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Special Routines

Camp Dance - “Diamonds (Techno Dance Remix)” by: Rihanna - Time 1:44 - Watch your team shine bright this year with an upbeat jazz catered to every level your dancers need! With multiple options for skills, your dancers will leave feeling confident as they shine bright through their performance!

Pep Rally Jazz - “Hit Me With Your Best Shot” by: Pat Benatar - Time 1:17 - Step into the rhythm with this energizing pep rally jazz routine! Set to the iconic beat of 'Hit Me With Your Best Shot,' your dancers will captivate the crowd with dynamic choreography, infectious energy, and electrifying movements that ignite school spirit like never before!

Pep Rally Jazz - “Ain’t Nothing Wrong With That” by: Robert Randolph & The Family Band - Time 1:10 Showcase your dancers confidence and sassy jazz moves with this fun energetic dance! This routine will challenge your dancers but can be modified to fit your team’s technical level. Perfect for any pep rally, basketball game, or any event to showcase a crowd-pleasing performance.

Pep Rally Pom - “I Like It, I Love It” by: Tim McGraw - Time 1:26 - This is a pom with an upbeat country-western flair. Rope in your audience with this sassy, fun intermediate routine featuring a double pirouette, ring leap, and stationary leap.

Pep Rally Pom - “I’m Back” by: Royal Deluxe - Time 1:20 - Make a statement to start this season and show off your dancers with “I’m Back.” This routine is sure to excite any pep rally crowd! A sassy and spunky pom including jeté leaps, pirouettes, a calypso, and fun pom visuals. This is the perfect routine to start off strong and support your teams to victory!

Pep Rally Hip Hop - “MY HOUSE” by: Beyonce - Time 1:20 - “MY HOUSE” is a fun and energetic routine with parts, levels, and directional changes incorporated into the choreography for a visual impact. This dance will be quick for your team to learn, easy to clean, and perfect to get any audience pumped at pep rallies, basketball games, or special events.

Pep Rally Hip Hop - “Bounce” by: Various Artists - Time 1:25 - This high energy routine will definitely have your adrenaline going! From bouncing to rocking, this trendy and fun choreography will hype up your audience and challenge your dancers. If you’re looking to have some fun this routine is for you!

Jazz: Kelly Norman, asst: Carolyn Thompson

Beg Jazz - “Keep Your Head Up” by: Birdy - Time: 1:37 - This upbeat beginner jazz routine can be performed at basketball games or other fall events. This routine has many levels, a fan kick, single pirouette, floor work and options for a calypso and X-jump. This routine is fun for any level dancer and a joy to perform. Bring some excitement and personality to the dance floor with this catchy tune and sassy choreography!

Int Jazz - “Dancing Queen (Club Remix)” by: Abbamania - Time 1:42 – Your dancers will love this remake of the 1976 hit “Dancing Queen”! This fun and upbeat jazz is perfect for a football game or pep-rally. The choreography will challenge your dancers but can be modified to fit your team’s technical level. This dance is visual with parts, levels, and section work and includes a pirouette, split, jeté, and press leap. This sassy jazz will be a crowd pleaser for sure!

Int Field Jazz - “Fireball” by: Arrangers Pub (Tom Wallace) - Time - 1:30 - This fun and fiery Pitbull arrangement will get your audience moving to the beat. This routine is the perfect level for all dancers to feel confident on the football field. Get ready to entertain your audience while having a BLAST dancing to this fun and energetic song!

Int/Adv Field Jazz - “Funkytown” by: Alfred Pub (Ralph Ford) - Time 1:48 - This field jazz will be a fan favorite halftime or pep rally performance. Set to a high energy disco classic, this choreography includes intermediate and advanced options for technical skills including: pirouettes, press leaps, calypsos, and jetés. Your team will have so much fun performing this dynamic routine!

Int/Adv Jazz - “Calabria 2008” by: Enur, Natasja - Time 1:33 - This fast, upbeat jazz is sure to keep the crowd entertained! This dance contains a back attitude leap, a kick, triple/double pirouette, and illusion! While this routine features your dancer’s technique, it is also a crowd pleaser! Who wouldn’t want to get up and dance to a classic?

Adv Jazz - “Wind It Up” by: Gwen Stefani - Time 1:37 - Take it back to the 2000’s with this sassy and stylized jazz. This dance contains a calypso, jeté, tilt, fan kick, pirouettes, floor work, fouetté turns, and you might even see an old school axel! Get ready for your dancers and audience to have a blast with this one!

Int/Adv Stylized Jazz - “Green Light” by: Lady Bri - Time 1:38 - This intermediate to advanced jazz is sure to be a favorite for the crowd! This routine incorporates sharp, fun, and fast paced movements, as well as double pirouettes, fan kicks, turns in second, ring leaps, and a turning disc. Your dancers will surely have a blast learning and performing this dance!

Hip Hop: Tasha Franklin

Beg Hip Hop – “Lose Control” by: Various Artists – Time – 1:26 - Who doesn't love Missy Elliott and Soulja Boy? This fun, hard-hitting hip hop will be great for all levels of dancers. It has levels, parts and many visuals that will entertain any crowd. This routine can be performed at pep rallies, basketball games, spring shows and other special events during the season.

