

APTS Officer Camp

2025 ROUTINE DESCRIPTIONS



Officer Camp Dance - Miriam Vera - “The World is Mine” by: Lady Bri - Time 2:13 - “The World is Mine” will showcase your dancers’ technical ability and movement qualities while mastering quick weight shifts, stylized choreography, and a variety of skills that will keep your dancers on their toes! This routine provides a variety of options for every level of dancer, including tilt kicks, illusion, cartwheel off the floor or leg extension to roll up, développé leap, calypso, allison “turning” leap, tilt jump or switch tilt jump, an à la seconde turning combination or pirouette combination, plus a surprise leap! Your officers will definitely feel challenged, but also empowered, while expressing themselves and claiming the dance floor!

Social Officer Dance - Alice Henrichsen - “Shine” by: Luther Vandross (Freemasons Remix) – Time 1:28 - It's time for your socials to shine bright on the stage in between planning their year and creating wonderful ideas for their team. This intermediate jazz will be fun to learn with technique so that all officers will be successful. Your audience will love this dance from a pep rally to the spring show!

Int Jazz - Julianna Cook - “Shake It Up” by: The Cars - Time 1:42 - This intermediate officer jazz is sure to entertain the crowd! This upbeat, sassy jazz will be fun to learn as well as perform! Your dancers are sure to “Shake it Up” with technical elements such as a double pirouette, straight leap, fan kick, and a press leap!

Int Pom - Kayla Bruner - “Girl Power Mix” by: Various Artists - Time 1:37 - This intermediate pom routine offers visual variety, levels, and technique that will highlight your dancers. They will feel challenged with the choreography but not overwhelmed. Technical skills include a pirouette, press leap, calypso, and a battement. The music selections are fun and make you want to get up and dance!

Int Hip Hop - Julia Lederman - “Cash In Cash Out” by: Various Artists - Time 1:35 - This groovy, sassy hip hop routine will showcase your dancers personality and talent with a mix of old and new songs. There are dynamic movements and style in this routine to challenge dancers while still being entertaining.

Int Contemporary - Miriam Vera - "Dream it Possible" by: Delacey - Time 1:36 - "Dream it Possible" is an uplifting beautiful contemporary representing perseverance and determination! It is the perfect piece for special performances, and even for contest season as a small ensemble or officer piece! This dance will challenge your dancers with quick weight shifts, a variety of skills, and quick formation changes. While it can be easily modified, be prepared to see various leaps, an à la seconde turning combination, and an illusion. We hope "Dream it Possible" will inspire your dancers as they push themselves technically, but most importantly while connecting to the lyrics, and expressing their emotions!

Int/Adv Jazz - Alexis DeLeon - "Post That"- by: Leikeli47 - Time 1:41 - "Post That" is a sassy intermediate/advanced jazz that is all about attitude and flair! This routine includes sharp, syncopated movements, playful isolations, and expressive facial expressions. Expect to see elements of floor work, kicks, turns, jumps, and walks, all set to this upbeat and energetic song. It's designed to be fun and have your dancers feeling confident and full of personality like they are strutting down a runway.

Int/Adv Stylized Jazz - Brittany Lassiter - "Ordinary" by: Alex Warren - Time 1:45 – This routine will challenge your dancer with movement, level changes, and direction changes. The choreography flirts with contemporary but has swift, placed jazz movements that will make this routine a dancer's favorite!

Int/Adv Pom - Brittany Lassiter - "Rihanna Mix" by: Rihanna - Time 1:39 - Your dancers will love this routine from start to finish! It offers a fun combination of pom technique with a hip hop flair that will keep your dancers energized and engaged while learning. The musicality, visual effects, and parts will engage your crowd and pull them into the performance!

Int/Adv Hip Hop - Morgan Birdsong - "What It Takes" by: Aaron Doyle - Time 1:29 - This upbeat, confident officer hip hop piece to Aaryn Doyle's "What It Takes" brings bold energy and dynamic execution to the floor. Packed with intermediate skills and variations in footwork, the routine challenges dancers with quick directional changes, strong oppositional movements, and intricate "and" count rhythms. The choreography blends musicality and attitude, encouraging performers to hit sharp accents while maintaining groove and control. Designed for intermediate to advanced levels, this piece highlights unity, swagger, and strength in every beat.

Int/Adv Lyrical - Itzayana Vera - "Don't Stop Believing" - Time 1:42 - This intermediate/advanced lyrical routine is designed to connect your officer group emotionally with the music. It allows dancers of varying skill levels to immerse themselves in the lyrics and movement. With dynamic formations, seamless transitions, and engaging partner work, this piece encourages unity and teamwork, ensuring a powerful and cohesive performance.

Int/Adv Kick - Haley Hockenberry - "Burning Love" by: Elvis Presley - Time 1:25 – Your officers will love this high-energy kick that will be a crowd favorite! The routine features a variety of kick sequences, intricate footwork, directional changes, and some fun jazzy sections. This kick will test

your dancers' stamina and performance ability while wowing the audience with a routine perfect for any performance!

Adv Jazz - Madison Ceurter - "Bad Romance" by: Lady Gaga - Time 1:30 - This stylized Jazz dance is full of strong, commanding, powerful movements that your dancers will love performing! The dance is full of leaps, turns, and many fierce elements! It will be a challenging, but rewarding dance that your officers will love! It will allow your dancers to find their inner Lady Gaga!

Adv Pom - Rachel Bowsher - "Make It Look Easy" by: DITA - Time 1:34 - "Make it Look Easy" will give your dancers the opportunity to work on their energy and expression of movements in this advanced pom. This dance is very fun and sassy and includes visuals, various arm patterns, and several leaps with options to accommodate dancers of all levels. This song is super upbeat and the movement is sure to bring the energy!

Adv Hip Hop - Ally Galitz - "Enough" by: Cardi B – Time: 1:39 – This fun and upbeat hip hop will for sure get the crowd on their feet! This routine is filled with quick movements, opposition, and a lot of energy! There are moments throughout the routine where each dancer can express their individuality in a confident way! This dance is perfect for pep rallies, basketball games, or any type of performance!

Adv Contemporary - Katey Guinn - "Cry Me A River" by: Justin Timberlake - Time 1:34 - "Cry Me A River" is an advanced contemporary routine that will challenge dancers to explore their individual style while maintaining strong technique. With a focus on movement quality and emotional depth, it invites each performer to bring their own voice to the choreography, blending precision with personal expression.

4 short pieces for Creative Choreography - Claudia Vera/Carolyn Thompson

Begin facing back with R dig, low V arms, looking down

Introduction

8 R tendu 1-2, R dig 3-4, step R 5, look R 6, step look L 7, hold 8

8 Step push R 1-2, step push L 3-4, step contract 5-6, recover 7-8

Section A

8 Step RL 1-2, prep 3, R tilt 4, R illusion 5-6, face back 7, prep 8

8 Tuck jump 1, middle split and slide 2-4, kneel 5, R tilt 6, roll to prep 7-8

8 *Adv:* cartwheel/stand 1-4, *Int:* L extension 1-2, roll to stand 3-4, everyone: step RL 5-6, leap 7, step L 8

8 Step R 1, pivot turn 2, step RL 3-4, step RL arabesque &5-6, turn prep 7&8

Section B

8 R low chaîné 1-2, *Adv:* calypso &3, L coupé 4, Allison leap 5, land 6, *Int:* calypso &3, prep 4, press leap 5, land 6, *Beg:* calypso &3, roll to sit 4-6, *All:* together, high knees 7, drop 8

8 Kneel &1-2, roll to stand 3-4, step/drag 5-6, L chassé *OR* step/step 7-8

8 *Adv:* switch tilt jump &1, *Int:* R tilt jump &1, *All:* roll to stand 2-4, hold 5-6, step/slice R 7, contract 8

