

# APTS Team Camp

## 2023 ROUTINE DESCRIPTIONS



### Special Routines

**Camp Dance “Legend” by: The Score - Time 1:50** - Created to showcase your dancers’ strengths, “Legend” is a hard-hitting jazz routine with varying levels of technique. Technical elements include pirouettes, leap options, and floorwork. “Legend” provides your team with moments of unison movement while allowing each individual dancer to showcase their uniqueness through freestyle.

**Pep Rally Jazz “Flowers” by: Miley Cyrus - Time 1:16** - This energetic jazz routine will have your dancers ready to hype up the pep rally crowd! The precise movements combined with technical skills will be sure to satisfy all dancers involved. *Flowers* is the perfect hot hit to keep the crowd entertained!

**Pep Rally Jazz “Like That” by: Fleur East - Time 1:10** - Your dancers will be able to showcase their confidence and sassy jazz moves with this fun energetic dance. This dance will challenge your dancers but can be modified to fit your team’s technical level. “Like That” is perfect for any pep rally, basketball game, or any event to showcase a crowd-pleasing performance.

**Pep Rally Pom “Flatliner” by: Cole Swindell feat. Dierks Bentley - Time 1:21** - This is an upbeat and sassy country pom routine to the song “Flatliner” by Cole Swindell and Dierks Bentley. The fun visuals and hard hitting motions are sure to raise the energy at any pep rally! This is an intermediate to advanced routine as it features a double or triple pirouette, ring leap, center leap, and calypso.

**Pep Rally Pom “Man! I Feel Like A Woman-Hypha Remix” - by: Various Artists - Time 1:30** - This routine is choreographed to an upbeat remix of a Shania Twain fan-favorite! This fun & sassy intermediate-level pom includes jeté leaps, pirouettes, and standing jetés, while showcasing entertaining and complex pom visuals. “Feel like a woman” is the perfect routine to challenge your team’s pom capability and can be used for a variety of themed pep rallies or performances.

**Pep Rally Hip Hop “Ratata” by: Skrillex, Missy Elliot, Quentin Dupieux - Time 1:18** - This is an upbeat & quick routine that is sure to work up sweat and pump up any crowd at special performances like pep rallies or basketball games! The choreography is fast-paced with lots of jumping, sharp/intricate movements, and entertaining visuals that are fun to learn but also easy to clean.

**Pep Rally HH “Is You Ready” by: Migos - Time 1:11** - This dance is energetic and will showcase your dancers personality throughout the choreography. “Is You Ready” is a perfect routine for a pep rally or game and will have the audience at the edge of their seats.

## **Jazz: Kelly Norman, asst: Carolyn Thompson**

**Int Field Jazz “Saw Her Standing There” by: Arrangers Publishing (arr. Tom Wallace) - Time 1:13** - This classic hit from the 60's will bring your audience to their feet with this intermediate field jazz. This routine is full of visuals and technique options to wow the crowd and allow every dancer to shine on the field!

**Int/Adv Field Jazz “Toxic” by: Arrangers Publishing (arr. Tom Wallace) - Time 1:33** - This Int/Adv Field Jazz will be a fan favorite halftime or pep rally song. A Britney classic serves a high energy routine with many visual parts and levels. The choreography includes intermediate and advanced options for technical skills including: pirouettes, press leaps, calypsos, jetés, and turns in second. Your team will have so much fun performing this dynamic routine!

**Int Jazz “Young Hearts Run Free” by: Candi Staton and Benji La Vida - Time: 1:35** – Your dancers will love this chart-topping hit from the 70's. The choreography features parts, level changes, and floor work along with a pirouette, jeté, and a press leap. The movements are visual, easily polished, and can be modified to fit the level of your team. This jazz dance is an upbeat piece that is perfect for a pep-rally or basketball half-time performance.

**Int/Adv Jazz “Perm” by: Bruno Mars– Time 1:30** – This fast, upbeat jazz is sure to keep the crowd entertained! This dance contains techniques such as: back attitude leap, a kick, triple/double, press leap, and illusion! There are groups and levels seen throughout this routine. While this dance features your dancer's technique; it is also a crowd pleaser! Who wouldn't want to get up and dance to Bruno Mars?

**Adv Jazz “Better Left Unsaid” by: Ariana Grande - Time 1:46** - This sharp, fun, and stylized jazz will catch the attention of everyone in the audience! It has a sassy flair to it with advanced technique, levels, and floor work that will leave the audience wanting more. There are pirouettes, turning discs, tilts, à la seconde combinations, leaps, and intricate arms. If you are wanting a fast, upbeat, and entertaining jazz dance then this is the perfect routine for your dancers!

**Int/Adv Stylized Jazz “Work for It” by: Daphne Willis & Lonis - Time 1:38** - This upbeat, sassy, and fast-stylized jazz is one that will keep the crowd engaged! Your dancers will love the opportunity to add their own sassy personalities while showcasing their technical skills. This dance contains double pirouettes, switch arabesque, calypso, illusion tilt, and a firebird! There are also groups, different levels, and opposition to create pleasing images for the audience. Get ready for this super sassy and fun routine that your dancers will be so excited to perform!

