

“Crank That Thang” by: Various Artist

Int Hip-Hip – Time 2:10

Taught by: Jessica Saldana

Start in four lines in windows facing all directions in different levels and poses

8 hold 1-2 look front 3 jump out to 2nd position grab wrist 4 pull to rt 5 front & pull left 6 front & circle arms close feet 7 step out left right arm up 8

8 hips to R L R roll wrist and snap 1&2 to the L 3&4 L hand on chest 5&6 wrap R hand around head and step L R L 7&8

8 shoulder pops 1&2 contact 3 step front rt flat box arms 4 groups (5-7-1-3) step back

left 5 rt 6 kick left back arms circle 7 step left 8

8 turn to front 1 rt leg out hand on knee 2 cont parts 3-8

4 stand left arm over head 1-2 back down 3-4

8 shuffle left two fist down 1 shuffle right one fist 2 hands on knee 3 circle arms passé 4 step on right 5 jump out to side 6 right hand on chest 7 drag rt leg rt arm swing to back 8

8 two parts front and back (1-4) chug front rt 1 left 2 hop to right 3 step on right 4 turn stepping lf/rt 5-6 jump out 7-8

8 drag to rt left arm to right shoulder 1-2 drag to left rt arm circle 3-4 group #2 cont 5-8

8 circle arms back left leg flick 1 down to ground 2 left leg out rt arm punch 4 rt arm punch right 4 stand hands on rt knee 5 left hand to left knee 6 rt arm up tap tap 7-8

8 swim arms 1 behind head 2 hands behind back 3 pulse 4 circle left arm lean back 5 close to left 6 step out left arms low V 7 tap tap hands & 8

4 hands and head swing

8 shake hips left 1-2 right 3-4 walking 5-8

8 cont moving to two lines slide steps

8 clap under rt leg 1 clap 2 indian arms 3&4 clap under left leg 5 clap 6 indian arms 7&8

8 slide right 1 clap 2 slide left 3 clap 4 body roll 5-6 step out left right arm to shoulder 7 switch 8

8 groups 1, 3, 5: R arm up L leg up 1 L arm up R leg 2 hips 3& flip hand L 4 L PBR 5&6 drop arms over head 7 stand 8

8 twist and step rt/lf/rt 1&2 head roll and turn front 3-4 cont groups 5-8

8 jump out slice hands 1-2 lean left right hand on left wrist 3-4 unfold hands 5-6 rt hand up 7 down 8

8 drag opposite directions circle arms 1-2 PBR 3&4 turn back hand on back pocket 5-6 pulse 7-8

8 pony into a triangle

8 right hand on chest 1 left 2 right hand touch rt leg 3 clap 4 over flat back 5-6 C-jump 7 half T 8

8 every other line opposite directions plie arms around front 1-2 plie arms scoop 3-4 all together step back rt 5 left 6 right and arms over head 7 hip & 8

8 parts (1-3-5) step right to front hands to left hip look back 1 swing hops front 2 pick up 3-4 pick up 5-6 all 7-8

8 pony back to four lines

4 step out 1-2 head 3-4

8 left arm circle back 1 behind back 2 step lf/rt/lf 3&4 roll down 5-6 hands on shoulders 7 turn side 8

8 hold 1 hands on left knee 2 pulse box arms down & 3 pulse arms back & 4 roll to ground 5-6 stand 7-8

8 make one line

8 pose down the line

8 walk back to triangle

8 plie opposite directions 1 close and turn side 2 PBR 3&4 swim arms over head 5&6 punch down 7&8

8 flip hands up to rt 1-2 walk hands 3&4 plie 5 right arm ½ T face left 6 step lf/rt/lf 7&8

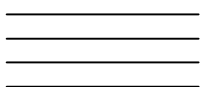
8 swing 1-2 hands on knee 3 invert 4 hand out and in 5-6 circle 7-8

8 walk left right 1-2 PBR 3&4 roll to ground 5-6 stand 7-8

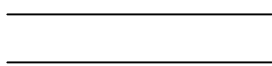
1 head lifts

Formations:

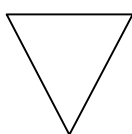
#1 Four Lines



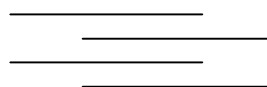
#2 Two Lines



#3 & #6 Triangle



#4 Box (in windows)



#5 One Line



“Shake This Mix” by: Various Artist

Int Pom – Time 2:12

Taught by: Jessica Saldana

Start in tuck in diamond or V formation depending on how many dancers are performing

8 ripple from front to back arms high V hitting high knees

8 every other line down or up (down part) check right 1 left 2 fast 3&4 (up part) check left 1 right 2 fast 3&4 all touch down 5 prep 6 toe touch 7-8

8 jump out to 2nd position facing left 1-2 shake hips front/back 3 & punch front 4 up to side 5 left arm out look front right on hip 6 switch & arch back arms switch 7 jump together 8

8 walk rt/left/right/ 1-3 left leg out bend body over 4 look to right arms push out straight 5 look forward hand pulls in 6 step front 7 step right big hip 8

8step left swing left arm 1 bounce step right 2 flex right foot to left side arms in box 3 hold 4 slide to right hands on shoulders 5 left leg out low V arm 6 snake up leg 7-8

8 lf leg out pulls arms to rt 1 switch 2 switch & arms on head pop hips 3-4 snake to left knee 5 invert right knee & 6 hands in fist 7 hold 8

8 moving to three lines punch rt arm up 1 punch down lf leg in passé 2 lf arm up 3 punch down 4 shake poms 5-8

8 cont. moving same arms

8 parts (1-3-5) lf arm up rt arm down 1 up and down leg & 2 box arms 3 hold 4 step rt clap to side 6 stand up rt arm 7-8

8 shake poms and swivel hips 1-4 cont parts 5-8

8 prep 1-2 turn 3-4 land in 2nd position 5-6 swing arms up left 7 right 8

8 parts (1-3-5) poms to left right wrap waist 1 switch 2 fast 3&4 plie left to right 5-6 close to left shake poms 7-8

8 roll to ground back to right 1-2 levels low knees 3-4 group #2 high knees 5-6 #3 standing 7-8

8 rt arm up 1 swing left arm up 2 double pump 3-4 left arm up 5 swing right arm up 6 double pump 7-8

8 rt ½ T left arm out side 1 switch 3 middle line circle 3-4 1st and 2nd line circle 5-6 all close or stand 7-8

8 move to triangle off center arms T 1 circle 2 pony 5-8

8 cont moving same arms

8 pick up (1-3-5) disco 1-2 disco 3-4 chaine 5-6 chaine 7-8

8 leap 1-2 roll 3-4 high knees hip shakes left 5-6 right 7-8

8 left 1-2 roll back to left and sunshine legs 3-4 stand 5-8

8 left leg out poms punch to left 1-2 right 3-4 shake around 5&6 close 7-8

8 slice to right 1 left 2 body roll down 3&4 step left poms over head 5&6 right 7&8

8 ripple front to back circle poms down left to right and then over head

8 back ½ of triangle high V low V 1&2 three step turn 3&4 2nd position 5-6 poms on left knee 7 rt 8 (front ½ start on 3&4)

8 facing right pump arms up 1-2 (front add on) low 3-4 ½ T 5-6 shake front 7-8

8 rt arm up left out 1 together 2 rt down 3 together 4 shuffle 5&6 shuffle 7&8

8 rt arm up left out 1 together 2 rt down 3 together 4 shuffle 5&6 shuffle 7&8

8 moving back center snake rt arm 1-2 pump 3-4 snake left arm 5-6 pump 7-8

8 move block in windows punch right up 1 left 2 shake 3-4 punch rt 1 left 2 shake 5-8

8 punch rt 1 left 2 shake 3-4 tuck 5-6 hold 7-8

8 parts (1-3-5-7) poms to rt on knees 1 poms down low knees 2 high 3 low 4 circle 5-6 cont 7-8