Int Hip Hop - "Are You Ready?" - by Various Artists - Time - 1:43 - Are you ready? This fun and energetic dance will be a crowd favorite during pep rallies! It is a high energy dance with a dash of stylized intricate hip hop. It is full of levels, parts and many visuals that will entertain any crowd!

Int/Adv Hip Hop – “2000 Vibez” by: Various Artists – Time – 1:25 - If you are looking for a fun 2000 vibe dance this is it!!! Everyone loves a good throwback! This mix of “It’s Goin Down”, “Walk it out”, and many more, will bring energy to the floor. Featuring parts, levels and current dance movement, this dance will be great for pep rallies, spring shows or any special performances!

Adv Hip Hop – “Mega Mix” by: Various Artists – Time – 1:34 - Want to get the crowd on their feet? This fast paced routine will surely do it! “Mega Mix” features many parts and visuals and is set to songs by the hottest artists in the game. It will definitely challenge your dancers mentally and physically. This routine is great for pop up performances, pep rallies and basketball games.

Pom: Heather Johansen, asst: Kayla Bruner

Beg Pom “Queen Mix” by: Various Artists - Time 1:16 - This fun choreography, that is easy to polish, makes this a great dance for your beginners. With a mix of music that the fans will love, this routine will be a hit for both pep rallies and halftime performances!

Int Pom - “Dance Party Remix” by: Various Artists - Time 1:27 - This intermediate pom is a fun and upbeat routine with great visuals along with sharp arm movements! The technical elements are sure to have the audience cheering. The choreography includes a stationary leap, high kick, a pirouette, and a small group jeté.

Int Field Pom - “Proud Mary” by: Arrangers Pub (Tom Wallace) - Time 1:45 - This fan-favorite song will get your audience on their feet as they perform this field pom. This routine is full of visuals as well as intermediate technique that will have all dancers feeling successful yet challenged.

Int Field Pom - “Everybody Talks” by: Alfred Pub (Mike Story) - Time 1:54 - This sassy pom routine is your secret weapon to an amazing performance! Packed with eye-catching visuals, this routine is sure to blow everyone away during halftime. With technique variations that cater to intermediate dancers, each dancer gets their moment to sparkle on the field!

Int/Adv Field Pom - “Made You Look” by: Alfred Pub (Doug Adams) - Time 1:44 - This intermediate/advanced field pom is sure to entertain the crowd! Technical skills showcased in this dance are a calypso, double pirouette, various leaps, and tilts. With strong arm movements and dynamic visuals, this pom is not only fun to look at, but is also fun to perform!

Int/Adv Pom - “Overdrive” by: Oliver Heldens & Becky Hill - Time 1:32 - This routine includes intricate pom motions and showcases technical skills such as a double pirouette, turns in second, calypso, and a toe touch. This intermediate advanced pom is high energy, upbeat, and sure to be a crowd favorite.

Int/Adv Pom - “Delirious” by: Steve Aoki - Time 1:25 - This intermediate/advanced pom will surely have the crowd going crazy! This dance includes amazing visuals, levels and group work, double pirouettes, various leaps, and fast paced movements. This pom is a party on the dance floor!

Prop: Nikki Whitley

Beg Field Hoop - “Jailhouse Rock” by: Hal Leonard (Johnnie Vinson) - Time 1:36 - An exciting beginner routine to an Elvis classic is a great way to kick off your football season! Your dancers will have a blast with this highly visual routine featuring parts and contagions that are perfect for any field performance.

Int Field Fan - “Larger Than Life” by: Arrangers Pub (Tom Wallace) - Time: 1:39 - This extremely visual and unique routine is sure to be remembered. This eye-catching intermediate routine includes contagions, a sauté, floor work, chaînés, and sharp arm movements. This routine has parts to accommodate small or large teams. Skills can be modified to your team's level to create a routine that will leave a lasting impression on the audience. This memorable prop routine is sure to receive a standing ovation!

Int/Adv Field Streamer - “Let’s Groove” by: Arrangers Pub (Tom Wallace) - Time 1:28 - This is a funky and upbeat field streamer routine that will get the audience grooving in their seats. It features a diverse variety of technical elements such as a high kick, grand jeté, turning disc, and right split. Additionally, it offers options that can be easily adapted to your team's needs. Prepare for a challenging, audience engaging, and visually vibrant streamer routine that will be sure to WOW the crowd!

Kick: Elisabeth Eckles

Int Field Kick - “Bad Guy” by: Arrangers Pub (Jay Dawson) - Time 1:33 — This crowd pleasing routine is great for any level! The routine includes a variety of kick sequences, footwork, and a grand jeté. Wow your audience with impressive kick sequences and visual contagions perfect for any field performance!

