

The logo for ADTS Team Camp 2017 Routines features a stylized star with a red and white striped swoosh underneath it on the left. To the right, the text "ADTS Team Camp" is written in a large, blue, 3D-style font with a red outline. Below this, "2017 Routines" is written in a bold, black, sans-serif font.

# ADTS Team Camp

## 2017 Routines

**Camp Dance – “Freedom” by: Nathan Sykes – Time: 1:31** – This year’s camp dance is all about performance with a fun and stylized jazz! Dancers get to make the most of every second of the 10-8 count repeat section, while still feeling confident as they approach auditions. Get ready for your dancers to showcase their very best technique with kick, turn and leap options to suit every level. But we all know dance is not just about tricks, we want to see your dancers personalities shine as they prove why they are worthy to be called All American Dancers!

**Miss High Kick – “Fashionista” – Time: 0:44**

### Bonus Pep Rally Routines ~ Chrissy Clay

**Pep Rally Pom – “Don’t Wanna” by: Power Music Workout – Time: 1:18** – This pom is perfect for a pep rally to pump up your crowd! There are lots of visual parts, with show stopping technique to challenge your team, and entertain your crowd, and of course there are modifications for any level! “Don’t Wanna” is a dance everyone will “wanna” watch!!

**Pep Rally Hip Hop – “Lets Go” by: Travis Baker – Time: 1:08** – This is a routine that everyone is going to want! This fast pace hip hop has some great ways to keep your crowd entertained! The routine includes a headspring but can be modified to a forward roll and some quick movement. Your dancers will love the challenge and thrive off the crowd’s reaction!

### Bonus Pep Rally Routines ~ Sarah Flisowski

**Pep Rally Pom – “Love on Me” by: Galantis – Time: 1:22** – This pep rally pom is fast and fun. With great parts and shapes, the crowd will love watching your team. Traditional pom choreography that includes leaps, a great turn combo, and many parts. This pom is a challenging but fun routine that everyone is sure to enjoy!

**Pep Rally Jazz – “Here and Now” by: Cash Cash – Time: 1:04** – This pep rally routine is fun, exciting and will have the crowd up and cheering. The jazz technique will challenge your team but can also be changed to fit any team’s level. An amazing turn combo, high-flying leaps, and just fun all the way around! Your team will love learning this jazz and have even more fun performing it!

### Bonus Pep Rally Routine ~ Heather Johansen

**Pep Rally Jazz – “You Don’t Know Me” by: Jax Jones – Time: 1:08** – This pep rally jazz routine is packed with attitude, pirouettes, press leaps, calypsos, and traveling leaps. It will best suit an intermediate/advanced group of dancers who are sassy, confident, and energetic. The strong beat will surely keep all in their seats.

### Bonus Pep Rally Routine ~ Olivia Thompson

**Pep Rally Hip Hop – “Goosebumps” by: Various Artists – Time: 1:05** – This pep rally hip hop is one full of energy and sass. From Beyonce to Drake, your dancers will be grooving to the beats they hear on the radio. When they perform this routine, the crowd is going to want to get up and dance with them!

# Greater Challenges, Greater Victories!

### Jazz ~ Staff Captain: Kelly Norman; Asst: Sarah Noble

**Int Field Jazz – “Confident” by: Tom Wallace (Arrangers Publishing) – Time: 1:34** – Are you ready to take the football field with confidence? This intermediate field jazz will do just that! This routine is jam packed with visual choreography and technique to wow your crowd. The technique in this routine includes jeté leaps, pirouettes with single and double options, battements and tilt kicks. Your intermediate dancer will feel confident performing this fun field jazz.

**Int/Adv Field Jazz – “Dance Again” by: Tom Wallace (Arrangers Publishing) – Time: 1:59** – Your audience will be dazzled with this sharp, sassy field jazz! Clean lines and crisp choreography provide a wonderful platform to showcase your dancers’ technique and pizzazz. Double pirouettes, grande jetés, press leaps, and tilt kicks will leave your audience impressed while parts, pick ups, and differentiated levels will keep them more than entertained!

**Int Pop Jazz – “Treasure” by Bruno Mars (Cash Cash Remix) – Time: 1:35** – Your team will love dancing to this upbeat and high energy song from Pop Star Bruno Mars! The choreography has several formation changes filled with levels, parts, and floor work. This fun filled jazz includes a jeté, pirouette, press leap, and an x-jump with options to make the technical movements adaptable to any dancers ability level. “Treasure” is a dance that can easily be polished and performed at a pep-rally, basketball game, or spring show!

**Adv Pop Jazz – “Sax” by: Fleur East – Time: 1:10** – Looking for a fun and sassy routine that can also challenge your dancers technique? This is the routine for you! “Sax” is a super stylized advanced jazz routine that your entire team is sure to love. This dance includes some advanced technique with intermediate options including a turning disc, triple/double pirouettes, an al seconde pass, etc, along with some great group parts, and a super sassy but easy-to-clean style. This fun routine could easily used to wow an audience at a pep rally, basketball game or any other big performances done by your team.