8 Step/lift L 1, contract 2, R chaîné 3-4, step R 5, passé R 6, prep 7-8

Section C

8 *Adv:* À la seconde turns 1-4, reverse ALS turns 5-8, *Int:* pirouette 1-2, step R/contract 3-4, windmill 5-8

8 *Adv:* À la seconde turn 1-2, à la seconde into tilt jump *OR* renversé 3-4, *Int:* prep 1-2, à la seconde leg hold 3-4, *All:* lunge 5-6, plank 7-8

8 Roll to sit 1-2, arms lift and release 3-4, body roll up *OR* tuck knee to stand 5-8

8 Prep 1, surprise leap 2, land/hold 3-4, step L/drag R 5-6, step R/drag L 7-8

Switch Lines

8 Walk L/R 1-7, R dig 8

8 Repeat: Step and push R 1-2, step and push L 3-4, step contract 5-6, recover 7-8

4 R fist across 1-2, R dig pose 3, hold 4

Repeat Section A

8 Step RL 1-2, prep 3, R tilt 4, R illusion 5-6, face back 7, prep 8

8 Tuck jump 1, middle split and slide 2-4, kneel 5, R tilt 6, roll to prep 7-8

8 *Adv:* cartwheel/stand 1-4, *Int:* L extension 1-2, roll to stand 3-4, everyone: step RL 5-6, leap 7, step L 8

8 Step R 1, pivot turn 2, step RL 3-4, step RL arabesque &5-6, turn prep 7&8

Repeat Section B

8 R low chaîné 1-2, *Adv:* calypso &3, L coupé 4, Allison leap 5, land 6, *Int:* calypso &3, prep 4, press leap 5, land 6, *Beg:* calypso &3, roll to sit 4-6, *All:* together, high knees 7, drop 8

8 Kneel &1-2, roll to stand 3-4, step/drag 5-6, L chassé *OR* step/step 7-8

8 *Adv:* switch tilt jump &1, *Int:* R tilt jump &1, *All:* roll to stand 2-4, hold 5-6, step/slice R 7, contract 8

8 Step/lift L 1, contract 2, R chaîné 3-4, step R 5, passé R 6, prep 7-8

Repeat Section C

8 *Adv:* À la seconde turns 1-4, reverse ALS turns 5-8, *Int:* pirouette 1-2, step R/contract 3-4, windmill 5-8

8 *Adv:* À la seconde turn 1-2, à la seconde into tilt jump *OR* renversé 3-4, *Int:* prep 1-2, à la seconde leg hold 3-4, *All:* lunge 5-6, plank 7-8

8 Roll to sit 1-2, arms lift and release 3-4, body roll up *OR* tuck knee to stand 5-8

8 Prep 1, surprise leap 2, land/hold 3-4, step L/drag R 5-6, step R/drag L 7-8

Repeat Switch Lines

8 Walk L/R 1-7, R dig 8

8 Repeat: Step and push R 1-2, step and push L 3-4, step contract 5-6, recover 7-8

4 R fist across 1-2, R dig pose 3, hold 4

“Shine” by Luther Vandross (Freemasons Remix)
Social Officer Camp Dance - Time 1:30



Begin in line facing R wall w/ left dig

8 Ripple R arm up L tendu 1-4, ripple shift weight fwd cross R arm to chest 5-8
8 R clip turn to back 1-4, stagger lines w/ jazz walk 5-8

8 Step R 1, jump snap up R 2, step L 3, jump snap TD 4, jump out T 5-6, bend over R knee 7-8
8 *Two groups*: L arm to ear 1, switch R 2, wrap head R pivot 3-4, dig R 5-6, finish groups 7-8
8 Opposition back checks swings 1-2, other side 3-4, push out T 5-6, face side 7-8
8 Pivot swivel arms 1-2, hands behind head dig 3-4, lean side 5, switch 6, BC push arms out 7 & close 8

8 *Three groups*: Step back L prep 1-2, R chaîné 3-4, step R 5, jump together TD 6, sunburst 7, tuck 8
8 *Finish groups* 1-4, jump out 2nd 5, snake L 6-7, sit into R hip 8
8 Step L 1, R battement 2, plié R 3, turn to front R arm up 4, **Transition** melting R arm 5-8
8 **Continue Transition**: chassé R 1-2, L chassé 3-4, R chassé 5-6, prepare 7-8

8 R pirouette 1-2, jump out 2nd 3, close feet TD 4, step back L 5, step back R 6, passé L 7, L tendu over leg 8
8 Pull up leg 1-2, pose w/L leg popped 3-4, ripple R - L circle arms over head looking L 5-8
8 Ripple windmill to L arm overhead 1-4, snap L high diagonal 5, snap L low diagonal 6, prep 7, R sauté 8
8 Land 1-2, L leg through to hip 3-4, tummy roll to stand 5-8

8 *Two Groups by line*: step out L BC 1 &, close 2, step out R BC 3 &, close 4, R chug to back 5-8
8 *Finish groups* 1-2, chassé R to back 3-4, step L to side 5, R jeté 6, land to floor 7-8
8 Snap up R 1, down 2, roll to levels 3-6, flick arms up R 7, flick arms up L 8
8 Wrap head 1, hands to floor 2, pop feet out 3, snake up center 4, **Transition** jazz walk 5-8

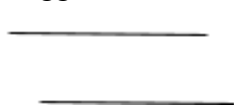
8 *Three groups*: step out R 1-2, turn over L 3-4, jump out T 5-6, sit into R hip 7-8
8 *Finish groups* 1-4, swing up L arm 5-6, swing up R to TD 7-8
8 L knee drop to floor 1-2, high knee 3-4, lean over R leg K arms 5-6, circle arms LR to bug 7-8
8 *Three groups*: sit up 1-2, cross R to chest 3, switch to L 4, finish groups 5-8
4 Extend L arm out 1, melt over head 2-4

Formations:

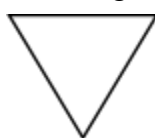
1. Lines.



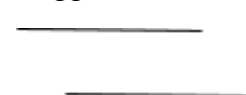
2. Staggered Lines



3. Triangle



3. Staggered lines



“Shake it Up” by: The Cars
Int Officer Jazz - Time 1:42



Begin in V: L leg out, L hand out, R hand on hip, looking R

8 Hold 1-6 head front 7-8

8 Drag foot in, R arm up 1-2, L 3-4 shampoo to low V, hip roll 5-6

8 Cross 1, low V 2, cross 3, V 4, ball change to the R 5-6, L passé, flex low V 7-8

8 **Move to staggered block:** R arm across 1 W 2, L 3-4 roll shoulders 5-8

8 Ball change break low V 1-2, R fan, L arm circle 3-4, *2 push left 5 OR 7: arms out 5-6 OR 7-8*

8 *3 Parts from center out (1 OR 3 OR 5):* R foot tendu, T arms 1, flat back 2, *cont. parts* 3-6, snake to front 7-8

8 step R 1-2, flick 3, step across 4, step out with L clap 5-8

8 *3 parts L-R (1 OR 3 OR 5):* plié 1, press leap 2, land 3-4, *cont. parts* 5-8

8 Touchdown 1-2, sit to front 3-4, roll shoulders 5-8

8 Hands down 1, feet out 2, snake to front 3-4, *shake in opposition* 5-6, sitch 7-8

8 **Move to triangle:** R arm across 1 W 2, L 3-4, roll shoulders 5-8

8 **Cont. moving to triangle:** lean R 1-2, L 3-4, roll arms to touchdown 5-6, clean 7-8

8 R check lean 1-2, L 3-4, ball change back cross arms 5-6, R kick L arms 7-8

8 *3 parts L-R (1 OR 3 OR 5):* step out R 1, swing down 2, up 3-4 *cont. parts* 5-8