8 cont 1-4 rt leg up 5-6 stand 7-8

8 punch to left right arm 1 left & right 2 left shake 3-4 repeat right side 5-8

8 shimmy left 1-2 release head 3-4 shimmy right 5-6 release head 7-8

8 up or down by lines (up) step right arms up 1 step left 2 flat back 3-4 step rt arm up 5 left 6 shimmy 7-8

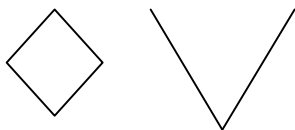
(down) flat back 1-2 step rt arms up 3 left 4 flat back 5-6 shimmy 7-8

8 tighten formation pony

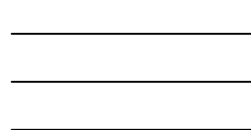
8 rocket 1-2 tuck 3-4 touchdown feet in 2nd position 5- T 6 over flat back 7 throw arms 8

Formations:

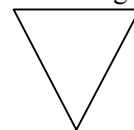
#1 Diamond or V



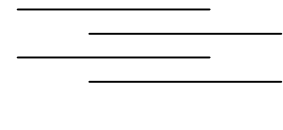
#2 Three Lines



#3 Triangle



#4 Block in Windows



“When Love Takes Over” by: Kelly Rowland (feat. David Guetta)

Int Jazz – Time: 2:07

Taught by: Jenna Dimas

Begin in two staggered lines, sitting down, facing the back

8 – hold 1-4, parts from L to R: arms up by ears in touchdown (TD) 5, release head and arms 6, or 6-7, or 7-8

8 – head up 1-2, wrap arms around head 3-4, get up facing the back 5-8

88 – Opposition Parts by Line:

Front Line: step back RL 1-2, turn over R shoulder arms slice forward to TD 3-4, R arm slices R T sit bk on L leg 5-6, cross turn LR arms wrap around shoulders 7-8. Step RL to the side 1-2, X-Jump 3-4, Ball change back L 5-6, three step turn L 7, step R 8

Back Line: step back LR 1-2, turn over L shoulder arms slice forward to TD 3-4, L arm slices L T sit back on R leg 5-6, cross turn RL arms wrap around shoulders 7-8. Step LR to the side 1-2, X-Jump 3-4, Ball change back R 5-6, three step turn R 7, step L 8

8 – step close 1, arms above head in TD 2, ball change back R arms press forward 3-4, hands on hips dig R 5-6, step R circle R arm 7, step out L circle L arm 8

8 – arms behind back release head 1, bend over L leg 2, snake up 3-4, cross turn over R shoulder to back 5-6, close arms 7-8

8 – Step LR to back 1-2, step L to side 3, R jete to the side 4, step out L 5, point R leg 6, bend forward arms outstretched 7, pull arms to sides 8

8 – step R Rond de Jambe L 1-2, step L rond de jambe R 3-4, step bk RL 5-6, R leg extends forward arms circle over 7 step back R 8

88 – **Move to three groups:** arms up gradually to TD 1-4, T 5, release head wrap arms 6, clean arms 7-8. Repeat moving arms: arms up gradually to TD 1-4, clean arms and pivot L to back 5-6, close 7-8

8 – turn over R shoulder rond de jambe L leg forward 1-2, step across LR 3-4, step L cross arms front 5, side kick 6, step R 7, circle L arm forward 8

8 – Parts by group: Group 1: Circle arms around L to R 1-2, hold 3-4, step across R extend R arm to side 5, point L toe side extend L arm out to side 6, hold 7-8. Group 2: hold 1-2, circle arms around L to R 3-4, hold 5-6, step across R, R arm extends to side 7, point L toe side L arm extends to side 8.