## **Hip Hop: Tasha Franklin**

**Int Hip Hop “1, 2 Step” by: Ciara – Time 1:21** - This fun and energetic dance will be a crowd's favorite with everyone's favorite diva Ciara! It is a high energy dance with a dash of stylized intricate hip hop. It is full of levels, parts and many visuals that'll entertain any crowd.

**Int/Adv Hip Hop “Bring Em Out” by: Various Artists – Time 1:25** - If you are looking for a funky stylized dance this is it!!! Everyone loves stylized hip hop from time to time! This mix of Pop Lock and Drop It, Bring Em Out and Plain Jane will bring that energy to the floor. It will definitely challenge your dancers mentally and physically. It has parts, levels and current dance moves. It will be great for pep rallies, spring shows or any special performances!

**Adv Hip Hop “For my City” by: Jeezy – Time 1:30** - Do you want to perform for your city? This is a fast paced routine that is surely to work up a sweat as well as pump up the crowd! Everyone loves the early 2000s artists

like Jeezy and this will definitely get them hype. This routine will be a challenge with many different parts and visuals but is a showstopper for any type of performance!

**Pom: Heather Johansen, asst: Kayla Bruner**

**Int Field Pom “Twist and Shout” by: Hal Leonard (arr. John Higgins) - Time 1:36** - Clean, visual, fun to perform and watch, this routine will be a crowd and team favorite. Parts, contagions, and levels have easy to clean placement that will look great on the field!

**Int Field Pom “Come on Feel the Noize” by: Arrangers Publishing (arr. Tom Wallace) - Time 1:15** - Let’s get your crowd ROCKING with this fun rock hit from the 80’s! This high energy routine includes choreography such as jeté leaps, pirouettes, battements and visuals that will have your audience on their feet!

**Int/Adv Field Pom “Sucker” by Arrangers Publishing (arr. Tom Wallace) - Time 1:35** – This field pom is fun and exciting for a game day audience. It showcases intermediate/advanced technical skills such as a double pirouette, leaps, and battements. This pom routine has many parts, levels, oppositions, and direction changes, and unique pom sequences that are very visual and will be entertaining to watch and fun to perform!

**Int Pom “Backstreet Mix” by: Various Artists - Time 1:25** - This intermediate pom is a fun and upbeat routine that’s easy to clean with great visuals along with sharp arm movements! The technical elements will sure to have the audience cheering. The choreography includes a stationary leap, high kick, and a double turn.

**Int/Adv Pom “Beyonce Remix” by: DJ Voltamatrix - Time 1:30** – A fierce mix full of great dynamic quality and beats that will have your dancers feeling confident and powerful. “Beyoncé Mix,” includes intricate motions, team turns, advanced leaps and jumps, and sections that are sure to show your dancers strength!

**Int/Adv Pom “Fire” by: Dolce - Time 1:40** - This int/adv pom is sure to entertain the crowd! With intricate, strong arm movements and pleasing-to-the-eye visuals, this pom is not only fun to look at, but fun to perform! Technical skills showcased in this dance are a calypso, double pirouette, press leap, a high kick, chaîné russian or straight leap, intricate arm movements, and direction changes.

**Adv Pom “Let Me Think About It” - by: Various Artists – Time: 1:33** – This hard hitting routine is the perfect routine to challenge your dancers and to pump up the crowd! This routine is packed with strong, sharp movements to show off your team’s strength! Some skills that are in the routine: double turn, toe touch, back attitude leap, among others! If you want a pom routine that is fun and challenging, this routine is for you!

**Prop: Jessica Wilson**

**Int Field Prop (Hoopla) “Lips Are Movin” by: Arrangers Publishing (arr. Tom Wallace) - Time 1:38** - A lively and upbeat routine is a great way to kick off your football season. In this intermediate field routine, dancers will perform various skills including a jeté, pirouette, stationary, kick and opposing turns. Skills can be modified for all levels of dancers and feature parts would make for an even more visual routine. This routine has a ton of parts that allow both small and large teams to leave a lasting impression on the audience.

**Int/Adv Field Prop (Streamers) “Love Runs Out” by: Arrangers Publishing (arr. Joe Murphy) - Time 1:45** - This hard-hitting and visual field streamer routine is sure to impress the crowd all football season long! Variety is created by different parts, levels, and technical skills that can be easily adapted to fit your team. This piece showcases a double or single pirouette, arabesque, high kick, press leap, and a grande jeté. Get ready for a challenging, yet super fun and visual routine that will be sure to receive a standing ovation!

### **Kick: Elisabeth Eckles**

**Int Field Kick “Edge of Glory” by: Hal Leonard (arr. Michael Brown) - Time 2:01** - This crowd-pleasing kick routine is great for any level! The routine includes a variety of kick sequences, footwork, and a grand jeté. Wow your audience with high kicks and visual contagions perfect for any field performance!