8 Cross turn 1-2, drag to floor 3-4, pike to R side 5-8

8 Sweep floor 1-2, arms back knees up 3-4, R foot up 5-6, switch to L 7, down 8

8 *3 parts R-L (1 OR 3 OR 5):* lean L 1, R floor kick 2, roll stomach to back 3-6, R foot out flex T arms 7, wrap 8

8 *Cont. parts* 1-4, step out with R booty roll flexed low V 5-6, step behind 7, bowtie scoop 8

8 **Move to Straight Line:** R arm across 1 W 2, L 3-4 roll shoulders 5-8

8 **Cont. Moving to Straight Line:** lean R 1-2, L 3-4, roll arms to touchdown 5-6, clean 7-8

8 Swing out L 1-2, R 3-4, R Snap up 5-6, down 7-8

8 Cross arms step 1, open shoulders 2, shake LRL 3&4, R plié L passé 5, step across 6, R arm to shoulder 7-8

8 R walk forward 1-2, L 3-4, dip 5-8

8 **Move to staggered block:** *contagion L-R:* 3 step turn F OR B to block 1-8

8 *2 parts in opp. facing front or back:* step R flex T 1, wrap 2, shampoo 3-4, roll snap &5, hold 6, repeat low 7-8

8 Repeat back to center 1-8

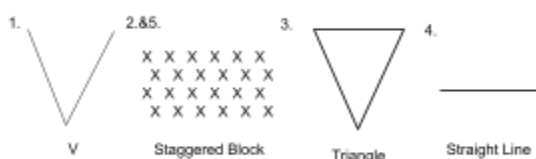
8 *Everyone back to front* step R and reach 1, hip 2, repeat L 3-4, prep 5-6, single OR double pirouette 7-8

8 Land low V 1, clean 2, booty roll 3-4, step back R, R arm roll to touchdown 5-6, repeat L 7-8

8 Flick jump, arms down and around 1-2, land 3-4, *contagion L-R:* slice drag to ground, lean to R, L knee up

8 *Cont. contagion* in fade out 1-4, head down 5-6, up 7-8

Formations



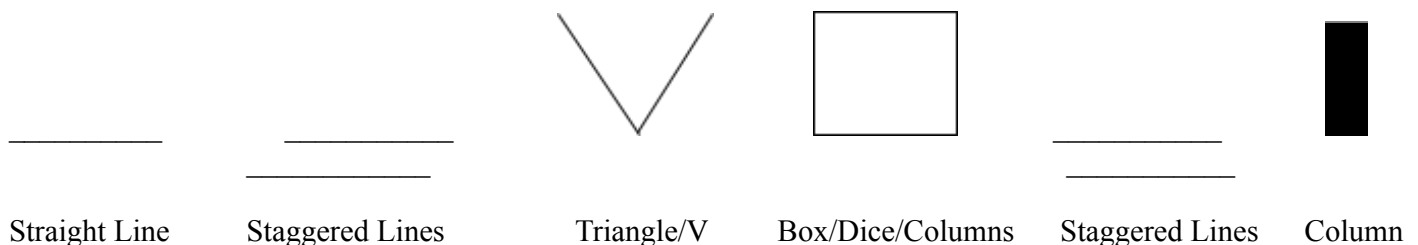
“Girl Power Mix” by: Various Artists
Int Officer Pom - 1:38



Begin facing back in straight line

- 8 Hold 1-3, head up 4, windmill to front 5-8
8 **Moving to staggered lines:** Punch front, stepping back 1, home 2 *OR* tuck in place 1, low knees 2, swing open 1-4, *opp* chaser 5-6, V 7, home 8
8 Wrap head 1-2 *OR* stand 1-2, prep 3-4, pirouette 5-6, land 7, home 8
8 Drag T 1, clean 2, roll arms 3-4, dip through 2nd 5-6, pop 7-8
8 Soutenu sunrise arms 1-4, **Move to V:** shake poms 5-8
- 8 *Parts F to B:* Pose 1-2, 3-4, or 5-6, shake poms 7-8
8 R K 1, home 2, L K 3, punch & 4, cheerio to R 5-6, hip 7, look front 8
8 Broken T L 1, R 2, L 3, hold 4, bow and arrow to R 5, up 6, L 7, bug 8
8 Punch up 1, down 2, repeat 3-4, clap over head and stand 5-6, push down sides 7-8
8 Break R low V 1, L 2, V 3, circle 4, low V 5, hold 6, hit hips 7-8
8 Pivot to back 1-2, walk 3, close 4, tuck 5, pop to 2nd 6, booty pop R 7, L 8
8 Cross turn to front 1-2, prep 3, press leap 4, land 5, hold 6, extend legs 7-8
8 Snake up 1-2, T 3, home 4, **Move to box/dice: 5-8**
- 8 **Opposition out:** punch side 1, open back 2, close inside 3, home 4, rocket 5, bow tie 6, shake 7-8
8 Cheerio up *OR* down 1-2, switch 3-4, roll from low to high 5-7, home 8
8 Sunrise 1, fold 2, tuck 3, levels 4, *pick up front to back:* low V 5, T 6, high V 7, shake 8
8 *Parts R to L:* punch R arm up 1, 2, or 3, hold 4, tuck 5-6, stand 7, hold 8
- 8 **Move to staggered lines circular pattern:** R arm up 1-2, L 3-4, chaîné shake poms down 5-7, close 8
8 R chassé 1-2, L 3-4, shoulders 5-8
8 Mambo arms R 1-2, L 3-4, low chaîné 5-6, calypso 7, roll 8
8 Continue rolling 1-2, step R 3, drag L 4, two walks 5-6, reach across 7&8
8 Circle R arm to hip 1-2, repeat 3-4, *opposition:* swing arms 5-6, switch 7-8
8 Cross T 1-2, unwind 3-4, rocket 5, low V 6, half check R 7, L 8
8 Punch front 1, home 2, twist R 3, L 4, stand 5-6, step R front waterfall 7-8
8 *Opposition:* T claps 1-2, switch 3-4, ball change 5-6, R battement 7, clean 8
8 *Opposition:* diagonals 1, switch 2, wrap head 3, punch down 4, circle home 5-6, shake 7-8
8 **Move to column:** shake 1-2, broken T 3, daggers 4, touchdown 5, V 6, circle to low V 7, clean 8
5 *Contagion F to B:* rocket arms 1-4, poses in levels 5

Formations



“Cash In Cash Out” - Various Artists

Int. Officer Hip Hop - Time 1:34



Begin in 2 lines

4 hold in tuck

8 First line come up 1-3, drop 4, second line come up 5-7, drop 8

4 Lean around 1-2, body roll up 3-4,

8 Bounce R 1, L 2, punch kick 3, switch to back 4, step 5, down to knee 6, knee spin 7-8

8 Continue knee spin 1-2, body roll hinge up 3-4, head nod 5-6, **Transition to triangle** bug run 7-8

4 **Continue transition** bug run 1-4

8 Reach out 1, grab & reach R 2, break & throw R arm 3-4, push out to buckets L 5, in R 6, hold half T 7, push down & head nod 8&

8 Heel across with dagger arms to L 1, uncross to right 2, triplet with arms around R-L 3&4, money hands 5, hit levels and swipe money L-R 6, 7, 8

8 Flat back up arms pushing down 1-2, lasso R arm 3, half T push down 4 -5, hands to heads knees go out 6, pockets 7, muscle 8

8 Swoop hands over 1-2, hands to pockets chest pop R 3, L 4, cross arms 5, roll 6, punch down 7, chest pop &8

8 *Parts by triangle* step 1, brush leg back 2, step 3, pose 4, **OR** step 3, brush legs back 4, step 5, pose 6, hold 7, tuck &8

8 **Transition to diagonal** pony with drive arms 1-2, push down 3-4, bug and run 5-8

