Special Routines

Camp Dance - "Marry The Night" by: Lady Gaga - Time 1:40 - This year's Camp Dance is an energetic jazz that takes dancers on a journey of facing challenges head-on and rising together. Choreographed with several different technical options that will leave any level of dancer feeling empowered. "Marry the Night" is a fun piece that celebrates friendship, resilience, and the courage to keep dancing through the darkness!

Pep Rally Jazz - "Another One Bites the Dust" by: Queen - Time 1:18 - Full of attitude and energy, this hard-hitting pep-rally jazz routine to Queen's *"Another One Bites the Dust"* is all about power, precision, and presence. Dancers attack the rhythm with sharp isolations, bold accents, and dynamic visuals that pop with each formation change. The choreography leans on musicality and clean execution, incorporating stylized movement, directional shifts, and layered staging. Designed for intermediate to advanced dancers, this piece demands confidence, control, and a commanding stage presence.

Pep Rally Jazz - "Showstopper" by Kali J – Time 1:16 - *"*Showstopper" is the ultimate crowd-pleasing routine, perfect for pep rallies, basketball games, or any event that calls for energy and excitement. This upbeat jazz piece gives your dancers the chance to shine with confidence, attitude, and sassy choreography that's sure to captivate the audience. While the routine offers a fun challenge, it can easily be adapted to match your team's technical abilities, making it both dynamic and accessible for all skill levels.

Pep Rally Pom - "5150" by: Dierks Bentley - Time 1:23 - This is a fun pom routine with a western flair! You'll be sure to bring the country to the gym floor with this intermediate routine, featuring a double pirouette, stationary leap, and calypso.

Pep Rally Pom – "RuPaul Mix" by: Various Artists –Time 1:15 – "RuPaul Mix," is a high-energy, sassy pep rally pom routine that will have your dancers feeling confident! This routine will showcase visuals, sharp arm movements, and levels that will have your dancers looking fierce.

Pep Rally Hip Hop - "ExtraL" by: JENNIE, Doechii - Time 1:16 - This fun, sassy routine is quick to learn and easy to clean. The music starts off quick but slows with a tempo change in the middle giving your dancers a chance to breathe before picking up again to finish fast and strong. The choreography includes oppositional group work, parts by line, and floorwork making it a perfect crowd pleaser at pep rallies, basketball games, or other special events.

Pep Rally Hip Hop - "New School Mix" by: Various Artists - Time 1:38 - This routine will definitely be a crowd favorite as it includes a variety of new music from artists like Glorilla, Kendrick Lamar, and Jennie. This dance showcases a variety of hip-hop styles from hard hitting to sassy movements along with group work and visuals perfect for a pep rally.

Jazz: Kelly Norman, asst: Carolyn Thompson

Beg Jazz - "Boogie Shoes" by: Glee Cast - Time 1:32 - This catchy and exciting routine will have everyone dancing in the stands. This routine will consist of fun groovy moves along with sassy hard hitting jazz movements.

Int Jazz - "Waiting for Tonight" by: FISHER & Jennifer Lopez - Time: 1:35 – Your audience will love this remix from Jennifer Lopez's 1999 number #1hit! This dance is visual with levels, parts, and floorwork and includes a jeté, pirouette, and press leap. The choreography will challenge your dancers but can easily be modified to fit your team's dance ability. This upbeat jazz is perfect for a football halftime performance, pep-rally or basketball game.

Int Field Jazz - "We Found Love" by: Tom Wallace (Arrangers) - Time - 1:46 - Your audience will love dancing along with you to this fan favorite pop hit. This fun and high energy jazz is the perfect level so that all your dancers feel successful. This intermediate field jazz includes choreography such as jeté leaps, pirouettes, battements, and crowd appealing visuals that your team will have a blast dancing under those Friday night lights!

