



Officer Camp Dance – “Bold As Love” – by: Adore Delano – Time: 1:46 – This camp dance is a high-powered jazz with some style! It is easy to polish so that style will look great on any level of dancers. This routine offers several technical elements with options to make it flexible on any team. Technical elements include: sauté, turning disc (or two chainés), double or triple turn, knee drop, right leap, and more. This routine would perfect for a first pep rally performance with your officer group!



Alice Henriksen:

Social Officer Dance – “Waiting for Love” – by: Avicii – Time: 1:31 – Your social officers are going to love this upbeat and fun jazz routine! It can be used for anything from pep rallies, contest, and spring show to feature your social officers this year. This intermediate jazz routine will give every dancer an opportunity to be challenged yet find success while performing with her officer line. The unique beats in the song will pump up the audience with the high-energy tempo and allow for all the dancers to have fun while dancing. Your audience will be dazzled by the variety of turns, leaps and visuals throughout the routine. It’s time to step out from behind the glitter and glue and have your socials WOW with this routine.

Amy Tidwell:

Int Lyrical – “The Sun is Rising” – by: Britt Nicole - Time: 1:37 – This soft and graceful routine is great for any level of officer group. This routine focuses on smooth transitions, fluidity, and various technical elements. For the advanced dancer, they can focus on their style. There are places to accent intermediate and advanced elements to cater to groups that have all levels. The routine can also be modified for beginner dancers as well.



Int/Adv Pom – “Work” – by: DJ Taj feat. Based Prince and DJ Flex - Time: 1:39 – This intermediate/advanced pom is fun, upbeat, and a little mix of hip hop! The level of difficulty makes this style perfect for any group so that your officers can focus on having an amazing performance! Technical elements include double or triple turn, right leap, sauté, turning disc, two chainés and more!



Tasha Evans-Franklin:

Adv Hip Hop – “Formation” – by: Various Artists – Time: 1:54 – If you like a great variety of music and challenging choreography, this dance will be perfect for your dancers! It’s sassy and edgy with a flavor or west coast choreography. It has numerous parts, levels, and tempo changes. Dancers will love learning and performing this dance at pep rallies and spring show!

Kayla Norman:

Int Pom – “Slay” – by: Nia Sioux (feat. Coco Jones) – Time: 1:34 – This exciting pom routine is fast paced and will be a great pep rally routine! There are technical skills in this dance that could easily be modified for any officer group. There are many high energy movements, visuals and parts that will keep the crowd dancing in their seats. Your pep rally or basketball halftime will be on fire when you perform this dance!

Int Stylized Jazz – “Castle” – by: Halsey (from The Huntsman) – Time: 1:32 – This sassy stylized jazz will be sure to be a crowd favorite. It could be performed at a pep rally, competition, or spring show. The jazz technique will challenge your officer group and their style will shine with this choreography. The performance has lots of different leaps, turns and parts that will keep the crowd wanting more. Your officers will have fun learning this stylized jazz, and even more fun performing it!

Int Kick – “Runaway (U&I)” – by: Quintino – Time: 1:31 – This is a spunky and exciting kick routine. This dance incorporates kick technique and fun movements that will surely be a crowd favorite. It is a routine that has many kicks but also contains some jazz and funk elements. It will exhilarate the audience with a combination of an upbeat popular song and dynamic choreography.



Miriam Vera:

Int Jazz – “Manicured” – by: Lady Gaga – Time: 1:52 - This sassy precision jazz routine will have your dancers excited from beginning to end! "Manicured" has plenty of technical elements to challenge your intermediate dancers including skills such as calypso, illusion, pirouettes and/or a la second turns, tilt jump and stylized movement. This intermediate officer routine can be easily adapted to your entire team, and it would be perfect for a pep rally performance or even as an ensemble for contest! Come join the fun as your officers learn to get "Manicured"!

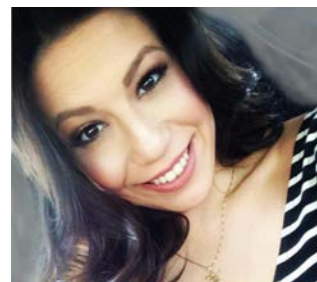


Int Contemporary – “Like I’m Gonna Lose You” – by: Jasmine Thompson – Time: 1:47 - This lovely cover by Jasmine Thompson to the popular song "Like I'm Gonna Lose You" will definitely entertain your audience with the beautiful expressive movement and technical elements. Your dancers will have the opportunity to relate to this song while challenging themselves to accomplish skills including a la second turns, turning C-jump, extensions, a fan into a knee drop, and many other new skills! Modified options will be provided for your dancers who have never tried these skills, but we encourage your dancers to learn and try! We hope you can reference this routine for any special performance or as a contest routine for your officers or a small ensemble!

Int/Adv Modern – “Hello” – by: Angie Lee – Time: 2:05 - Prepare for an experience with this perfect mash up of the different lyrics to "Hello" by Adele and Lionel Richie! This modern dance explores movement based off of spirals, core to distal, body-halves, and weight shifts that will challenge your intermediate dancers and intrigue your advanced dancers. “Hello” will provide a new experience for your dancers and inspire them to share their knowledge with your other officers or your team members. Perfect for special performances, "Hello" will be a crowd pleaser for the old and the new generations while these two songs merge into a wonderful musical experience!

Sarah Zepeda:

Adv Jazz – “Cold Hearted” – by: Paula Abdul – Time: 1:51 – This sassy jazz routine will bring out your inner diva to the iconic dance moves of Paula Abdul! The choreography is a mix of stylized dance moves and advanced technique ranging from Russians, tilt jumps, à la seconde turns and much more. This routine will push your dancer to not only execute technical skills, but also perform to their greatest ability!



Int/Adv Lyrical – “Believe” – by: Madilyn Bailey – Time: 1:54 – This song will allow your dancers to emotionally connect to the powerful lyrics of Cher. The choreography will showcase some advanced technical elements that may be modified for your intermediate dance such as pirouettes, a jeté, calypso, tilt jump and turning Russian. “Believe” will challenge your dancers to tell a story through their movements from beginning to end.

Int/Adv Hip Hop – “Grammy” – by: Various Artists – Time: 1:54 – This upbeat hip hop routine takes it to the next level by allowing your dancers to hit their movements with style and attitude. The beats to current hits will get your team and audience pumped up with intensity of each step. It will be a challenge for intermediate and advanced dancers when it comes to switching from street hip hop to sassy and sharp style.



Morgan Ericson:

Adv Pom – “Me, Myself and I” – by: G-Eazy & Bebe Rexha – Time 1:40 – This high-energy routine will be perfect to challenge your dancers while providing a visual routine that will wow the audience. With fast arm movements, tons of group work, opposition, and technique elements such as a double pirouette, press leap, pitch kick and leap, this dance will truly showcase your dancers’ wide range of abilities. It can be easily modified to fit your officers’ needs and will be a perfect fit for your next pep rally, basketball game, or big performance.

Int/Adv Novelty – “Netflix Novelty” – by: Various Artists – Time: 1:54 – If there is anything we all love doing these days, its relaxing to our favorite Netflix shows. This dance with theme songs from Fuller House, Orange is the New Black, and Friends will be sure to appeal to everyone’s love of Netflix and be a fun, engaging routine for your audience and dancers. This dance contains lots of parts, levels, and dynamic movements that highlight the iconic moments of these theme songs. So click on your TV and bring your favorite shows to life with this fun and sassy routine.

