- 8 **Both Groups-** jump together 1, break arms up 2, R pivot arms straight down 3-4, walk arms downward check R-L-R 5-7, close 8
- 8 **Ripple from front to back.** Drop tuck circle R to front, jump out 1-7, R dig sassy snap 8

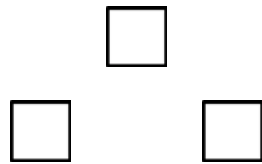
- 8 **Travel to diamond:** Walk R-L pushing arms down 1-2, chasé with chest pump R-L-R 3-&-4, Walk L-R pushing arms down 5-6, chasé with chest pump L-R-L 7-&-8
- 8 Continue transition: Sassy walks 1-8
- 8 Step front R passé L snap down 1-2, walk L-R to R side 3-4, step front L passé R snap down 5-6, walk R-L to L side 7-8
- 8 jump together R-L, circle arms at chest &-1, jump together R-L circle arms up &-2, three step turn R (head right) 3-&-4, pas de bourrée L-R-L facing front, 5-&-6, dig R facing L 7, look front extend L arm and snap 8

Formations:

**#1: Three Straight Lines
Diamond**



#2: Three Groups



#3: Two Triangles



#4



AUDIENCE

“Madonna Mix” – by: Madonna
Intermediate Jazz – Time 2:30



Begin in a circle with split stunt in the middle. Circle is in a tuck, stunt is down in split.

- 8 outside circle: contagion – windmill arms RL 1-8, inside group: lift into stunt 1-8
- 8 outside circle: contagion – point L leg out bringing arms up to L 1-8, inside group: turn stunt 8
- 8 outside circle: close, head down 1-2, look up 3-4, inside group: recover from stunt 1-4, **move to block:**
T arms 5-6, wrap arms to shoulders 7-8
- 8 continue moving:** windmill arms LR 1-4, reach R arm down releasing head 5-7, look front close 8
- 8 ball change 1-2, passé opening arms 3-4, hands to heart 5-6, shoulder roll LR 7-8
- 8 **3 groups** by line (starting on 1, 3, 5): pivot 1-2, pivot 3-4, open arms 5-6, drop 7-8
- 8 continue 1-4, dig R to L 5-6, prep 7-8
- 8 double or single pirouette 1-2, land in 2nd 3-4, T 5, wrap to R 6, T 7, wrap to L 8

- 8 shimmy in a square 1-4, salsa 5-6, pas de bourre wrapping arms to close 7-8
- 8 **3 groups across** (starting on 1, 3, 5): step R arms over head 1, step L dropping arms 2, 3 step turn 3-4, step L reaching R arm to L 5-6, step R 7, salsa arms to back 8
- 8 step R 1, dig L facing front 2, continue 3-6, hold 7-8

- 8 **3 groups by line** (starting on 1, 3, 5): step R swinging R arm down 1, step L crossing arms 2, high kick 3, close 4, continue 5-8
- 8 snap R arm in high V 1-2, pas de bourre circling R arm over head to push L 3-4, drop 5-6, dig L to R arms in low V 7-8
- 8 step L crossing arms 1, passé R arms in a T 2, swing arms RL 3-4, circle arms 5-6, face L side 7-8
- 8 dip 1, dig L foot facing front 2, step LR 3-4, X jump 5-6, turn 7, pop 8

- 8 move to triangle:** R arm low V 1-2, L 3-4, reach arms up 5-6, wrap 7, close 8
- 8 continue moving:** repeat 1-8

- 8 lean RL 1-2, snake head to R 3-4, circle arms 5, L hand to R knee 6, pop 7-8
- 8 **3 groups by V's** (starting on 1, 3, 5): cross arms 1, dig L to R 2, swing R arm up LR 3-4, circle arms 5, drop to L knee 6, continue 7-8
- 8 continue 1-2, hips RL 3-4, shake 5-6, circle hips 7, pop 8
- 8 dip hands to knees 1-4, hips LR 5-6, step L 7, dig snapping R hand 8

- 8 chaine to R 1-2, step out R 3-4, drag 5-6, step RL 7-8
- 8 leap 1-2, land 3-4, **3 groups across** (starting on 5, 7, 1): roll to back 5-6, push up 7-8
- 8 slide L leg through 1-2, kick R leg 3-4, roll up to back 5-8
- 8 pick-up step: face front popping R leg 1-2, arms down leg 3-4, up 5-6, walk RL arms coming to T 7-8

- 8 step touch arms down up 1-2, step passé arms down 3-4, point R pushing R arm 5, dig pushing L arm down &, point R pushing R arm down 6, dig L to R circling arms 7-8
- 8 head roll 1-2, pop 3-4, step passé 5-6, repeat 7-8
- 8 chasse L 1-2, ball change 3-4, chaine to R 5-6, windmill arms 7-8
- 8 pull L arm across reaching R arm up L 1-2, sit 3-4, pose 5-6, pose 7-8

- 8 move to 3 blocks:** R arm to R hip 1, L arm to L hip 2, shoulders RL 3-4, arms half T to R 5, L 6, reach up 7, close 8

8 continue moving: repeat 1-8

8 outside groups: face in walk forward pulling arms up body 1-4, arms out 5, arms in 6, circle arms 7, pop inside leg facing middle group 8

8 middle group: pop out arms above head 1, clean 2, L arm out low V 3, R arm out low V 4, arms above head R 5, switch L 6, step 7, R hand on hip body facing L 8

8 prep 1-2, double or single pirouette 3-4, land in 2nd 5, jump together grabbing hands above head 6, R hand to R hip 7, L hand to L hip 8

8 3 groups (starting on 1, 3, 5): T 1, wrap shoulders 2, arms down 3, flick 4, step R 5, pose 6, continue 7-8

8 continue 1-2, windmill arms to face L corner 3-4, drop 5-8

8 snake up 1-2, L arms 3-4, drop to R leg 5-6, snap L 7-8

8 outside groups: leap 1-2, middle group: leap 3-4, hold 5-6, stand 7-8

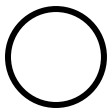
8 move meshing 3 groups into 1 block: arms RLRL 1-4, vogue 5-6, close 7-8

8 continue moving: repeat 1-8

8 3 groups by line (starting on 1, 2, 3): pivot 1-2, pivot 3-4, pose in levels 5, continue 6-7, vogue pose 8

Formations:

1. Circle



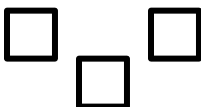
2. Staggered Block



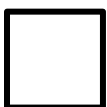
3. Triangle



4. 3 Groups



5. Block



“Neon Lights” - by: Demi Lavato
Advanced Jazz - Time 1:35

Start in 3 groups, groups in individual poses.

- 8 Group 1; hold 1-2, snake up/break arm 3-4, R ball-change 5-6, R fan with focus down 7-8
- 8 Group 2; push R arm out 1-2, step L 3, jump-together breakthrough touchdown 4, clean step L 5, R front kick 6, step R 7, knee drop 8
- 8 Roll head up 1-2, R kick 3-4, roll to back 5-7, jump together lasso 8
- 8 Move 3 groups front or back to staggers- push arm step R 1-2, step L, souténu turn/wrap arms &5-6, half T/step R 7, flick L leg 8

- 8 Throw R arm to L hip 1-2, “L” arms/snake 3-4, slice to T 5, slice/sit R 6, R coupé turn to T 7-8
- 8 3 groups; R ball-change back/head back 1-2, run R/L 3-4, R tilt jump 5, roll 6-7, hold 8
- 8 2nd group; finishes 1-2, 3rd group; finishes 3, jump out to push up/head up 4, L attitude around 5-6, floor slide/L arm around 7-8
- 8 Snake up 1-2, move to wider staggers- R triple run/R arm low V 3&4, step L 5, step R 6, L pivot 7-8

- 8 Prep 1-2, double pirouetté 3-4, jump out/low V 5, R chainé 6-7, run R 8
- 8 Run L 1, center leap (or x-jump) 2, throw to R 3-4, step R 5, cut T arms 6, prep 7-8
- 8 R piqué turn 1-2, low chaine 3-4, attitude leap/”L” & focus F 5, land L arm down 6, hold 7, look up 8
- 8 Opposition; drag/L arms 1-2, clean 3, both arms reach 4, lasso arms F or B 5-6, head shake R/L 7-8

- 8 Shoulder pop R or L 1-2, dig/half T 3, R arm up or down 4, R ball-change 5-6, R kick/L arms 7, clean 8
- 8 Jump push arms down 1-2, stand up/R shoulder 3, L 4, R rond de jambé 5- 6, prep 7-8
- 8 R double coupé turn 1-2, jump out/low-V 3, hold 4, step L/clean arms 5, snap up 6, R hip roll/push arms 7-8
- 4 Whip R arm in and out 1-2, head roll to L 3-4

- 8 Move to diamond- push R arm F 1, L 2, push down 3-4, cheerio R, cheerio L, circle to R 7, R hip 8
- 8 Cross R to T 1-2, Cross L to T 3-4, push arms 5-6, clean 7, prep &8
- 8 A la secondé turns 1-8 (Or alternative choreography)
- 8 Prep 1, c-jump 2, roll to ground 3-4, head roll to L 5-6, push down legs 7-8
- 8 Shoulder roll to knees 1-4, throw R arm back 5, roll to back 6-8
- 8 R pivot 1-2, throw through T 3, wrap 4, step touch L to R/arm ups 5-6, 3 step turn into center/tighten form 7 & 8
- 8 Step L 1-2, Step R/arms F 3-4, hand to heart/focus to L 5, F 6, knees 7, T 8
- 1 Melt arms/look R 1

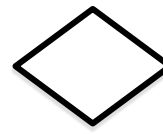
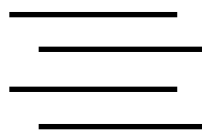
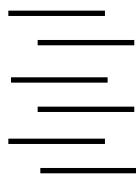
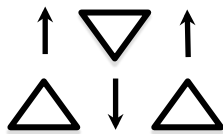
Formations:

#1 3 groups

#2 Staggers

#3 Wider Stagger

#4 Diamond



“Move” – by: Little Mix
Intermediate/Advanced Jazz – Time 1:55

Begin in staggered block in various poses

8 hold 1-4, random poses 5, 7
 8 continue 1-4, roll up 5, hips 6, roll head R 7-8

8 R tendu to the back 1-2, roll over R shoulder 3-4, chaine front 5-6, prep 7, R kick 8
 8 chaine R 1-2, run R 3, L 4, leap in second 5-6, turn to back 7-8
 8 ballchange &1, kick R 2, soutenu 3-4, rond de jambe 5-6, prep 7-8
 8 R pirouette 1-2, reach up R 3-4, step L 5, swing R leg back 6, shoulders R 7, L 8

8 Move to 3 blocks (middle back) – chasse R 1-2, chasse L 3-4, up to high V 5-6, lasso 7-8

8 Repeat moving to staggered blocks

8 **3 groups across 1, 3, 5** – reach up R 1, down 2, lean R 3, head 4, turn to back 5-6, kick 7-8
 8 roll on stomach 1-2, stand to back 3-4, run R 5, L 6, jete 7, tuck 8
 8 continue in groups 1-4, push back all together 5-6, fan to back R 7-8
 8 R split 1-4, turn to R side 5-8

8 R kick to front 1-2, stand to back 3-6, turn to front and reach up 7-8

8 **Middle Block** – chaine front 1-2, calypso leap 3-4, down to ground and up 5-8

Sides – chaine front 1-2, pose 3-4, R side block pops R 5, L7 while L side does opposite

8 press leap to ground by blocks 1, 3, 5

8 **snake up 1-2, Move to triangle facing back 3-8**

8 **Moving to Triangle** - arms up to V 1-2, press forward 3-4, swing arms behind back 5-8

8 contagion out from the center in opposite directions 1-4, solo part – jump up 5, down 7

8 roll to the front and stand 1-4, circle arms to hip 5-7, head back 8

8 cross 1, step together 2, ballchange 3, point L 4, pop shoulders 5-6, drag 7, pop L 8

8 step L 1, pretzel to back 2, run R 3, L 4, jump up 5, contract down 6, roll up 7-8

8 walk R, L 1-2, reach 3, shoulders 4, open hands R, L, R 5-6 lasso 7 down 8

8 **3 groups front to back 1, 3, 5** – chaine R 1-2, passé R 3, lunge 4, continue 5-8

8 **Pickup step by V’s 1, 3, 5** – twist and snap

8 step R 1, dig L 2, inside pirouette 3-4, jump out 5, look 6, pop shoulders 7-8

8 contagion down and up from L to R 1-6, ballchange &7, R kick 8

8 step R 1, arabesque 2, **fan into tighter triangle 3-8**

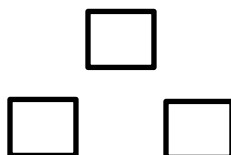
8 poses from beginning 1-6, snap up 7, pull down snap 8

Formations:

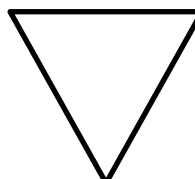
1. Staggered Block



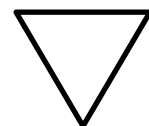
2. 3 Staggered Blocks



3. Triangle



4. Tight Triangle



AUDIENCE

“Throwback” – by: Various Artist
Advanced Hip Hop – Time: 2:00



8 Start in three blocks Group 1 hold 1-6, Snake up 7-8
6 Group 2 snake 1-2, Group 3 snake 3-4, group 1 and 3 dip close 5, group 2 repeats 6
8 **Moving to one block** matrix starting right
2 Up 1-2
8 Hop RL 1-2, Hop L 3-4, Hop RLRL 5-8
8 (Groups 1-3-5) Punch LR 1-2, dip 3-4, hold 5-8
8 (Groups 1-3) Field goal arms 1-3, box arms 4, punch box R 5, L 6, close L to R 7-8
88 (Odd rows) Slide RL 1-2, Slide LR 3-4, shake right 5-6, shake left 7-8; (Even rows) Repeat

8 **Groups moving to triangle** “Beef it up” L 1-2, switch R 3-4, RLRL 5-8
8 Pump chest right 1-2, left 3-4, RLRL 5-8
8 Outside V step snap R 1-2, middle V picks up L 3-4, inside V picks up 5-6, all together L 7-8
8 Slide/ snap front 1-2, booty roll RL 3-4, pose 5-6, shoulder pop 7-8
8 Outside V tucks 1, second position 2, middle V tucks 2, second position 3, inside V tucks 3, second position 4, dip R 5, L 6, plié 7, close 8
8 Shoulder shake R 1-2, snap R 3, hands to knee 4, pop right knee on 5, twist 6, roll up L to R 7-8
8 (Groups) Solo poses 1-4, walk in place 5-8; Outside groups face in towards soloist 1-4, point 5-8
8 Repeats solo part 1-8

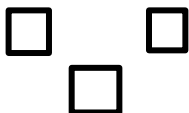
8 **Move to block** pony step 1-8
8 Pony in a circle 1-4, Lasso to front 5-8
8 (Groups) Floor: tuck 1, push-up 2, tuck 3, kick out R leg 4, pushup to left 5, kick L 6, roll up to back on 7-8
8 Groups continue 1-4, snake 5-6, roll arms 7-8
8 Shake RL 1-2, diagonal arms shake 3-4, snake left 5-6, shake RLR 7&8
8 Push left, face R 1-2, roll arms 3-6, hips 7-8
8 (Opposition Lines) Shake shoulder 1-4, tootsie roll 5-8
8 Repeat and reverse 1-8

8 **Move to files** jump rope to file 1-8
8 **Continue moving to files** elbow move 1-8
8 (Contagion front to back/back to front) jump to 2nd position and lean back 1-4, roll to flat back 5-8
2 Snake heads in opposition 1-2
8 Hold 1-2, run 3-4, stand 5, turn in towards each other 6, body roll 7-8
8 Swim 1, wrap 2, back RL 3-4, kick out R 5, tap right 6, heel 7, close 8
8 Hop 1, down 2, push back RL 3-4, three step turn right 5 &, point right 6, throw right 7, close 8
8 Running man 1-4, shuffle right 5-8