Int/Adv Field Jazz - "Bang Bang" by: Ishbah Cox (Hal Leonard) - Time 1:50 - This field jazz will be a fan favorite halftime or pep rally performance. Set to a high energy pop classic, this choreography includes intermediate and advanced options for technical skills including: pirouettes, press leaps, and firebirds. Your team will have so much fun performing this dynamic routine!

Int/Adv Jazz - "Espresso" by: Sabrina Carpenter - Time 1:31 – This fast, upbeat jazz is sure to keep the crowd entertained! This dance contains techniques such as: back attitude leap, a double turn, calypso, and a right split! There are groups, opposition, and levels seen throughout this routine. While this dance features your dancers' technique; it is also a crowd pleaser! Who wouldn't want to dance to "Espresso"?

Adv Jazz - "I'm Outta Love" by: Anastasia, James Fenwick - Time 1:36 - This team jazz is a fun, upbeat, and stylized dance that your team would love performing at a pep rally, winter show, contest, or spring show! Your dancers will find their sassy sides while also implementing fun dance technique! Get ready for turns, leaps, and extensions! Bring on the sass!

Int/Adv Stylized Jazz - "Yes or Yes" by: Tricia Battani - Time 1:37 - This dance will sure to have the crowd on their feet! This fun, intricate routine includes a press leap, double turn fan kick, chassé leap with multiple parts and groups! This dance is super fast paced, and will surely get the energy up!

Hip Hop: Tasha Franklin

Beginner Hip Hop - "Welcome to the Party?" - by Various Artists - Time - 1:49 - Welcome to the House Party! This fun, upbeat mix of songs brings the party vibe to the pep rally. From playful fun to stylized classic, the wide range of hip hop moves is sure to keep the interest of the dancers. This routine is filled with groups, formation changes, and visuals that will keep any crowd entertained!!

Int Hip Hop – "Nicki Minaj Mix" by: Various Artists – Time – 1:45 - Who doesn't love Nicki? This fun, hard hitting hip hop will be great for all levels of dancers. It has levels, parts and many visuals that'll entertain any crowd. This routine can be performed at pep rallies, basketball games, spring shows and other special events during the season.

Int/Adv Hip Hop - "Grillz" by: Various Artists- Time: 1:36 - This fun and upbeat hip hop is sure to get the crowd going! This dance contains levels, groups, and opposition, throughout the entire routine! This dance is fun, but will also challenge your dancers! This piece is perfect for pep rallies, basketball performances, or even just to learn for fun!

Adv Hip Hop – "Girlz" by: Various Artists – Time – 1:36 - Want to get the crowd on their feet? This fast paced routine will surely do it! "Girlz" will be a challenge with many parts and visuals. It will definitely challenge your dancers mentally and physically. This routine is great for pop up performances, pep rallies and basketball games.

Pom: Kayla Bruner/Julianna Gilliam

Beginner Pom (Pop) - "Get Low" by: Various Artists - Time 1:18 - Perfect for pep rallies and halftime performances, this dance is a great way to introduce your team to pom or work on the fundamentals of sharp movement and placement. Fun music and visual choreography will suit your beginner dancers and entertain the crowd!

Int Pom - "All I Do is Win" by: Various Artists - Time 1:30 - 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, and a pirouette. Your dancers will have so much fun with this dynamic and upbeat routine.

Int Field Pom - "Timber" by: Matt Conaway (Hal Leonard) - Time 1:37 - This high-energy intermediate field pom routine set to "Timber" delivers sharp motions, dynamic formations, and infectious energy across the field. The choreography incorporates technical elements such as a double pirouette, leap, kicks, and press leap, adding complexity and visual impact. Strong pom visuals are seamlessly blended with traveling sequences, all executed with an emphasis on precision, synchronization, and commanding field presence.

Int/Adv Field Pom - "Hey Ya!" by: Michael Brown (Hal Leonard) - Time 1:34 - This is a fun energetic intermediate pom dance to a song that everyone knows and loves. The counts include both 6 and 8 counts, so this could be a challenge to beginner teams! This fun energetic pom dance will surely have your crowd on their feet in the stands! This routine will include many visuals and strong powerful pom movements.