**Int/Adv Field Kick “Stronger” by: Hal Leonard (arr. Matt Conaway) - Time: 1:34** - Your team will love this very catchy and high-energy kick to the one and only Kelly Clarkson! This routine highlights intricate footwork that will wow the crowd! It also includes a grand jeté, double pirouette, jump splits, and high kicks of course. Your dancers will have a blast performing this entertaining kick out on the football field under those Friday night lights!

**Int/Adv Kick “Stupid Love” by: Lady Gaga – Time 1:54** - Your team will enjoy this upbeat and exciting kick routine to the tunes of Pop Legend Lady Gaga. This piece is versatile and would be perfect for a pep-rally, spring show, or even a football field performance! The choreography includes both intermediate and advanced techniques such as pirouettes, grande jeté, calypso, and high kicks of course. This routine is spunky, full of energy, and will be entertaining for any audience!

### **Military: Rachel Dodson**

**Int Field Military “We Will Rock You” by: Hal Leonard (arr. Michael Sweeney) - Time 1:16** - This is a traditional field military that will be easy to polish. Visual parts, levels, and contagions will look great on the field, and you are sure to rock a great halftime to a song everyone knows!

**Int/Adv Field Military “Rock Lobster” by: Hal Leonard (arr. Michael Brown) - Time 1:30** - This field military is a fast paced and visual routine guaranteed to be a crowd pleaser! The crowd will be left in awe with the contagions, various parts, and formation changes. The routine includes a press leap, battement, and advanced options of turning discs and jump tilts.

### **Novelty: Alice Henrichsen**

**Int Novelty “Made You Look” by Meghan Trainor - Time - 1:36** - Your audience will have so much fun watching your team perform this Barbie inspired novelty routine. This energetic novelty is guaranteed to be a show stopper for any pep rally, basketball game, or community event. The choreography includes jetés, pirouettes, press leaps, and sassy elements for all dancers and audiences to enjoy!

**Int/Adv Novelty “Country Girls” by: Various Artists - Time 1:32** - This sassy western choreography is perfect for a pep rally or a fun filler routine for a show. Dancers will focus on style and performance quality while being challenged with quick footwork, partner work, and skills such as a turning disc into left split, stationary leap, and toe touch.

### **Lyrical/Modern/Contemporary: Miriam Vera, asst: Claudia Vera**

**Int/Adv Lyrical “Falling” by: Harry Styles - Time 1:31** - “Falling” will challenge your dancers to express their inner emotions while connecting with themselves. This lyrical piece consists of a jeté, calypso, pirouette turns, weight shifts, and various floor work sections. This piece is perfect for any special occasion, competition, or even spring show performances where your dancers will be able to express themselves and connect with their audience!

**Int/Adv Modern “Experience” by: Ludovico Einaudi- Time 1:45** - This Intermediate/Advance Modern routine will challenge your dancers with transitions, weight shifts, turns, parts, balance, control, and partner work. This

modern piece is about working through the movement and their personal experience while growing as dancers. "Experience" is a great routine for competition or as a Spring Show performance!

**Int Contemporary "Daylight" by: David Kushner - Time 1:27** - This Intermediate Contemporary piece is perfect for your intermediate dancers to build their confidence and expression in this dance style. This routine includes various options to accommodate your team's technique level while incorporating group work, ripples, turns and tricks to expand your dance inventory. "Daylight" is the perfect way to elevate your team's technique and showcase their performance during any special occasion or for contest season!

**Int/Adv Contemporary "Only Ticket Home" by: Gavin James - Time 1:44** - "Only Ticket Home" will give your dancers the opportunity to work on their quality and expression of movements in this Int/Adv Contemporary. The choreography includes contagions, floor work sections, and several leaps with options to accommodate dancers of all levels. This song is uplifting and the movement is sure to showcase your dancers beautifully.

**Adv Contemporary "100 Band-aids" by: Faouzia - Time 1:37** – This advanced Contemporary dance is expressive, technical, and fun for your dancers to perform. "100 Band-aids" is filled with movements and techniques that will challenge your dancers. Some of the skills seen throughout this routine include a floor leap, temps de fleche, variations of leaps, turning center leap, among others! This dance contains groups and parts that will showcase your dancers beautifully!

### **HBCU-Style: Mila McQueen**

**Int HBCU Field Jazz "Let It Whip" by: Arrangers Publishing (arr. Tom Wallace) - Time 1:20** - This iconic throwback Int Field HBCU Jazz is sure to be another crowd favorite. This routine is a sassy crowd pleaser, that is perfect for any level and is definitely a great way to introduce your dancers to this style of dance. This choreography includes a press leap, double turn, & hitch kick that can be modified to fit your team without losing that sassy HBCU style.

**Int/Adv HBCU Field Jazz "Ring My Bell" by: Major Music Publishing - Time 1:58** – This Adv Field HBCU Jazz routine is super high energy and will satisfy the crowd at any halftime show! This routine is dynamic full of smooth rolls, pops, and foundational skills that allow dancers to have a good time and showcase their technique. This will easily be a dancer favorite after stamina is reached & moves are mastered!

### **Team Building: Erica Wilcox**