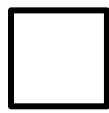
8 **Moving to clump** Rock step left 1-3, turn left 4, rock right 5-7, turn left 8
8 Repeat rock step
8 (groups 1-3) Head R, center, L, center 1-6, knees invert 7-8
8 Walk forward with head tilt RLRL 1-4, Robot LRLR 5-8
8 Straighten legs look up 1

Formations:

#1 - 3 Blocks



#2 - Block



#3 - Triangle



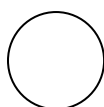
#4 - Block



#5 - Files



#6 - Clump



“Missy Beat” – by: Missy Elliott
Intermediate/Advanced Hip Hop -- Time: 2:03



Intro: Start in a tight block (Missy talking) Groups drop (at two a.m.), everyone swerves up on “do, do, do”, everyone points fingers down on “now, now, now”

- 8 Rock your hips pick up in group (1-3-5)
- 8 Lean left 1-4, **spread to block** run RLRL 5-8
- 8 Odd rows shake right 12, left 34, money hands 5-8
- 8 Repeat step, even rows pick up 1-8
- 8 Turn right and drink 1-2, close 3-4, walk RLRL 5-8
- 8 Snake to front 1-4, Crazy knees 5-7, hold 8
- 8 Point ball change 1-3, hold 4, down 5-6 kick 7&8
- 8 Plank 1, head roll 2,3, or 4, move to straight lines shimmy 5-8

- 8 Ball change 1&2, Step left and roll, right hand goes to shoulder 3-4, Shake to front 5-8
- 8 **Move to triangle** ripple from left to right 1-8
- 8 Step right, close to left 1-2, hand to stomach 3, hand to mouth 4, monkey arms 5-6, chicken arms 7-8
- 8 Head L to R 1-2, point RL 3-4/dip 1-2, jump to second 3-4, lean left 5-6, pat stomach 7-8
- 8 Freestyle “car alarm” 1-4, car pose 5-6, plié 7-8
- 8 Chug R 1-6, kick L 7-8
- 8 Step L 1-2, look front 3-4, **move to clump** throw 5-8
- 8 Continue throw 1-8
- 6 Freestyle 1-6 “Thank-you”, bow 7-8

- 8 **Move to 3 groups** freestyle “I’m really, really hot” 1-8
- 8 Continue freestyle 1-4, jump to second 5-6, melt down 7-8
- 8 (Groups 1-5-1) Group one roll 1-8, group two picks up roll 5-8
- 8 Continue roll, group three picks up 1-8
- 8 (Floor work/ groups 1-2-3) Tuck 1, kick left 2, tuck 3, hold 6-8
- 8 Spread eagle 1-2, jump feet to hands 3-4, roll up 5-6, “D.J.” 7-8
- 8 Outside groups drag right 1-2, ball change 3-4, step LR 5-6, roll 7-8
- 8 Outside group holds 1-8, Inside group repeats
- 8 Kick side LRLR 1-4, walk on relevé 5-8
- 8 Plié walk 1-4, jump to second 5-6, shoulders RLRL 7-8

- 8 **Moving to files** train/ arms cross 1-8
- 8 Drum contagion front to back 1-8
- 8 Odds (evens hold 1-4) Egyptian RL 1 &, bird arms out in out 2 & 3, touch head &, hips 4, evens repeat 5-8
- 8 Head ripple in opposition 1-6, **roll out back into block** in opposition with flat back 7-8
- 4 Chest pop down 1-4 (ending pose)

Formations:

#1 – Tight Block



#2 – Spread out block



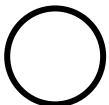
#3 – Horizontal Line



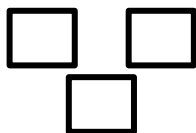
#4 Triangle



#5 – Clump



#6 – 3 Groups



#7 Block



#8 Files



#9 Block



“Hype Mix” – by: Various Artists
Advanced Hip Hop – Time: 1:50



Start in a Triangle on Floor

Intro Hand Down Girl, look up Fight

88 Parts Tuck back 1-2(5-6 or 1-2), 2nd plié 3-4(7-8 or 3-4), around to front 5-6(1-2 or 5-6), lower 7-8 (3-4 or 7-8)

8 Swivel up stage rt to left 12 or 23 or 34, front to back down 56 or 67 or 78

8 Pick up inside V to outside R ear 1, tilt 3, around to side 5, down squat 7-8

Center person mimic words

8 Parts Pick up 1-3-5 R hand in/pop R leg 1-2, head 3-4, in 5-6, head 7-8

8 **Move to block** Drive R 1-2, switch L 3-4, around move 5-6, close 7-8

8 Reach pop 1-2, R fist up 3, down 4, elbow 5, close 6, punch both hands R 7, close 8

8 Step back left 1-2, switch 3-4, walk it out 5-7, close 8

8 Contagion hands on head up 1-4, hop around 6-8

8 Contagion roll hands 1-4 Parts: front blades out 5, clean 6, push 7, hands on ribs 8

88 Lean R arm up 1, clean 2, half T 3, hands on hips 4, L R L hips 5&6 R hip bounce 7-2 up 3&4 box arms 5-7 close 8

88 Parts 1/2/3 L arm out R half T 1, up 2, R arm out L arm half T 3, close 4, arms roll down 5-6, R arm down 7-8 booty 1-4 walk around 5-7 clean up 8

8 Facing side L hand chest R out 1-2 front 3-4 hands on head 5 kick 6 step L 7 clean side 8

8 **Part 1** Push front R ft R arm 1 down 2 open 3 close 4 up box arms 5-7 clean 8

Part 2 Side pop/look down 1-2, look up/pop ft 3-4, box arms 5-7 clean 8

4 Switch Lines 1-4

8 **Part 1** slap R &1, L &2, cross &3, both &4, roll 5-7, hit ground 8 **Part 2** hold 1-4, slap R&5, L &6, cross &7, both &8,

8 Snake R 1-2, L 3-4, center handstand/bent legs 5-8, sides hold up pose 5-6, camera pose 7-8

7 Poses on click 1-2-3, **Move tight 3 lines 4-7**

7 **Move tight 3 lines 1-3**, Front –tuck 4, knee hand 5, head swing 6-7 Middle- squat 4, knee 5, hands push 6-7 Back L hand up 4, stop 5 chug 6-7

8 Cross flex 1, together & box 2,together 3, switch&, blades 4, switch 5, pray &, blades 6, arms/ look up sway R 78

888 Sway left 12, rt 3&4,

Front Close tuck 56, roll back 78 close 1-4, legs 2nd 5-6, chest 7-8, what’s up 1-2, drop 3-4, roll 5-8

Middle Hands head 5-6, blades front 7, close 8, floor/leg up 1-2, close 3-4, roll over rt shoulder 5-6, feet 7, hands 8, roll up 1-2, walk back 3-4, turn front 5-7 jump 8

Back Turn 5-8, push out 1-2, close 3-4, turn 5-6, grab hands 7-8, pull up 1-4, walk fwd 5-6, wrap 7, tuck 8

8 Front walk fwd 1-2, hands on side 3-4 Middle walk fwd 1-2, hands on side 3-4 Back step back R 1, left 2, turn 3-4 **Everyone Move X or groups 5-8**

8 **Continue Moving** Pony R 1-2, left 34, 2nd snap front low 5, low v 6, repeat opposite 7-8

8 **Parts 1-2-3** R shoulder 1(2 or 3), switch high v 2(3 or 4), circle &3(&4 or &5) punch 4(5 or 6), turn back 5(6 or 7), squat 6(7 or 8), close 78

8 Continue last group close 1-2, roll/step out 3-4, swim hand 5, head 6, pump 7-8

8 Parts lean back 1-2-3-4, lean fwd 5-6, hop front 7-8

8 Field goal arms 1, close 2, Partner work 3-4, push 5, clean 6(Knee 5, drop to floor 6),
plié/cross arms 7, down 8(stand plié 7-8)

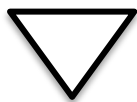
8 Shoulders 1&2, push away 3, close 4, drag floor 5-6, stand 7, snap around 8

8 **Move to Triangle** freestyle hands 1-4, snake 5-6, turn back 7-8

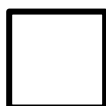
1 Hand snap up 1(fade down without music)

Formations:

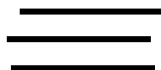
#1 – Backwards Triangle



#2 – Block



#3 – 3 Lines



#4 – X



#5 – Triangle



“Papa’s Got a Brand New Bag” – by: Allen Gray (Jalen)
Intermediate Field Pom – Time 1:38



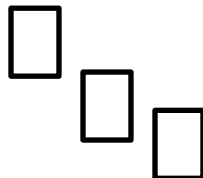
Begin in a block formation, facing the back with arms down to sides

- 8 Contagion around to front with rainbow arms 1-4, poms to chest 5-6, shake poms 7-8
- 8 Pull arms across contagion 1-4, switch arms 5-6, rocket up and down 7, face inward 8
- 8 “Pull Around”- Step out / arms in a broken T 1, switch arms 2, close feet, arms parallel 3, step around w/ arms in a broken T 4, arms up by ears 5, arms to broken T 6, close feet, arms parallel 7, step back to front w/ arms in a broken T 8
- 8 Switch broken T arms 1, clean 2, chest 3, clap 4, circle clap 5-6, even lines step out to stagger lines and circle clap 7-8
- 4 Hips w/ wiper arms 1-3, arms to chest 4
- 8 Switch ‘V’s 1-2, 3-4, punch to diag. w/ L 5, open 6, “L” arm with right up 7, arms to chest 8
- 8 **Parts** (odd and even lines every 2 cts): ball change turn 1-4 step kick R 5-6 close 7-8
- 8 Continue Parts 1-2, ball change 3-4, windmill 5-6, close to chest 7-8
- 8 **Parts** (3 sections of block-every 2 cts) Chassé 1&2, Step 3, Rt. Jeté 4, land 5-6, hold 7-8
- 8 Continue parts 1-2, roll up to back 3-6, low V to front 7, close 8
- 8 **Travel to 3 Groups**: shake 1-4, punch forward 5-6, down 7-8
- 8 Continue Travel 1-8
- 8 **Section work** (by groups, every 2 cts) Relevé 1-2, tuck 3-4, hit level 5-6, clean 7-8
- 8 **Continue section work** : Windmill arm work 1-8
- 8 **Continue section work** windmill arm work 1-4, **everybody** - high V 5-6, low V 7-8
- 8 Recover to standing: R arm up 1-2, ‘T’ 3-4, L arm up 5-6, clean 7-8
- 8 **Travel to Rectangle**: circle clap 1-2, 3-4, low L arms 5-6, switch 7-8
- 8 Continue Travel 1-8
- 8 **Parts**(by column every 2 cts): Both arms to left upper diag. 1, open to high”V “2, close to rt upper diag.3, “K” on 4, parallel 5, broken T 6, switch 7, cross in front of body 8
- 8 **Continue Parts**: switches 1,2 open to a low “V” 3, close 4, hold or finish parts 5-8.
- 8 Popcorn 1-4, rocket up 5-6, hip 7-8
- 8 Chassé right 1-2, ball change 3-4, L chaine 5-6, close 7 hold 8
- 8 **Travel to Diamond**: shake 1-4, punch forward 5-6, punch down 7-8
- 8 Continue Travel 1-8
- 8 Prep 1-2, double pirouette 3-4, clean 5-6, circle to high V 7-8
- 8 Pivot 1-2, 3-4, switch arms 5-6, ‘T’ arms 7, L arm up 8
- 8 Tuck 1-2, hit levels 3-4, hit level arms 5-8
- 8 Chaser arms 1-8
- 8 Continue chaser arms 1-4, clap 5-6, circle 7-8
- 5 Punch to diagonal 1, open 2, L arm 3, chest 4, high V 5

Formation #1-Block
Diamond



Formation #2- 3 Groups



Formation #3-Rectangle



Formation #4 -





**“Feel The Noize”- by: Tom Wallace (Arrangers Pub)
Intermediate/Advanced Field Pom – Time 1:34**

Begin in three groups, facing back.

- 8 Hold 1-4, rocket up and out to low V 5-6, hips 7-8
- 8 3groups (1-3-5): push across, open front 1-2, hips 3-4, ball change 5-6, kick 7-8,
- 8 Continue: touch turn 1-2, rocket 3 tuck 4, level 5-6, continue 7-8
- 8 Last group stand 1-2, 1st group wiper check pick up 1-3-5, hold 7, chest 8
- 8 Clap out and in by groups as you stand 1-3-5, high V 7, low V 8

- 8 **Mesh to one block:** shake 1-2, R up/L up 3-4, T, by ear 6, clean 7-8
- 8 Wrap in opposition: wrap 1-2, chaine out 3-4, ball change in 5-6, step close with high or low V 7-8
- 8 Clock: up or down 1-7, chest 8
- 8 3 groups (R to L): chasse to R, leap front to ground 1-3-5

- 8 Contagion: wrap head and point R out 1-8
- 8 Contagion: roll with R leg up and over, standing to face side 1-8
- 8 Poses by groups: 1-3-5, hold 7-8

- 8 **Move to diamond:** shake R up 1-4, switch 5-8
- 8 Shake 1-2, circle clap 3-4, sunshine 5-8

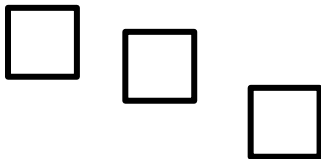
- 8 Cross point 1-2, step passé 3-4, step out front 5, close 6, to levels 7-8
- 8 Folding arms by chevrons 1-6, circle in 7-8
- 8 Continue parts with high V 1, in 2, out 3, in 4, out 5, in 6, out 7, clean 8
- 8 Level arms out 1, in 2, out and shake 3-4, stand 5-8

- 8 Claps by group 1-6, press leap 7-8
- 8 Roll to stand, facing back 1-6, windmill to pop front 7-8
- 8 3 groups 1-3-5: L arm 1-2, circle up 3-4, ball change forward 5-6, face back 7, front 8
- 8 Continue 1-4, ½ 5, out 6, open diagonal 7, close 8

- 8 **Move to reversed blocks:** sunshine up 1-4, shake 5-6, T checks 7&8
- 8 Shake and swoop to left 1-3, close 4, reach together 5-6, reach together 7-8
- 8 Contagion (diagonally back): swing up and down to tuck 1-6, out to level 7, point out and wrap 8
- 1 Look front

Formations:

#1 – Three blocks



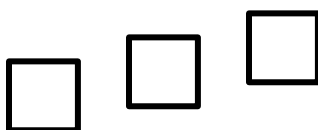
#2 – One block



#3 – Diamond



#4 – Three blocks reversed



“Wreckit Mix” – by: Miley Cyrus (caked up)
Int Pom – Time: 2:13



Begin in a staggered block in a tuck with head down

- 8 Groups: hold 1-2, roll up 3-4, walk forward RL with arms in low check LR 5-6, ball change forward R 7&, R passé 8
- 8 PTS con't: step back on R 1, pop L knee forward 2, low check forward with L arm 3, low check to back with R 4, hold 5-8 (parts finish)
- 8 ball change forward 1&, Rond de jambe R leg with arms in T 2, step L to face back 3, slide down to ground with R leg extended 4, roll up to face side 5-8
- 8 step RL 1&, tilt kick R 2, three step turn 3&4, step forward RL 5&, R leap forward 6, land in tuck 7, roll up 8
- 8 jump into 2nd position cross arms RL 1&, jump together break arms out to low V 2, walk forward RL with arms breaking through diagonals RL 3-4, fan arms overhead to R and bend at waist 5-6, step back on R flex L toe circle arms to high V 7, close back to bend 8
- 8 walk forward LR arms cheerio to L then R 1-2, lunge forward L 3, switch to R lunge &4, jump together arms circle head L to R 5, tuck 6, other two groups finish 7-8
- 8 ***moving to triangle***: step R with arms in bow & arrow forward 1, clasp at chest 2, step L with arms bow & arrow forward 3, clasp at chest 4, roll arms R to L 5, roll arms L to R 6, bend at waist and turn 7-8
- 8 ***moving to triangle***: step R with arms in bow & arrow forward 1, clasp at chest 2, step L with arms bow & arrow forward 3, clasp at chest 4, roll arms R to L 5, roll arms L to R 6, bend at waist and turn 7-8
- 8 jump back on L leg kick R forward circle arms out 1&, land with feet back together arms at chest 2, step out R punch R arm up across body &3, punch L arm up across body &4, pick up step: hinge R leg 5,6,7, hinge R leg &8
- 8 release head push arms behind body 1, bend at waist arms come to floor 2, bend knees to L side 3, switch to R side &, look up 4, snake head up 5-6, pump shoulders forward twice 7&8
- 8 punch R arm across to L knee 1, punch L arm across to R knee 2, jump out-in-out 3&4, step to L with arms in R diagonal 5&6, step to R with arms in L diagonal 7&8
- 8 snake to L circle R arm outward 1, snake to R pull L arm across body 2, snake to L push R arm down by side 3, step together circle R arm outward 4, step forward R pulling arms to broken T 5, step forward R breaking arms out to T 6, pivot to back on L snake R arm down to side 7, close feet together slice L arm up by ear 8
- 8 ***moving to three groups***: step R with arms in bow & arrow forward 1, clasp at chest 2, step L with arms bow & arrow forward 3, clasp at chest 4, roll arms R to L 5, roll arms L to R 6, bend at waist and turn 7-8
- 8 ***moving to three groups***: step R with arms in bow & arrow forward 1, clasp at chest 2, step L with arms bow & arrow forward 3, clasp at chest 4, roll arms R to L 5, roll arms L to R 6, bend at waist and turn 7-8
- 88 Prep forward 1, single/double pirouette 2-3, land in 2nd position with arms in low V 4, break arms thru to touchdown 5, break arms through to L and prep to the side 6, Parts 7,1,3: chainé turn forward 7-8, chassé forward 1-2, step L &, R jeté 3, land in tuck 4, parts finish 5-6, 7-8
- 8 R leg out to side punch arms forward 1, open arms to front in L position 2, slice R arm to ear 3, switch to L arm by ear 4, T 5, clasp 6, circle arms 7, bug 8

8 Roll up in parts: Circle R arm 1, roll up to face the back 2-4, hold 5-6, turn over R shoulder ball change back on R leg with low V arm 7-8

88 Parts 1,3,5: souténu turn break arms through to T 1-2, step R press arms down 3, drag to L with "L" arm 4, chassé R to side 5-6, X jump facing back 7, turn over L shoulder to face side 8. Parts finish 1-4, check arms RLR bend at waist 5&6, wrap arms over head and hinge R leg forward 7-8

8 **moving to large block:** step R with arms in bow & arrow forward 1, clasp at chest 2, step L with arms bow & arrow forward 3, clasp at chest 4, roll arms R to L 5, roll arms L to R 6, bend at waist and turn 7-8

8 **moving to large block:** step R with arms in bow & arrow forward 1, clasp at chest 2, step L with arms bow & arrow forward 3, clasp at chest 4, roll arms R to L 5, roll arms L to R 6, bend at waist and turn 7-8

8 Parts 1,2,3: L arm out to side 1, R arm out to side 2, roll R arm in and clean 3, break L arm through to side 4, point R toe throw arms down to R 5, point L toe throw arms down to L 6, parts finish 7-8

8 circle arms above head L to R 1-2, lunge on L knee 3, lunge on R knee 4, ball change to L with T arm 5-6, prep to back 7-8

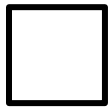
88 Parts 1,3,5: chaîné in plié 1-2, calypso leap 3, roll to ground and back to standing 4-6, parts finish 7-8 or 1-2, step L ball change back with check arms 3-4, step L ball change side with check arms 5-6, step across L 7 push arms down to side 7, bend over bring arms down to floor 8

8 Contagion R to L: tuck L leg roll over R shoulder fan R leg around and stand up to face side

8 Step to side RL 1-2, slide to ground with R leg extended 3-4, roll to standing 5-6, step forward punch arms to TD 7, sit into L hip release arms to low V look up 8

Formations

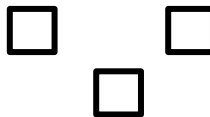
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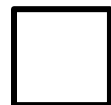
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3.



4.



“Clap Your Hands”- by: Various Artists
Intermediate/Advanced Pom – Time 1:51

Begin in one staggered block, second position, head down.

- 4 Hold
- 8 Open checks 1-4, scoop and jump out in 3 groups 5-6-7
- 8 Snap close, drag close (opposition) 1-4, “K” arms (opposition) 5-8

- 8 Pencil turn, touchdown 1-3-5, pitch kick 7-8
- 8 Step front 1-2, tuck turn 3, out 4, pull, push, circle R around to ear 5-8
- 8 Shake windmill 1-4, chug with arms 5-6, beat arms R-L or L-R 7&8
- 8 Scoop to back 1-2, turn front 3-4, double pirouette to split on ground 5-8

- 8 Roll to knees 1-4, clap, T, clap, T up or down 5-8
- 8 Roll to stand 1-4, group 1 - swing across 5-6, ears 7, over 8, group 2 – over 5, ears 6, swing across 7-8

- 8 **Move to bowtie** – pony with K arms R/L 1-2, arms down 3-4, repeat 5-8
- 8 Continue moving – pull across 1-2, pull across 3-4, snap out 5-6, snap out 7-8

- 4 Side groups – punch out 1, contagion from outside/in pulling arms to knees 2-4
- 8 Circle open front arm and back over 1-3-5 by groups, drag front and tuck 7-8
- 8 High V, roll to low V by groups 1-2-3, ½ T clocks (opposition) 5-8
- 8 Waterfall 1-4, circle clap 5-6, clap 2 times 7&, low V and release head 8
- 8 Standing group – Calypso, sitting group - leap on floor, roll to stand 1-8

- 4 Walk L, R 1-2 chaine to center 3-4
- 8 **Pass through to side diamond** – clap up 1-2, 3-4, low V 2 times 5-6, fist pump R arm 2 times 7-8
- 8 Prep 1 double pirouette 2-3, ball change 4-5, kick R 6-7, release 8

- 4 Battle: R group – wipe forward 1-2, push out 3, “what” inside 4
- 4 Battle: L group - pull ½ T, T 1-2, swim behind head 3-4

- 8 3 groups (R-L) 1-3-5: pivot to back 1-2, chasse to back 3-4, turn front and pop with poses 5-8
- 8 Continue 1-4, hip and arms 5-6, hips and ½ T 7&8
- 8 **Move to diagonals:** step together R up 1-2, L up 3-4, shake around 5-8
- 8 Continue moving: step together low V 1-2, high V 3-4, walk and wrap 5-7, close 8

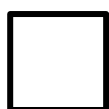
- 8 Moving front or back in diagonals – chasse L 1-2, ball change 3-4, chasse leap 5-8
- 8 Walk, walk, shake low V 1-4, overhead with hips R 5&6, L 7&8
- 8 Parts by diagonals 1-3-5: prep 1, coupe 2-3, down to knee 4, kick out with L, roll to levels 5-8
- 8 Continue 1-4, level arms shake 5-6, low V 7, shoulders &8

- 8 Parts 1-2-3: ½ T, push front, high V, roll to Low V 1-4, chaser 5-8
- 8 Continue parts

- 8 Tuck 1, legs up 2, snake up 3-4, jump together, jump back and sassy walk (tightening formation) 5-8
- 8 Pony step 1-4, swing 5-8
- 8 Cross turn 1-2, release 3, pop 4, shake 5-6, pose 7-8

Formations:

#1 – Block



#2 – Bowtie



#3 – Diamond



#4 – Diagonals



“Good Time Pom” - by: Various Artists
Advanced Pom - Time 1:30

Start in triangle, facing front with feet together and poms on knees.

- 8 Hold 1-4, hit levels back to front, high-V 5, T 6, low-V 7, close/chest 8
- 8 Half diagonal R up 1, half diagonal L down 2, L arm circle 3, low-V 4, high-V 5, touchdown 6, chest 7, toe-touch 8
- 8 Land/hold 1-2, jump out/look up 3, look front 4, punch R arm front 5, switch 6, circle L 7-8
- 8 Move to 3 groups- shake 1-2, opposition arms; hips or head to levels 3-6, shake 7-8

- 8 3 groups; break through-T 1, slice to touchdown 2, punch R down 3, L 4, R clip turn 5-6, prep 7, R stationary leap 8
- 8 Land 1-2, windmill L 3-4, punch R front 5-6, 2nd group finishes 7-8
- 8 3rd group finishes 1-2, step R, cross arms 3, T/R passé 4, opposition corners up or down 5-8
- 8 clean/prep 1-2, double pirouetté 3-4, 2 groups; break through touchdown 5, low-V look up 6, poms down 7, hold 8
- 8 Second group finishes 1, hold 2, snake up break arms 3-4, step R 5, drag R arm up 6, prep 7-8
- 8 Chainé F 1-2, run R/L 3-4, R leap 5-6, land/tuck 7-8
- 8 Straighten legs 1, snake up arms in back pockets 2, Move to staggered block- shake 3-4, whip R arm 5-8
- 8 Continue moving- Arms in T 1, touchdown 2, shake 3-4, step prep to F 5-6, low chainé 7-8

- 8 Turning center 1-2, roll to low knees 3-4, break R arm across low diagonal 5-6, break to T 7-8
- 8 Closed goal post arms 1, low V to L 2, R check 3-4, switch checkmarks L/R (x2) 5-6, clean arms 7, break R up 8
- 8 Roll to back to stand up 1-4, jump out to second 5-6, pump with arms straight up (x2) 7-8
- 8 3 groups; paddle to front 1-2/3-4/5-6, step R 7, jump to forced arch arms straight up 8
- 8 R ball change back 1-2, R kick “L” arms 3, clean 4, reach L arm across 5-6, T 7, hip shake 8
- 8 Ripple; Windmill to pose 1-4, 1st line low-V 5, 2nd line 6, 3rd line 7, jump together/clean 8
- 8 Opposition staggers R or L; diagonal 1, half-diagonal 2, open to diagonal 3, switch diagonal 4, T 5, half-T 6, cross arms/head up 7, knees 8
- 8 Opposition; K arms R or L 1, chest 2, switch K 3, chest 4, 3 step turn 5 & 6, pony 7-8
- 8 Up or down check marks 1 & 2, switch up or down check marks 3-4, punch down/look up 5, poms to knees 6, punch R arm to low-V 7-8

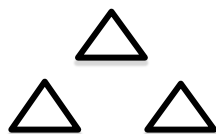
- 8 Move to triangle- Shake 1-2, rocket front 3-4, R then L arm up 5-6, R then L arm down 7-8
- 8 Circle poms 1-2, triple run/R arm slice across 3 & 4, high chainé to B 5-6, low chainé 7-8
- 8 C-jump 1-2, land F/ L leg out 3, hold 4, knee-drop R leg out by lines F to B; 1st 5, 2nd 6, 3rd 7, hold 8
- 8 L arm to head/cross R low-v 1, half T 2, cross arms/look up 3, T/sit up 4, get to levels; punch down/look up 5-6, head front 8
- 8 Opposition levels; punch outside or F 1, break inside arm 2, R or L up pom 3, circle R or L 4, high-V 5, chest 6, hold 7, rocket F 8
- 8 Open triangle; slice T to corner or F 1, slice to middle 2, slice down 3, punch R or L up 4, roll to B 5-7, punch R arm B 8
- 1 Face F/R arm to low V

Formations:

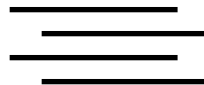
#1 Triangle



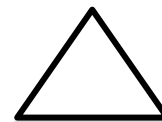
#2 3 Groups



#3 Staggered lines



#4 Triangle



**“Ease On Down the Road” – by: Shane Porter (Matrix)
Intermediate Field Prop (Large Hoop) –Time: 2:13**



Begin in one line, facing the back.

- 8 Ripple from the left around to the front 1-8
- 8 Popcorn from center out 1-4, up or down 5-6, center 7-8
- 8 **Travel to diagonals**-Left chassé 1&2, right chassé 3&4, left pivot turns 5-6, 7-8
- 8 Circle around ripple from front right of formation 1-8
- 8 Right ball change 1-2, center (up or down) 3-4, left ball change 5-6, center (up or down) 7-8
- 8 3- step turns (alternating left and right) 1-3, hoops to diagonal 4, reverse and repeat 5-8
- 8 Clean 1-2, right ball change 3-4, chassé 5-6, grand jeté 7-8
- 8 Clean 1-2, **Travel** back to one line 3-6, clip turn to back (if necessary) 7-8
- 8 **Pinwheel to columns** 1-8
- 8 **Pinwheel** continued 1-6 turn to front 7-8
- 8 Swirl Contagion from front of columns to back 1-8
- 8 Alternating push out contagion-front to back 1-8
- 8 “Seesaw” diagonal switches 1-8
- 8 “Birdy” V switches 1-8
- 2 Clean to front 1-2
- 8 **Travel to circles** 1-8
- 8 **Travel** 1-2, Clip turn 3-4, table top 5-6, levels 7-8
- 8 Tilt hoops slowly 1-3, snap 4, slow tilt back 5-7, snap 8
- 8 Clean 1-2, step 3, kick 4, down 5-6, pop left 7, clean 8
- 8 **Travel to Triangle** – hoops right 1-2, left 3-4, up 5-6, center 7-8
- 8 **Travel to Triangle** - hoops right 1-2, left 3-4, down 5-6, center 7-8
- 8 Section work (in 3 groups-every 2 counts) Left ball change w/hoop in low diagonal 1-2, simple turn back 3-4, left ball change w/ high diagonal 5-6, clean to front 7-8
- 8 Section work cont. 1-4, hoops to diagonals 5,6,7,8 (outside of triangle starts down, inside starts up)
- 8 Close 1-2, prep 3-4, double pirouette 5-6, jump out 7, clean 8
- 8 Contagion to back 1-4, snap turn to front - outside 5-6, inside 7-8
- 8 “Popcorn” contagion 1-6, stand 7-8
- 8 Alternating “Figure 8” 1-8
- 8 Fan Kick Parts (Outside begin on 1/inside on 3) step 1-2, fan kick 3-4, ball change 5-6, close 7-8
- 8 Fan Kick Parts continue 1-2, parts up and down 3-6, close 7-8
- 8 Clockwork Section work starting left diagonal of triangle- 1-2, up 3-4, right 5-6, center 7-8
- 8 Parts cont. 1-4, levels 5-8

1 Ending pose 1

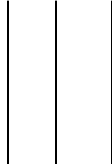
Form #1



Form #2



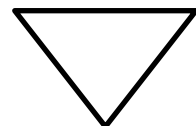
Form #3



Form #4



Form #5



“Attitude Dance” by: Matrix (Allen Gray)

Intermediate/Advanced Field Prop (Scarf or Streamers) - Time: 1:48

- 88 START IN FILES: odd rows scarf in R hand, even rows scarf in L hand, hold 1-4, 2 alternating parts: #1 R ball change R arm throw to chest, #2 L ball change L arm slice up to high V. Odd rows start #1 5-6, Even rows start #2 5-6, clean and switch scarf hand behind back 7-8. Switch part 1-2, clean and switch hands 3-4, switch part 5-6, clean and switch hand 7-8.
- 8 CONTAGION front to back: relevé arms to rocket release head land in tuck 1-8 *while holding in tuck, switch scarf to right hand if needed
- 8 CONTAGION front to back: stand to R leg back L leg popped circling arms up to low V position 1-8
- 2 Step L 1, bring R foot together break arms to low V 2