6 Rock R 1, arm 2, rock L 3, arm 4, rock R 5, cross arms head pop, 6

8 R toes heel 1&, L arm and leg up 2, triplet step pulling down 3&4, half W switches R 5&6, L 7&8

8 Point forward 1, cross at shoulders &, uncross 2, point down 3, bring arms up pull back down 4, swing L arm 5-6, R 7-8

8 **Walking to a V:** R arm swings up and over 1-2, freestyle wave 3-4, clap R down 5, up 6, arms clap out in front with triplet step 7&8

4 Wrap head and step L foot down 1-2, L arm up hip pop 3-4

8 Reach out 1, cross &, head nod 2&, hands up head pop 3, cross arms R leg comes up head pop 4, R arm reaches out and cross 5&, repeat on L 6&, in &, push and snake down 7, look up money hands 8

8 Slide to face R 1-4, hinge up to knee 5-6, L arm punches out 7-8

4 Snake down to L knee 1-4

8 Box arms punch in opposition R or L down 1, 2, punch down by side 3-4, ball change and punch through diagonal &5, scoop around L-R 6-8

8 L arm points across 1-2, scoop around R-L with hand on forehead 3, R box arm hit 4, reach out 5, cross in & head nod 6, head spring 7-8 or forward roll

4 Continue and land in flat back hands on knees 1-4

2 ball change and roll L 1-2,

8 **Moving back into triangle** kick ball change hand in pocket 1 &, punch R arm up 2, kick ball change hands out 3, in &, L arm punches up 4, ball change across arms in cheerio twisting R-L 5-6, throw and turn to back 7-8

4 Snap L arm up twisting to face front 1-2, wind down to tuck facing front 3-4

8 *Parts by chevron:* shoulders forward 1&, pull arm through half T and down 2 &, other side shoulder 3 &, arm through half T and down 4 &, R arm up 5, pull down to box &, L up 6, to box &, jump back and pump arms 7, 8

8 **Clump together** punch boxes up 1, 2, 3, 4, arms swoop in to grab 5-6, head up 7-8



Begin in 1 horizontal line

8 Hold 1-4, roll up *OR* contract 5-8

8 Switch 1-2, roll up 3-4, *Opposition*: reach 5, clasp 6, melt 7-8

8 *Continue opposition*: walk back 1-2, run/hop 3, recover 4, step 5, clasp 6, passé release 7-8

8 Step R/tendu L & 1-2, step L 3, R arabesque 4, walk back diagonal 5-6, step R/L with body roll 7-8

8 Prep 1, firebird/ring leap 2, land 3-4, release body 5, recover 6, windmill arms to sit 7&8

8 *Two groups 1 or 2*: reach out R 1-2, L arm reaches up 3-4, tuck 5, roll up to stand 6-8

8 **Transition to 2 Lines**: chaîné turn front *OR* back 1-2, grand plié 3, prep 4, chaîné 5-6, low chaîné 7-8

8 Calypso 1-2, roll up 3-4, face each other reach 5-6, contract 7-8

8 **Transition to Diagonal Line**: step/saute jump & 1-2, contract run 3&4, upper body rolls L/R 5-6, touch L knee 7, dig R cover face 8

8 Tendu L/R arm melts 1-2, switch/present 3-4, L arm slowly melts down 5-8

8 Ball change/contract 1-2, ball change/push front 3-4, ball change/push R arm diagonally 5-6, prep 7-8

8 À la seconde turn 1-2, à la second leg hold 3-4, land 5, windmill to knee drop 6-8

8 R tilt kick & 1, roll back 2-4, open arms lay down 5-8

8 *Opposition*: overcurve 1-3, plank 4, melt to floor 5-8

8 *Opposition*: sit up roll 1-2, temps de fleche 3-4, reach back 5-6, step front/cover face 7, relevé/reach up 8

8 Contract 1-2, **Move to Triangle**: walk melt arms 3-6, shoulder roll 7-8

8 *Two groups 1 or 3*: step/reach R 1, close 2, repeat 3-4, face front 5-6, *2nd group* finishes 7-8

8 Swing arms 1, contract 2, cover face 3, illusion/penché 4, recover facing back 5, prep 6, surprise leap 7, land 8

8 R leg extension 1-2, rond de jambe swing arms 3-4, switch leg extensions 5-6, kneel 7-8

8 Body roll 1-3, kneel/L hand up 4, reach/look L 5-6, swivel elbows R knee drop 7-8

8 Roll to stand 1-4, **Move to Horizontal Line**: contract run 5-7, recover to standing 8

8 Ball change/contract 1-2, ball change/push front 3-4, ball change/push R arm diagonally 5-6, step R/push 7-8

4 **Transition to Clump**: continue spiral recover to standing 1-4

8 Reach out in levels 1-2, return to standing looking up 3-4, look front 5-6, step back R 7, step back/reach L 8

1 Body faces side with L fist to heart and look front 1

Formations

1. Horizontal Line



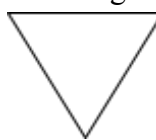
2. Staggered Lines



3. Diagonal Line



4. Triangle



5. Horizontal Line



6. Clump



Start in 1 lines facing the back, both hands on hip, R foot in dig

8 Hold 8

8 *Two Groups:* Step R touchdown 1, sit R hip break 2, head roll 3, look 4, *second group:* step L touchdown 5, sit L hip break 6, head roll 7, look 8

8 *Groups continue:* pull L shoulder turn 1-2, step L flick R 3-4, step R shimmy 5-6, pose 7-8

8 *Second group:* pull R shoulder back turn 1-2, step L flick L leg 3-4, step R shimmy 5-6, pose 7-8

8 Trace leg 1-2, T 3-4, **Transition to staggers:** R V L to ear 5, switch 6, hands behind head 7, clean 8

8 **Continue moving:** swing to touchdown 1-2, down 3-4, prep 5-6, dbl/triple pirouette 7-8

8 Step R L arms cross to open 1-2, R knee drop 3-4, snake up 5-6, sit 7-8

8 Swing legs 1-2, lean L 3, kick R 4, roll up 5-6, shimmy shoulders 7-8

8 Roll to back 1, straddle 2, roll to stand 3-6, flat back 7, pull arms in & 8

8 Jump 2nd swing up 1-2, clean to L 3-4, step R T 5, step L wack arms 6, step R V R L ear 7, R flick L traces face 8

8 Step R T 1, clean to R 2, look 3-4, scoop &, step 5-6, face front R down 7, L down &, broken T look up 8

8 Plié 1, passé relevé 2, step R 3, focus front point to watch 4, prep 5, R kick 6, *OR* face front 5-6, prep 7, kick 8

8 Step R 1, L 2, prep 3, surprise leap 4, land 5-6, hold 7, plank out 8

8 roll to back 1-2, fan R 3-4, bend knees 5-6, roll up 7-8

8 **Transition to diamond facing back:** R 1-2, L 3-4, touchdown flick RLRL 5-8

8 **Continue transition facing front:** repeat 1-7, hands on hips 8

8 *Three groups:* High low chaîné calypso roll to stand 1,3, or 5

8 *Continue groups* 1-8

8 Rond de jambe push down 1-2, step RL 3-4, turn to R flick 5, ball change & 6, turn front L serving arm 7-8

8 **Readjust to center** 1-6, prep 7-8

8 À la seconde 1-2, repeat 3-4 5-6, dbl pirouette 7-8 *OR* rond de jambe 1-2, hold 3-4, wrap 5-6, hip 7-8

8 Open to second 1-2, prep 3-4 high chaîné 5-6, low chaîné 7-8

8 Russian *OR* push 1-2, roll to floor 3-6, R check 7, L check 8

8 Broken T push 1-2, jump to stand 3-4, snake up 5-6, hands over mouth 7-8

8 **Transition to Triangle:** step R diagonal down 1-2, L 3-4, R V L to ear 5, switch 6, hands behind head 7, clean 8

8 Step to second face R 1, touchdown facing front 2, L 3, focus front 4, pencil turn 5-8

8 Body roll L 1, R leg box broken T 2, body roll R 3, L leg box touchdown 4, ball change push 5-6, step R 7, passé low V 8

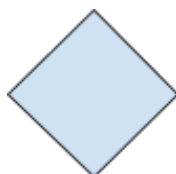
8 Pivot push R arm 1-2, relevé cheerio 3, sit R hip 4, cheerio around 5-6, scoop 7-8

1 Pose 1

1. 