Int/Adv Field Pom - "Physical" arr. by: Nick Baratta (Alfred Publishing) - Time 1:56 - This intermediate/advanced field pom is sure to entertain the crowd! With 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, straight leap, intricate arm movements, and direction changes.

Int/Adv Pom - "Work Mix" by: Various Artists - Time 1:48 - This pom routine is sassy, energetic, and fun! The crowd will surely have a good time watching it! This routine showcases fast pom movements with multiple parts and groups. Skills include double turn, spinning disc, chassé leap, floor kick, press leap, firebird and à la seconde turns.

Adv Pom - "Pitbull Mix" by: Various Artists - Time 1:47 - This is a fun and exciting routine that will challenge dancers while entertaining the crowd. It is filled with intricate movement and technical skills that your dancers will have fun with. This routine is high energy and upbeat with a great mix of songs!

Prop: Nikki Whitley

Beg Field Hoop – "Rockin' Robin" by: Jimmy Thomas (arr. Tom Wallace) – Time 1:20 - Get ready to light up the field with this fun and energetic beginner hoop routine to a timeless favorite! This upbeat routine is packed with eye-catching visuals, making it the perfect choice for young or beginner teams. Your dancers will get the opportunity to showcase contagions, a jeté, floor work, a single pirouette, and sharp arm movements, all while keeping the crowd engaged and clapping along. A fantastic and crowd-pleasing addition to any field show!

Int Field Disc - "Groove Tonight" by: Tom Wallace (Arrangers) - Time 1:31 - This groovy routine is sure to be a crowd favorite. This eye-catching intermediate disc routine includes contagions, a jeté, single or double pirouette, sharp arm movements, and opposition to create a visual on the field. This routine can accommodate small or large teams, and skills can be modified to fit your team's level. This memorable prop routine is sure to receive a standing ovation!

Int/Adv Field Streamer - "Starships" by: Tom Wallace (Arrangers) - Time 1:30 - This fun and upbeat pop arrangement will make your audience want to get up and dance. This routine is a good balance for intermediate to advanced dancers to feel confident on the field! With skills like press leaps, double pirouettes, and tilt jumps, your dancers will shine with this dynamic and exciting routine!

Kick: Haley Hockenberry

Int Field Kick - "Knock on Wood" by: Arrangers Publishing (Tom Wallace) - Time 1:37 – This crowd-pleasing routine is great for any level, and will be a team favorite! The routine includes a variety of kick sequences, footwork, fun transitions, and a grand jeté. Wow your audience with impressive kicks and visual group work, perfect for any field performance!

Int/Adv Field Kick - "Born This Way" by: Arrangers Publishing (Jay Dawson) - Time 1:20 - This fun high energy intermediate/advanced field kick routine to "Born This Way" incorporates fancy footwork and dazzling visuals. Perfect for a small to large team.

Int/Adv Kick - "Houdini" by: Dua Lipa - Time 1:33 - This upbeat and engaging kick routine to "Houdini" would be perfect for the gym floor, football field or even stage! This dance features fun kick sequences, a double pirouette and renversé. Any crowd will love seeing your dancers' beautiful high kicks!

Military: Rachel Dodson

Int Field Military - "SOS" by: Hal Leonard Pub (Michael Brown) - Time 1:22 - This is an easy-to-clean routine that will appeal to your crowd! Parts, contagions, and levels will make this a great first routine of the season. Your team will love the fun music and easy to remember choreography.

Int/Adv Field Military - "Hawaii Five-O" by: Alfred Pub (Doug Adams) - Time 1:12 - Choreographed to this classic crowd-pleasing song, this routine is visual, fast-paced, and great for any level of dancers. This military routine contains a pirouette (single or double), a grand jeté, a turning disc, and a split. Advanced skills have optional modifications to meet your team's needs.