- 8 Outside files pivot to back 1-2, TRANSITION to lines (outside files create back line, inside files create front line): walk 3-4, slice arms to high V 5-6, slice arms to low V 7-8
- 8 Walk 1-4, slice arms to high V 5-6, slice arms to low V 7, clean to front 8
- 8 Hold 1, R rond de jambe cut w/ R arm 2, step R 3, step L 4, kick R leg arms in L-position 5, step R 6, ball change L to front L arm on hip R arm circling to low V 7-8
- 8 L chasse` to R side 1-2, step R 3, step L 4, R leap 5-6, step L 7, step R to front 8
- 2 R bevel low V arms 1, switch to L bevel high V arms 2
- 8 Clean head down 1, head up 2, prepare for turn and grab both ends of scarf 3-4, single or double turn arms above head 5-6, ball change pivot R slicing arms down 7-8
- 8 Ball change pivot pushing arms forward 1-2, odd rows close to back bringing R foot to L holding scarf in R hand circling R arm back to front 3-4, even rows hold 3-4, odd rows hold 5-6, even rows circle R arm with scarf in R hand 5-6, altogether relevé with present arms and head lift 7-8
- 8 R side chassé breaking arms to T 1-2, ball change changing to front(odd rows) or back(even rows) windmill arms to T 3-4, repeat 5-8
- 8 Clean to back by row 1 or 2 or 3 or 4, CONTAGION back to front: windmill to front tuck 5-8
- 8 Roll to right 1-2, L knee on ground R leg out break arms to L position head look R 3-4, roll to left 5-6, R knee of ground L leg out throw R arm across chest 7-8
- 8 L leg to stand up grab both ends of scarf 1-2, full stand 3-4, ball change forward R leg push arms forward and down 5-7, hold 8

- 8 TRANSITION to trapezoid: walk 1-4, chasse arms up to L diagonal 5-6, chassé arms up to R diagonal 7-8
- 8 Walk 1-4, Chassé arms down L 5-6, clean 7-8
- 8 CONTAGION: (front to back) circle arms up and out release head to tuck 1-4, (back to front) circle arms up and in to stand 5-8
- 8 CONTAGION: (R to L) lunge to L throwing R arm over to L 1-4, (L to R) clean to front arms by side grab both ends of scarf 5-8
- 8 Chassé forward 1-2, double tuck jump arms in touchdown 3-4, step R 5, step L 6, kick R 7, passé R release head 8
- 8 Pivot to back 1-2, step R 3, step L 4, PARTS (right, middle, and left section): #1 pose 5, #2 pose 6, #3 pose 7, altogether hold 8
- 8 Step to clean front over L shoulder 1-2, step R 3, forced arch to R diagonal arms throw up 4, side prepare 5-6, chaîné 7-8
- 8 Step R 1, drag L-arms 2, step RLR 3-5, cut to R passé 6, step R 7, step out L 8
- 8 Swing arm to R 1, switch hip and arm 2, switch hip and arm 3, switch hip and arm 4, three-step turn to R w/ lasso arms 5&6, side prepare to front 7-8
- 8 High chaîné to front 1-2, PARTS: #1 (middle section) low chaîné 3-4, Russian*modification: turning x-jump* 5-6, roll to ground in sitting position with L leg bent up 7& lean over leg 8 #2 press leap 3-5, hold 6, ball change back 7-8
- 1 #1 sit up to low V arms 1 #2 bring L leg forward popped high V arms 1

Formation #1:



Formation #2:



Formation #3:



“Summer Time” – by: Various Artists
Intermediate/Advanced Prop (pool ring/life saver) – Time 2:00

Begin in staggered line, tucked, facing the back

- 8 Hold 1-2, contagion from back to front w/ring overhead 3-8
- 8 Wave contagion from L to R 1-8.
- 8 Sit to L hip w/ring in R hand 1-2, roll to stand 3-8
- 8 Every other row up or down 1-2, switch 3-4, bring R foot to L 5, prep 6, coupé turn 7, land feet apart 8
- 8 By row on 1-2-3-4: jump together 1 w/ring overhead, jump out 2 ring to chest, last group ends on 5, hold 6, prep 7, double stag 8
- 8 Land on L foot 1, step to L corner w/R foot 2, pivot 3, ring out to R 4, switch in 3 groups on 5-6-7, hold 8
- 8 Circle ring down and up 1-2, back b/c w/L 3-4, soutenu turn 5-6, ring up 7, to chest 8.

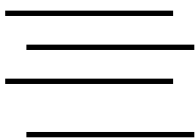
- 8 Move to columns: circle ring 1-2, circle ring 3-4, walk 5-8
- 8 Every other one up or down diagonal: 1-2, switch 3-4, switch 5-6, to chest 7-8
- 8 Pop out to opposing sides 1-2, switch 3-4, circle 5-6, close 7-8
- 8 Pick up from front to back: group 1-chassé R 1-2, add 2nd group-b/c back w/ring overhead 3-4, add 3rd group-chassé L facing back 5-6, add 4th group b/c back w/ R 7-8
- 8 Contagion from front to back- soutenu turn, ring overhead ending at hip 1-8
- 888 3 groups from L to R starting on 1-3-5: R knee down 1-2, sit 3-4, sit to R hip 5-6, release head 7-8, kick L leg across to front 1-2, fan to back 3-4, close in mermaid sit 5-6, hold 7-8. Hold 1-2, ALL- hand to head 3-4, roll pick up ring 5-8
- 8 Continue rolling to stand 1-4, b/c R fwd 5-6, drag to back 7-8

- 88 Move to circles: circle ring 1-2, again 3-4, walk 5-8. Repeat arms 1-4, walk 5-6, tuck 7-8
- 8 Tilt ring up from back of circle 1-4, step touch to R 5-6, step touch to L 7-8
- 8 Walk to R 1-4, every other circle bring ring to chest, 5-6, out 7-8. Other circles bring ring to chest 7-8
- 8 Ring out 1-2, All R foot back- dig turn to inside with ring overhead 3-8 to a tuck
- 8 By circles on 1-3-5: “bloom” to outside of circle 1-2, or 3-4, or 5-6, hold 7-8
- 8 Turn 1-2, walk to triangle 3-8
- 8 Continue to walk- circle arms 1-2, circle arms 3-4, walk 5-8
- 4 Close 1-2, Ring up 3, down 4

- 8 Opposition by lines L or R: b/c 1-2, pas de bourrée turn 3-4, reverse 5-8
- 8 Ring out in 3 groups front to back on 1-2-3, ring to chest and look 4, fan and lean back 5-7, up 8
- 8 Step R 1, flick 2, step 3, battement 4, step R 5, drag to back over L shoulder 6, walk 7-8
- 8 R foot tendu 1, hold 2, windshield wipers up 3-4, down 5-6, up 7-8
- 8 Open and point R foot across in 3 groups front to back on 1-3-5, hold 6, all face back 7-8
- 8 Run 1-4, pivot R 5-6, sassy walk 7-8
- 8 Prep 1-2, pirouette 3-4, prep 5, sauté 6, land 7-8 to ground
- 8 Roll to levels 1-6, ring to chest 7-8
- 8 3 groups on 1-3-5: Ring to R 1, up 2, L 3, down 4, hold 5-8(last group ends on 8)
- 1 Ring up on 1

Formations:

#1 – 4 Staggered lines



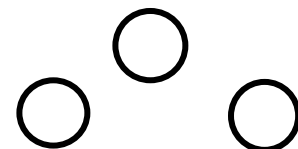
#2 – Columns



#3 – Diagonals



#4—Circles



#5—Triangle



“Wake Me Up” – by: Arrangers (Tom Wallace)
Intermediate Field Kick – Time: 1:38



Begin in three lines, facing the front, with hands on hips, right foot in dig, and head down.

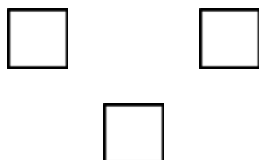
- 8 All lines hold 1-2, line 1 look up 3 hold 4, step R touch L (head R) 5-6, step L touch R (head L) 7-8
- 8 Pick up: Lines 1 & 2, three step turn R 1-3, dig L arms break up 4, three step turn L 5-7, dig R arms to hips 8
- 8 Pick up: all lines, right hip roll 1-2, ball change right foot back 3-4, arms shoot down step R, L 5-6, kick right, “L” arms 7, step R coupe L 8
- 8 Condense lines to kick spacing 1-5, close 6, hook-up 7-8
- 8 Two jump points R-L 1-4, two jump waist kicks R-L 5-8
- 8 Three full jump kicks R-L-R 1-6, close 7, hold 8
- 8 Step L kick R 1-2, step back R-L 3-4, Step R kick L 5-6, close 7, hold 8
- 8 Bow contagion right to left 1-6, twist left 7, close front 8
- 8 **Opposition by line** R jump point across 1, R jump point open 2, jump together 3, full jump kick R open 4, jump together 5, full jump kick L 6, close 7, hold 8 **OR** L jump point across 1, L jump point open 2, jump together 3, full jump kick R open 4, jump together 5, full jump kick R 6, close 7, hold 8
- 8 L jump point across 1, L jump point open 2, jump together 3, full jump kick R open 4, jump together 5, full jump kick R 6, close 7, hold 8 **OR** R jump point across 1, R jump point open 2, jump together 3, full jump kick R open 4, jump together 5, full jump kick L 6, close 7, hold 8
- 8 **Move to three groups:** walk L-R 1-2, chassé arms high “V” look L 3-4, walk R-L look front wrap arms over head 5-6, clean arms walk R-L 7-8
- 8 Walk R-L 1-2, chassé arms high “V” look R 3-4, walk L-R look front wrap arms over head 5-6, clean arms walk L-R 7, close 8
- 8 **Left group start count 1, center group start count 3, right group start count 5** ball change right foot back, arms burst backwards releasing head 1-2 **OR** 3-4, **OR** 5-6, step R-L 3-4 **OR** 5-6 **OR** 7-8, R leap step L 5-6 **OR** 7-8 **OR** 1-2, dig R (head right) arms to hips, hold 7-8 **OR** 1-2 **OR** 3, all groups look front 4, prepare 5-6, double pirouette (or single) 7-8
- 8 Jump out 1, jump together 2, R pivot 3-4 **Travel to two lines** (facing back) step R-L swing R arm to high “V” 5-6, step R-L swing L arm to high “V” 7-8
- 8 Step R arms to “broken V” 1, step L arms cross R over L 2, step R arms to low “V” 3, step L-R clean arms 4-5, close L to R turning over L shoulder 6, hook-up 7-8
- 8 Three jump fans R 1-7, hold 8
- 8 Three jump fans L 1-7, hold 8
- 8 R Passé 1-2, grab ankle in Y-scale 3-4, contagion R to L drop R leg to small lunge behind 5-8
- 8 Continue contagion 1-2, jump kick R 3-4, jump kick L 5-6, close 7, hold 8
- 8 **Opposition by line** head-roll contagion pointing R **OR** L foot to side 1-7, close to front 8
- 8 Step L flex kick R 1-2, step R flex kick L 3-4, “hop-hop” head R, L foot pointed to side 5-6, “hop-hop” head L, R foot pointed to side 7-8
- 8 Close 1, unhook 2, **Travel to trapezoid** L-R 3-4, step L-R swing R arm to high “V” 5-6, step L-R swing L arm to high “V” 7-8
- 8 Step L arms to “broken V” 1, step R arms cross R over L 2, step L arms to low “V” 3, step R-L clean arms 4-5, close R to L to dig facing L, hands to hips (head front) 6, chaîné to front, hands on hips 7-8
- 8 End pose in levels 1

Formations:

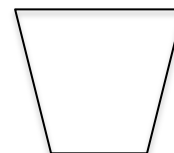
#1: Three Straight Lines



#2: Three Groups #3: Two Straight Lines



#4: Trapezoid





**“Dance Again” – by: Tom Wallace (Arrangers)
Intermediate/Advanced Field Kick – Time 1:58**

Begin in 3 groups of staggered blocks in levels with head down and arms down by side

- 8 Hold 1-4 pose 5-7 hold 8
- 8 Clean 1-2, kneel 3-4, stand 5-6, rocket 7, sit back on R leg 8
- 8 Parts (every 2 cts) roll hips 1-2, pick up 3-4, pick up 5-6, Pas de bourrée 7&8
- 8 High chainé 1-2, run 3-4, R leap 5-6 tuck 7-8
- 8 Roll up 1-3 rt passé 4 Parts (every 2 cts) pivot 5-6 drag 7 drag 8 hold 1-4 Everyone Scoops 5-6 prep for single or double pirouette 7-8
- 8 Turn 1-2 jump out 3 close 4 travelling to **staggered lines** 5-8 (R pull across 5-6 L pull across 7-8)

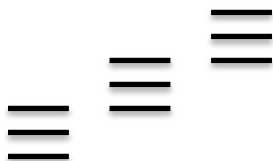
- 8 Wrap down 1-2, walk 3-4, hook up 5-6, look R 7, front 8
- 8 R posse 1-2, ripple leg out 3-8
- 8 Bow 1-3, head drops 4, come up 5-6, passé 7, close 8
- 8 Star kick 1-8
- 8 Continue star kick 1-8
- 8 R kick across body 1-2, open R kick 3-4, L jump kick 5-6, R fan 7-8
- 8 L point with head 1-2, R jump kick 3-4, L jump kick 5-6, close 7-8
- 8 Line I R fan 1-2, R fan 3-4, twist 5-6, hold 7-8 Line II L fan 1-2, L fan 3-4, twist 5-6 hold 7-8
- 8 L jump kick 1-2, close 3-4, R posse 5-6, R Y-scale 7-8 (hold pause in music)
- 8 Split contagion from L to R 1-8
- 8 Z-sit 1-2, high knees 3-4, kneel 5-6, close 7-8

- 8 Travel to **stunt groups** 1-8 (R arm table top 1-2, L arm table top 3-4, pocket down R 5-6, pocket down L 7-8)
- 8 Stunt arms up 1-2 prep 3-4 split and lift 5-8
- 8 Rotate over left shoulder 1-8
- 8 Continue rotating 1-4 set down 5-6 recover 7-8

- 8 Travel to **1 line** throw 1-8 (R arm on hip 1, L arm on hip 2, roll R shoulder 3, roll L shoulder 4, throw R 5, throw L 6, T 7, clean 8)
- 8 Continue travelling 1-4 (R arm on hip 1, L arm on hip 2, roll R shoulder 3, roll L shoulder 4) windmill Arms to hook up 5-6, look down 7, head up 8
- 8 R cowboy 1-4 (jump out 1, cross 2, prep 3, kick R 4), L cowboy (jump out 5, cross 6, prep 7, kick L 8) 5-8
- 8 R around the world 1-8
- 8 L around the world 1-8
- 8 Jump kick R 1-2, passé R 3, point 4, jump kick L 5-6, passé L 7, point 8
- 8 Swing kicks 1-7, clean 8
- 8 Step L separating into staggered line 1, clean 2, back line sit into L leg 3-4, head down 5-6 hit ending Pose with high arm V 7, front line L knee goes down 3-4, head down 5-6, swing into ending pose 7

Formations:

#1—3 Groups



#2—Staggered Lines



#3—Stunt groups



#4—1 line



“Death of Us” – by: Ester Dean
Intermediate/Advanced Kick - Time: 2:04



- 8 TWO LINES: Hold facing the back 1-4, right half of line pose 5-6, left half of line pose 7-8
- 8 Windmill hook up contagion from center out 1-4, bow contagion from center out 5-8
- 8 Continue contagion 1-4, pop R foot facing L 5, switch to pop L foot facing R 6, head down body centered 7, head up 8
- 8 Exercise kicks 1-8
- 8 Straight kicks 1-8
- 8 R corner point 1-2, R waist front kick 3-4, R corner high kick 5-6, Stay to side 7-8
- 8 Repeat on the left, hold to center 7, unhook 8

- 8 TRANSITION TO TRIANGLE: jazz walk 1-4, chasse R wrap R arm across stomach L arm in T 5-6, chassé L wrap L arm R arm in T 7-8
- 8 Jazz walk 1-4, chassé R wrap R arm 5-6, ball change to second position arms low V & 7, pose 8
- 8 PARTS left to right: #1 R foot in front L behind on relevé with arms crossed in front 1 sit back release head arms low v 2, #2 repeat 3-4, #3 repeat 5-6, all together head up 7, shake hip & 8
- 8 Go down on L knee 1-2, rond de jambe R leg circle arms 3-4, layover position on 5, hold 6, back R leg extension with R arm 7-8
- 8 Roll to L to stand up 1-4, souténu R 5-6, hold 7-8
- 8 PARTS front to back: #1 press leap to tuck 1-3, hold 4, push out pose 5-6 hold 7-8 #2 repeat 3-8
- 8 Altogether kick front 1-2, Roll to back to stand up 3-6, R pivot to front 7-8
- 8 Step R 1, cut L arms throw back 2, step L 3, step R 4, prepare 5, double turn 6-7, jump out 8