2.

X	X	X	X
	X	X	X



4. 

“Ordinary” by: Alex Warren
Int/Adv Contemporary Jazz – Time 1:44

Begin in a straight line

- 8 Hold 1-2, *ripple R to L* chaîné in opposition to face front/back slice up and down 3-8
- 8 Scoop R 1-2, scoop look L 3-4, turn cheerio 5-6, slice to L 7, break R arm & 8
- 8 Broken T &, sunshine arms to knees 1-2, *Front Line*: tuck 3, kick R 4, release 5, roll up 6-7, prep & 8. *Back Line*: drag R 3, step 4, contract 5, rond de jambe 6, run RL 7-8
- 8 *Front Line*: chaîné 1-2 calypso 3-4, turn out 5, *Back Line*: jeté 1, step 2, R fan 3, three step turn 4&5, *All*: push up 6, pull down twice 7-8
- 8 Step RL 1&, R passé 2, step across RL 3-4, rond de jambe 5, step 6, chaîné 7-8
- 8 Throw RL 1-2, step L 3, clasp 4, **three step turn into triangle** 5-8
- 8 Prep 1-2, single/double pirouette 3-4, rond de jambe 5, lunge 6, change weight & 7, windmill 8
- 8 Inverted tilt 1, land 2, tuck 3, kick R 4, roll up to back 5-8
- 8 Rocket down 1-2, clock 3-4, turn 5-6, prep 7-8
- 8 Low chaîné 1-2, double stag *OR* calypso leap 3-4, lay out 5-6, contract 7-8
- 8 Slide back 1, bug 2, plank 3-4, contract to L tuck 5-6, legs around to R tuck 7-8
- 8 Rise up 1-2, roll to stand 3-7, step L 8
- 8 Kick R 1, step 2, jump LR 3-4, chaîné L 5-6, prep 7-8
- 8 Double pirouette 1-2, rond de jambe 3-4, lunge 5-6, tuck 7-8
- 8 *Parts*: extend L release head 1-2, lean kick R 3-4, roll up to back 5-8
- 8 *Continue parts*: 1-2, **move to two staggered lines**: R arm 3, L arm 4, T 5, melt 6-7, clean 8
- 8 *Ripple*: turn over R shoulder release forward hands low V 1-4, push up V 5-6, clean 7-8
- 8 R coupé 1-2, arabesque 3-4, walk RL 5-6, passé release 7-8
- 8 Step back RL 1-2, prep across 3-4, chaîné 5-6, prep for allison leap *OR* pop leap 7-8
- 8 Leap 1, roll to standing 2-6, chassé R 7-8
- 8 Ball change L 1-2, jump with L passé 3, land 4, pivot 5-6, prep 7-8
- 8 Turns in second 1-6, double pirouette 7-8 *OR* turns in second 1-2, ball change 3-4, tilt kick 5, ball change R 6, flick 7, step back 8
- 8 Flick 1, step back R 2, face front/back 3-4, reach up *OR* contract down 5-6, close 7-8
- 8 Reach center 1, lean center with hand at head 2, *back line*: run to back RL 3-4, reverse leap 5, lunge 6, stand 7-8 *front line*: run RL 3-4, R leap 5, step out 6, clean 7-8
- 1 Reach to each other 1-2, clean 3

Formations:

1.  2.  3. 

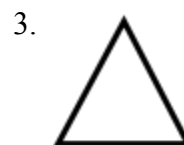
“Rihanna Mix” by: Rihanna
Int/Adv Pom – Time: 1:38



Begin in two staggered lines

- 8 *Group 1*: step R throw L 1-2, *group 2 picks up*: step L throw R 3-4, walk TD 5-6, clean side 7-8
8 Cheerio on hip 1, cheerio back hip 2, V/low V 3-4, roll 5-6, R T 7, R low V 8
8 Back R sunshine to low V 1-2, R check 3, L check 4, ball change R W arms 5-6, ball change L wrap clean 7-8
8 Step L fan R 1-2, step back R 3-4, rond de jambe R into dig R arm follows 5-6, double T arm 7-8
8 *Group 1*: chaîné 1-2, V/ low V 3-4, *group 2*: chaîné 5-6, V/low V 7-8
8 V 1, plié 2, roll 3, plié 4, lean R kick 5-6, roll up to back 7-8
2 Continue roll up to face back 1-2
- 8 **Move to 2 groups**: bow & arrow RL 1-2, daggers up LR 3-4, TD 5, low V 6, bend 7, high knees or stand 8
8 *Parts 1 or 3*: bow & arrow to R diagonal 1, pull 2, switch down 3&4, R arm down L diagonal 5, low V 6, T 7, high V 8
8 Circle 1-2, circle 3-4, circle 5-6, step up *OR* forward 7-8
8 Prep 1-2, double pirouette 3-4, land out 5, close 6 *OR* triple pirouette 3-5, land out 6, close 7, hold 8
8 Step R push down 1-2, step L push down 3-4, step R throw R 5, step L throw L 6, diagonal 7, circle center 8
8 Close L diagonal 1, hands behind head 2, drop R low diagonal 3-4, push arms down 5-6, chug V/ low V 7-8
8 C arm LR 1-2, prep 3-4, chaîné 5-6, low chaîné 7-8
8 Calypso 1-2, roll up 3-6, lasso R arm 7, turn and rocket level 8
8 Chassé 1-2, sauté *OR* switch arabesque 3-4, roll up 5-8
8 *Group 1*: body roll W arms 1-2, pop 3-4, *group 2*: body roll W arms 5-6, pop 7-8
- 8 **Transition to triangle**: W arms 1, cross 2, rocket up 3, low V 4, break low V & 5-6, roll 7-8
4 *Ripple*: cheerio R to L 1-4
8 Punch RL 1-2, dip 3-4, low V to R 5-6, soutenu over L 7-8
8 Tuck 1-2, slide 3-4, plank head roll 5-6, roll up 7-8
8 Continue rolling up 1-2, hold 3-4, pivot with L arm forward 5-6, close 7-8
8 Check arms RL 1-2, TD RL 3-4, push arms down hip roll 5-6, turn to front prep 7-8 *optional*: push arms down RL 7-8
8 À la seconde 1-4, double pirouette 5-6 *Optional*: low V shake 1-2, prep 3-4, double pirouette 5-6,
All: jump out to second and close 7-8
8 Prep forward 1-2, chaîné in plié 3-4, turning disc 5, roll to standing 6-8
8 Shake poms in *opposed levels and directions* 1-4, shake poms in *opposed levels and directions* 5-8
8 Clap up *OR* down 1-2, pivot 3-4, temps de fleche 5-6, pose 7-8

Formations:



Begin in a column: squatted position facing front

8 *Odd rows:* Hold 1, clean 2, R box down up 3&, L drag 4-5, over knees &6, jump out 7, hold 8

Even rows: Hold 1, clean 2, L box down up 3&, R drag 4-5, over knees &6, hold 7, jump out 8