8 – step across L 1, wrap arms around head and point R toe side 2, clean hands and step back RL 3-4, ball change back R releasing head arms out front 5-6, prep forward step RL 7-8

8 – chaine forward in releve 1-2, chaine in plie 3-4, jete forward 5, land to ground and roll forward into levels (low knees and high knees) 6-8

8 – hold 1-2, cross arms front 3-4, R arm Up 5, L arm up R arm down 6, T 7, clean to sides 8

8 – tuck 1-2, Parts by group 3,5: slide L leg thru to R side 3-4, slide R leg thru to L side 5-6, hold 7-8 (while other group finishes)

8 – sit to L side 1-2, Parts by group R to L 3,5,7: slide forward in R Z-sit L arm extended up 3-4, parts finish 5-6, 7-8

8 – Parts by group L to R 1,2,3: lay over R leg hands on ground 1, hold 2-4, roll up to back 5-8

88 – **Move to triangle:** arms up gradually to TD 1-4, release head wrap arms 6, clean arms 7-8. Repeat arms: arms up gradually to TD 1-4, release head wrap arms 6, clean arms 7-8.

8 – chaine R 1-2, sit into R hip 3-4, snake R arm thru 5-6, step RL 7-8

8 – Rond de jambe arms circle above head L to R 1-4, step R 5, pop L 6, step L 7, pop R 8

8 – Parts front to back 1,3,5: prep to L side 1, sauté leap 2, land in tuck 3-4, parts finish 5-6, 7-8

8 – roll to back open to 2nd position 1-2, continue rolling up 3-6, ball change forward R 7-8

8 – Pas de Chat 1-2, turn out 3-4, ball change forward L 5-6, passé L arms in high 5th 7, release arms to L diagonal 8

88 – step L 1-2, Parts front to back 3,5,7: R arm slice up to ear 3-4, chaine R 5-6, prep 7-8. Single/double pirouette 1-2, land in 2nd position with arms in high V 3-4, land in tuck to R 5-6 hold 7-8 (parts continue)

88 – roll To R side 1, sunshine leap 2, roll up 3-6, parts finish 5-8, 7-2, step R dig L arm in TD 3-4, step L dig R arms in T 5-6, step R dig L arms clean to side 7-8

8 – pivot L 1, turn to back 2, walk LR arms above head 3-4, pivot L 5, turn to front 6, step L reaching forward 7, clean 8

88 – **Move to straight line (vertical):** arms up gradually to TD 1-4, release head wrap arms 6, clean arms 7-8. Repeat arms: arms up gradually to TD 1-4, release head wrap arms 6, clean arms 7-8.


8 – contagion from L to R: Arms circle above head and go down to tuck 1-8

8 – **roll into staggered line** (front row high knees, back row standing) 1-4, R arm up 5, L arm up 6, arms come to T 7, arms wrap head releases 8

1 – hands hit Low V focus is forward 1

Formations:

#1 _____

#2 

#3 

#4 _____

#5 _____

“Kick It” by: Nina Martine (Stereoheroes Remix)