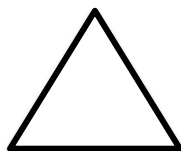
- 8 Clean 1-2 TRANSITION TO BLOCK: jazz walk 3-4, chassé L with arms wrapping head 5-6, walk 7-8
- 8 Walk 1-4, chasse L with arms wrapping head 5-6, clean head down 7, hook up 8
- 8 Straight kicks 1-8
- 8 Straight kicks 1-6, close 7, hold 8
- 8 Jump out to second 1, close 2, L corner kick 3-4, repeat to R 5-8
- 8 CONTAGION: Step L fan kick R to R knee of ground with L in front at 90 angle 1-8
- 8 Continue contagion 1-6, cross arms to chest head down 7, hi or lo V arms 8
- 8 Tuck position 1-2, grab hands in bent over pike positions 3, stand all the way up with arms up 4, odd rows circle arms in front to hook up 5-6, even rows circle arms in front to hook up 7-8
- 8 Cut L leg out facing R 1, switch 2, R kick 3-4, R kick 5-6, L fan 7-8
- 8 Step behind L 1, step out R 2, step across L 3, R corner swing kick 4, flick back L leg release head 5, step L leg out 6, souténu back to front 7, hook up 8
- 8 Step R to L corner 1, waist flick kick L 2, step L 3, waist flick kick 4, step R 5, passé across L 6, step L 7, face front 8
- 8 Kick R 1-2, R passé 3, R point 4, Kick L 5-6, L passé 7, L point 8
- 8 R fans 1-6 hold 7-8
- 8 L fans 1-6 hold 7-8
- 8 R leg corner kicks 1-6, hold 7-8
- 8 L leg corner kicks 1-6, clean to front 7-8

- 8 TRANSITION to tighter block: jazz walk 1-8
- 5 Hit ending level (low knees, high knees or standing) 1-4, arm out (middle section: present, left section: left arm, right section: right arm; lowest level: low V, middle level: T, highest level: high V) 5

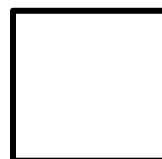
Formation #1:



Formation #2:



Formation #3:



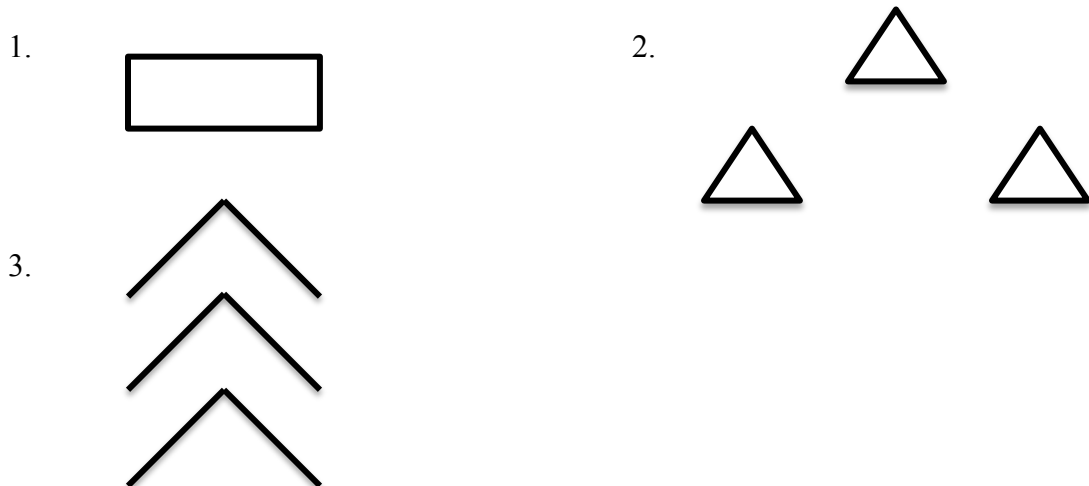


“Let it Whip” – by: Tom Wallace (Arrangers)
Intermediate Field Military – Time: 1:27

Begin in block, feet together head down

- 8 Hold 1-2, jump out R arm HV L on hip 3-4, pop R arm 5-6, jump together HV 7-8
- 8 Circle arms down 1, HV 2 (every other line steps R in to windows) half T 3, cross down &, LV 4, hit opposite diagonals 5-6, HV 7, clean 8
- 88 Three groups L-R: pivot R arms LV 1, hips 2, repeat 3-4, close feet arms dagger 5, TD 6, down to L knee LV 7, sit and clean 8, middle group 5-4 staying on high knees, R group 1-8 stay standing
- 88 Three groups R-L: L arm out 1, switch to R 2, L arm T 3, R arm to ear 4, L arm to ear 5, R arm T 6, L arm down 7, R arm down 8, or 3-2, or 5-4, stand L leg R hand to heart L in LV 5-6, stand R leg switch arms 7-8
- 88 Move to three triangles: R arm slices in and down 1-2, out 3-4, L arm 5-8, both arms 1-4, circle arms out to LV 5-6, clean 7-8
- 8 Contagion L-R: windmill to face R side 1-8
- 8 Contagion R-L: chase arms to face L side 1-8
- 8 F and R group ball change back R/ L group pivot R 1-2, chassé R 3-4, step L 5, jeté R HV 6, land down 7-8
- 8 High knees 1-2, roll to back and standing 3-8
- 8 Walk moving groups in 1-4, step L 5-6, pivot and close R foot to L facing front 7-8
- 8 Contagion F-B: relevé hands together circle down to tuck 1-8
- 8 Three groups in triangles F-B: Hit level and arms 1-2, or 3-4, or 5-6, head down 7, head up 8
- 8 Contagions (outside triangles out to in, middle triangle front to back) switch arms and head 1-4, clean and stand 5-8
- 88 Move to chevron: repeat first set of moving arms going up 1-8, repeat 1-8
- 88 Three groups B-F: B group ball change F R and push/ other groups bow 1-2, all clean 3-4, middle group picks up push 5-6, all clean 7-8, F group picks up push 1-2, all clean 3-4, ball change B R break to LV head B 5-6, clean 7-8
- 88 Flower F-B: rocket up 1, HV 2, T 3, LV 4, rocket down 5, pray 6, repeat flower starting down 7-4, or 2-5, or 3-6, T 7, clean 8
- **85 Contagion L-R: cross L foot and pencil turn then drop to L knee slicing to LV 1-8, continue 1-4, break HV 5
- **If using pop music use the whole last 8 count instead of a 5 count

Formations



“Land of 1,000 Dances” – by: Tom Wallace
Intermediate/Advanced Field Military – Time 1:22

Begin in three small groups, in a tuck position, head down

- 8 1st Grp- Pose: sitting on heels w/ Low “V” arms 1, hold 2-4, Rt. L arms 5, switch 6, high “V” 7, low V 8
- 8 2nd Grp-Pose on High knees w/ arms in a “T” “1, Hold 2-4, Rt. L arms 5, switch 6, high “V” 7, low V 8
- 8 3rd Grp-Pose standing , arms in a high “V” 1, Hold 2-4, Rt. L arms 5, switch 6, high “V” 7, low V 8
- 8 Contagion roll up 1-7, level arms 8

- 8 **Parts** Chaser arms (front & back groups start on 1, middle group on 3):
- 8 Continue parts: 1-6, all pray hands 7, clean 8
- 8 Pivot turns 1-4, 5-8

- 8 **Travel to Columns** – “Bow and Arrow” arms 1-8
- 8 **Continue travel** 1-4, high V 5-6, low V 7-8
- 8 Alligator arms in opposite direction 1-4, switch sides 5-8

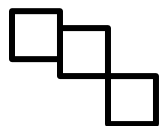
- 8 Circle arms: every other girl either up or down 1-2, circle around 3-4, continue 5-6, continue or hold 7-8
- 8 Sunshine pick up contagion (from front to back) 1-8
- 8 Box Step 1-8
- 8 continued 1-2, **Stagger columns “T” 3-4**, clean 5-6, Tuck 7-8

- 8 Face the Right side 1-2, 1st group prep 3, hitch kick 4, 2nd group prep 5, hitch kick 6, “T” arms 7-8
- 8 2nd group “T” arms 1-2, Tilt w/ right arm up flexed in a contagion 3-8
- 8 Roll up 1-4, turn to front 5-6, Propeller arms parts (every other line) 7-8
- 8 Continue Propeller arms 1-8

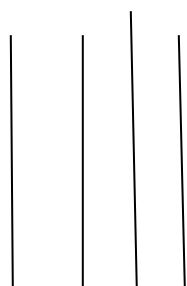
- 8 Clean 1 or 3, **Travel to Stunt Groups** 5-8
- 8 **Travel to stunt group** 1-8
- 8 *Put ‘flyer’ up* 1-8
- 8 Rotate 180 degrees 1-8
- 8 Angle stunt group downward 1-6, adjust arms 7-8
- 8 **Flip flyer** 1-4, land 5-6, recover 7-8
- 8 Stunt group recovers 1-4, Ball change pencil turn 5-8

- 8 **Travel to Triangle** “Pockets” 1-8
- 8 Travel continued 1-8
- 3 Tuck 1-2, hit levels 3

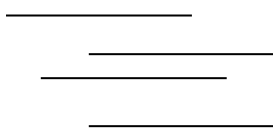
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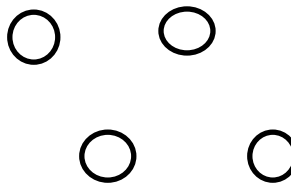
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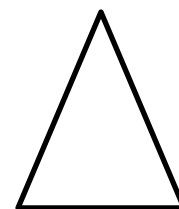
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#4



#5

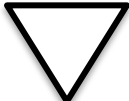
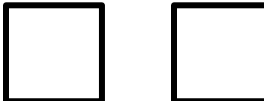


“Catching Fire” – by: Blizaux
Intermediate/Advanced Military – Time: 1:33

Begin in staggered block in levels, head down, hands behind back

- 8 Hold 1-4, present 5-6, pop arms 7-8
- 88 Hands together 1, to face 2, close palms 3, open L 4, arm out 5, touch elbows 6, switch 7, R arm out 8,
 arm up 1, elbows together 2, rocket up 3, LV 4, L-R: L arm behind back R on heart 5, three fingers up 6, or 6-7, or 7-8
- 8 Tuck 1-2, jump back 3-4, tuck 5-6, jump out 7-8
- 888 Three groups R-L: slide R 1-2, stand L arm waitress R on hip 3-4, open arms 5-6, jump together hands to hips 7-8, 3-2, 5-4, prep 5-6, double turn 7-8, jump out 1-2, prep 3, press leap 4, land 5-6, fan R leg to B 7-8
- 8 Contagion B-F: close legs and touch toes then lay down 1-8
- 8 L knee up 1-2, slide 3-4, R knee 5-6, slide 7-8
- 8 Roll to R 1-2, bug 3-4, stand 5-8
- 88 Move to triangle: R arm across 1, pull 2, out 3, clean R and L arm out 4, repeat opposite 5-8, repeat 1-4, repeat 5-6, T 7, clean 8
- 8 EOL: step L half T L 1, pivot rocket up 2, repeat half T L 3, pivot rocket down 4, close half T L 5, clean 6, half T R 7, clean 8, or hold 1-2, begin going R 3-6, close half T L 7, clean 8
- 8 Clock R-L: R arm across 1, L 2, switch 3, L across down to L knee 4, down to R knee T 5, clean sit 6, or 2-7 going to high knees, or 3-8 standing
- 88 EOL opposite: Superman up or down 1, pull elbow 2, switch 3, Superman 4, open 5, close 6, open 7, close 8, repeat going opposite way 1-8
- 8 Check 1, switch 2, fast 3-4, switch up or down 5, switch 6, V 7, clean 8
- 88 Three groups L-R: pray 1, K to the L 2, repeat R 3-4, pray go to L knee 5, LV 6, pray R knee down 7, HV 8, or 5-4, or 1-8
- 8 Three groups B-F: sit and circle arms in 1, high knees HV 2, pick up 3-6, pop R arm 7, L 8
- 8 Hands together over head 1, pull down 2, open T 3, flip hands 4, clean stand 5-8
- 8 Contagion L-R: turn L and bow circling to R and stand facing wall 1-8
- 88 Move to two groups: half T L 1, rotate up 2, switch 3, rotate 4, broken T 5, cross down 6, LV 7, clean 8, repeat 1-8
- 888 Three groups F-B: plié out 1-2, in 3-4, repeat opposite way 5-8, L knee down 1-2, R knee 3-4, bug 5-6, high knees facing inside 7-8, or 3-2, or 5-4, lean back look F 5-6, bug 7-8
- 88 Three groups L-R: come up kick R leg 1-2, bug 3-4, sit to back 5-6, roll head 7-8, arch 1-2, sit 3-4, or 3-6, or 5-8
- 8 Z sit 1-2, high knees half 3-4, step up L 5-6, step R head down 7, jump out three fingers up 8

Formations:

- 1. 
- 2. 
- 3. 



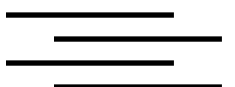
“Harry Potter” – by: Corporate DUBZ
Intermediate/Advanced Military – Time: 2:06

Begin in staggered lines, odd lines head looking R, even lines L, arms down by side

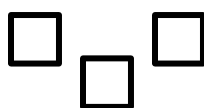
- 6 Circle head up and over to opposite side 1-5, snap head to front 6
- 6 Contagion Slicing arms up to touchdown, breaking down to sides RLRL from center, out 1-6
- 6 Switch lines w/ diagonal arms, walking LRL 1-3 Continue switching lines, change diagonal, walking RLR 4-6
- 6 Switch lines back original walking L foot first, L arm across body 1, break in 2, hit V 3, repeat w/ R arm 4-6
- 6 Break to high-V 1, W elbows to side 2, low-V 3, cross in front of body 4, slice out to low 5, close to sides 6
- 6 Break arms through rocket to fan 1-3, slide arm (R/L) up side slice other arm to low-V 4, Switch arms 5, close 6
- 6 Slice arms to T 1, broken-T 2, rocket arms forward 3, brush sides back 4, brush forward 5, close arms 6
- 8 **Transition to 3 Groups** Clock work arms in opposition 1-6 ball change backwards facing center & 7, close 8
- 8 Pick-up (every 2 cts.) Chaser 1-6, clip turn to the front slicing arm to side 7 close 8
- 8 Down to levels, dagger arms 1, R arm to ear look L 2, T arms 3, L arm up 4, close 5, arm levels in groups 6-8
- 8 Clock work groups (every 2 counts) 1-4 break out to T 5 close arms drop head 6, continue parts 7-8
- 8 Clock work cont. 1-2, head up 3, middle group up to high knees 5-6, knee 7, stand 8
- 8 Prep to L side 1-2, high chainé 3-4, high/low chainé 5-6, roll to ground/axle 8
- 8 Stand up 1-2, close feet 3-4, step L foot cross arms at chest 5, R kick front L arms 6, release head 7 close 8
- 4 Lean back, box arms press to rocket spirit fingers 1-4
- 88 **Transition to Triangle** L diagonal 1-2, Switch diag. 3-4, R arm break through to low-V 5-6, L arm 7-8, Repeat
- 8 Groups: Dagger arms 1, press hands flexed up 2, step L foot back flexed hand high-V 3, close rocket up 4, flex hands rocket forward 5, press to chest 6, out 7, drop 8
- 8 Continue groups 1-4, rocket forward 5, slice to T L R lunge 6, pulse arms & 7, slice down close 8
- 8 Broken rocket forward 1 open box arms 2, high-V 3, close 4, start contagion drop to tuck front to back 5-8
- 8 Continue contagion 1-2, pop out to plank head forward contagion front to back 3-8
- 8 Bug 1-2, Hit Level 3-4, R arm forward 5, slice L forward 6, back down 7 close 8
- 8 Groups (every 4 cts.): Checks R check 1, L 2, T-check 3, circle arm down 4, clap up to rocket 5, broken-V 6, low out 7, close 8
- 8 Cont. groups 1-4, L diagonal 5, R diagonal 6, T arms 7, close 8
- 8 Seatbelt groups (Every 2 cts.) R seatbelt 1, switch 2, circle R arm out 3-4, raise up 5, drop 6 cont. 7-8
- 8 High knees 1-2, L knee 3-4, stand 5-6, “deodorant” arms to low-V 7-8
- 8 Groups (Every 4 cts.) left L to side 1, switch L 2, swirl R arm 3 L arm break to touchdown 4, cont. 5-8
- 88 **Transition to Staggered Block** L arm up 1-2, switch R arm 3-4, Low V 5, T 6, High V 7, close 8
- 8 Roll to ground in opposition (lines) 1-4 Lunge facing side, rocket 5-6 open to front wide L outside leg extended 7-8
- 8 Roll back 1-4 lay down to ground slice R arm 5, L arm 6, slice to T 7, close 8
- 8 Contagion V sit up in opposition by lines 1-8
- 8 Odd lines arch back sit up 1-2, even lines 3-4 Z-sit 5 high knees 6, knee up 7 stand 8
- 8 Opposition “Scary Larry”- rockets 1-2, open-V 3, rocket 4, switch rocket 5, open-V 6, close rocket 7 Close side 8
- 8 Groups (Every 2 cts) Cross foot L1, low V 2, cross R foot 3, low-V 4, cont. 5-8
- 8 Groups (Every 2 cts) Windmill arms step L 1, tilt kick 2, ball change to front 3-4, R chasse back 5-6, walk LR 7-8
- 8 Cont. groups step out to second w/ L arms slice up to T 1-2, sit in hip slice arm flexed to side 3-4 cont. 5-8
- 8 **Transition to clump** flat back walk to clump L foot first 1-8
- 8 Group 1 L arms 1-2, Group 2 L arms 3-4, all swivel R arm 5, L arm dagger 6, extend L arm up release head 7-8

Formations:

#1- Staggered Lines



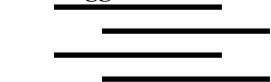
#2- 3 Blocks



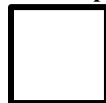
#3- Triangle



#4- Staggered Lines



#5- Clump



“Happy” – by: Pharrell Williams
Intermediate Novelty – Time: 2:19



Beginning Formation – staggered block with odd lines facing R wall and even lines facing L wall.