Novelty: Alice Henrichsen

Int Novelty - "Thriller/Heads Will Roll" by: Glee Cast - Time - 1:38 – It's time to celebrate spooky season with this fun remix! This energetic novelty is guaranteed to be a showstopper for any pep rally, basketball game, or community event. The choreography includes jetés, pirouettes, press leaps, and spooky elements for all dancers and audiences to enjoy!

Int/Adv Novelty - "Magic" by: B.o.B (feat. Rivers Cuomo) - Time 1:40 - Dazzle your audience with this exciting and energetic novelty to "Magic"! Including elements such as tilt jumps, switch arabesques, and turning discs, this intermediate/advanced novelty routine is perfect for dancers who are looking to advance their skills while mastering performance quality. Pump up the crowd with these moves and let the magic happen!

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

Beg/Int Lyrical - "Maybe" by: Sienna Spiro - 1:19- "Maybe" offers dancers a chance to explore emotional vulnerability and storytelling through soft, expressive movement. This choreography blends flowing transitions, gentle floorwork, and subtle technical elements like pirouettes and extensions to help your dancers build confidence and deepen their presence on stage. This routine emphasizes connection to the music and expressive detail, making it a beautiful showcase for lyrical artistry!

Int/Adv Lyrical - "Grace" by: Lewis Capaldi - Time 1:44 - "Grace" is a powerful lyrical piece designed to inspire dancers to explore emotional depth and personal expression. Ideal for competitions, special events, or spring showcases, this choreography encourages performers to connect with both themselves and the audience on a meaningful level. "Grace" has different technical skills, but modifications can be made to align with your dancer's skill level.

Int/Adv Modern - "Run Boy Run" by: Woodkid - Time: 1:31 - This team modern piece will have your dancers wanting more! It is an upbeat modern dance that requires your dancers to focus on body awareness with an emphasis on contractions, staying grounded, and floor work. Audiences would love this routine at a winter show, contest, or spring show. Don't be afraid to push your team with "Run Boy Run"!

Int Contemporary – "The Story" by: Brandi Carlile - Time 1:32 - This intermediate contemporary routine offers the ideal challenge for beginner to intermediate dancers looking to grow. Featuring ripples, group work, partner sections, and dynamic movement; it's an excellent way to prepare dancers for future contest routines. "The Story" encourages emotional expression through musicality and lyrics, while fostering teamwork and connection among performers.

Int/Adv Contemporary -"Listen" by: Beyonce - Time 1:49 - "Listen" will allow your dancer to work on their beautiful expression and execution of movements in this intermediate/advanced contemporary. This dance is very powerful and includes visuals, optional elite section, and several leaps with options to accommodate dancers of all levels. This song is super inspiring and will help showcase your dancers beautifully!

Adv Contemporary – "90 Days" – by: P!nk and Wrabel – Time 1:47 – This advanced contemporary dance is challenging, but very fun to perform. "90 days" is filled with challenging movements and techniques that will push your dancers. Some of the skills seen throughout this routine are: à la seconde turns, calypso, leg extensions, among others! This contemporary piece contains groups and parts that will show off your dancers beautifully!

HBCU-Style: Mila McQueen

Int HBCU Field Jazz - "I Wanna Dance With Somebody" by: Ward Miller (Sheet Music Direct) - Time 1:40 - This Whitney Houston throwback Int Field HBCU Jazz is sure to make your crowd want to get up and dance with somebody. This routine is fun, and definitely a great way to introduce your dancers to this style of dance. This choreography includes a single turn, press leap, split, and kick line that can be modified to fit your team without losing that sassy HBCU style.

Int/Adv HBCU Field Jazz - "Where Have You Been" by: Tom Wallace (Arrangers) - Time 1:54 – This advanced field HBCU jazz routine is smooth with high energy and will satisfy the crowd at any halftime show! This routine is dynamic, full of smooth body 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 and moves are mastered!

Team Building: Erica Wilcox

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