**Int/Adv Stylized Jazz – “Sharp Dressed Man” by: Trent Harmon – Time: 1:35** – In this rendition of “Sharp Dressed Man”, you’re to expect style, sass, and lots of pizzazz! With the beginning of the routine being slower tempo, the motions transition from smooth and sultry to sharp and precise with the tempo speeding up. Technique in this routine ranges from pirouettes to leaps in second and turns in second, but can all be modified for any level dancer.

### Hip Hop ~ Staff Captain: Tasha Franklin; Asst: Natasha Holvey

**Int/Adv Hip Hop – “Put in Work” by: Various Artists – Time: 1:46** – This year's intermediate hip hop is an LA style hip hop that is upbeat and allows for dancers to show their personalities! This piece has sections that showcase and highlight a few dancers in some parts as well as the whole group.

**Int/Adv Hip Hop – “Moves” by: Various Artists – Time: 1:41** – “Moves” is an energetic and visual routine perfect for pep rallies, basketball games, or special performances! The mix includes old and new songs with a “move” theme that will appeal to any audience. The choreography incorporates lots of tempo changes, parts, levels, transitions, and fun movements that your team will love but is also easy to clean!

**Adv Stylized Hip Hop – “2000 Hits” by: Various Artists – Time: 2:01** - Are you ready to take it back to the early 2000’s? This routine will be a great crowd pleaser at any event! It will bring back old memories of wipe me down, walk it out, snap your fingers and pop lock and drop it. This piece is advanced by the creative count structure that will get your dancers thinking but getting down at the same time! So if you want a routine that everyone will enjoy and sing to this is for you!

### Pom ~ Staff Captain: Abby Glantz; Asst: Rachel Dodson

**Int Field Pom – “We Got The Beat” by: Tom Wallace (Arrangers Publishing) – Time: 1:23** – This field pom is pure fun on the football field! This visually pleasing routine is sure to offer your dancers a challenge with fast arm work and levels while at the same time allowing your dancers to truly shine through the fun choreography, sharp movements and technique including a jeté and floor kick.

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**Int/Adv Field Pom – “Ain’t Nothing Wrong With That” by: Tom Wallace (Arrangers Publishing) – Time: 1:13** - This fun and high energy field pom routine will have your crowd intrigued by the first 8-count! This routine offers polish-ready choreography, sassy movements, and crowd-pleasing contagions! Routine elements include a single or double pirouette, press leap, tilt kick, parts, levels, and opposition! Perfect for the football field or use the pop version for a pep rally!

**Int Pop Pom – “I Love Rock and Roll” by: My Fitness Music – Time: 1:29** – This sassy pom will be fun for a pep rally, basketball game, or the field! Your intermediate dancers will highlight their technique while getting to show their rock and roll side!

**Int/Adv Pop Pom – “Don’t Stop the Party” by: Pitbull – Time 1:27** – This is a high energy routine to a Pitbull hit sure to get the crowd pumped up and dancing along! This routine includes parts, levels, opposition, and fantastic visuals! Technique includes intermediate elements like pirouettes and a grand jeté, but also showcases advanced technique such as a spinning disc and tilt kick! This pom routine will get the party started!

**Adv Pop Pom – “Warrior” by: Kangaroo – Time 1:35** – Show off your team’s strength and wow the audience with this fun and exciting pom! This fast paced, powerful routine will be sure to challenge your team with advanced choreography and technique. “Warrior” involves visual, complex, and strong arms movements that add to the advanced level of the routine, but can easily be modified to fit your team’s level. “Warrior” is guaranteed to be a fun routine for your team as well as a crowd pleaser!

#### [Prop ~ Staff Captain: Brittany Lassiter](#)

**Int Field Prop Hoopettes – “Crazy Train” by: Paul Murtha (Hal Leonard) – Time 2:07** – Vibrant Visuals, beautiful colors and crazy-fun arm work will make this prop dance a halftime favorite. Our hoopette routine features a grand jeté, a double pirouette, six formations, lots of level changes and a dazzling roller coaster ripple sure to leave your audience wanting more.

**Int/Adv Field Streamer – “Soak up the Sun” by: Tom Wallace (Arrangers Publishing) – Time: 1:26** – Colorful streamers make this field streamer pop on the field! This is the perfect “feel good” music arrangement and the choreography accentuates the music perfectly! The visuals throughout are sure to please your audience. This routine will showcase your team’s strengths with the clean arm movements and technique including a press leap, double pirouette, grand jeté, and right split.

#### [Kick ~ Staff Captain: Kayla Norman](#)

**Int Field Kick – “Disco Inferno” by: Tom Wallace (Arrangers Publishing) – Time 1:31** – This fun and far out kick routine will have your crowd ready to boogie! This routine offers polish-ready choreography, dazzling kick sequences, and crowd-pleasing contagions! Routine elements include a pirouette, press leap, parts, levels, and opposition! Perfect for the football field or use the pop version for a pep rally! Can you dig it?!