- 4 Ripple stepping back with front leg (odd lines – left, Even lines – right) popping back leg with back arm by ear
- 8 (Odd lines – Step R 1, passé L 2, cross in front with L leg 3, point R leg out to F with R arm by ear 4), (Even lines – Step L 1, passé R 2, cross in front with R leg 3, point L leg out to face F with L arm by ear 4), shake hip bringing arm down to side 5-7 close 8.
- 8 Alternating grapevines (odd – right, even – left) flexed low V arms side 1, back 2, side 3, dig 4, heel out 5, switch 6, jump out grandé plié 2nd 7, clean 8.
- 8 Alternating grapevines back sunburst arms overhead (odd – left, even – right) side 1 back 2 side 3 dig clean 4, heel out 5, toe out 6, turn to face side in 2nd position looking B (odd – facing L, even – facing R) 7, look F 8.
- 8 L Chassé switching lines 1&2, R ball change 3 – 4, R chainé back to your line 5 – 6, step R 7, close 1st (odd – face F, even – face B) 8.
- 8 Odd lines – flick wrists over head L 1, R 2, L 3, R 4, jump R over L 5-6 clip turn 7, jump out 8.
Even lines - flick wrists down L 1, R 2, L 3, R 4, jump R over L 5-6 clip turn 7, jump out 8
- 8 Odd lines – flick wrists down L 1, R 2, L 3, R 4, jump R over L 5-6 clip turn 7, close to front 8. Even lines - flick wrists over head L 1, R 2, L 3, R 4, jump R over L 5-6, & clip turn to F 7, close to front 8.
- 8 Step L prepare 1 – 2, R double pirouette 3 – 4, jump out to 2nd position 5, jump to close feet 6, step out R and point R hand across leaning forward 7, point open to R angle 8.
- 8 Wrap head with R hand stepping to R and left hand on back 1 - 2, dig L foot to R flicking R wrist at shoulder level 3, flick out L wrist at shoulder 4, step L across shimmy shoulders 5, point R foot 6, cross with R over L shimmy shoulders 7, point L foot 8.
- 8 Step L 1, clap up L 2, step R 3, clap up R 4, step L 5, clap down L 6, step R 7, clap R down 8
- 8 Chug F 1, clap up 2, chug B 3, clap low 4, chug R foot moving to face L wall and shake shoulders 5, chug 6, chug 7, chug to face L 8.
- 8 Parts (1,3,5) – Step to R to F cross hands at chest 1, flick L with L arm up and R arm out 2, step back L drag R 3-4, R chassé to back 5&6, step L 7, R directional saut de chat 8.
- 8 Land down 1, hold 2, roll to back with hands behind body 3 – 4, (pick up as groups finish) head to L 5, head to R 6, head to L 7, head to R 8.
- 8 Head to L 1, head to R 2, lay back to elbows 3 – 4, kick R leg 5, L leg 6, R leg 7, L leg 8.
- 8 Push off of elbows to stand up on L 1 – 7, close R to L facing F 8
- 8 Transition to triangle – L pony snapping hands up to chest 1&2, R pony snapping hands down 3&4, L pony snapping hands up to chest 5&6, R pony snapping hands down 7&8.
- 8 Transition to triangle – L pony snapping R hand up 1&2, R pony L hand up 3&4, L pony R hand up 5&6, R pony L hand up 7&8
- 8 Step L and wrap L arm 1, point R foot 2, step R and wrap R arm 3, point L foot 4, plié 1st 5, R grandé sauté 6, land 7, hold 8.
- 8 Tuck to bug on floor 1 – 2, turn to front 3, levels 4, alternating shimmy 5 – 6, switch 7 – 8.
- 8 Switch 1 – 2, shimmy sitting up at center 3 – 4, flick R wrist across with L hand at pocket 5, pockets 6, flick L wrist across with R hand at pocket 7, pockets 8.
- 8 Rocket ripple F to B to tuck 1 – 4, roll up 5 – 6, opposition twist flicking wrists across 7, switch 8.
- 8 In opposition (odd – left, even – right) step out prepare with T arms 1, cross in front “L” arms prepare 2, chainé 3 – 4, step out 5, swing arm to head 6, step out 7, swing other arm 8
- 8 Sunburst arms up and out with hips 1 – 4, close to side plié on knees 5 – 6, hips 7 - 8
- 8 Step back pop knee and fan hand 1-2, switch 3-4, 3-step turn 5 – 7, jump to 2nd 8.

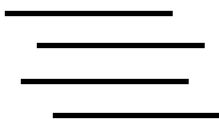
- 8 In opposition (odd – right, even – left) – plié down 1, lean R/L 2, plié center 3, opposite lean R/L 4, circle body in opposition by lines 5 – 7, clean 8.
- 8 Clap in opposition - Odd - Step to L 1, clap up L 2, step R 3, clap up R 4, step L 5, clap down L 6, step R 7, clap down R 8. Even - Step to R 1, clap up R 2, step L 3, clap up L 4, step R 5, clap down R corner 6, step L 7, clap down L 8.
- 8 Opposition up/down – Odd - Chug F 1, clap up 2, chug B 3, clap low 4, chug R foot to face L with shoulders 5, chug 6, chug 7, chug 8. Even - Chug B 1, clap down 2, chug F 3, clap up 4, chug L foot moving to face R with shoulders 5, chug 6, chug 7, chug 8.
- 8 Shimmy forward 1 – 2, shimmy back 3 – 4, Chug B to face F 5, chug, 6, chug 7, chug 8.
- 8 Step R 1, swing R arm up 2, Step L 3, swing L arm up 4, bounce RLRL bringing arms down 5-8.
- 8 Step R with L hand on head and R at hip 1, switch to L 2, double R hip 3&4, box arms 5, close to 1st wrap shoulders 6, flatback 7, hold 8.
- 8 Step R swing L up 1, pop 2, reverse 3-4, double to R 5&6, double to L 7&8.
- 8 Transition to 3 blocks – step R rock hips with arms at waist 1, rock back 2, step R rock hips 3, jump 1st clap 4, step L rock hips with arms at waist 5, rock back 6, step L rock hips 7, jump 1st clap 8.
- 8 Continue transition – step R rock hips with arms at waist 1, rock back 2, step R rock hips 3, jump 1st clap 4, improv with arms to form 5-8.

- 8 Outside blocks – step out R clapping in a circle R – L 1 – 8. Middle block – Step back L 1, R tendu with L arms 2, R chaîné 3 – 4, R Dr. Pepper 5, cross back 6, pencil turn 7, jump to 2nd 8.
- 8 Outside blocks – clapping in a circle L – R 1 – 8. Middle block – hands at pockets hips to L 1, hips to R 2, hips to L 3, R &, L 4, step L en bas 5, R tilt jump/battement 6, cross R 7, jump to 2nd 8.
- 8 Middle block – step out R clapping in a circle R – L 1 – 8. Outside blocks – Step back L 1, R tendu with L arms 2, R chaîné 3 – 4, R Dr. Pepper 5, cross back 6, pencil turn 7, jump to 2nd 8.
- 8 Middle block – clapping in a circle L – R 1 – 8. Outside blocks – hands at pockets hips to L 1, hips to R 2, hips to L 3, R &, L 4, step L en bas 5, R tilt jump/battement 6, cross R 7, jump to 2nd 8.
- 8 Outside blocks – step out R clapping in a circle R – L 1 – 8. Middle block – R rond de jambe back swing arms up 1, pop L knee touchdown 2, L rond de jambe back 3, pop R knee clean arms 4, R rond de jambe back 5, pop L knee 6, L rond de jambe back 7, pop R knee 8.
- 8 Outside blocks – clapping in a circle L – R 1 – 8. Middle block – R chaîné 1 -2, X to front 3, cross L over 4, pencil turn 5, clean 6, drop to tuck swing arms 7, jump to 2nd low V 8.
- 8 Middle block – step out R clapping in a circle R – L 1 – 8. Outside blocks – R rond de jambe back swing arms up 1, pop L knee touchdown 2, L rond de jambe back 3, pop R knee clean arms 4, R rond de jambe back 5, pop L knee 6, L rond de jambe back 7, pop R knee 8.
- 8 Middle block – clapping in a circle L – R 1 – 8. Outside blocks – R chaîné 1 -2, X to front 3, cross L over 4, pencil turn 5, clean 6, drop to tuck swing arms 7, jump to 2nd low V 8.
- 8 Transition to 3 lines – L pony snapping hands up to chest 1&2, R pony snapping hands down 3&4, L pony snapping hands up to chest 5&6, R pony snapping hands down 7&8.
- 8 Transition to 3 lines – L pony snapping R hand up 1&2, R pony L hand up 3&4, L pony R hand up 5&6, R pony L hand up 7&8

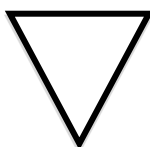
- 8 Step L 1, clap up L 2, step R 3, clap up R 4, step L 5, clap down L 6, step R 7, clap R down 8
- 8 Chug F 1, clap up 2, chug B 3, clap low 4, step R 5, swing R arm up 6, Step L 7, swing L arm up 8.
- 8 Bounce RLRL bringing arms down 1-4, ripple L to R – R windmill to tuck side 5-8.
- 8 Ripple R to L – roll to floor extend R leg across pop L knee R hand on floor L arm on L knee 1-8.

Formations:

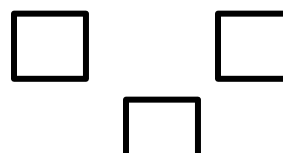
#1 – Staggered Block



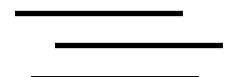
#2 – Triangle



#3 – 3 staggered blocks



#4 –



“Royalty”- by: Various Artists
Intermediate/Advanced Novelty – Time 2:00



Begin in block, tucked to floor facing left

- 6 Hold 1-2, rise up 3-6
- 8 First group moving forward: tilt 1-4, chainé 5-6, step L 7, step R 8 swiping hands
- 8 Second group picks up: b/c back w/ L pressing hands 1-2, clip turn 3-4, step 5, face back and reach 6, step R back 7 turn to front 8
- 8 3rd group picks up: Swipe across 1-2, sit to R 3-4, L leg open and twist through 5-6, jazz split 7-8 (ends in 3 blocks)

- 8 3 groups on 1-2-3: kick 1, sit up and place hands 2, shuffle R & 3, lunge 4, hold 5-6, all snake up 7-8.
- 6 Plié to R by groups on 1, 3 or 5
- 8 “Promenade” 1-6 to groups of three or four, soutenu turn 7-8
- 8 Seat lift 1-4, turn to Right to face front 5-8
- 8 Jazz walk to triangle 1-4, cont. w/ arms out and up 5-8
- 5 Press out 1-4, close 5

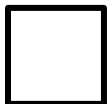
- 8 Step R 2, tendu &, “L” arms 2, step L 3, point out R &, pop shoulder 4, soutenu 5-6, forced arch 7-8,
- 8 Pivot w/ R 1, step L to back 2, step R 3, step L 4, tilt R 5, drop to R knee 6, roll to front on L knee 7-8
- 8 3 groups on 1-3-5: Hands down 1, shuffle left & 2, body roll up 3-4 shifting weight, run RL 5&, leap 6, land &, hold 7-8
- 8 Last group ends on 2&, hold 3-4, windmill arms 5-8
- 8 Hands down 1 slide back 2, roll to stand 3&4, step L 5, step R &, Step L 6, leap in second reaching arms 7, land facing back 8
- 2 Hold 1, Lift heels &, down 2

- 8 Hips R 1, L 2, rond de jambe 3-4, step L 5, step R 6, fan 7-8
- 8 Groups L to R Pose 1 or 2 or 3, hold 4, place crown on head 5-6, step drag 7-8
- 8 Walk to back R-L-R-L 1-4, turn to front step R &, drag 5-6, reverse 7-8 w/fists at hips
- 8 Walk back to block 1-4, cont walking hands out 5-8
- 4 Cont walking to block with hands pressed out, tilt head and look 1-4

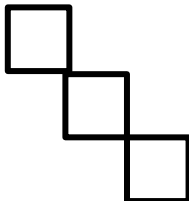
- 8 Soutenu sauté contagion from R to L 1-8
- 8 Stand up in 3 groups on 1, 2 or 3: first group prepare 5, turn 6, land in lunge 7-8
- 8 Group 3 lands in lunge 1-2, slide to sit 3-4, roll to mermaid sit 5-8
- 5 1-4, pose 5

Formations:

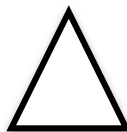
#1 – Block



#2 – 3 Blocks



#3 – Triangle



#4 – Block



**“Love is an Open Door” – by: Kristen Bell & Santito
Fontana (Frozen Soundtrack)
Advanced Novelty – Time: 1:50**



Start facing the back R foot in dig

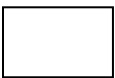
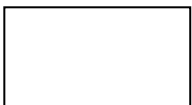
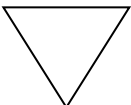

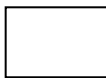
- 8 Soloist extension 1-2 tilt 3-4 next soloist adds on prepare 5-6 double or triple pirouette 7-8 all other dancers hold 1-6 cross turn to front 7-8
- 8 Spread formation out walking arms up 1-4 push down 5-7 cover face and pose 8
- 8 Grab 1 coupé R 2 press 3 push 4 ball change 5& tilt kick 6 roll to ground 7-8
- 8 Up 1 step L 2 chassé R 3-4 step L 5 reverse leap 6 ball change 7-8
- 8 Step L fan kick to back 1-2 step step 3& barrel 4 step drag 5-6 chassé 7-8
- 8 Illusion to ground in 2 groups 1-2 or 3-4; 2 Parts: 1) sit 5 kick L 6 look back 7 grab L 8 2) roll to plank 5-6 grab R 7-8
- 8 Everyone roll to stand up 1-4 run to triangle 5-8