8 Hold 1, RL hand to hips 3-4, **Move to 2 lines:** pony 3-6, R 3 step turn 7&8

8 Jump out 1, nod &2, pull RL 3-4, clap 5, ball change RL &6, step R 7, push back L 8

8 Pas de bourrée 1&2, circle to hips 3-4, hips shake LRL 5&6, circle cheerio above head 7-8

8 Step R tap L 1&, step L R knee up 2&, R 3 step turn 3&4, plié 5, chest pop &6, L drag 7-8

8 Plié 1, windmill arm to jazz split drop 2-4, pike legs 5, knees up 6, look 7, nod &8

8 *Line 1:* hold 1-4, Roll back to L knee up L hook 5-6, arms hook RL 7&8

Line 2: roll back to L knee up R hook 1-2, arms hook RL 3&4, hold 5-8

8 *Contagion R to L:* knee spin 1-6, straighten legs 7, chest up 8

8 Drag R 1, clean R side 2, snap LRL 3&4, connect fist 5, bounce R twice &6, arms low V 7, over R knee 8

8 Over L knee 1, R knee in out &2, L elbow clean 3-4, L kick ball change 5&6, flexed foot pirouette 7-8

8 Land 1, clean together 2, **Move to Triangle:** pony 3-6, R 3 step turn 7&8

8 *L side of triangle:* out 1, heels RL &2, R heel across 3, out 4, L heel across 5, out 6, dip L 7, face back 8

R side of triangle: out 1, heels LR &2, L heel across 3, out 4, R heel across 5, out 6, dip R 7, face back 8

8 *Parts by diagonals:* L diagonal arm over R knee tuck 1-2 *OR* 2-4 *OR* 3-5, straighten legs 6, snake up 7-8

8 Squat 1, R knee in out &2, together 3, step L back 4, punch R up down up 5&6, look around L to R 7 *OR* 8

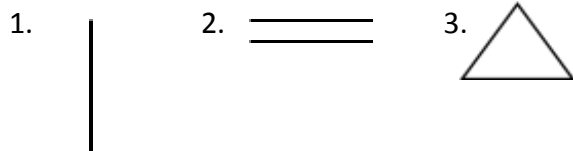
8 *Groups by chevron:* stop step out 1 *OR* 2, point 3, nod &4, box up 5 *OR* 6, R heel together L scoop 7&8

8 Step LRL 1&2, L kick ball change 3&4, circle to hips 5-6, hips shake RLR 7&8

8 Circle to connect fist 1-2, hips R 3, dip hips L 4-5, R kick to jump side &6, step out 7 *OR* 8

8 Look 1, R kick out to jump behind &2, cheerio 3 *OR* 4, L hand ground 5, arch up 6, circle z sit 7-8

Formations



“Don’t Stop Believin” by: Teddi Swims
Intermediate – Time 1:42

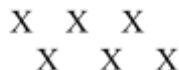
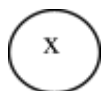


Begin standing in circle formation with a solo feature in center

- 8 Hold 1-6, look up 7, tuck 8 *Soloist*: prep for feature turn *OR* leg hold 6-8
- 8 Plank 1-2, roll right 3-6, **Move to horizontal line**: 7-8
- 8 **Cont. moving**: 1-4, step R V arms on 5, hands in heart 6, *Int*: plié 7, firebird 8
Adv: cross prep &7, low chaîné 8 **staggered lines**
- 8 *Int*: land down 1-2, roll left sit 3-6, *Adv*: prep1, russian 2, roll down 3-6, together release switch legs 7-8
- 8 Stand 1-2, roll down 3-4, hold 5-6, *Parts front line*: fan kick 7-8
- 8 *Front line*: step RL 1&, tilt kick *OR* jump 2, R leg lunge back 3, stand 4, slide down 5-6, hold 7-8
Back line: fan kick 1-2, step RL 3&, tilt kick *OR* jump 4, R leg lunge back 5, stand 6, slide down 7-8
- 8 Hold 1-2, roll up 3-4, hold 5-6, prep coupé turn 7-8
- 8 Turn 1-2, open arms 3, contract 4 **Move to vertical line**: tuck run 5-8
- 8 Lean opposites 1-2, *Parts*: face back 3-4, coupé *OR* plié 5, allison jump *OR* press leap 6, roll up 7-8
OR contract 3-4, drag to partner 5-6, run 7-8
- 8 Duets prep 1-2, jump on partner 3-4, toe touch jump off 5-6, contract down *OR* penché 7-8
- 8 Side by side front 1-2, reach opposite corners 3-4, shampoo arm around 5, clean 6 **Move to triangle**: R V 7-8
- 8 **Cont. moving**: pas de chat 1-2, land 3-4, arms around 5-6, push arms to front 7, clean 8.
- 8 K arms 1, face back 2, L arms 3, prep &4, low chaîné 5-6, calypso back 7-8
- 8 Roll down *OR* turn out 1-2, hold 3-4, opposite arms 5-8
- 8 Circle arms to hip 1-2, lean 3, kick R 4, roll back 5-6, **Move to Horizontal line**: low V arms 7&8
- 8 Box lunge R 1-2, stand look L 3-4, **Move to Diagonal line**: facing back V 5, clean 6, turn front 7, step 8
- 8 Step RL 1&, jeté 2, land 3-4, *ripple F-B*: inverted fan kick to contract 5-8
- 8 *Parts roll opposites*: 1-2, prep for head spring/ forward roll 3-5, land 6, lay down 7-8
OR up 3-4, L drag 5-6 step 7, illusion 8
- 8 Legs kick LR *OR* recover from illusion 1-2, partner pushes leg to come 3-8
- 8 Turn front 1-2, chaîné dip 3-4, knee drop 5-6, L leg crosses front stand *OR* turn over 7-8
- 8 Split to roll *OR* roll up 1-6, passé push 7, clean 8
- 8 **Move to block**: low V arms 1, heart 2, snake to head 3-4, open 5-6, prep 7-8 *OR* chassé 7-8
- 8 *Adv*: 2 à la seconde turns 1-5, 3rd into jeté on 6, roll out
OR Int: clean 1-2, clip turn 3-4, plié 5, surprise leap 6 land 7-8
- 8 Roll up 1-4, tuck run **Move to beginning formation**: 5-8
- 8 *Outside group*: push contract 1-2, stand 3-4, roll to inside of circle 5-8
Soloist: Prep jump of choice 1, jump 2 land 3-4, hold 5-6, stand 7-8.
- 1 Lay on side 1 *OR* stand pose 1

Formations

1. Circle 2. Line 3. Staggered Lines 4. Triangle 5. Horizontal Line 6. Diagonal 7. Block 8. Circle



“Burning Love” by: Elvis Presley
Int/Adv Officer Kick– Time 1:25

Begin in two lines, arms by side, head down

8 Hold 1-6, hook up 7-8

8 Straight kicks RL 1-6, point LR 7-8

8 L fan 1-2, L développé 3-4, L chassé 5-6, pas de bourrée 7&8

8 L waist outside 1, L outside 3, double prep 4-5, R envelope kick 6-8

8 L inside 1-2, R outside 3-4, L inside 5-6, close 7, L passé 8

8 *Parts:* L tendu 1 or 2 or 3, hold 4, close R sous sus head down, R tendu 6, R passé 7, tendu 8

8 Straight kicks RLRL 1-8

8 L sous sus &1, L rond de jambe 2, pas de bourrée 3&4, R chassé 5-6, step L 7, R outside 8

8 R outside 1-2, straights LLR 3-8

8 Close 1, clean 2, **Split to four lines:** R chassé 3-4, R leap 5-6, land in tuck 7-8

8 Throw R arm 1-2, face back 3-4, floor calypso 5-6, roll to stand 7-8

8 Continue 1-2, *Parts every two counts:* walk back RL 3-4, drag 5-6, prep 7-8

8 *Continue parts:* double or triple pirouette 1-2, out in 3-4, finish parts 5-6, hold 7-8

8 **Move to straight line:** snap R 1-2, snap L 3-4, melt down 5-6, shimmy 7-8

8 **Continue moving:** walk 1-4, wrap 5-6, hook up 7-8

8 Straight kicks RRLL 1-8

8 R fan 1-2, L fan 3-4, straights RL 5-8

8 R inside 1-2, R straight 3-4, L inside 5-6, twist hips 7-8

8 R outside 1-2, ball change &3, R inverted fan 4, R inside 5-6, L outside 7-8

8 R outside 1-2, L straight 3-4, L outside, step back LR 7-8

8 Bow 1-3, L passé 4, L tendu 5, flip hips 6, flick R 7, close 8

8 Graduated kicks R low 1-2, L waist 3-4, RL high 7-8

8 Close L 5th 1, échappé 2, close R 5th 3, échappé 4, close to R 5, R outside 6, L inside 7-8

8 Straight kicks RL 1-4, R inside 5-6, L outside 7-8

8 L tendu 1, L arabesque 2, ball change through 3-4, L rond de jambe 5-6, wrap R arm, flick 8

Formations:

1.