Int/Adv Field Kick - “HandClap” by: Hal Leonard (Paul Murtha) - Time 1:34 - This upbeat, fun, and very catchy high kick routine will definitely “make your Hands Clap”! The quick pace, contagions, and high kicks will keep the crowd's eyes locked on your dancers! This energetic kick routine also includes a single or double pirouette, and a press leap. Get your dancers ready for a challenging, yet rewarding and memorable high kick under those beautiful Friday night lights!

Int Pop Kick - “We Found Love” by: Rihanna & Calvin Harris - Time 1:35 - Your team will love this upbeat kick routine! This piece is versatile and would be perfect for a pep rally, community performance or spring show! This choreography includes fun kick sequences, a tour en l'air, and a single or double pirouette. This routine will be entertaining for any audience!

Military: Rachel Dodson

Int Field Military - "Push It" by: Alfred Publishing (arr. Mike Story) - Time 1:25 - Clean placement and traditional movement make this an easy-to-polish, classic military routine! Visual parts, levels, and group work will look great on the field while the fun music will appeal to both dancers and spectators alike. Get ready to push your way to a fantastic halftime performance!

Int/Adv Field Military - "Paint It Black" by: Alfred Pub (Mike Story) - Time 1:40 - This field military is a fast-paced and visual routine guaranteed to be a show stopper! The routine includes a press leap, battement, single or double pirouette, and an optional advanced section containing a turning disc. The audience will be left in awe by the contagions, various parts, and formation changes.

Novelty: Alice Henrichsen

Int Novelty - "Ex-Wives" by: "Six" Official Cast Recording - Time - 1:40 - What's better than a history lesson wrapped up in choreography? This routine brings to life the Broadway musical "Six" and would be perfect for any stage! Your crowd will go crazy for this routine that includes choreography such as jeté leaps, pirouettes, battements and dynamic visuals!

Int/Adv Novelty - "Disco Remix" by: Various Artists - Time - 1:36 - This intermediate/advanced novelty will get your crowd moving and grooving as they go back in time with "Disco Remix!" Featuring a variety of parts, and technical elements that can be adjusted as needed for any dancer's skill level. Perfect for a themed pep rally, or a decade routine for a spring show!

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

Beg/Int Lyrical - "Rome" by: Dermot Kennedy - Time 1:27 - "Rome" will give your dancers the opportunity to express emotion and work on improving their confidence and presence while on stage. This choreography includes leap variations and a variety of movements that will showcase your dancers beautifully!

Int/Adv Lyrical - "What Was I Made For?" by: Billie Eilish - Time 1:38 - This lyrical piece will challenge your dancers to connect with themselves while expressing their emotions. "What was I Made For?" has a variety of skills, as well as modifications that can be made to align with any dancer's skill level. This dance is perfect for any special occasion, competition, or spring show performance for your dancers to spotlight their technique and connect with the audience.

Int/Adv Modern - "Interstellar" by: Hans Zimmer - Time 1:37 - This intermediate/advanced routine will allow your dancers to dive deeper into the elements of modern dance. They will be challenged with musicality, style, and dynamics while performing modern techniques like contractions, and weight shifts. "Interstellar" would make a great competition dance or the perfect addition to your Spring Show!

Int Cont - "Can't Get You Out of My Head" by: Sofia Karlberg - Time 1:32 - This routine is a great way to introduce contemporary to your beginner/intermediate dancers. It includes ripples, parts, dynamic movements, and even a lift, which is a great way to prepare your dancers for future contest choreography. "Can't Get You Out of My Head" will engage dancers with visual variety, and will challenge them to focus on musicality and express their emotions!

Int/Adv Contemporary - “Fall on Me” by: NEEDTOBREATHE - Time 1:46 - This intermediate/advanced contemporary includes contagions, various floor work combinations, and several leaps with options to accommodate dancers of all levels. This piece will give your dancers the opportunity to work on their movement quality as well as stage presence and expression. “Fall on Me” is uplifting and the movement is sure to highlight your dancers beautifully!

Adv Contemporary - “Love Me or Leave Me” by: Little Mix - Time 1:33 - This advanced contemporary is expressive, technical, and fun to perform. “Love Me or Leave Me” includes various groups and parts, and is filled with a variety of leaps, quick weight shifts, and movement phrases that will truly challenge your dancers.

HBCU-Style: Mila McQueen

Int HBCU Field Jazz - “Off The Wall” by: Major Music Publishing - Time 1:53 - This MJ throwback intermediate field HBCU jazz is sure to make your crowd want to get up and dance! This routine is fun, and definitely a great way to introduce your dancers to this style of dance. This choreography includes a press leap, single turn, split, and hitch kick that can be modified to fit your team without losing that sassy HBCU style.

Int/Adv HBCU Field Jazz - “My Prerogative” by: Hal Leonard (Ishbah Cox) - Time 2:05 - This energetic routine will have your audience singing and dancing along with this classic song! Technical elements include: double pirouette, tilt leap, turns in second, and split leaps. This sassy choreography is a great way for dancers to showcase their technical skills as well as majorette style movement quality.

Team Building: Erica Wilcox

Follow our social media accounts for Team Building Activities to be posted throughout the year!