- 8 Step together step R 1-2 step together step L 3-4 chaîné 5& revolving disc 6 turn out of it 7 pose 8
- 8 Flick 1 passé 2 throw to arabesque 3 step R 4 pencil turn 5 down 6 Group 1: prepare 7-8
- 8 Group 1: fouetté 1-2 land in lunge 3 look 4 hold 5-8; Group 2: start 1-2 end 5-6; Group 3: start 3-4 end 7-8
- 8 Leg around roll 1-4 arms up body 5-6 present 7-8

- 8 Moving to 3 lines: walk RL 1-2 shimmy 3-4 arms front 5 hips 6 R arm over to ground 7-8
- 8 Continue moving: walk RL 1-2 shimmy 3-4 point to self 5 x-jump 6 prep 7 sauté 8
- 8 Land on ground 1 double flick extension 2-3 pose 4 robot improv 5-8
- 8 Prepare 1-2 double or triple pirouette 3-4 chassé 5-6 step 7 R leap 8
- 8 3 Groups by line: Group 1: sunshine jump 1 roll 2-3 reach 4 hold 5-6; Group 2 : sunshine jump 2 roll 3-4 reach 5 hold 6; Group 3: sunshine jump 3 roll 4-5 reach 6; Everyone: roll head L 7 sit 8
- 8 Roll to L side 1-4 step drag L 5 step drag R 6 walk RL 7-8

- 8 Extend R kick 1-2 chassé 3-4 peter pan leap 5-6 ball change 7-8
- 8 3 Parts: Part 1: chaîné 1-2 walk RL 3-4 ball change 5-6 ball change 7-8
- 8 Turn to front tilt kick 1-2 three step turn 3&4 circle arms above head 5-6 flick R to L side 7 switch 8
- 8 Hold 1-4 Part 2: starts on 3-4 ends on 1-2 Part 3: starts on 5-6 ends 3-4 Everyone: step step arabesque 5&6 arms in T 7 wrap 8
- 8 Moving to ending formation walk arm up 1-4 down 5-8 * Acting Parts
- 1 Turn on R knee 1 * Acting Parts

Formations:

- 1)  2)  3)  4)  5) 

“Counting Stars” – By: Christina Grimmie
Intermediate/Advanced Lyrical – Time 1:49



Begin facing the back in 2nd position

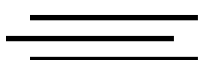
- 8 Hold 1-4, roll your R shoulder back 5-6, step L 7, step R 8
- 8 **(2 Groups: start on 1 or 5)** Step forward and slice L arm 1-2, L knee drop with R leg extended 3-4, continue group work 5-8
- 8 Come up on your L knee and circle R arm overhead 1-2, roll on your back 3, lift R leg up with arms out in a T position 4, sit up 5-6, reach up with L arm and plank sideways 7-8
- 8 Step on L leg 1, R leg 2, arch back 3-4, rock back on your L leg with L hand on forehead 5-6, relevè 7, drop arm 8
- 8 **(Group 1)** Pencil turn 1-2, step back R/L 3-4, chassè 5-6, jete leap 7-8
(Group 2) Step R/L 1-2, jete leap 3-4, pencil turn 5-6, step back R/L 7-8
- 8 X jump 1-2, circle upper body to L side 3-4, stand 5, L shoulder roll 6, cover mouth with L hand 7, look back and raise R arm above head 8
- 8 **(3 Groups: start on 1, 3, or 5)** Face the back in grand plié 1-2, face forward in a T position 3-4, roll to stand facing R side 5-6, stand up 7-8
- 8 Step back on R leg with L hand on the back of your head 1, face L side 2, continue group work 3-4-5-6, step L and drag your R leg with your L arm over heart and R arm reaching forward 7-8

- 8 **Formation Change:** Raise R arm to the side 1-2, L arm on heart 3-4, circle head to the R 5-8
- 8 Ripple from L to R: throw your L arm up 1-4, high chainè turn 5-6, low chainè turn 7-8
- 8 Calypso leap 1-2, roll to stand 3-4, swing your arms down to face the R side 5-6, L lunge with arms in a T position 7, stand up 8
- 8 **(3 Groups: start on 1, 3, or 5)** Chainè turn 1-2, face the back for a R fan kick 3-4, roll on the floor as knees connect to you chest with T arms 5-6, land in different levels (sitting, kneeling, etc.) 7-8
- 8 Continue group work 1-4, L arm reaches out with a jazz hand 5, R arm 6, swing arms up 7, roll to stand 8
- 8 Stand 1-4, R tilt kick to the front 5-6, step R and drag your L leg with L arm in broken T position 7-8

- 8 **Formation Change: (3 Groups: start on 1, 3, or 5)** L arm reaches forward 1, R arm up 2, 2nd group 3-4, 3rd group 5-6, everyone melt arms down 7-8 bring arms down slowly 5-8
- 5 Continue walking 1-2-3-4, extend L arm out in jazz hand 5
- 8 **(3 Groups: start on 1, 3, or 5)** R Rond de jambe to face forward 1-2, prep for pirouette 3-4, pirouette turn 5-6, land in 2nd position and reach forward with both arms 7, bring arms to R hip 8
- 8 Recover and lift L arm up 1-2, continue group work 3-8
- 8 **(Ripple—R to L)** Slice L arm to L side and step on L leg 1, wrap L arm and grab R shoulder 2, pencil turn to the L 3, collapse over knees and hand on knees 4, recover 5 continue ripple 6-8
- 8 T arms with R knee inverted 1, clean 2, both arms reach up 3, clean 4, run forward R/L 5-6, R tilt jump 7-8
- 8 Roll to stand 1-4, throw both arms over to your R hip 5-6, step L 7, R kick sideways to face the back 8
- 8 Face forward and prep 1-2, single or double coupè turn 3-4, land in 2nd position 5-6, L leg in forced arch with hands over head 7, thrown arms down 8
- 8 Step R and break R arm into T position 1, step L and lift L arm up 2, melt arms down while connecting R knee to L knee 3, step R to face the back 4, turning penche 5, roll to the floor and land on R knee with L knee up 6-8
- 8 Roll back to return to standing 1-2, hold 3-4, ball change R/L as shoulders roll back R/L 5-6 or 7-8
- 8 L knee drop 1-2, hold 3-4, come up on L knee and circle R arm overhead 5-6, down 7-8

Formations:

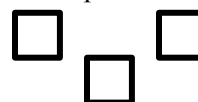
1. Staggered Lines



2. Triangle



3. Three Groups



“Roar” – by: Anthem Lights
Intermediate Lyrical – Time 2:18



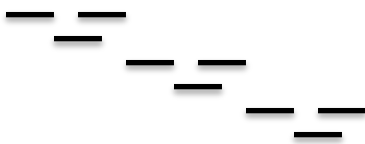
Begin in clusters of three dancers, each dancer in a seated, kneeling, or standing position

Hold acoustic singing

- 8 Reach 1-2, contract 3-4, chainé turns or roll to standing 5-8
- 8 Ball change 1-2, R fan 3-4, run 5-6, tilt jump 7, land 8
 - 8; 2 parts (start on 1 or 2) Group 1: plié 1, chainé turn 2, step R 3, step L 4, step R 5 hold 6, roll 7-8
 - Group 2: hold 1, plié 2, chainé turn 3, step R 4, step L 5, step R 6, roll 7-8
- 8 Windmill 1-2, slide 3-4, swing 5-6, push 7, slide L arm in 8
- 8 Extend legs 1-2, roll on your back 3-4, push up 5-6, raise up to standing 7-8
- 8 3 step turn 1&2, grab hands and run to **Staggered Lines** 3-8
- 8 Passé 1, twist &, extend 2, run 3, run &, Russian leap 4, turn 5-6, shoulders 7, throw 8
- 8 2 parts (every other line turn in opposite directions) Group A: 3 step turn to the R 1&2, 3 step turn to the L 3&4, walk back 5-8; Group B: 3 step turn to the L 1&2, 3 step turn to the R 3&4 walk back 5-8
- 8 Low chainé turns 1-2, swing R leg 3-4, extend 5-6, push onto R knee 7-8
- 8 Kneel 1-2, roll to standing 3-4, pas de chat 5-8
- 8 Relevé 1-4, walk R 5, walk L 6, extend R leg across your body 7-8
- 8 Turn 1-2, drop upper body over 3-4, separate while walking R/L 5- 6, drag 7-8
- 8 Bend over 1&2, hold 3, prep 4, attitude turn 5-6, throw arms 7&8
- 4 Move to **Partners** 1-4
- 8 (All choreography mirroring your partner) front arm up 1, back arm up 2, raise arms above head 3-4, lean back 5-6, turn away from each other 7-8
- 8 Lunge 1-3, step to change sides &4, lean 5-8
- 8 Partner A bends over 1-2, Partner B extends R leg 1-2, recover 3-4, tour 5-6, tour 7-8 (modification: two chainé turns)
- 4 L coupé position 1-2, R coupé position 3-4
- 8 Rond de jambe 1-4, contagion standing front to back 5-8
- 8 Run back with your L 1, run back R 2, walk R 3, walk L 4, prepare 5-6, low chainé turns 7-8
- 8 Turning disc 1, land to ground 2, roll up 3-4, arms reach 5-6, arms extend to high V 7&8
- 8 Prepare for turns 1-2, 2 fouetté turns 3-6, single or double turn 7-8
- 8 Chug R 1&, chug L 2&, chug R 3&, chug L 4&, run R 5, prep 6, R leap 7-8
- 8 Freestyle moving to **Triangle**
- 8 Center split contagion front to back 1-4, roll to lay on back 5-8
- 8 Back bend and extend legs 1-4, sink down, kneel, or stand 5-6, slowly look up with hands placed on neighbor’s shoulders 7-8

Formations:

#1 clusters of three dancers



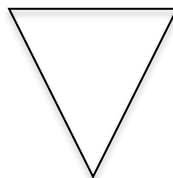
#2 staggered lines



#3 partners



#4 Triangle



“Beating Heart” – by: Ellie Goulding
Intermediate Modern – Time 2:26



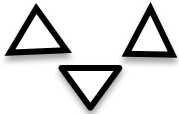
Begin in three triangles—(facing the front) with arms down to your sides.

- 4 Hold 1-4
- 8 Left lunge with right arm on your R or L side 1-2, clap right hand and look left 3-4, L rond de jambe while arms circle around 5-6, arms down 7-8
- 8 Flex Right foot in attitude position with arms up in a box position, and look front 1-2, melt down 3-4, R rond de jambe and spiral to the front 5-6, hold 7-8
- 8 Step front with your R while R finger points to your head 1, left finger points to your head 2, open your arms and snake your body 3-4, tuck 5-6, hold 7-8
- 8 **Move to Triangle:** run 1-4, L rond de jambe with R arm up 5-6, R passé 7, second position 8
- 8 Grand plié 1, X cabriole 2, plié 3, hold 4, L degagé and rond de jambe en l' air while arms circle in opposite direction 5-6, L foot crosses in front of your R leg and plié 7-8.
- 8 **Parts (R to L)** lunge left with arms on chest 1, or 2, or 3, hold 4, inside turn 5-6, hold 7-8
- 8 R degage with right arm up 1, opposite 2, hold 3-4, step right 5, L passé with right arm on knee and left arm up 6, step back with L foot to face the back 7, R or L coupé turn or position 8
- 8 Extend on floor 1-4, contract 5-6, release 7-8
- 8 **Oppositional (every other line, Front to Back)** X roll to sit up 1-4, arms up 5, legs extend to left side as arms reach to the right side 6, oppositional 7-8
- 8 Arms up 1, arms down 2, double attitude to face front 3-5, look up 6, arms circle back 7, leg extension as arms cross on 8
- 8 Fan R or L Leg 1-2, roll up 3-6, contract and hug yourself 7-8
- 8 Look front 1, **Move to Staggered Lines:** clap hands on your left side 2, circle arms around 3-6, recover and hold 7-8
- 4 Oppositional: passé pull 1-2, R low chainé turn 3-4
- 8 Turning C jump or Barrel Turn 1-2, roll down 3-4, hold 5-6, look up 7-8
- 8 Cover right eye 1, opposite 2, **Contagion (L to R)** circle arms from left corner to right corner with a L rond de jambe on the floor 3-7, look up 8
- 8 Sit to the left side 1, contract 2, back roll 3-5, roll up 6-8
- 8 **Contagion (L to R)** circle arms with grand plié, finish with hands on your knees 1-8
- 8 **Moving to Spiral Formation:** right finger points to your head 1, opposite 2, snake 3-4, clap hands 5, circle arms around 6-8
- 8 **Continue moving** repeat movement 1-4, run 5-6, Flex Right foot in attitude position with arms up in a box position and look front 7-8
- 8 **Contagion (From Outside to Inside)** lay your upper body on top of the person in front of you 1-8
- 8 Continue contagion 1-8
- 8 **Partner work (Duet—center of spiral formation):** prep 1-2, invert 3-6, turn 7-8 **Spiral dancers** lift up 1-4, contract 5-6, lay back on top of person in front of you 7-8
- 8 **Duet:** continue turn 1-2, down 3-4, plié 5-6, hold 7-8 **Spiral dancers** repeat last eight count 1-8
- 8 **Contagion (From Outside to Inside)** step L/R and lift arms up 1-8
- 8 Continue 1-4, swing body 5-6, stand up 7-8
- 4 **Opposite (Every other dancer)** R or L passé as arms open 1-2, wrap arms with inside coupé turn 3-4
- 8 Oppositional Handstand 1-4, stand up and hold 5-6, grab hands 7-8
- 8 Oppositional Pulls—step front or back with R foot 1-2, 3-4, 5-6, stand up 7-8
- 8 **Moving to Three Triangles** right finger points to your head 1, opposite 2, snake 3-4, clap hands 5, circle arms around 6-8
- 8 **Continue moving** repeat movement 1-4, run 5-6, face L back diagonal 7-8

- 8 **(3 Groups/Parts: start every 4 counts)** R rond de jambe as arm circles around 1-2, opposite 3-4, L passé 5-6, step L 7, R or L tilt kick 8
- 8 Inside turn 1-2, arms up 3, hold 4, step back L/R/L as arms circle down and up 5-7, L lunge with L hand on knee and R hand on the floor 8
- 8 Slide R knee 1-2, parallel legs 3-4, L arm out 5, clap 6, around 7, R attitude with a flexed foot and with arms in a box position 8
- 8 Melt 1-2, go to your L knee 3-4, R leg extends on the floor 5-6, hold 7-8
- 8 1st group rolls up 1-4, 2nd group rolls up 5-8
- 8 3rd group rolls up 1-4, flex R foot in attitude position with arms up in a box position, and look front 5-6, melt down 7-8
- 8 Grand plié 1, X cabriole 2, plié 3, hold 4, L degagé and rond de jambe en l' air while arms circle in opposite direction 5, L foot in front of your R leg 6, L lunge with arms on chest 7-8
- 8 **Move to Double X Formation:** R hand up 1, opposite 2, right hand down 3, opposite 4, repeat 5-8
- 8 L lunge with R arm to the side 1, clap R hand and look L 2, L rond de jambe as arms circle around 3-4, arms down 5-6, R attitude with a flexed foot and with arms in a box position, look front 7-8
- 5 Step front with R foot as R finger points to your head 1, L finger points to your head 2, *without music* snake down to tuck position (Diamond formation in the middle stays standing) 3-5

Formations:

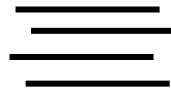
#1 – Three triangles



#2 – Triangle



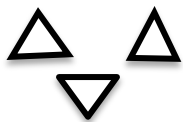
#3 – Staggered Block



#4 – Spiral



#5 – Three triangles



#6 – Double X



“Eet” – by: Regina Spektor
Intermediate/Advanced Modern - Time: 2:06



Beginning Position—Begin in staggered lines facing back, feet in parallel position, arms by your sides.