2.



3.



“Bad Romance” by: Lady Gaga
Adv Jazz – Time 1:31



Begin in circle with soloist on center

8 *Outside circle*: hold 1-4, R hand 5, L hand 6, T 7, down 8, *Soloist*: reach R arm 1-2, switch 3-4

10 *Outside circle*: kick 1-2, rond de jambe 3-4, rocket 5, low V 6, hands on head 7, down 8, kip up 9-10, *Soloist*: Reach both arms 1-2, ball change 3-4, prep 5-6, chaîné up 7-8, chaîné down 9-10

8 *Outside circle*: kip up 1-3, clap 4, ball change 5-6, jump 7, T &, head 8, look up &, *Soloist*: calypso 1-2, roll to stand 3-4, same as outside circle 5-8

8 Head roll 1, clap 2, ooh la la fan 3-4, flick hand 5, hands on head 6, low V 7, hands on head 8

8 **Walk to two lines**: break 1-2, triple 3-4, triple 5-6, arms out 7, fist 8

8 **Walk to two lines**: walk head tilt R 1, tilt L 2, turn 3 & 4, jump 5, hold 6, look 7, front 8

8 Plié R 1, drag L 2, step R 3, hands up 4, ball change 5-6 *Group 1*: prep 7-8, *Group 2*: coupé to floor 7-8

8 *Group 1*: switch arabesque 1-2, turn 3-4, hips 5, hands on head 6, slap legs 7-8, *Group 2*: slide 1-2, loop leg 3-4, straddle 5-6, in 7-8

8 *Group 1*: plié 1, R battement 2, down 3, prep & 4, *Group 2*: kick 1 & 2, stand up 3, prep & 4 *All*: triple pirouette 5-8

8 Firebird 1, land 2, *Group 1*: head wrap 3-4, grab ankle 5-6, flick dégagé 7-8, *Group 2*: stand head wrap 3-4, flick L passé 5-6, flick dégagé R 7-8

8 *Group 1*: roll 1-2, plank 3-4, slide front 5-6, R battement 7-8, *Group 2*: Prep chaîné up/down calypso 1-8

8 **Walk to triangle**: *Group 1*: roll up 1-2, walk low V 3-8, *Group 2*: land 1-2, walk low V 3-8

8 Walk R 1, walk L 2, cha cha 3-4, salsa ball change 5-6, jump back 7, hands on head 8

8 Hip roll 1-2, front T 3, clap up 4, *Group 1*: chassé jeté 5-8, *Group 2*: run run aerial 5-8

8 Hold 1-2, blade 3, blade 4, *Group 1*: head roll 5 down 6, snake up 7-8, *Group 2*: turn 5-6, snake down 7-8

4 *Group 1*: Hit pose 1-4, *Group 2*: chassé switch tilt 1-4

8 *Group 1*: Roll 1-4, *Group 2*: jump in 1, out 2, hit arm 3&4, hips 5, flat back to middle 6, hips 7&8

8 *Opposition front or back*: plié 1, drag 2, walk 3, together 4, prep 5-6, chaîné 7-8

8 Turning disc 1-2, roll 3-4, **Walk to V formation** low V 5-8

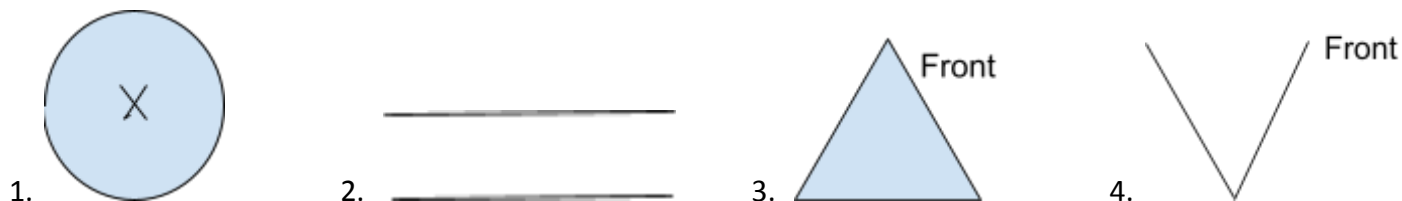
8 **Walk to V formation**: Triple step 1-2, repeat 3-4, cross arms 5, fist 6, prep 7-8

8 *Lines 1/3*: à la seconde 1-4, double pirouette 5-6, knee drop 7-8, *Line 2*: à la seconde 1-6, double pirouette 7-8

8 *Lines 1/3*: hold 1-2, *Line 2*: knee drop 1-2, snake up 3-4, rocket 5, down 6, roll to center 7-8

2 Prep 1, pose 2

Formations:



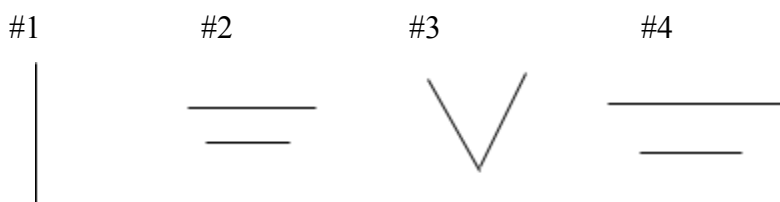
“Make it Look Easy” by: DITA
Adv Officer Pom - Time 1:34



