

APTs Officer Camp

2023 ROUTINE DESCRIPTIONS



Officer Camp Dance "Get Ready" by: Dita - Time 1:54 (Miriam Vera) - "Get Ready" will showcase your dancers with technical combinations, sassy expressive movements, and choreography that requires strong dancing stamina! Officer camp dance will leave your audience wanting for more while your dancers catch their breath after a powerful and dynamic performance! "Get ready" provides various options for every level of dancer, including double/triple pirouette turns, illusion/toe touch, various leaps, and options for an à la second turning combo! Officers "Get Ready" to shine on the dance floor with this fun and upbeat routine!

Social Officer Dance "Happy Dance" by: MercyMe - Time 1:44 (Alice Henrichsen) - This intermediate jazz will be fun to learn and also have your intermediate technique so that all officers will be successful. They will have a blast learning this "HAPPY dance" between planning their year and creating wonderful ideas for their team. Your audience will love this dance from a pep rally to the spring show!

Int Jazz "Fun" by: Kaskade, BROHUG & Mr. Tape - Time 1:30 (Lauren Longoria) – This sassy jazz routine was choreographed with your intermediate level dancers in mind! Its a routine that they can feel confident performing while still feeling challenged. This upbeat routine is sure to wow any audience! "Fun" features technical skills such as a leap, toe touch, surprise leap, fan kick, and double pirouette.

Int Pom "2000s Mix" by: Various Artists - Time 1:42 (Brittany Lassiter) - If you are looking for a fun, energetic, visual pom routine for your intermediate level dancers, this routine is perfect! "2000s Mix" features music that will make your audience want to sing along and join your dancers on the floor. This pom routine provides visual arm movements, parts, and levels to add variety and bring the choreography to life. It will challenge your intermediate level dancer but also make them feel successful after performing the routine.

Int Hip Hop "Pump It Up" by: Various Artists - Time 1:30 (Tasha Franklin) - If you are looking for a crowd pleaser this dance is it!!! Everyone wants a crowd starter with music that will have them on their feet. The fun HOT theme routine has parts, levels and current dance moves. This dance will be great for pep rallies, basketball games or any special performances!

Int/Adv Jazz "Survivor/I Will Survive" by: Glee Cast - Time 1:30 (Rachel Bowsher) - "Survivor" will give your dancers the opportunity to work on their energy and expression of movements in this Int/Adv Jazz. This dance is very fun and sassy and includes contagions, various floor work, 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!

Int/Adv Stylized Jazz "Turn It Up" by: Oh The Larceny - Time 1:45 (Brittany Lassiter) - This routine is full of energy and power! The music is intense and the choreography matches that level of intensity while offering different levels of technique for your dancers to feel challenged by the material and successful all at the same

time. This routine would be a great performance piece to hype up any crowd at a pep-rally or school performance.

Int/Adv Pom "Work It Out" by: Various Artists - Time 1:40 (Tasha Franklin) - Looking for a fun pom that will get the crowd on the edge of their seat? This stylized and edgy pom is it! The variation of music change in the song will keep the crowd engaged. Techniques in this routine include variation of turns and leaps. It has parts, levels and variations of movement quality that play off the music. This dance will be great for pep rallies, basketball games or any special performances!

Int/Adv Hip Hop "Princess Mix" by: Various Artists - Time 1:17 (Carolyn Thompson) - This groovy hip hop routine is a mix from artists such as Nicki Minaji, Nokia and Ice Spice. This routine has quick footwork, levels and opportunities to show style and personality with these popular hits! With intermediate and advanced options this routine is guaranteed to push your dancer and explore new movement quality.

Int/Adv Contemporary "Upside of Down" by: SVRCINA - Time 1:52 (Miriam Vera) - "Upside of Down" is a beautiful piece full of expressive moments and technical elements that will challenge your dancers. While including options for all levels of dancers, your officers will have the opportunity to learn quick weight shifts, showcase dancers with solo moments, perfect partner work, and execute a quick stunt. Some of the skills include a leg extension, knee drop, fan kicks, various leaps, pirouette turn, reverse fan kick, surprise leap, floor leg extension, turning C jump, and an à la second turn combination. Most importantly all dancers will have the opportunity to explore their emotions while finding inspiration through the lyrics and their own personal story!

Int/Adv Lyrical "Heaven" by: Bryan Adams - Time 1:32 (Itzayana Vera) - This Int/Adv lyrical is really for those dancers wanting to challenge their technique. Using dynamics, weight shift and speed all while looking so elegant is perfect for officers to find their lyrical side. This routine includes various skills and techniques that will suit intermediate and advanced levels. A challenge that will prepare your officers for the upcoming season!

Int/Adv Kick "Whole Lotta Woman" by Kelly Clarkson - Time 1:51 (Haley Hockenberry) - Your officers will love this high energy kick! The routine features fast footwork, jump splits, and some fun jazz sections. This kick will test your dancers' stamina and be a definite crowd pleaser!

Adv Jazz "Call Me" by: Blondie - Time 1:45 (Elisabeth Eckles) - Your dancers will be challenged with this high-energy stylized jazz! "Call Me" features a wide variety of skills and movements that will wow your audience. This routine is perfect for officers trying to showcase their advanced skills, including leaps and turns, while entertaining the crowd.

Adv Pom "Rock 'n Roll" by: Joan Jett & The Blackhearts - Time 1:33 (Morgan Birdsong) - This pop rock hit is sure WOW the crowd! The musicality within the routine adds to the visual appearance of pom movement, parts, and group work. This advanced pom has a high level of precision and technique, but can be modified as needed to best fit for your officer line!

Adv Hip Hop "Runnin" by: Various Artists - Time 1:30 (Ally Galitz) – This fun and upbeat hip hop will for sure get the crowd on their feet! This routine is filled with parts, groups, opposition and a lot of energy! There are parts 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 "Happier Than Ever" by: Billie Eilish - Time 1:29 (Katey Guinn) - "Happier Than Ever" is an advanced contemporary that challenges dancers to explore new movement quality and connection to their movement. This routine has minimal focus on tricks and skills, opting to maximize your dancers' ability to tell a story with their movement instead.