- 8 Hold 1-4, R shoulder pulls you to face front 5-8
- 8 Body circles around (L to R) with head release and windmill arms 1-4, pop up standing 5-6, hold 7-8
- 8 Invert, pick up L leg 1 passè turned out 2 step back into a lunge, facing L diagonal 3-4, shift weight back on L leg while pressing arms forward 5-8
- 8 Step R to prepare 1, inside pirouette ending at R diagonal 2-4, extend into arabesque 5-8
- 4 Walk back “dragging”, facing R wall L/R 1-2, souttenu turn to face the front 3-4
- 8 Run forward L/R 1-2, temps de fleche “flick jump” traveling forward 3-4, land 5, roll up as R hand comes to mouth 6, R arm reaches to the R side, head follows 7-8
- 8 R hand flicks inwards towards your body 1-2, walk back R/L 3-4, inverted fan to face front or back, alternating lines 5-8
- 8 Jump up, arms rocket 1-2, land in parallel/plié, arms extend in a ‘T’ position 3-4, R head roll 5-6, arms bent to R side 7 shift arms to the front 8
- 8 Arms press behind hips with R low développè 1-2, run front or back 3-4, jeté 5, land 6, walk R/L 7-8
- 8 Chug to the R diagonal 1, chug side 2, turn over R shoulder to prepare facing back or front (in the opposite side that you started) 3-4, chaîné turn 5-6, step R 7, step L to face in (towards the center) 8
- 8 Throw your head over while stepping back 1-2, 3-4, relevè as arms lift up 5-6, hold 7-8
- 8 Moving back to center: step R/L 1-2, chug and fouetté into arabesque 3-4, chaîné turns 5-8
- 8 Moving to 3 groups: walking with R arm out 1-2 L arm out 3-4 both arms reach forward 5-8
- 8 R foot walks out to the side “foot in” 1, “foot out” 2, step L 3, flick R leg behind you 4, step R/L to prepare 5-6, double pirouette turn 7-8
- 8 Jump forward as both arms reach forward 1-2, hold 3, R elbow up 4, L elbow follows 5, hold 6 jump, keeping body over 7, land 8
- 8 Body circles around L to R with head release 1-4, R chassé in plie with your body over while arms swing behind your hips 5-8
- 8 Brush R leg, R arms follows 1-2, step 3-4, R battement facing back with ‘L’ arms 5-6, leg comes down 7-8
- 8 Parts: Group A: R ball change to face front 1-2, step R/L 3&, contract your body with a R passè 4, three step turn to pair up in line w/ partner 5-6, arms out to ‘T’ position 7-8
Group B: head drops back 1, shoulders 2, hips 3-4, ball change over L shoulder to face front 5-6, walk to partner 7-8
- 8 Fall into your partner 1-2, catch 3-4, back up 5-6, parallel glissade/plié to move into windows 7-8
- 8 Parts (start on 1, 3, or 5): R rond de jambe R to face the back 1-4, slide to the ground with arms rising up 5-6, legs come together 7, plant L foot 8
- 8 Push jump to front 1-2, land in bug position 3-4, kneel with L hand on ear 5-6, bend R elbow 7-8
- 8 Sit L hip roll up to L wall 1-4, prepare front 5-6, double coupé turn 7-8
- 8 Land with R lunge 1-2, 2nd group finishes 3-4, 3rd group finishes 5-6, everybody look up 7-8
- 8 Lift R knee to bring you to standing 1-2, walk to move to a trapezoid formation 3-8
- 8 Walking with R arm out 1-2, L arm out 3-4, R leg wraps in front, look over your L shoulder 5-6, recover to parallel position facing front 7-8
- 8 R foot walks out to the side “foot in” 1, “foot out” 2, step L 3, flick R leg behind you 4, step R 5, throw R arm back 6, prep side 7-8
- 8 High chaîné turn 1-2, low chaîné turn 3-4, turning disc 5-6, roll to the floor 7-8
- 8 Continue rolling, dancers inside the formation come to standing, dancers on the outside of formation go to knees 1-4, start fanning hand 5-8

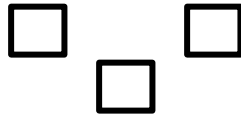
- 8 Hands on floor R/L 1-2, shift weight back into your heels to stand with R arm on R hip 3, L arm to L hip 4, stand up 5-6, hold 7-8
- 8 Formation Shift (Fix your trapezoid while placing advanced dancers to the front of the formation) 1-8
- 8 Option A: prepare R/L 1-2, two fouetté turns 3-6, double pirouette turn 7-8
- 8 Option B: melt down 1-4, prepare 5-6, double pirouette turn 7-8
- 8 Land in 2nd position 1-2, throw R arm out 3-4, throw R arm across your body 5-6, return to neutral position 7-8
- 8 Moving to a block w/ freestyle arms 1-8
- 5 Continue moving while facing back 1-4, R elbow pulls you around to face the front 5
- 2 Hop forward as arms circle out 1-2
- 8 R hand pushes your face to the L 1-2, head circles up and over to R side 3-4, step back with your R foot 5-6, R hand covers your mouth 7-8
- 8 Push R arm down 1-2, souténu turn to face the back 3-4, step L 5, R fan 6-8
- 8 Step R/L while facing R front diagonal 1-2, contract with R passé 3-4, step back R/L 5-6, reach out L leg 7-8
- 5 Roll to the ground 1-2, sit to unfold, lay on your back with legs together, and “T” arms 3-5

Formations:

#1- Staggered Block



#2 – 3 groups



#3 – Trapezoid



#4 - Block



“Oceans” – by: Hillsong United
Intermediate Contemporary – Time 1:47

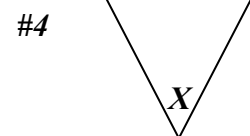
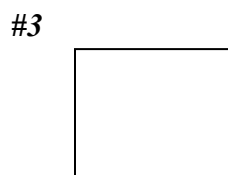
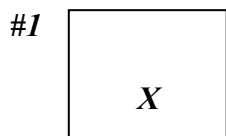


Begin in Staggered Lines (1 soloist in the middle)—Everyone standing with arms down and looking down, Soloist facing back and Team facing front

- 8 Everyone hold 1-4, Soloist—lift R arm up 5-6, melt arm slowly 7-8
- 8 Soloist—contract with hands on knees 1-4, recover 5-6, face the front over your R shoulder 7-8
Team—reach out to L side 1-2, R arm circles to touch L wrist, hinge R knee 3-4, turn over R shoulder with hands on L hip 5-6, press hands down 7-8
- 8 Together—R arm overcurves with R passé 1-2, L arm overcurves with L dégagé 3-4, L three step turn, finish facing front 5-8
- 8 **Formation Change (2 Triangles)**—R arm reaches out and up 1-4, squeeze R hand and bring arm down 5-8
- 8 Group A: R shoulder roll with R passé in relevé 1-2, R ball change 3-4, R reverse fan kick as arms circle inwardly 5-6, step back R/L 7-8
Group B: R shoulder roll with R passé in relevé 1-2, L lunge 3-4, windmill arms 5-6, slide to the back diagonal with L arms 7-8
- 8 Group A: reverse leap 1-2, step back R 3, L tendu to side while facing back 4, body roll to the L as R hand slides on top of L arm 5-6, L knee down to roll as L arm curves over body 7-8
Group B: roll to sit facing the back diagonal 1-2, slice arms horizontally and lay on the floor 3-4, arms open to T position while laying down 5-8
- 8 Group A: finish rolling 1-2, L rond de jambe as arms slice horizontally 3-4, roll up to standing 5-8
Group B: roll over to L side as L arm reaches 1-4, roll to end in a kneeling position facing the opposite diagonal 5-8
- 8 Group A: R rond de jambe as R arm slices horizontally 1-2, L rond de jambe as L arm lifts up 3-4, step L and roll to the floor as arms slice horizontally, finish in a kneeling position 5-8
Group B: reach towards the other group R to the side and L arm up 1-2, arms melt in 3-4, roll to stand to face front diagonal 5-8
- 8 Group A: reach with L arm to the side 1, reach up with R arm 2, wrap L arm over stomach 3-4, sit and roll 5-6, small jump as L arm circles out, finish facing the R side 7-8
Group B: reach with R arm to the side 1, reach up with L arm 2, wrap R arm over stomach 3-4, R chaîné turn to the diagonal 5-6, prepare 7-8
- 8 Group A: extend R leg out as arms circle out and in with jazz hands 1-2, return to tuck 3-4, L tilt kick and roll to stand 5-8
Group B: double pirouette turn with arms wrapped 1-2, R chaîné turn 3-4, step R with your L leg in attitude position as both arms reach to the front diagonal 5-6, recover 7-8
- 8 Both triangles face each other 1-2, reach and lean towards each other 3-4, arch back as arms melt into your body 5-6, walk towards each other 7-8
- 8 **Formation Change (Staggered Lines)**—lift both arms to “touchdown” position 1-4, R arm melts down 5-6, L arm melts down 7-8
- 8 Together—relevé with T arms & 1, L hand touches your heart 2, R arm melts down as you release your head 3-4, inside turn with arms wrapping your body 5-6, step R/L 7-8
- 8 Grand Jeté with T arms 1-2, R ball change with arms down 3-4, fan kick while hands cover your face 5, tilt kick as arms extend to T position and release your head 6&7, step R 8
- 8 inside turn with R knee touching L knee and L arm up 1-2, walk backwards as L arm melts down 3-4, jump R/L as arms circle backwards 5-6, step R and reach with R arm 7-8
- 8 step L and roll as arms slice horizontally 1-4, face front as hands walk forward 5-6, kneel as hands slide on legs and you release your head 7, recover 8

- 8 R tilt hold on L knee while looking forward 1-3, roll to kneel facing side 4-6, wrap stomach with R arm 7, L hand touches the back of your head 8
- 8 L arm overcurves as you rond de jambe your L leg to roll 1-4, snake up to stand facing the R side 5-8
- 8 (Every other line faces front or back)—face the front or back as R hand touches your heart 1, L arm reaches up 2, R hand slaps L hand and both arms circle out 3-4, face the side in relevé with L passé and L arms 5-6, walk to the back L/R 7-8
- 8 **Formation Change (Triangle—soloist as point)**— lift both arms to “touchdown” position 1-4, R arm melts down 5-6, L arm melts down 7-8
- 8 Together—R tendu as R arm reaches down 1, L arm reaches up 2, R passé as arms melt in 3-4, Soloist—walk R/L 5-6, R tilt jump 7-8, Team—walk R/L 5-6, face the back 7, circle arms in 8
- 8 Soloist—roll up to stand 1-4, Team—roll up and face front 1-4, Together—box arms R/L while looking down 5-6, release head as arms slice horizontally 7-8
- 8 step R as R hand covers eyes 1, step L as L hand covers eyes 2, L passé as arms pull in 3-4, step back with L foot as R foot drags and arms reach to the side 5-6, step R and illusion 7-8
- 8 Complete your illusion (standing or rolling out of illusion), finish facing front 1-4, R high chaîné turn 5-6, low chaîné turn 7-8
- 8 Calypso with L arms 1-2, turn out of leap and finish facing front 3-4, R tendu as arms circle in 5-6, grand plié with hands on knees 7-8
- 4 Ripple (Right to Left)—cross L leg behind R leg in relevé position, with L arms, then untwist to face the side as arms melt down 1-4
- 8 Ripple (Right to Left)—step L in relevé position as your L arm reaches up (one dancer stays standing, while all other dancers knee drop on their R knee) 1-8
- 8 Together—present forward with L arms, and finish with both arms up 1-4, Ripple (Right to Left) melt arms down and look down 5-8

Formations:



“Someone Like You” – by: Adele
Intermediate/Advanced Contemporary - Time: 2:06



Beginning Position: Diagonal groups— Facing front with feet in parallel and arms by sides

- 8 Hold 1-4, (Pick Up—4) reach forward R/L as hands come to hips R/L 5-8
- 8 Chainè turn 1-2, ball change 3-4, extend R leg 5-6, turn over L shoulder 7-8
- 8 Extend arms forward R/L 1-2, hands on hips R/L 3-4, both hands touch L hip 5, switch to R hip &, R hand comes to L side of face 6, turn head &, grab wrist 7, switch hips &, look forward 8
- 8 Arms swing to a T position while jumping on the R leg and lean over 1-4 (**everyone in Block Formation**) roll up 5-6, R kick and step back through passé 7-8

Everyone in new formation: Block

- 8 Reach back 1-4, penche 5-8
- 8 Group A: roll to floor 1-6, slide forward on R knee while swinging R arm back 7-8. Group B: Swing R knee to table top 1-2, contract 3-4, release back 5-6, R lunge as R arm swings back 7-8.
- 8 Group A: slide forward on L knee while pulling L arm back 1-4, lunge to side while swinging arms around 5-8. Group B: L lunge and pull left arm back 1-4, Turn over R shoulder with arms 5-6, R ball change 7-8
- 8 Group A: Shoulder roll to land on your knees 1-4, extend L arm up while rising to high knees 5-8. Group B: R tilt kick 1-2, hold 3-4, extend R arm 5-8
- 8 Group A: Contract 1-4, roll and stand up 5-6, turn over your R shoulder to prep 7-8. Group B: Contract 1-4, turn over R shoulder 5-6, prep 7-8
- 8 Chainè turn 1-2, pique turn 3-4, arabesque in releve 5-8
- 8 Step through 1-2, rond de jambe 3-4, two backward runs while turning around your R shoulder 5-6, two runs going straight back 7-8
- 8 Jete leap 1-2, fall forward as arms swing forward 3-4, renverse 5-8

Move to formation: Triangle

- 8 Turn over R shoulder 1-2, *walk to new formation* with left arm wrapped at waist and slowly extending the right arm 3-8
- 8 *Continue walking to new formation* while slowly lowering your R arm 1-6, R ball change 7-8
- 8 Drop to R knee 1-2, hold 3-4, head roll 5-6, lean back 7-8 (levels)
- 8 R leg extension 1-2, tuck 3-4 roll up to standing 5-8
- 8 Arms swing to T position while jumping onto your R leg 1-2, stand 3, pick up your R leg 4, push arms out 5-6, contract 7, grab R hand while facing L 8
- 8 Swing R/L/R 1-3, place both hands on the ground 4, kick legs LRLR 5-6, roll up with R arm in uppercut 7-8
- 8 Turn over L shoulder as R arm wraps your head 1-2, look L 3, look front 4, kick twice with R leg 5-8
- 8 Swing R arm back 1-4, swing L elbow back 5-6, extend through fingertips 7-8
- 4 Turn over R shoulder and prep 1-4
- 8 3 Groups (start on 1, 3 or 5) high chainè turn 1-2, low chainè turn 3-4, calypso 5-6, land 7-8
- 8 2nd group finishes 1-2, 3rd group finishes 3-4, roll up 5-6, stand and extend arms to sides R/L 7-8

Move to formation: Three Groups

- 8 Spread the formation out 1-4, prep for turns 5-6, (Advanced option) a la second turn 7-8, (Intermediate option) chainè turn 7-8

- 8 (Advanced option) 2 a la second turns 1-4, double pirouette turn 5-6, jete leap 7-8
(Intermediate option) sous-sus 1-2, prepare 3-4, double pirouette turn 5-6, jete leap 7-8
- 8 Roll 1-4, Extend R leg and snake body 5-8
- 8 Roll to face the back 1-4, roll up with hands covering your mouth 5-7, step R back 8
- 8 L side kick waist level 1, step back 2, bend R leg table top 3-4, step R 5-6, contract to L side 7-8
- 8 Extend R arm 1, grab wrist 2, R elbow back 3, swing 4, R elbow back 5, flick 6, walk L/R 7-8
- 8 Jump 1-2, contract and roll 3-4, **walk to last formation** RLRL and swing arms 5-8

Move to formation: Clump

- 8 Continue walking 1-2, step out R 3-4, slowly melt down to your ending position 5-8
- 2 Pose 1-2

Formations:

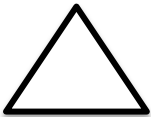
#1 Four Groups in a Diagonal



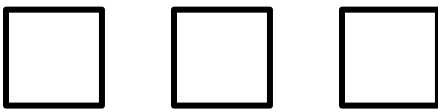
#2 Block



#3 Triangle



#4 Three Groups



#5 Clump





American Staff Captains



2014 American Dance/Drill Team Staff