Start in column with featured soloist at back, feet and arms clean, head down

- 8 *Contagion*: every other direction windmill to wrap, swing around 1-8
- 8 *Parts*: run, run away from center 1-2, tuck jump to slide 3-4, roll to knees 5-6 *OR* 3-8
**feature soloist trick of choice moving straight forward 1-8 **
- 4 Throw low V away from center 1, hold 2-4 **featured soloist continue trick or sassy pose**
- 8 Hands down 1, straddle 2, snake up 3-4, **Moving to staggered lines**: pony cross 5-6, pony low V 7-8
- 8 **Cont. moving**: repeat pony 2x 1-4, sassy walk 5-7, clean chest 8
- 8 *Opposition by line*: V, T, low V *OR* low V, T, V 1&2, wrap 3, punch 4, T 5, K 6, high V 7, head 8
- 8 *Parts*: pivot turn low V 1-2, chassé 3-4, step 5, russian 6, ball change 7-8 *OR* pivot 1-2, clockwork to the floor 3-6, bug 7-8
- 8 *Parts*: walk punch R 1, switch 2, T 3, clean 4 *OR* stand 1-4 *ALL*: step R 5, jump together 6, thread arm 7-8
- 8 Pop arms R 1-2, pop arms L 3-4, pull through broken T 5-6, prep 7-8
- 8 À la secondes 1-4, reverse box turns 5-8
- 8 À la secondes 1-6, double pirouette 7-8
- 8 Jeté 1-2, roll to stand 3-8
- 8 Swoop R to check 1-2, check switch L,R,L 3&4, push R arm 5, push L arm 6, booty pop around 7&8
- 8 **Move to Triangle *OR* V**: repeat pony transition from earlier 1-8
- 8 Sassy walk 1-6, clean 7-8
- 8 *Parts*: lasso in 1, lasso out 2, L arm low V, R arm on head 3, tuck 4, head release 5 *OR* 2-6 *OR* 2-7, *ALL* bug 8
- 8 Hands 1, straddle 2, snake front 3, prep &4, double or triple pirouette 5-7, bucket hands 8
- 8 *Parts*: chassé 1-2, run LR 3-4, switch tilt 5, roll 6-8 *OR* chassé 1-2, step 3, jeté 4, step 5 slide to floor 6-8
- 8 Stand 1-2, grand plié 3-4 step 5, step together with low v 6, K step, together, step 7&8 *OR* stomach roll 1-2 stand to back 3-4 step together, low V 5-6, K step, together, step 7&8
- 8 Prep 1-2, high chaîné 3-4, low chaîné 5-6 calypso 7-8
- 8 Step 1, clean 2, **Moving to staggered lines**: shake poms at chest 5-8
- 8 *Box step around one another*: switch windows V switches 1-2, switch lines and shake 3-4, switch windows V switches 5-6, switch lines and shake 7-8
- 8 High chaîné 1-2, plié 3, allison leap 4, roll to stand 5-8
- 8 Soutenu cross turn 1-2, clean 3-4, level 5, low V 6, R arm 7, L rocket release head 8

Formations:



“Enough” by Cardi B

Advanced Officer Hip Hop - Time 1:39

Start in straight line feet together facing back

8 Hold 1-3, head up 4, lean side to side opposition 5-6, pull elbow to front 7-8

8 Step open chest 1-2, switch 3-4, **run to windows** 5-8

8 Pull R to chest 1, L 2, roll arms 3, together 4, kick out 5, hands broken T 6, pull forward 7-8

8 Kick out 1-2, out 3-4, *opposition* punch arms down 5-6, slide to side 7-8

8 Step out arm out 1-2, “cold” 3-4, step front 5, out 6, punch down-up/up-down 7-8

8 Body around 1-4, **run to V** 5-8

8 Body roll up 1-2, step R 3, L 4, up down 5-6, leg down 7, hand up 8

8 Hand across 1, kick out 2, side 3, lunge 4, swing leg 5, lunge 6, elbow 7, clean 8

8 Step hip 1-2, switch 3-4, “what” 5, inside turn 6, legs out 7, close 8

8 Leg out 1, leg up 2, scoop down 3, side 4, “enough” 5-6, switch 7-8

8 Elbow 1, arms down 2, hands above head 3-4, hip roll 5-6, arm up 7-8

8 Elbow 1, switch 2, swing arm 3-4, down 5, out 6, in 7, stand 8

8 LRL 1&2, switch 3&4, “what” 5-6, cross arms 7-8

8 Arms push 1, R shoulder 2, push 3, L shoulder 4, *group 1*: throw 5-6, *group 2*: throw 7-8

8 **Pony to circle** 1-4, run down 5-8

8 Step 1, inside turn 2, leg down 3, leg out 4, chest pop 5-8

8 *Snake down contagion* 1-4, *roll on back contagion* 5-8

8 Kip up 1-4, body roll 5-6, hit hip 2x 7-8

8 **Slide out to two lines** 1-2, hips 3-4, leg down 5, clap 6, clap under leg 2x 7-8

8 Arm point up 1, down 2, pray 3-4, **run down to windows** 5-8

8 Body roll 1, leg up 2, switch 3, leg down 4, arms out 5, turn 6, front 7, out 8

8 Twist leg 1-2, switch 3-4, “enough” 5-6, clean 7-8

8 3 step turn to one line 1-3, out 4, dip 5-6, snap out 7-8

8 Down leg 1-4, pockets run spread switch lines 5-8

8 Swing arm 1, out 2, snap top arm 3-4, shoulder 5, around 6, switch 7, barrel jump 8

8 Down 1, straighten legs 2, break knees 3, down 4, hold snap front 5-8

8 Roll to back 1-4, dip down 5-6 *OR* 7-8

8 *Parts (1/2/3)* arms up 3, knees 4, body dip 5-6, head roll 7-8

7- Chest pop 1-2, switch 3-4, look front 5, step cross arms/legs 6, head turn side 7

1. Straight Line

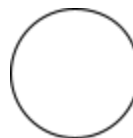
2. Windows

X X X
X X

3. V



4. Circle



5. 2 Lines

X X X
X X X

6. Windows

X X X
X X







“Cry Me A River” by: Justin Timberlake
Adv Officer Contemporary – Time 1:34



Begin in one horizontal line

- 8 Hold 1-4, ripple plié down 5-8
8 Continue 1-2, lean R look L 3-4 *OR* solo leg 3-4, hold 5-6, step R arm swipe over 7-8
8 Walk L 1, step R X arms 2, step out look L 3-4, plié L 5, triple coupé 6-8
8 Jump out arms push 1, plié 2, snake up 3-4, **Move to V** 5-8
- 8 **Continue moving** pas de bourrée RLRL swipe R 1-4, step R, drag back R 5-6, step RL 7-8
8 *Groups back to front* 1/3/5 reach up 1-2, plié 3, half tour front 4, tuck L knee land 5-6, hold 7-8
8 *Third group continues* 1-2, high knees reach up 3-4, roll to back 5-8
8 Relevé back corner 1, plié 2, surprise leap front 3, land 4, hold 5, box elbow arms LR 6&, L rond de jambe 7-8
8 *Odds*: fan 1-4, plié 5, tilt 6, down broken elbow windmill 7-8. *Evens* push L knee 1-4, roll over L shoulder 5-8
8 *Odds*: roll on back 1-4, reach move back center 5-8. *Evens*: arch up to back 1-4, reach move back center 5-8
8 **Move to straight horizontal line** reach 1-4, push out 5, face R push & 6, swim L 7-8
8 Snake down 1-2, R elbow pull up 3-4, **move to 2 lines** 3-step-turn 5-8
- 8 Groove RLR 1-3, in out & 4, opposition by line push 5-6, run 7-8
8 Switch arabesque 1-2, land in bent lunge 3-4, swipe L arm to L side 5, plié 6, throw arms up RL 7-8
8 Jump R arms up 1-2, throw look R 3-4, R chaîné back in 5-6, prep 7-8
8 Triple pirouette 1-3, arms open out 5-6, plié over R knee 7-8
- 8 Body circle R-L *groups 1 or 3 by row*, circle 1-2, down 3-4, hold 5-6, snake up *opposition by row* L 7-8
8 **Move to vertical straight line** opposition moving in knee swivel 1-2, chaîné 3-4, snake down 5-7, jump out 8
8 Arms ripple up 1-4, scoop R ripple 5-8
8 **Opposition split line** step RL *OR* LR 1-2, jump out 3, hold 4, R arm L knee 5, L to R knee & jump together 6, face inside snake back 7-8
- 8 **Move two lines** down 1, slide on group 2-4, continue to move 5-8
8 Jump R foot front flex hand L arm up 1, lean R 2-3, L arm up 4, arms scoop up 5-6, dive down plié 7-8
8 Reach 1-2, *opposition* prep 3-4, high chaîné 5-6 low chaîné 7-8
8 Calypso 1-2, roll 3-6, reach front 7-8
8 Continue reach 1-2, roll back **walk to straight horizontal line** 3-7, *front or back* 8
8 Ripple L-R arms up 1-8
4 Look into center 1-2, hold 3-4

Formations

1.  2.  3.  4.  5. 
6.  7. 