**Int/Adv Field Kick – “Knock On Wood” by: Tom Wallace (Arrangers Publishing) – Time: 1:43** – This spunky, energetic field kick routine will keep the audience in their seats. It is intermediate to advanced level including showy contagions, crowd-pleasing kick sequences, and a spunky jazz section that is bound to keep the audience in their seats. It exhilarates the audience with a combination of an upbeat popular band arrangement and dynamic choreography. In addition, this routine can also be adapted for a pep rally and offers a pop version of “Knock on Wood!”

**Int/Adv Pop Kick – “Better When I’m Dancin’” by: Meghan Trainor – Time: 1:22** – This fun and energetic pep rally kick will have your crowd wanting to get up and dance! The routine offers great kick choreography, unique kick series and visuals that will appeal to the audience. Routine elements include a single or double pirouette, a leap, parts, levels, and opposition! It’s a perfect kick routine to wow the crowd. The crowd will be excited when they watch this kick routine!

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### **Military ~ Staff Captain: Rachel Dodson**

**Int Field Military – “Mustang Sally” by: Tom Wallace (Arrangers Publishing) – Time: 1:22** – A fast paced routine to a popular classic will rock your half time! Non-stop movement will keep your team energized and your audience entertained. “Mustang Sally” is a visual piece for the field.

**Int/Adv Field Military – “Light ‘Em Up” by: Tom Wallace (Arrangers Publishing) – Time: 1:57** – Your halftime performance will be “on fire” with this fast-paced, high energy military routine! This dance features an abundance of intricate arm work combined with plenty of formations, section work and level changes. Your audience will light up as your team executes a double pirouette, a tilt jump, a grand jeté and a fabulous Fire-Bird stunt!

### **Novelty ~ Staff Captain: Amy Tidwell**

**Int Novelty – “Hair” by: Little Mix – Time: 1:49** – You'll have your audience dancing in the stands with this routine, whipping their hair back and forth with you and your team. This energetic pop novelty to the song "Hair" is guaranteed to be a great crowd pleaser for any pep rally, basketball game, or community event. This easy to clean routine can be easily adapted for all levels of dancers without losing its flare for great hair!

**Adv Novelty – “Pink Out Mix” by: Various Artists – Time: 1:40** – This high-energy routine has a perfect theme for pep rally season! This mix is for those teams wanting to honor Breast Cancer Awareness using a fun mix of songs from popular artists such as Christina Aguilera, Britney Spears, Aerosmith, and more! It is sure to keep the crowd on their feet! Technical elements include: double turn, sauté, toe touch, right leap and an advanced section that includes: turning disc, fouettes, and a stationary tilt jump.

**Int/Adv Character Jazz – “Bounce With Me” by: Kreasha Turner – Time: 1:31** – Here is a routine to a fun song that will have your audience bouncing along! This sassy, stylized character jazz is sure to entertain at a pep rally or special performance showing off a variety of great technique skills, such as a press leap, calypso, pirouettes, etc. With group work, floor work, adaptable technique, and tons of energy, this routine will be as fun to watch, as it will be for your dancers to perform!

### **Lyrical/Modern/Contemporary ~ Staff Captain: Miriam Vera**

**Int/Adv Lyrical – “Read All About It” by: Emile Sande – Time 1:32** – This Int/Adv Lyrical will work your dancers in all areas – leaps, turns, kicks, and transitioning on and off the floor, while still maintaining a polished, unified look. With a current, but not overused song, and choreography that keeps your dancers feeling the emotion of the music, it's sure to be a breeze keeping your performers engaged and having fun with this routine all season long!

**Int Modern – “Say You Love Me” by: Jessie Ware – Time: 2:13** – This appealing modern dance is based on turns, jumps, spirals and weight shifts for your beginner/intermediate dancers who are wanting to try modern for the first time. “Say You Love Me” will allow your dancers to grow and understand the basics of modern dance on a more in depth level, while expressing their feelings. This is a perfect piece for spring show venues or special performances.

**Int Contemporary – “Skin” by: Rag’n’Bone Man – Time: 1:23** – This contemporary is full of technique and a powerful dance your dancers are sure to love. It will push your dancers to the next level with its copious amounts of direction changes. It may be fast in moments, but there are definitely times where you can really release into the choreography.

**Int/Adv Contemporary – “I See Fire” by: Ed Sheeran – Time: 1:47** – This dynamic and powerful song is sure to captivate your audience during any performance. With visual and intricate choreography, as well as advanced technical skills, this routine will challenge your intermediate level dancers. This contemporary dance will also push their performance quality when trying to match the intense vocals of Ed Sheeran. “I See Fire” will give your dancers the opportunity to explore graceful body movements while still showcasing their strength and power.

***\*\*Pop versions to match all field routines can be resourced on the Director USB Flash Drive\*\****

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