Int/Adv Pom - Time: 1:58

Taught by: Jenna Dimas

Begin in three staggered lines in a tuck

- 8 – Hold 1-4, parts from R to L: stand with R arm up by ear and L arm on hip 5,6,7, all close to chest 8
- 8 – step R 1, roll forward 2-4, parts from R to L 5,6,7: dig R cross arms in front 5, step to 2nd position circling arms to Low V 6
- 8 – step to side L 1, R arabesque 2, step R 3, L arabesque 4, step L 5, R arabesque 6, pivot turn R 7-8
- 8 – Parts 1,3,5: chaine in releve 1-2, chaine in plie 3-4, calypso leap 5-6, turn out of leap and land to side 7-8
- 8 – parts continue 1-4, step L 5, cross front R 6, X jump 7, land back on R foot 8
- 8 – switch lines front to back shaking poms 1-4, clean arms to side 5, chasse forward R 6-7, step L 8
- 8 – R tilt leap/jete 1, land down 2, cross arms out front releasing head 3, tuck down 4, toe raise 5-6, land back to bug 7-8
- 8 – push up to tuck 1, stand 2, run L to side 3, run R to front 4, prep 5, double pirouette 6-7, land out 8
- 8 – Punch R arm across 1, break arms to L position 2, slice R arm up to ear 3-4, Broken T arm stepping R digging L 5&6, arms slice up to touchdown (TD) step L 7, break arms down dig R &8
- 8 – cross R in front of L; arms break down to Low V 1, turn over L shoulder arms in cheerio 2, clasp at chest 3, High V 4, tuck down 5-6, roll up 7-8
- 88 – **Moving to Three Staggered Groups:** shake poms 1-2, R diagonal 3, L diagonal 4, shake poms 5-6, R diagonal 7, L diagonal 8. Repeat moving arms: shake poms 1-2, R diagonal 3, L diagonal 4, shake poms 5-6, R diagonal 7, close poms to chest 8
- 8 – Parts by group front and back:
 - Front Group: down on L knee R arm out to diagonal L arm behind head 1, circle R arm 2, R arm behind head 3, clean arms and turn to back 4, Bow & Arrow R 5, TD &, Bow and Arrow L 6, hold 7-8
 - Back group: step L 1, step R 2 R arm out to diagonal L arm behind head 2, circle R arm 3, R arm behind head 4, clean arms and turn to back 5-6, Bow & Arrow R 7, TD &, Bow and Arrow L 8
- 8 – all groups tuck 1-2, parts by group L to R 3,4,5: jump out to 2nd position arms in TD 3, tuck down 4, parts finish 4-5, or 5-6, all stand and step R 7, turn to front crossing arms over chest 8
- 8 – Kick R arms in low V 1, clean and step R 2, step L circling arms L to R 3, hinge R arms come down to L side 4, Parts by group R to L 5,6,7: circle arms down to R 5, arms circle to R side hinge L 6, finish parts 6-7, or 7-8
- 88 – snake R arm to L side 1-2, arms above head 3, swing arms down to low V 4, Parts within group 5,7,1: step R 5, outside passé turn 6, pick up with nest group 7-8, continue 1-2, all prep 3-4, double pirouette 5-6, jump out to 2nd position 7, close poms to chest 8
- 8 – Shake poms at chest 1-4, circle poms up and out 5-8
- 8 – punch dn center 1-2, punch center R 3, punch L 4, jump up arms stay center 5, land 6, circle arms bk 7, arms out ft legs in plie 8
- 8 – Clean to R side 1-2, step LR 3-4, switch Leap &5, step L 6, chasse R 7-8
- 8 – step across L 1, Russian Leap 2, turn out 3-4, arms down front head down 5, arms above head 6, levels by group: break arms to low V, T, or High V 7&8
- 8 – chaine to L side arms clean by side 1-4, clasp at chest 5, hit levels by group R to L: Low V 5, T 6, High V 7, all close to chest 8
- 88 – **Moving to File(s):** shake poms 1-2, R diagonal 3, L diagonal 4, shake poms 5-6, R diagonal 7, L diagonal 8. Repeat moving arms: shake poms 1-2, R diagonal 3, L diagonal 4, shake poms 5-6, R diagonal 7, L diagonal 8
- 88 – Opposition Parts up or down (every other girl):
 - Up: Lean to R 1-2, Lean to L 3-4, plie to R 5-6, plie to L 7-8. Lean to R 1, lean to L 2, plie to R 3, plie to L 4, lean to R 5-6, close to center 7-8.
 - Down: Plie to L 1-2, plie to R 3-4, lean to L 5-6, lean to R 7-8, plie to L 1, plie to R 2, lean to L 3, lean to R 4, plie to L 5-6, close to center 7-8
- 8 – **turn file(s) into staggered lines:** shake poms at chest 1-4, shake poms up and around to low V 5-8
- 8 – prep 1-2, single pirouette 3, plie 4, tour 5, plie 6, sauté leap 7, land in tuck 8
- 8 – hold 1-2, flat back 3, body straight up 4, parts L to R: R arm up by ear L arm on hip 5,6,7, clasp at chest 8
- 8 – chaine forward in releve 1-2, chaine in plie 3-4, calypso leap to ground 5-6 roll to ground 7-8
- 8 – Parts R to L 1,3,5,7: arms above head 1, R arm behind head L arm out to low diag L leg extended 2, parts finish 3-4, 5-6, or 7-8
- 8 – step up L arms in T 1, close to back 2, walk toward back shaking poms 3-6, hinge L leg arms scoop toward L 7, arms up to TD 8
- 1 – turn focus to front arms come down to low V 1

Formations:

