



American Dance/Drill Team®

2012

feature routines



Line Camp Dance:

“Camp Dance” – “Respect” by: Melanie Amaro – Time: 1:59 - This year’s line camp dance is performed to the winner of *The X Factor*, Melanie Amaro. In this routine, she sings a remake of Aretha *Franklin’s “Respect.” This dance is high energy, sassy, and includes many small stylistic qualities. Technical elements include single or double pirouette, X jump or Russian, single coupe turn, right jeté, pitch kick, right fan kick, right leg extension (modification available), and a small fouetté sequence at the end. This routine will highlight each dancer’s technique, showmanship, and precision.

Pep Rally Routines:

Pep Rally Dance #1 – “Gimme That” by: Ciara – Time: 1:28 - Your team will be ready for there first pep rally with this fun, fast pace, popping, energetic dance. “Gimme That” is a great routine for the new member as well as the seniors on your team. This will sure be a student favorite this pep rally season.

Pep Rally Dance #2 – “Shake Senora” by: Pitbull (feat. T-Pain & Sean Paul) - Time: 2:00 - Shake Senora by popular artist Pitbull is sure to be a hit with the crowd. This pep rally style dance has fun accents and cha cha flair. Shake Senora has formation changes, parts, and style. Any dancer will be able to show personality with this pep rally dance. If you want a clean, fun, and energetic dance, Shake Senora is for your team.

Kick Series: See video footage to learn online on our web site (www.DanceADTS.com/summercamps.htm)

“Fashionista” – Time: 0:45 – Int. Kick Series- This is the same routine that we have used for several years now that has all the basic kicks included. It will be used for all private camp kick offs and some line camp kick offs for Kick Company and Miss High Kick.

“Bleeding Love” – Time: 1:15 – Adv. Kick Series- This is the same routine that we have used for several years now that has all the basic kicks included. It will be used for the first round for the high school kick offs for Kick Company and Miss High Kick at managed camps.

Marching:

“Takin’ it to the Streets” by: Tom Wallace (Arrangers) – Time: 1:45 – This is a snappy, upbeat piece of music that will get your feet moving! Butch Arnold has included all the basic elements and routings that you will need if you march with your band, perform in a parade, or just enter and exit the field. This will be easy to learn and will include only marching patterns and no arm movements, which you can add some style when you get home.

Jazz Routines:

Int Field Jazz – “Give Me Everything Tonight” by: Tom Wallace (Arrangers) – Time: 1:20 - This upbeat field jazz is a sassy routine that is sure to be a halftime hit! There is section work and technical elements that

include basic turns, leaps, and a calypso that could be modified to fit the needs of any team. The choreography will be easy to clean for the field, as well as visual and entertaining for the audience.

Int Jazz – “We Run The Night” by: Havana Brown – Time: 1:47 - This fun and sassy jazz will dazzle your audience. With lots of parts, pickups and directional changes this routine is perfect for a pep rally or basketball halftime.

Adv Jazz – “Mannequin” by: Trish – Time: 1:40 – This is a stylized jazz that would be perfect for a pep rally, basketball game, or spring show performance. This dance was choreographed to feature the more advanced dancer who can easily execute leaps, turns, and extensions. The routine also includes groups, parts, floor work, and lots of level changes. The routine is polish-able and visual for any technical dancer. The dancers will love the music and be challenged with the fast paced movements.

Int/Adv Contemporary Jazz – “Not Over You” by: Gavin DeGraw – Time: 2:03 – This dance is a more fun upbeat contemporary jazz. There are several technical elements in this dance including a single or double turn, a right leg leap, a right kick, and a Russian or X jump. This dance is a little over two minutes long but it does repeat the chorus! It’s definitely a fun dance to learn!!

Hip Hop Routines:

Int Hip Hop – “Play the Guitar” by: BOB – Time: 1:40 - This latest song by popular artist B.O.B. will be great for pep rallies and basketball games! This hip hop routine has parts, groups, level changes, and floor work. The choreography is visual and polishable along with being fun to learn! Your audience will love the music and it will definitely get your audience fired up!

Int/Adv Hip Hop – “T.H.E. (The Hardest Ever)” by: Will.i.am – Time: 2:05 - T.H.E. (The Hardest Ever) is an intermediate/advanced hip hop with various tempo changes. This is a different style of hip hop that dancers will have fun with popping, pumping, and intricate arm movements. This style of dance incorporates parts, visual transitions, and some fun group work. T.H.E. has a section that dancers can incorporate tricks in two different levels. The intermediate group can keep the leg on the ground/advance dancers can showcase their balance. Teams will not go wrong choosing The Hardest Ever for a pep rally or any type of performance.

Adv Hip Hop – “Werq Hard” by: Various Artist – Time: 1:40 - This is a mix of two songs which include “Work Hard, Play Hard” by Wiz Khalifa and “Slight Work” by Wale. This is a high energy dance filled with the latest dance moves in hip-hop. It has many parts, levels, and group work. This dance would be a great fit for a pep rally, basketball game or spring show!

Pom Routines:

Int Field Pom – “Ain’t Nothing Wrong with That” by: Tom Wallace (Arrangers) – Time: 1:12-A fast-paced, pumped-up pom routine guaranteed to wow your crowd. This high-energy field routine has an array of appealing arm work and sassy section work. Show off your teams leaps and turns while performing this eye-catching, fun routine.

Int/Adv Field Pom – “We Got the Beat” by: Tom Wallace (Arrangers) – Time: 1:19 - Your team is sure to enjoy this fast-paced, high energy pom routine during football season. There are visual parts and quick-moving arm sections to keep the crowd entertained. The choreography includes leaps and turns to challenge your more advanced dancers, but could be easily modified to fit all levels. This fun routine will get the audience dancing along in their seats!

Int Pom – “Dance with Somebody” by: Whitney Houston (Remix) – Time: 2:24 - Your audience will love this song favorite! This routine will be perfect for pep rallies, basketball games or special performances. It starts with a great dance pick-up section, and continues with very visual parts, levels and fun moves that will keep your crowd entertained.

Int/Adv Pom – “Shakin’ up the 80’s” by: Various Artist – Time: 2:23- This high-energy pom will definitely entertain your audience. The visual choreography uses lots of parts and levels while featuring technical skills including a toe touch, double pirouettes, layout, c-jump and axle. Your team will love dancing to some of the best of the 80’s, including Walk this Way, Bust a Move and Hard to Handle. It’s sure to be a crowd favorite!

Adv Pom – “Turn it Up” by: Various Artist – Time: 2:09 - "Turn It Up" is a mix of current hits.

The audience will be familiar with the songs and love the energetic outcome. This pop pom has many level

changes and exciting parts that will keep the audience wanting more. The technical skills in this routine consist of double pirouette, grande jeté, C-turn and turning disc (can be changed to axial, chainés, or chainé into jeté).

Prop Routines:

Beg/Int Field Prop (2 Small Hoops) – “Respect” by: Tom Wallace – Time: 1:22 - This high energy hoopla field routine will bring your fans to their feet. Lots of visual variety and a big, sparkly roller coaster finish will help your team shine with this colorful prop routine. Perfect for beginner or intermediate level teams, it will be a big hit with the hometown crowd for this football season.

Int Field Prop (Skirt) – “I Saw Her Standin’ There” by: Tom Wallace (Arrangers) – Time: 1:14 - This field skirt routine is sure to be a crowd pleaser. Set to a fun Beatles tune, it is face paced and visually entertaining. Technical elements include a battement, split leap and 3-step turn with plenty of group parts to lend to the visual effect.

Adv Prop (Mask) – “Moulin Rouge” by: Various Artist – Time: 2:33 - This song is a remix it’s a very upbeat song that keeps everyone moving! This routine is very visual and will keep your audience very entertained! The choreography in this dance includes leaps, turns and quick movements! This routine is quick moving but easy to clean all at the same time!

Kick Routines:

Int Field Kick – “Hold On, I’m Coming” by: Tom Wallace (Arrangers) – Time: 1:11 - This traditional, and visual kick is sure to be a crowd pleaser. It is an intermediate level routine, which can easily be modified for a beginner team, or advanced team. There are visual formations with smooth transitions and the choreography can be easily polished and perfected. It includes basic, yet visual kick sequences, as well as ripples, which is sure to make it a crowd favorite.

Int/Adv Field Kick – “On the Floor” by: Tom Wallace (Arrangers) – Time: 1:47- This is a fun upbeat kick that can be adapted for any level team. It has a variety of oppositional movements, which makes it very visual to the eye. It also has a variety of parts sections, levels, as well as ripples. This field routine is sure to get your audience on their feet and, “On the Floor” dancing to this familiar tune!

Int/Adv Pop Kick – “I Will Always Love You” by: Whitney Houston (Stereothief Remix, feat. Airi L.) – Time: 2:10 - This upbeat song, is a remix by the popular Whitney Houston. This routine will be great at pep rallies and basketball games. This kick routine has a great balance between kick and jazz; not to mention, it will be entertaining with its different parts, movements, and visual kicks. The choreography in this dance is very visual, and easy to clean. Your audience will be talking about this routine all day!

Military Routines:

Int Field Military – “Bully” by: Tom Wallace (Arrangers) – Time: 1:37- This dance is an intermediate field military and it is very, very visual! There are multiple formation changes, different parts, and contagions in this dance. While this dance is an easier dance to learn, it is definitely a crowd pleaser.

Int/Adv Field Military – “Runaway Baby” by: Tom Wallace (Arrangers) – Time: 1:40 - An upbeat and fast-paced routine with many visual elements to wow the audience! Using diagonals for parts and interweaving formations take this past traditional military styles and will give your team a fresh new performance piece.

Int Military – “Holding Out for a Hero” by: Alicja Trout (Footloose) – Time: 1:42 - This dance can be performed with or without capes and be visual either way! A variety of levels and parts combined with the remake of a popular song make for a great pep rally or basketball routine!

Adv Military – “Right In” by: Skrillex – Time: 1:50 - This high energy military is sure to be a crowd pleaser. The tempo changes as well as levels, visuals, and the right amount of technique makes this military great for pep rallies, basketball half times and even competition ready. It is sure to be an entertaining and fun routine for your team or officers.

Novelty Routines:

Int Novelty – “Newsies Mix” by: Newsies Ensemble (Newsies – Motion Picture Soundtrack) - Time: 2:19

- Grab your newspaper and hit the streets of New York City with this fun medley from the movie version of "Newsie's". This mix includes "Seize the day" and "King of New York" that would be a fun addition to any contest or spring show performance. This intermediate level routine is a TRUE novelty that will bring your team back in time to the turn of the century of paper boys and dancing in the streets. This routine includes intermediate level technique as well as choreography fit for BROADWAY!

Int Novelty – “Make Me Stronger” by: David Bryan (Memphis the Musical) – Time: 1:57-This routine, from the Broadway musical "Memphis", is a reminiscent mix of 1950's rock and southern revival. Jazzy and soulful, it will have your crowd tapping their feet and clapping their hands. Technical elements include coupe turns, jete, pique turns, partnering and quick foot work.

Adv Novelty – “The Curly Shuffle” by: The Jump in the Saddle Band – Time: 2:00 - This exciting and energetic routine is sure to entertain the crowd. Your team will get the opportunity to focus on technique and express many different emotions with this dance. This routine consists of pirouettes, a reverse leap, revolving second leap and many numerous acting parts. Your team will have so much fun with this routine and I know it will be an audience favorite.

Lyrical Routines:

Int Lyrical – “Stand by Me” by: Ben E. King – Time: 2:02 - This feel-good, old-school song is given a twist with a contemporary style of Lyrical dance. It will challenge an eager rookie on your team as well as keep the veterans interested when learning and performing this routine. This dance includes coupe and pirouette turns, a reverse stag and backwards leaps, groundwork, turn sequences as well as partner work. "Stand By Me" will be perfect to perform at special appearances, and of course Spring Show!

Int/Adv Lyrical – “Run Forward” by: Audrey Assad – Time: 2:13 - This beautiful lyrical is a great piece for your team to express themselves on the contest floor or in your spring show. From clean balletic lines to dynamic visual parts, this number will touch the audience's heart. This dance includes a center, double turns, turning stag, and optional fouette turns. Allow your girls to fall in love with this lyrical style through emotion and dynamic qualities.

Int/Adv Contemporary Lyrical – “Chasing Cars” by: Natasha Beddingfield – Time: 2:11 - Chasing Cars is filled with stylized movement, different leaps and including both inside and outside turns. It will look fabulous on the contest floor or as a piece for your spring show. Your intermediate and advanced dancers will be challenged with its quick weight changes, partner work, and expressive movement. Not only will your dancers feel great doing this routine, your audience will be entranced by the visual directional changes and they'll be swaying along with you.

Modern Routines:

Int Modern – “You Are Goodbye” by: Holly Conlan – Time: 1:56 - This modern routine would be great for a special performance or show. In this routine, dancers explore various motifs of the goodbye gesture. There are times for dancers to execute strong technique and there are times for dancers to execute a sense of ground and pedestrian effort qualities. Technical elements include sauté leap, back roll, coupé turn, and a right kick into a space hold.

Int/Adv Modern – “Nothing Else Matters” by: Apocalyptica – Time: 2:26- “Nothing Else Matters” is a perfect piece for contest with this unique instrumental piece and choreographic visuals, which will captivate the audience and judges! Your students not only will learn to incorporate basic to advanced modern techniques such as spiraling, partnering, fast weight shifts, releases and intricate turn sequences, but they'll have to challenge themselves to create a storyline based on pure musicality. Allow your students to get out of the box and experience a personal and inspirational routine!

Adv Contemporary Modern – “Your Song” by: Ellie Goulding – Time: 1:52 - “Your Song” by Ellie Goulding is a beautiful advanced routine filled with technical elements that will keep your dancer engaged from beginning to end. The style will surely challenge all dancers from the upper intermediate level to an advanced level. There is an advanced turn combination and several different leaps and kicks as the dance progresses. If you are interested in a challenge, come and experience the contemporary modern routine to “Your Song”.

“Respect” by: Melanie Amaro
Line Camp Dance - Time: 1:59



Begin facing back with feet together, hands down

- 8 Hold 1-4, extend L leg to side with hands on back looking to L side 5, hold 6-7, passé L leg and look back &, extend L leg to side and look to L side 8
- 8 Step to back L 1, step R to L and turn over R shoulder with T arm 2, circle arms above head R to L and bring down to R side 3-4, step to L drag R arm 5-6, step across R 7, face L side with hands on hips and hinge L knee 8
- 8 Step LR 1&, passé L 2, step across L flick R with hands on hips 3-4, ball change front R 5-6, step back R 7, wrap arms across chest release head and pop L knee front 8
- 8 Look forward and wrap arms over head 1-2, ball change back L while pushing arms forward 3-4, pivot L 5-6, step L to back circle arms L to R and prep 7-8

Section A

- 8 Chainé to R side 1-2, rond de jambe with “L” arm to front 3, step across L and clean arms 4, point with attitude to L side 5-6, bring arms to hips and hinge L knee 7-8
- 8 Scoop L arm and plié L to R 1-2, R fan with no arms 3-4, ball change back R and release head 5-6, prep 7-8
- 8 Single/double/triple pirouette 1-2, cut across with T arm 3, L ball change across 4-5, step L 6, turn to face side and pop R knee with hand on lower back 7, isolate shoulders & 8
- 8 Chassé R to side 1-2, step L 3, R X-Jump/Russian facing back 4, step behind R 5, turn and face front 6, shimmy to R side and bend at waist 7&8

Section B

- 8 Snake up 1-2, pas de chat to knee drop 3&4, hold 5-6, roll to back and fan L leg 7-8
- 8 Lean on L shoulder and kick R 1-2, roll up to face back 3-6, turn over L shoulder ball change to back on R and point forward 7-8
- 8 Step forward RL 1-2, R jeté 3, step out L 4, point R toe in tendu to side 5-6, switch toe point to L & 7, switch toe point to R & 8
- 8 R leg extension 1-4, prep L 5, turning leg extension 6-7, step across R 8. Modification: Pose to R 1-2, pose to left 3-4, prep L 5, single inside turn 6, flick R leg back with T arms 7, step across R 8

Section C

- 8 Step LR with shoulder roll 1-2, step LR prep to side 3-4, chainé relevé 5-6, chainé plié 7-8
- 8 Calypso 1-2, turn out 3, jump together and snap R hand up 4, step L touch R to side 5-6, extend R leg and slide to ground 7-8
- 8 Roll to back and tuck legs 1-2, continue rolling to standing 3-6, step R 7, turn over L shoulder to face L side and push arms down side 8
- 8 Step L 1, pitch kick 2, pivot R 3-4, walk to back 5-7, prep to side 8 (at the end of repeat, pivot to front 7-8)

REPEAT SECTIONS A, B, C

Ending

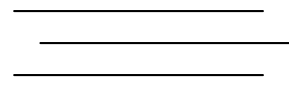
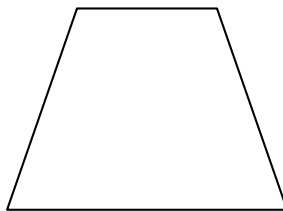
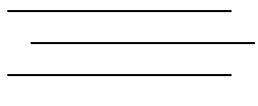
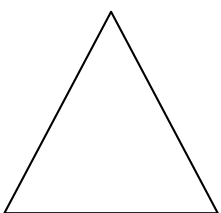
- 8 R arm to side 1, L arm to side 2, wrap arms 3, low V arms with L leg popped 4, soutenu turn R over L 5-6, prep to front 7-8
- 8 Fouetté turns in 2nd position 1-2, 3-4, double pirouette 5-6, ball change back R 7-8
Modification: Single coupé turn 1-2, ball change back R 3-4, R pivot turn 5-6, R pivot turn 7-8
- 1 Melt into final pose of choice

“Gimme That” - by: Ciara
ADTS Pep Rally – 1:28



- 8 Ripple front to back snaking up the front 1-6, pop 7-8
 - 8 Shoulders L1, R2, L3, flat back left corner 4, right 5, circle arm and hip & 6, step to the back 7-8
 - 8 Front 1, L hip 2, drag 3, snap 4, punch back R 5, L &, front R 6, L &, snake to R side 7, punch pull to pockets 8&
 - 8 Lift legs arms go down 1-4, run 5-7, scoop 8 (moving to lines)
 - 8 Land 1, pop 2 &, punch V in front 3, clean 4, circle chest 5, hook 6, hop around box arms flex hands R leg up 7-8
 - 8 Skate R shoulder R leg out 1, switch 2, switch 3, R shoulder 4, knee slap 5, step &, knee slap 6, snake arm going back 7, half T pop to corner 8
 - 8 Parts: A – drop 1-2 around 3-4, B – around 1-2, drop 3-4, together - pop 5-6, drag R arm up 7, snap 8
 - 8 Move to trapezoid walking 1-4, arm goes to the outside split group in half ripple front to back 5-8
 - 8 Drag front R arm 1-2, circle chest 3-4, drag turn R 5-6, drag to R corner L arm 7-8
 - 8 Step back L arms roll down body 1-2, roll up half T 3, all the way up 4, step 5, hook R arm 6, L side 7&, pop chest 8&
 - 8 Scoop arms 1, back R arm up R leg back 2, wipe R arm 3, throw away 4, punch R arm 5, step &, hips around 6-7, clap to side &8
 - 8 Re-step to the back 1-3, look front over L shoulder 4, break it down forward 5, back 6, forward 7, clean to front 8
 - 8 Pony R leg only 1-2, arms out 3-4, across R arm 5, left 6, step 7 arms circle, over 8 (moving back to lines)
 - 8 Groove R 1, L 2, R 3, L 4, step out R 5, over L leg touch ground 6, slide R leg through 7, nod 8 (can be done in opposition, every other line – step out to L5, over to R leg touch ground 6, slide L leg through 7, nod 8)
 - 8 Bring L leg over 1-2, snake to stand 3-4, R arm front restate R leg 5, L 6, shoulders pop 7-8
 - 8 Move 1-6, crown 7-8 back to triangle
 - 8 Over 1-2 snake up repeat beginning 3-4, 5-6, pop 7-8
- Repeat Section**
- 8 Shoulders L -1, R-2, L-3, flat back left corner 4, to right 5, circle arm and hip & 6, step to the back 7-8
 - 8 Front 1, L hip 2, drag 3, snap 4, punch back R 5, L &, front R 6, L &, snake to R side 7, punch pull to pockets 8&
 - 8 Lift legs arms go down 1-4, run 5-7, scoop 8 (moving to lines)
 - 8 Land 1, pop 2 &, punch V in front 3, clean 4, circle chest 5, hook 6, hop around box arms flex hands R leg up 7-8
 - 8 Skate R shoulder R leg out 1, switch L 2, Switch 3, R shoulder again 4, knee slap 5, step &, knee slap 6, snake with arm going back 7, half T pop to corner 8
 - 8 Parts: A – drop 1-2 around 3-4, B – around 1-2, drop 3-4, together - pop 5-6, drag R arm up 7, snap 8
 - 8 Walk to clump 1-7, pose 8

Formations:



“Shake Senora” by: Pitbull (feat. T-Pain & Sean Paul)
ADTS Pep Rally – Time: 2:00



Start in a Straight line

- Hold Intro (Start on “Mission World Wide”)- Contagion L to R- 1’s stand 2nd pose front, 2’s turn front in plié
- 8 Everyone pose 1, pose 3, pose 5, pose 7, close 8
 - 8 Jump in to group (1’s jump to L, 2’s jump center, 3’s jump R) 1-2, shimmy 3-4, touchdown 5, knee 6, jump sides or front 7, hold 8
 - 8 Snap move hip 1-2, switch 3-4, throw tuck 5-6, shimmy 7-8
 - 8 L arm to R arm 1-2, swoop 3, throw 4, shimmy 5-8
 - 8 T-touch down up 1 or 3, circle around 2 or 4, clap 5 or 6 or 7, clap & 8
 - 8 **Stag line:** Walk 1-4, step R 5&6, switch 7,8,
 - 8 Walk 1-4, walk back 5-6, wrap hand head 7, close 8
 - 8 Jump cross 1, second 2, ball change L/arm R 3-4, snake down 2nd to R 5-6, pump half T 7, pump/arms down 8
 - 8 Snake front 1-2, cross and front 3 & 4, side & 5, up 6, R 7, L 8
 - 8 Hands front 1, down 2, shoulder pop/R 3, switch/dig 4 step out/ arms out side 5-6 opposite 7-8
 - 7 Step brush kick/arms flick 1-2, switch knees R 3, switch 4, around 5-6-7
 - 8 Step box R 1, L 2, roll 3-4, punch 5-6, switch 7-8
 - 8 **Move to Triangle** shimmy 1-2, 3-4, 5-6, hips 7-8
 - 8 Arms 1-2, 3-4, 5-6, over head 7, close 8
 - 8 Arms out 1, box 2, around 3, knees 4, pose 5, pose 6, hips pump 7-8
 - 8 Oppositions - Step cross R 1-2, fan 3 & sit 4, down to ground 5-6, hands 7, switch 8
 - 8 Step stand 1, 2nd 2, arms R L 3-4, bird 5, down 6, shimmy 7-8
 - 88 Side/jump back 1-2, parts 3,5,7
 - Group 1-Swing back 3, side 5, front 7, walk 1-2, hold 3-4-5-6, every walk cha cha 7&8
 - Group 2- Swing back 5, side 7, front, 1, walk 3-4, hold 5-6, everyone walk cha cha 7&8
 - Group 3- Swing back 7, side 1, front 3, walk 5-6, everyone walk cha cha 7&8
 - 8 L arm 1, switch 2, swing down 3, hip 4, R arm up 5, switch and 6, opposite side 7&8,
 - 8 R 1, together 2, Parts- Group 1-2nd/arms down 3, plié/arms chest &, back 2nd 4, Group 2- 2nd/arms down 5, plié/arms chest &, back 2nd 6, everyone arms muscle 7, switch 8
 - 8 **Move to Stag lines** Walk hands on waist 1-4, flick 5-6, close 7-8
 - 8 Repeat
 - 8 Parts 1-3-5
 - Snake 1-2, cross 3, turn 4, R down 5, L 6, pose side 7, step back 1, side 2, everyone shake back 7-8
 - 8 Swing 1-2, shimmy 3-4, cross shake 5, cross 6, chaine 7&, tuck 8
 - 8 Hit arm up 1, hold 2-3-4, R diag 5, T 6, behind head 7, hip 8
 - 8 Roll 1-2-3-4, hip front 5-6, around 7, wrap 8
 - 8 Ball change 1&2, kick 3-4, hands cha cha 5-6, circle 7-8
 - 8 **Move to Trapezoid** – pony 1-2-3-4, cha cha 5-6-7-8
 - 8 Continue moving – pony 1-2-3, levels 4 roll up 5-6, hip 7&, pose 8

F1 Straight line

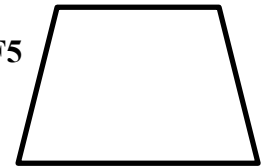
F2 Staggered Line

F3



F4 Staggered Line

F5





Junior Kick Series

8 Around the World (Right leg); close on 7

8 Around the World (Left leg); close on 7

88 Kick 6 X (JKR, JKL, JKR, JKL, JKR, JKL) pivot w/left foot to back (5-6); hook up on 7-8

88 Repeat to the back; ending series facing front 88 Step swings ("Exercise Kicks") 4 times in place; step left kick right first. 8 Jump fans to right 3 times, close on 7

8 Jump fans to left 3 times; close on 7



Senior Kick Series

8 Hold 6 hooking up on 7,8

8 Jump Kick (jk) right (rt) leg to left (lt) 1,2 hook rt 3 point to rt 4 jk front (ft) rt 5,6 jk ft left 7,8

8 Jk lt leg to rt 1,2 hook lt 3 point to lt 4 jk ft lt 5,6 jk ft rt 7,8

8 Star Kicks: jk rt to lt 1,2 jk rt leg ft 3,4 jk lt ft 5,6 jk rt to rt 7,8

8 Jk rt ft 1,2 Rt fan 3,4 jk lt ft 5,6 close ft 7,8

8 Around the world series: starting with the rt leg to left 1,2 ft rt 3,4 rt side 5,6 close ft 7,8

8 Jk lt leg to rt 1,2 ft lt 3,4 lt side 5,6 close ft 7,8

88 6 ft kicks series: jk rt 1,2 jk lt 3,4 jk rt 5,6 jk lt 7,8 jk rt 1,2 jk lt 3,4 step lt 5,6 turn to back and hook up 7,8

88 Repeat 6 kick series and turn to the back starting with rt jk

88 Swing kick series: step lt 1 swing rt 2 step back (bk) rt 3 bk lt 4 step rt 5 swing lt 6 step bk rt 7 bk lt 8 Repeat the same swing kick series close 7,8

8 3 right fans jump fan rt 1,2 and 3,4 and 5,6 close ft 7,8

8 Full set of bye byes or graduated kicks: jk rt pt 1,2 jk lt level 3,4 jk rt high 5,6 jk lt high 7,8

8 Jk rt pt 1,2 jk lt level 3,4 jk rt high 5,6 close ft 7,8

8 3 left fans jump fan lt 1,2 and 3,4 and 5,6 close ft 7,8

88 Full set of bye byes or graduated kicks closing 7,8

1 Clean arms on 1

“Takin’ It to the Streets” – by: Tom Wallace (Arrangers)
2012 Marching Drill
Butch Arnold



Begin in lines that have been arranged into four-girl squads. The audience should be to the right. Assign numbers to the dancers in groups of four (1, 2, 3, 4), going away from the audience. Then label the squads as A, B, C, D.

Counts Introduction

- 8888 All squads: STTR 8, MT 8, FM 8, MT 8
- 8888 Drill
Step 2 by squads: A’s step off first
Step 2 for 8 counts, FM 8, Stack 8, STTR 8
- 8888 Double Box
8888 1’s and 3’s: FM 8, LF 8, LF 8, LF 8, FM 8, RF 8, RF 8, RF 8
2’s and 4’s: LF 8, LF 8, LF 8, LF 8, FM 8, RF 8, RF 8, RF 8, RF
- 8888 All squads
RP 8, FM 8, TTR, FM 8, LP 8
- 8888 Even-Slant
Squads A and C: Slant left 8, MT 8, FM 8, Stack 8
Squads B and D: Slant Right 8, MT 8, FM 8, Stack 8, TTR
- 8888 Squads A and C: FM 8, TTR, FM 16, TTR, FM 8
Squads B and D: FM 8, TTR, FM 16, TTR, FM 8, TTR
- 885 All Squads: LP 8, TTR, FM 8, MT 5

“Give Me Everything Tonight” – by: Tom Wallace (Arrangers)
Intermediate Field Jazz – Time 1:20



Beginning position – 2 staggered lines, facing the back with right foot pointed behind

- 8 Hold 1-2, contagion 3-8 from center out – turn to front with R leg popped, arms high V or low V
- 8 Close 1-2, contagion 3-8 from R to L – circle R arm around and point L foot behind
- 8 Contagion 1-6 L to R – L arm in T position, R arm wrapped, & R leg is popped; TD arms 7, close 8
- 8 Stagger to 4 lines 1-4, ball change back w/ R leg arms in TD 5-6, close 7-8
- 8 BC to L w/ arms circling around 1&2, ball change to R 3&4, pivot L to face R side 5-6, step L 7, kick R 8
- 8 *Opposition by lines*: 1st & 3rd line step R 1, hold 2, chassé to L facing front arms in T 3-4; 2nd & 4th line ball change on R leg 1-2 chassé to R facing back arms in TD 3-4; pose in groups 5 (high V), or 6 (T arms), or 7 (low V), hold 8
- 8 Close 1-2, chassé forward 3-4, jeté 5-6, step L 7, pivot to back on R circling R arm 8
- 88 Moving to 3 groups** – R arm breaks through to high V 1-2, L 3-4, wrap 5-8 (walk facing the back for the first 8-count, turn to the front for second 8-count)
- 88 *Parts (1, 3, or 5)*: chainé to R 1-2, step to R w/ low V arms 3, drag to L w/ L arms 4, prep 5-6, chainé in plié 7-8, calypso 1-2, land on ground/roll to stand to front 3-4 (continue 5-8) ****Calypso can be modified to 2 chainé turns or a chainé X-jump****
- 8 *Parts (1, 3, or 5)*: pivot on R to back w/ arms circling around 1-2, step R w/ arms in T 3, pop L knee and wrap arms 4 (continue 5-8)
- 8 *Parts (1, 3, or 5)*: R arm up 1, switch to L arm and dig L 2 (continue 3-4 or 5-6), everyone windmill arms and dig R 7-8
- 88 Moving to Triangle** – repeat moving arms 1-8; continue walking 1-4, pose to R 5, switch to L 6, TD arms 7, close 8
- 8 Step L 1, tilt kick R 2, ball change R 3-4, step RL 5-6, X-jump 7, ball change 8
- 8 Complete ball change 1, 3-step turn to L 2-4, step touch R 5-6, L 7-8 (arms pulling down across to low V)
- 8 Parts front to back (1, 2, 3) drop down pointing R leg out, pop head up 4, come up w/ TD arms 5, dig L w/ hands on hips 6, shake hips 7-8
- 8 Prep 1-2, single or double pirouette 3-4, stationary leap (land in tuck) in groups front to back on 5-6 or 7-8
- 8 Last group leaps on 1-2 and lands 3-4, hit levels front to back on 5, 6, or 7, hold 8
- 8 Contagion F → B circling arms around 1-4, pose R 5, switch L 6, R arm up 7, release head 8

Formations

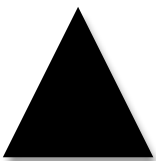
#1 – Staggered lines



#2 – 3 groups



#3 – Triangle



“We Run the Night” - by: Havana Brown
Intermediate Jazz – 1:47



Beginning formation 3 blocks

- 8 (Pick up step in groups) Hold 1 -2, ball change arms fwd 3-4, ball change back hands over face 5-6, step L 7, R dig with R arm by ear 8
- 8 (2nd group picks up) Open to second position with R arm gradually coming down 1-4, L arm on R shoulder 5, R arm on stomach 6, feet together arms touchdown 7, pop L foot and arms wrapped over head 8
- 8 (All together) ball change sunshine arms look R 1-2, back 3, cross L over R prepare 4, chaîné 5-6, walk R 7, walk L 8
- 8 Step fwd R and wrap head L 1-2, plié arms down 3, close with L foot in front 4, kick fwd 5-6, close everything 7, pop L foot R arm pockets and L up 8
- 8 Step R with L arm 1, cross arms and step L 2, X-Jump OR center leap 3, land 4, L windmill 5, R arm stays up 6, prep 7, L tilt 8
- 8 Step 1, R passé with L arms 2, prepare 3-4, 2 chaînés OR chaîné and piqué to the front 5-8
- 8 Transition for form #2 - R arm throw 1-2, L arm flexed out to the back 3, R 4, wrap head 5-8
- 8 Shoulders 1-2, L flexed 3, R 4, wrap head and turn back to front (5-8)
- 8 In opposition (every other line). Chassé to side 1-2, ball change 3-4, pencil 5-6, step out 7, shift weight back with forced arch and T arms 8
- 8 Step out sunshine 1-2, turn over self and tap 3-4, prep 5-6, double pirouette 7-8
- 8 Step out R 1, pull to R with R arm out 2, step L to back diagonal 3, chassé 4-5, step 6, reverse leap 7, ball change 8
- 8 Ball change 1, prep 2, inside turn 3, out 4, windmill parts L to R 5-6, OR 7-8 to knees
- 8 Step 1, prepare 2, chaîné 3-4, Dr. Pepper jump 5-6, step L 7, melt down 8
- 8 Unwind over R, arms through 5th 1-4, stride lift 5-6, L leg through 7-8
- 8 Roll up from side 1-4, transition to form #3 - R hip 5-6, L hip 7-8
- 8 Continue transition jazz walk 1-4, R hip 5-6, L hip 7-8
- 8 Parts (1 – 5) Style arms 1-2, L arm 3-4, pas de bourrée wrap head with L 5-6, lift R elbow 7, prepare to back 8
- 8 Axle 1-4, coupé press to front 5, step out 6 step R arms around head and flat back 7-8
- 8 Continue parts 1-4, step L prepare 5, inside turn R passé with fingers passing face 6, step out R 7, L leg out with L arm up 8
- 8 Ball change to the R side with flexed hands 1-2, prepare to the front 3, R kick to front arms down 4, step 5, prepare to side & 6, chaîné 7-8
- 8 Recover from chaîné and hold 1-2, close to R side with L arm 3, close 4, step L with R arm windmill 5, close 6, pivot to back with arms in T 7-8
- 8 Transition to form #4 - walk 1-4, zig zag arms R to L side descending 5-8
- 8 Continue transition - scoop up 1-4, flower open 5-8
- 8 Step R 1, dig low V 2, step L 3, dig and snap high V 4, prep 5, souté 6, coupé 7, hold 8
- 8 Cut R 1-2, L elbow pull 3, R elbow pull 4, swivel ft together arms rocket 5-6, step back R 7, pockets to back 8
- 8 Parts F to B (1, 3, or 5) Step fwd 1, kick 2, release 3, tuck 4, continue parts 5-8
- 8 Ripple flare roll to come up 1-8
- 8 Open R arm to levels 1

Formations:

- 1. 3 blocks
- 2. Files
- 3. 2 Lines
- 4. Triangle

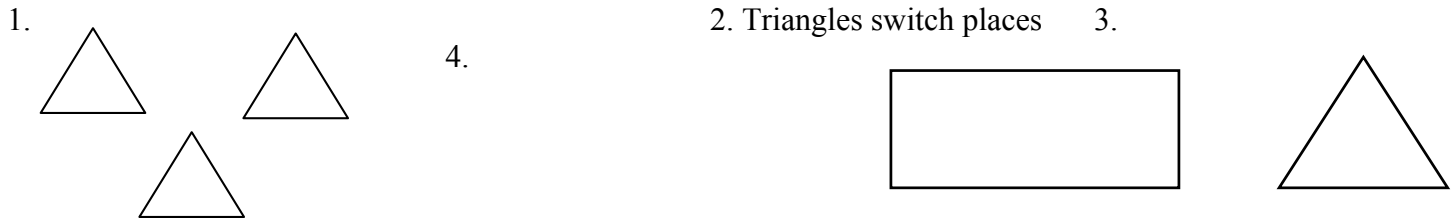
“Mannequin” – by: Trish
Advanced Jazz – Time 1:40



Begin in 3 triangles – middle triangle up (R dig with hands on hips) – sides back (hands up and tilted)

- 8 Hold 1-3, look up 4, *three groups (5, 7, & 1)*: step L dig R 5-6 (hands to hips 6), jump out 7, look L 8
- 8 Continue groups 1-4; step L 5, tilt kick 6, step R 7, point L 8
- 8 *3 Groups (1,3, & 5)*: ball change L with lasso & 1, step L with hands to low V 2, hands on hip & turn to R 3, head back 4, continue 5-8
- 8 **Move middle triangle back and 2 side triangles up**: reach out R 1, L 2, lasso 3-4, shoulder roll R 5, L 6, jump out and cross wrists 7, hands on hips 8
- 8 Pop shoulders L 1, R 2, invert L &, turn out L knee 3, prep 4, attitude lift to head 5, step R 6, pt L & grab R elbow 7-8
- 8 Snap R 1-2, R arm down 3, L down 4, prepare 5-6, pirouette 7-8 (double or triple)
- 8 Jump out 1-2, *2 groups (middle on 3, sides on 5)*: pull up R arm 3, L &, push down 4, relevé 5, push down to back of legs 6, snake up 7-8
- 8 *2nd group finishes* 1-2, T arms 3, wrap to back 4, chainé front 5-6, turning disc (or jeté) 7-8
- 8 Roll to ground 1-2, R split 3-6, legs together 7-8
- 8 *Reach and roll over backwards to stomach in 3 groups (1, 2, 3)* 1-4; continue in groups 5-8
- 8 *2 groups (sides on 1, middle on 3)*: attitude L leg 1-2, *2nd group* 3-4, both groups reach up to V 5-6, L head roll 7-8
- 8 Fan R leg over and stand 1-4; soutenu pushing arms down 5-6, pose 7-8
- 16 **Move to staggered block (poses every 2 counts)**: what up arms tilted 1-2, R hand to side of face 3-4, reach up 5-6, jazz hands to chest 7-8
- 16 *3 groups across every 4 cts*: press leap 1-4 (group 1), walk walk tilt jump 5-8 (group 2). Ring Leap 1-4 (*3rd group*), jump out to R oblique 5-6, press 7
- 8 Extensions (options – y scale, attitude hold, scorpion)
- 8 Close 1-2, *3 groups across (3, 5, 7)*: chassé to L side 3-4, R jeté to front 5-6, wrap pose 7-8
- 8 Continue in groups 1-4, ball change L, R 5-6, R kick 7-8
- 8 Soutenu 1-2, swing R arm 3, hip 4, ball change R & snap to side 5-6, ball change and snap up 7-8
- 8 Bring R arm down to T 1-4, prep 5-6, attitude pirouette 7-8
- 16 **Move to Triangle**: reach out R 1, L 3, up 5, down 7
- 8 *3 groups back to front (1, 3, 5)*: step L flex kick R 1-2, face back 3-4, continue in groups 5-8
- 8 Contagion reaching to front in levels 1-4, arms up 5-6, pose 7-8
- 8 *2 groups*: *1st section of triangle* walks forward 1-2, prep 3-4, fouetté turns 5- 8 (*2nd section of triangle* stays in place but does same arms 1-2, tilt pose with arms 3-4, half of back triangle does a press leap 5-6 and tuck, *2nd half* does a press leap 7-8)
- 8 *1st section of triangle*: double pirouette 1-2, jump 3-4, move back into triangle with “mannequin” pose 5-6, drop forward with arms on 7 (*2nd half of triangle*: tuck down 1-2, jump out 3-4, move forward into triangle with “mannequin” pose 5-6, drop forward with arms 7)

Formations:



“Not Over You” – By: Gavin Degraw
Intermediate Contemporary Jazz - Time 2:03



8 Hold

8 Cross R ball change, arms break to low V 1-3, cross L ball change, arms break to high V 4-6, run forward R L on 7-8

8 R double stag leap, arms over head 1, clean arms down 2, R leg extends front 3, cross at the knee and bring arms to side of face 4, rond de jambe 5-6, soutenu turn 7-8

8 Roll down to ground 1-3, L leg out while throwing arms back & over head 4-5, collapse all the way over on 6, look up 7-8

8 Cross L leg over R while framing face with R arm 1-2, roll to stand to back 3-6, prep 7, jump to the front breaking arms up over head on 8

8 Present R arm down 1-2, L arm down 3-4, shimmy to the R 5-6, cut around to the L on 7-8

8 Press arms down and release head on 1-3, walk R 4, L 5, step R and plié 6, to drag around over L shoulder 7-8

8 Step R 1, L 2 to prep for a R kick 3-4, bring feet together & body roll 5-6, press hand down release 7, tuck 8

8 Push back on belly 1-3, roll to knees 4-6, and throw arms forward release head on 7-8

8 Open L arm to front 1-2, roll up 3-4, walk to second formation on 5-8

8 Big head roll, arms extend in front 1-4, jump front circling arms over head & contract 5-6, look up 7-8

Chorus:

8 Prep 1-2, single or double 3-4, step side with R foot 5, replace with L & swing R arm over 6, ball change 7-8

8 R coupé plié 1, shoulder high R side kick 2-3, step down 4, turn to side & step L 5-6, keep the rotation going to the other side to ball change R foot back on 7-8

8 Chassé 1-3, step L 4, R leg leap, arms in high V on 5, step down L 6, replace R foot on 7-8

8 Press arms in L while in deep plié 1-2, chaîné out of it 3-4, land facing front 5-6, slice arms across to L 7-8

8 Double flick jump 1-2, land L foot in front 3-4, pushing across with L arm 5-6, chassé straight side 7-8

8 Russian 1-3, turning around yourself 4-6, drop to a R lunge with the R arm up on 7-8

8 Kick the R leg out landing on the L side 1-3, roll to stand up 4-6, walk R 7, L 8

8 Throw R passé and L arm across 1, step out 2, cut L arm across the body 3, flip L arm down in front 4, flip R arm down 5, big head roll 6-8

8 Step L cross R with box arms on 1-2, soutenu turn 3-4, arms up by ears standing on relevé 5, release head and snap 6, reach anyway on 7-8

8 Jump back swinging R arm over head 1-2, prep 3-4, single slow chaîné/three step turn 5-8

8 Ball change R 1-2, fan kick 3-4, release head 5-6, collapse over to the R on 7-8

8 Step back standing up straight 1-2, step R to back arms floating above head 3-4, land on L foot collapsing 5, releasing back on 6, scoop L on 7-8

8 Drag L 1, run L 2, R 3, L 4, cabriole 5-6, collapse over 7-8

8 Full body roll 1-4, reach 5-6, drop L 7, drop down 8

8 Swoop arms 1-2, swivel L 3, R 4, L 5, flick L foot up 6, open arms and come to the front on 7-8

8 Walk to third formation

Repeat Chorus:

8 Prep 1-2, single or double 3-4, step side with R foot 5, replace with L & swing R arm over 6, ball change 7-8

8 R coupé plié 1, shoulder high R side kick 2-3, step down 4, turn to the side & step L 5-6, keep the rotation going to the other side to ball change R foot back on 7-8

8 Chassé 1-3, step L 4, R leg leap arms in high V on 5, step down L 6, replace R foot on 7-8

8 Press arms in an L while in deep plié on 1-2, chaîné out of it 3-4, land facing the front 5-6, slice arms across to the L on 7-8

8 Double flick jump 1-2, land L foot in front 3-4, push across with the L arm 5-6, chassé straight side 7-8

8 Russian 1-3, turning around yourself 4-6, drop to a R lunge with the R arm up on 7-8

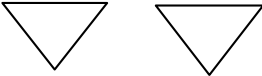
8 Kick the R leg out landing on the L side on 1-3, roll to stand up 4-6, walk R 7, L 8

8 Throw R passé and L arm across 1, step out 2, cut L arm across the body 3, flip L arm down in front on 4, flip R arm down on 5, big head roll 6-8

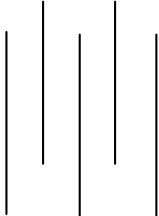
8 Step L cross R with box arms on 1-2, soutenu turn 3-4, arms up by ears standing on relevé on 5, release head and snap 6, end reaching anyway on 7-8

Formations:

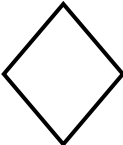
1st: Two triangles



2nd: Staggered Block



3rd: Diamond



“Play The Guitar” – by: B.O.B. featuring Andre’ 3000
Intermediate Hip Hop - Time 1:40



- 8 (Start off in a clump) hold 1-4, snake 5-8
- 8 (Spread out clumps, move to block) continue snake 1-4, broken T arm step touch/ group pick up 5-8
- 8 Continue step touch 1-8
- 8 Continue step touch 1-8
- 8 Step back 1-4, run 5-8 (RLR)
- 8 Step 1&2, body roll with box arms 3&4, body rolls with box arms in opposition 5-6, body roll to levels 7-8
- 8 Pop shoulders 1-2, cross 3, point 4, throw 5, step back 6, pop forward 7-8
- 8 Body pop/ hands RLR 1&2, arms over head jump R 3-4, scoop forward 5-6, basketball R hand 7, point R finger 8
- 8 Swivel R foot 1-2, step out L & arms rainbow out 3-4, body pops around 5-8
- 8 (Groups) Inside groups step back 1-2, shake 3-4
Outside groups look 1-2, lean back 3-4, snap L 5, snap R 6, play guitar 7-8
- 8 (Moving to two triangles) turn 1-2, snap 3-4, gimme hands 5-8
- 8 (Moving to two triangles) circle arms above head twice 1-4, gimme hands 5-8
- 8 (Moving continues to two triangles) look L 1-2, look R 3-4, lean R 5, lean L 6, lean R 7, close 8
- 8 Down to floor work (1-5) (options: windmill or scorpion); 1st group- down to floor 1, slide 2, windmill 3-4, 2nd group- down to floor 5, slide 6, scorpion 7-8
- 8 Contagion roll up to standing 1-8
- 8 Turn/jump over R shoulder (pose) 1, hold 2-4, body shake down to ground 5-8
- 8 Group 1- shoulders shake 1-2, hands mime 3-5, hold 6, head looks R 7-8
- 8 Group 2- points to the R 1-2, push 3-4, body rolls 5-6, look L 7-8
- 8 Group 3- chicken head 1-4, rib isolation 5-6, sit into hip 7-8
- 8 Everyone jigs (R-L) 1-4, circle hip and point R finger 5-6, shake 7-8
- 8 Scoop jump to parallel 1st position feet 1-2, close snap 3-4, kick R foot 5-6, swivel hip hand on mouth 7-8
- 8 Pull 1-2, catdaddy 3-6, down to R knee 7-8
- 8 (Parts) kick out L leg (1,3,5), leg back in (3, 5, 7)
- 8 3rd group finishes parts on 1-2, 2nd position hands down 3-4, body roll up 5-8
- 8 Stylized walk 1-6, pose 7-8 (moving to diamond)
- 8 Continue stylized walk 1-6, pose 7-8 (moving to diamond)
- 8 Matrix 1-6, switch body levels 7-8
- 8 Knees pulls/ standing level snaps 1-4, switch levels 5-8 (1st and 3rd diamond go down, middle diamond go up)
- 8 Hand slap 1-6 (pickup 3 parts/ outside to center), (run to clump) 7, pose 8

Formations:

- 1. CLUMP (beginning position)
- 2. BLOCK
- 3. TWO TRIANGLES

- 4. DIAMOND
- 5. CLUMP (ending pose)

“T.H.E. (The Hardest Ever)” by: Will.i.am

Int/Adv Hip Hop – Time: 2:05



Start in a Trapezoid

8 Hold

8 **Outside Group 1 and 2:** step out shoulder up and down 1-4, roll 5, hold 7-8

8 **Center Group:** step back w shoulders up and down 1-4, roll 5 sit 6, hold 7-8

8 Walk FWD 1-4 plié /fist 5, step cross/ clap 6, hands down &, step back hand hit 7, front 8

8 Pick up step- **Group 1:** scoop 1, **Group 2:** no arms 2, **Group 3:** fist box 3, head roll to left 4, hold 5-6
relève head shake hands open 7&8

8 **Groups 1-3-5:** step arm back 1, cross arm front 2, repeat continue moving (end in diag groups)

8 **Move to close box/stag lines:** rt step 1, dig 2, step 3, dig 4, opposite step 5, dig 6, step 7, dig 8

8 **Continue moving(fix formation):** step 1/ rt leg bent 1, switch 3, switch 4, step left/hands cross front &, chest
step rt 5, back out & T 6, scoop 7, jump out & 8

8 Arms shoulders snake 1-2, back rt 3& 4, front roll 5-7, side/hands down 8

8 Snake roll 1-2, step switch direction 3-4, snake roll back 5-7 front 8(knee group to knee 7&8)

8 Arms Diag rt 1, box close &, open 2, close hands &, switch 3, up to tips &, pray 4, push front 5, flower back
and 6, hand circles 7, standing on back 8(Knee group circle 7, floor 8)

8 Standing pop rt arm up 1, back 2(knee group up half way 1, all the way up 2), circle arms to close 3-4, step
left 5, arms to knee group shoulder 6, step through 7, head roll 8 (knee group step rt 7, left 8)

8 Everyone jump 2nd/ hands fist to shoulder 1, rt arm around 2, pull 3 &, fan around clap opposite 4, rt arm
robot down to box 5-6, invert knee/ rt arm stay 7, invert/ left arm &, flip up 8

8 Wrap 1, left arm &, head 2, arms out 3, head bob & 4, step back left 5, step rt/circle hand & turn side 6, left
arm down &, shoulder 7, down jazz hand 8

8 Rock hand up 1, down 2, kick leg/ switch hands 3&, roll side 4, scoop/tuck 5, up 6, walk sassy 7&8

8 Step front ball change 1& knee pop 2, rt back 3, left 4, scoop down 5, up 6, hands straight 7, pray &, any pose
open 8

8 Roll left up to 2nd 1, close 2, **Move 2 lines:** tuck walk 3-4, around 5-8

8 **Continue moving:** Turn 1-4, step touch rt & 5, left & 6, step run rt down 7, left &, jump out 8

8 Step front rt hands push front 1, in &, T 2, close &, rt swing out 3, half T &, cross up 4, chest &, snake 5,
push 6, jump together &, pop shoulder 8

8 Parts 1-3-5:

Group 1: scoop/bounce 1-2, step/T 3, left straight/rt arm shoulder &, arms left up/rt down 4

Group 2: scoop/ bounce 3-4, face pose step 5, side face pose &, pose 6

Group 3: scoops/bounce 5-6, step/ straight up, side 7&, pose 8

8 **Parts 1-2-3:** step back/ box arms 1, front &, side 2, snake 3, back 4, 5 or 6, cross left arm through 7, close fist
to hips 8

8 Slide to knee/pull & 1, other knee & 2, spin 3-4, front 5-6 prep for pose 7&8

8 **Contagion:** pose/balance, fan legs around(2 options: balance on arms or keep leg down)

8 **Continue contagion:** 1-4, tuck 5, stand 6, roll & 7& pose statue 8

8 **Move to triangle:** walk slow rt 1, left 2, pony 3, jump out / circle isolations 4-8

8 **Continue moving:** arms pulls rt & 1, left & 2, pull 3&4, pony 5-6 circle isolate 7&8

8 Parts 1-3-5:

Group 1: roll rt 1, step & 2, left 3&4, rt 5&6 back center 7&8 hold 12

Group 2: hold 1-2, roll rt 3, step & 4, left 5-6, rt 7&8, center 12

Group 3: hold 1-2-3-4, roll 5, step & 6, center 7&8

8 Finish center 12, **Outside:** box arm down 3&4, **Inside box:** down 5&6, swing arms 7&8

8 Step & 1, arms down 2, over head 3-4, rt back 5, switch to half- T left 6, open hands sway rt 7, switch 8

8 Cross front step rt 1, close behind head 2, jump cross 3, back 4, pump box 5, T pump 6, stop back box &, side
up 7, down 8

6 slide back 12, front 3, tuck 4, out 5, ending pose 6

Formations:

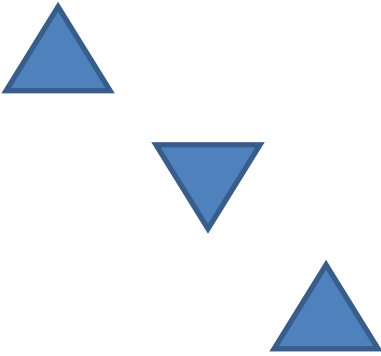
F1



F2



F3



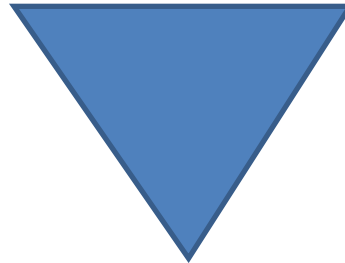
F4 Stag lines



F5 Stag line (3 or 2 lines)



F6



“Werq Hard” – by: Various Artists
Advanced Hip Hop - Time 1:40



Start facing the back

- 8 **(Start in two lines)** hold 1-4, pick up heads look 5-8 (look down L, up, R, down)
- 8 Circle over L to front 1-2, jump to 2nd 3-4, **(moving to four lines)** shoulder shakes 5-8
(2nd group moves up/ fwd)
- 8 Jump out to 2nd 1-2, point to watch 3-4, pull L 5, push 6, pull through 7-8
- 8 Scoop face 1, jump to 2nd 2, punch L 3, punch R 4, drop over 5, close feet 6, slap waist 7, jump to 2nd 8
- 8 R knee out 1-2, make it rain and invert knee 3-4, look R and invert knee 5-6, R foot forward and swerve and drop 7-8
- 8 (Groups) odd rows move R shoulder 1-2, even rows move R shoulder 3-4, step back L 5-6, point L thumb to head 7, R thumb 8
- 8 Explode hands 1-4, turn over R shoulder 5, prep 6, slide onto R knee 7-8
- 8 (Parts) stand 1-2 or continue floor work 1-8; (standing groups: turn over L shoulder 3, turn back to front on 4, slam fists down in the air 5, throw hands 6, push away L 7, face the L 8); (floor groups: on knee 1-2, turn over
L shoulder and L knee up 3-4, slam hands on ground 5, plié 6, push to the L 7, face L on 8)
- 8 Face side and body roll 1-3, face front 4, run in place 5-8
- 8 Continue run 1-4, grab arm 5 switch arms 6, hands on L hip 7, R hip 8
- 8 Explode open L right 1-2, pop chicken arms 3-4, scuff R 5-6 upper body roll 7-8
- 8 Step (LRLRLR)/ shoulder rolls L arm up 1-4, throw head 5-6, scuff back with arms 7-8
- 8 **Moving to triangle** 1-8, walk 1-2, pump R arm 3-4, walk 5-6, get silly 7-8
- 8 **Continue moving to triangle** 1-8 (repeat 1-4, walk 5-6, step out R & L 7-8)
- 8 (Groups) 1st group: body pops R, L, down, up 1-4; 2nd group: body pops L, R, up, down 1-4;
(split three V's)- outside group jump R or L and shake body 5-8; inside group holds
- 8 2nd group: (inside V picks up on 1), 3rd group: (center V picks up on 5)
shake R and L and jump 1-8
- 8 Step touch RLLR 1-4, double RR 5-8
- 7 Step touch LRRL 1-4, L leg out 5-6, jump to 2nd position 7
- 8 **(Reverse triangle)** head roll 1-2, arms 3-4, walk 5-8
- 8 Jump forward with R foot 1, jump back with L foot 2, step out R 3, L foot 4, head up 5-6, head down 7-8
- 8 Drive to L 1-4, R arm rolls 5-6, L arm rolls 7-8
- 8 Swerve to front with R arm 1-2, point to R shoe 3-4, shake to front 5-6, body roll up 7-8
- 8 Swing R arm and close R foot to L foot 1-4, swing arms over head and L foot to R 5-8
- 8 Crunch/pulse arms overhead to the L and turn to the front 1-4, bow and R arm swivels to waist 5-8
- 8 R foot out 1-4, lean L then R 5-8
- 8 Pull R then L 1-4, slap L leg “Micheal Jackson” 5-6, jump back 7-8
- 8 Scuff 1-2, head roll 3-4, hold 5-6, pushback 7-8
- 8 Free style/ dancers interact moving to one block 1-8
- 8 (Opposition rows) odd rows: stanky leg 1-4, Bernie 5-8; even rows: Bernie 1-4, stanky leg 5-8
- 8 (Repeat opposition rows) odd rows: stanky leg 1-4, Bernie 5-8; even rows: Bernie 1-4, stanky leg 5-8
- 8 Push L 1-2, push R 3-4, three step turn R 5-7, jump out to second 8
- 7 Stylized walk 1-7 **(move to clump)**
- 2 “I go to work!” throw hands up 1, hands on hips and look R 2

Formations:

- 1. TWO LINES 2. FOUR LINES 3. TRIANGLE 4. REVERSE TRIANGLE 5. CLUMP**

“Ain’t Nothin’ Wrong With That” – arr. by Tom Wallace
Intermediate Field Pom – Time 1:12



Begin in 3 lined, staggered block, facing the back
 8 Hold 1-4, poms to low V 5-6, poms to chest 7-8

888 3 Parts Every 8 Counts:

1st line – turn over L shoulder with arms to a high V 1-2, low V 3-4, broken T switches 5-6, punch up L 7, poms to shoulders 8. Tuck down 1-2, sit on heels 3-4, shake poms 5-8. Continue to shake 1-8

2nd line – Hold 1-8, Turn over L shoulder with arms to a high V 1-2, low V 3-4, broken T switches 5-6, punch up L 7, poms to shoulders 8. Tuck down 1-2, sit on heels 3-4, shake poms 5-8

3rd line – Hold 1-8, Hold 1-8. Turn over L shoulder with arms to a high V 1-2, low V 3-4, broken T switches 5-6, punch up L 7, poms to shoulders 8

8 Everyone come to a tuck 1-2, recover 3-4, pose by line from the back 5 or 6 or 7, clean 8

8 Cross 1-2, point 3-4, pencil turn 5-6, clean 7-8

8 L swish 1-2, R 3-4, touch down arms 5-6, clean 7-8

8 Step back on R foot with touch down/push out arms 1-4, chassé 5&6, step L 7, R jeté 8

8 Land 1-2, poms to chest 3-4, chasers 5-8

8 Three step turn 1-3, pose 4, switch sides 5-6 or 7-8

8 **Travel to 3 Blocks:** while walking, shake poms 1-4, circle down 5, clap 6, repeat 7-8

8 Continue Travel: repeat traveling step 1-7, close 8

88 Parts by Block Every 2 Counts:

Extend 1-2, tuck down while circling arm under 3-4, sitting on heels w/ arms out to a T 5-6, over 7-8. Continue 1-4, pop up 5 or 6 or 7, poms to chest 8

8 By block- V arms up or down 1-2, switch 3-4, “L” arms up or down 5-6, switch 7-8

8 R hip roll around to the other side 1-4, recover to standing 5-6, R slide step 7-8

8 **Travel to Columns:** Repeat traveling step from above 1-8

8 Continue Travel 1-8

888 Parts by Column Every 2 Counts:

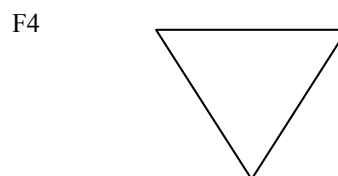
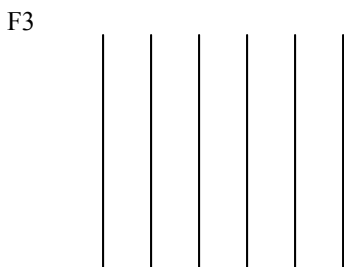
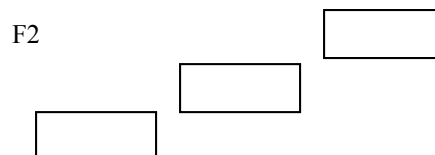
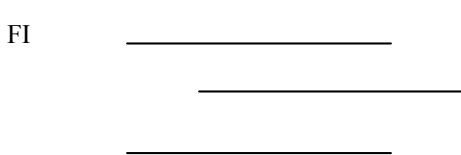
Step out R, punching poms out from shoulder 1-2, open to a K 3-4, close the K 5-6, pull to a broken T 7-8, switch broken T (while in plié) 1-2, switch back (with straight knees) 3-4, high V 5-6, low V 7-8, close 1-2, continue parts 3-6, everyone circle poms 7-8

8 Step out R and shimmy 1-2, close to face the L 3-4, pull across the body 5-6 or 7-8

8 **Travel to Triangle:** Repeat Traveling Step 1-8

8 Set up levels 1-4, wrap poses with R arm in upper diagonal 5-6 or 7-8

1 Punch up L arm by ear on 1



“We Got the Beat” – by: Tom Wallace (Arrangers)
Intermediate/Advanced Field Pom – Time 1:19

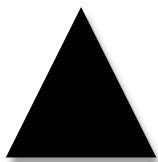


Beginning position – Triangle, in levels with head down

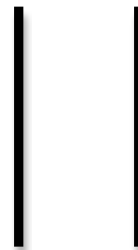
- 8 Hold 1-4, everyone pops head up and shake poms at chest 5-8
- 8 Everyone hit levels 1-2, close to chest 3-4, hit low V 5, T 6, or high V 7, close to chest 8
- 8 Outside chevron shoot arms up 1, chest 2, low V 3&4; inside goes 5-8
- 88 Parts by chevron (1, 3, or 5) arms down to L diagonal 1, pull R arm 2, switch 3, push up to R diagonal 4, open to high V 5-6, circle down to low V and shake 7-8, shake at chest 1-2, circle poms clockwise 3-4, continue to circle as other groups finish 5-8
- 8 Punch R arm up 1-2, slice to T while standing up w/ R leg 3-4, slice L arm up and stand 5-6, close and look down 7, head up and poms at chest 8
- 8 Contagion F → B circling arms to low V/pop L knee 1-4, punch R arm 5, switch to L 6, TD 7, close to chest 8
- 88 Move to staggered block** – Shake at chest 1-4, R check arms 5, switch L 6, TD 7, close to chest 8
**On last 8-count of moving even lines clip turn to face back on 7-8
- 8 Opposition wiper arms to R 1&2, switch to L 3&4, pivot R 5-6, close 7, poms to chest 8
- 8 Repeat opposition wiper arms (even lines ball change forward instead of pivot)
- 888 Parts front to back (1, 3, or 5) chasse to R w/ “T” arms 1-2, ball change and release head 3-4, 3-step turn to L 5-6, punch arms to TD 7, breakthrough to low V 8; hold 1-2, stationary leap 3-4, land in tuck and hold 5-8; Continue holding as groups finish 1-4, roll to stand 5-8.
- 88 Move to 3 groups** – Shake at chest 1-4, high V 5, broken T 6, cross down 7, open to low V 8
- 88 Outside groups pivot on R to back in low V 1-2, pivot to front in high V 3-4, prep 5-6, double pirouette 7-8, jump out to 2nd position w/ low V arms 1, close to chest 2, hold 3-4 (middle group starts same choreography on 3-4); hit poses in groups – low V 5, T 6, or high V 7, close 8
- 88 Groups (1, 3, or 5) BC to R w/ R arm forward 1-2, BC back with L arms 3-4, run forward 5-6, jeté 7 8 (continue parts 1-4); wiper arms in opposition to R 5&6, switch to L 7&8
- 88 Move to files** – Shake at chest 1-4, circle-clap 5-6 and 7-8
- 8 Clockwork (1, 2, or 3) starting to L w/ R arm 1, L 2, switch 3, L arm across 4, down 5, chest 6 (continue clock 7, 8)
- 8 Hit levels in parts – low V 1, T, 2, high V 3, close 4, everyone hits levels and shakes 5-7, close 8
- 8 Even lines step to R to stagger 1-2 (odd lines hit high V, even lines hit low V), tuck 3-4, hit levels w/ T arms and shake 5-6, close to chest 7, hit ending pose 8

Formations:

#1 – Triangle



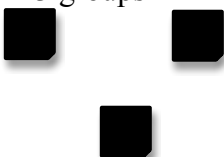
#4-Files



#2 – Staggered Block



#3 – 3 groups



“Dance With Somebody” – by: Whitney Houston
Intermediate Pom – Time 2:24



Start in 3 groups

888 3 groups: Pick up steps

#1: (start facing back) – step to front and tilt kick R 1-2, prep 3-4, double 5-6, land in 2nd 7-8

#2: (start in 2nd) – R ball change out, swing R arm across 1-2, chassé front 3-4, step L 5, passé R and release 6, walk fwd R 7, step out L (facing L) 8

#3: (start facing R) – diagonal brush with R 1, step out to front 2, cross L over R, pencil turn w/ touchdown arms 3-4, ball change fwd w/R, release over 5-6, ball change back w/ R and release back 7-8

8 Peel out to face back w/ “L” arm 1-2, step together, relevé and release 3-4, R chassé to back 5-6, walk to poms 7-8

8 Continue to move to back – arms out R, L, wrap head 1-4, walk 5-6, tuck to poms 7-8

8 Windmill contagion to face front standing 1-8

84 Move to block – shake 1-2, “K” to R, then L 3-4, circle clap 5-6, shake 7-8, wrap L then R 1-2, touchdown 3, close 4

8 Step out R and dig with checks RLR1&2, step out L open 3, slice and close L 4, circle R arm back and open 5, close back to L 6, hip roll to front 7 close front 8

8 Opposition high and low Vs 1, hold 2, switch 2x 3-4, group 1 rocket and tuck 5-6, group 2 rocket and tuck 7-8

88 Groups 1-3-5 (levels are R to L): – ½ T check 1&2, slice up to ear 3, fold down 4, circle counter clockwise 5-6, T and tilt head R 7, chest 8, touchdown 1, clean 2, continue 3-6, everyone high V, low V 7-8

88 Groups 1-3-5 (R to L): shake fwd 1-2, slice R up 3, windmill around 4, chest 5, rocket forward 6, chest 7, hold 8, circle pickup counter clockwise 1-3-5, T 7, chest 8

88 Roll up to stand facing R 1-4, move to triangle: shake 5-6, “K” to R, then L 7-8, circle clap 1-2, shake 3-4, wrap L then R 5-6, touchdown 7, close 8

4 Walk fwd L 1, touch turn with R 2, walk forward 3-4

8 Jump out 1, hold 2, R reach and punch &3, L reach and punch &4, pump to front &5, pump to R &6, punch with arms &7, pull close &8

4 Step back out 1 head roll to open 2, box pump 3, switch 4

8 Contagion R to L: swoop to ½ T, and step out L with R by ear (shaking) 1-8

8 Contagion F to B: turn to face bk 1-4, contagion B to F: step back and release 5-8

8 Pivot turns (in opposition) walk 1-2, pivot turn 3-4, walk 5-6, pivot turn 7-8

8 Close front 1-2, prep 3-4, double turn 5-6, out to 2nd 7, hold 8

8 Punch across to R 1-2, windmill to ground facing L 3-4, roll to levels by chevron 5-8

88 Parts 1-3-5 by chevron: high V with R then L 1-2, box 3, L out 4, punch L across 5, R up to ear 6, circle pick up 7-1-3 release R arm forward 5-6, back up 7-8

4 Clean arms and stand 1-4

8 Step out R and dig with checks RLR1&2, step out L open 3, slice and close L 4, circle R arm back and open 5, close back to L 6, hip roll to front 7, close front 8

8 Everyone: low V 1, hold 2, switch 2x 3-4, group 1 rocket 5-6, group 2 rocket 7-8

88 Move to block: circle R arm out 2xs 1-2, 3-4, ½ T, push forward, T out, push down 5-8, circle R arm out 2xs 1-2, 3-4 step R and flick L behind 5-6, face L 7-8

88 Groups 1-5-1: chaîné front 1-2, chassé 3-4, leap 5-6, down to ground 7-8, continue parts 1-8

8 Pop up 1 down 2 or 3-4, point R leg out 5, hold 6, stand 7, point L out, L arm up 8

8 Step L kick front with R 1-2, step forward and release 3-4, circle and plié in opposition 5-6, again 7-8

8 Zipper contagion wrap out 1-4, zipper contagion push in 5-8

8 Contagion F to B swing open to front and close with wrap 1-4, head roll 5-6, touchdown 7, clean 8

8 Triplet R, arms up and down 1&2, reverse 3&4, step out R arms high V R/L 5-6 circle back and

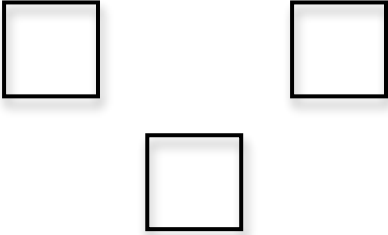
release over 7-8

8 Move in shaking 1-4, R arm by ear 5-6-7-8

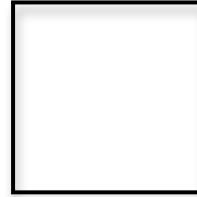
1 Step forward with R, R arm shaking front 1

FORMATIONS:

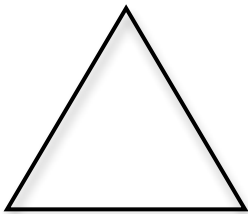
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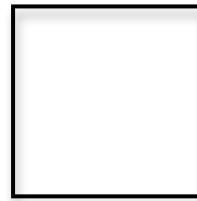
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#4



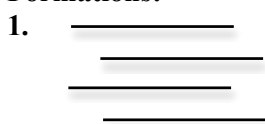
“Shakin’ Up the 80’s” by: Various Artists
Intermediate/Advanced Pom – Time 2:23



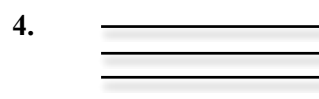
Begin in staggered block, facing the back, sitting on your knees with head down

- 8 L to low V 1, R 2, rocket come up to knees release head 3, T 4, step L punch cross 5, step R clean 6, step back R T 7, clean to front 8
- 8 Step R punch R across 1, dig L pull R across to diagonal 2, (parts R to L, 3-4-5) step L punch to R 3, open front ears 4, plié drop to L knee 5, finish parts 6-7, cheerio 8
- 8 Prep 1, toe touch 2, tuck 3, hold 4, slide L leg across open R to diagonal 5, hold 6, bulldog 7, hold 8
- 8 Throw L 1, R 2, open L 3, open R 4, extend L leg swing L arm up 5, hold 6, bug 7, hold 8
- 8 (Ripple R to L) toe up look front 1-6, roll to R hip throw L arm 7-8
- 8 Continue to stand 1-2, step L 3, prepare 4, R chainé to front 5-6, R saut de chat 7, cross 8
- 8 Pencil turn 1, clap 2, circle to L 3, pop L toe wrap L extend R 4, ½ T L clean R 5, flick R clean L arm punch R up look L 6, step R to front touchdown 7, fold 8
- 8 Snake up to R 1, pop R 2, R rond de jambé 3, pop L 4, punch L across 5, R &, hips 6, relevé clean 7, prep 8
- 8 R dbl pirouette 1-2, R sauté 3, land 4, flare roll to stand on L 5-8
- 8 Scoop R 1, ear 2, scoop L 3, ear 4, V 5, ½ T &, low V 6, ½ T &, step L clean 7, pivot 8
- 8 (Transition to 3 groups) circle overhead 1-3, clean 4, punch R up 5, L 6, wrap L 7, clean 8
- 4 Circle 1-3, clean 4
- 8 (group 1) prep 1-2, R pirouette 3, R a la secondé fouetté 4-5, R lunge 6, hold 7, R developpé V arms 8 (group 2) R lunge 1, hold 2-7, R developpé V arms 8 (group 3) tuck 1, hold 2-8
- 8 (groups 1 & 2) step R 1, step L prepare 2, R chainé 3-4, R axle 5-6, R 7, jump to forced arch touchdown 8 (group 3) hold 1-7, jump to forced arch touchdown 8
- 8 L ball change release head 1-2, step L 3, step R to plié 4, C-jump 5-6, land in plié 7, hold 8
- 8 (transition to diagonal lines) cross R 1, cross L 2, circle to R 3, clean 4, check to R 5, L 6, R 7, L & R 8
- 8 (continue transition) reverse arms 1-8
- 8 R chassé 1-2, prep L 3, R saut de chat V arms 4, step L 5, pivot 6, L 7, R &, step L prepare 8
- 8 R piqué 1-2, R 3, L 4, R layout 5-6, tuck 7-8
- 8 (Ripple from opposite ends) roll over R to punch out facing opposite direction, close L to R windmill over L shoulder to tuck 1-8
- 8 Go to levels 1-2, (parts 3-5-7) punch R up 3, clean 4, ½ T to L 5, touchdown 6, ½ T to R 7, clean 8
- 8 Finish parts 1-4, ears 5, fold in 6, cross to front 7, V 8
- 8 (Parts 1-3-5) break R 1, break L cross R over 2, cross 3, low V 4, finish parts 5-8
- 8 Clean/stand 1-2, (transition to 3 lines) shimmy 3-4, swing back 5, front 6, clap 7-8
- 8 (continue transition) shimmy 1-4, swing back 5, front 6, clap 7-8
- 8 Step L 1, R pitch 2, R 3, step L throw L 4, step R to back 5, L 6, R drag L T arms 7, flat back 8
- 8 (parts 1-3-5) step back L pop R ½ T 1, switch 2, step L to front 3, R inverted fan 4, cross 5, pencil turn 6, melt down 7-8
- 8 Finish parts 1-4, step R 5, R passé touchdown 6, R 7, clean to front or back 8
- 8 (Opposition to front or back) L 1, R reach to wrap 2, pivot 3, clean 4, flick up or down R 5, L 6, R 7, L 8
- 8 (Parts 1-3) cabbage patch 1-2, finish parts 3-4, step R V 5, cross L ½ T &, step R low V 6, ½ T 7, close to R punch down 8
- 8 R sauté ears 1, L coupé 2, L ball change to diagonal punch out 3-4, L chainé 5-6, step L 7, dig R to front circle R 8
- 88 (Transition to triangle) R chug 1, L chug 2, R chug 3, R chug 4, windmill 5-8, repeat 1-8
- 8 (Parts B to F 1-3-5) step R swing to T 1-2, R knee to side swing L over 3-4, knees to front R diagonal 5, L diagonal 6, rocket 7, bug 8
- 8 Roll to L 1-2, punch out 3, hold 4, roll to R 5-6, punch out 7, open to L 8
- 8 Roll to L 1-3, prep on knees 4, R dbl pirouette 5-6, step R to 2nd 7, jump L to R punch R up look L 8
- 8 Finish parts 1-4, go to levels punch R 5, L cross 6, T 7, clean 8
- 8 R out 1, L diagonal 2, break 3, switch &, R diagonal 4, (parts 5-6-7) clean L wrap R 5, close 6, finish parts 7-8
- 5 L cross 1, R cross 2, L out 3, R out 4, low V or T or V release head 5

Formations:



2. 3 groups



“Turn it Up” – by: Various Artists
Advanced Pom – Time 2:09



Start in a diamond. Feet together, head down, and poms together at stomach.

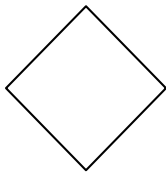
- 4 Hold
- 8 Middle diamond- circle arms above head 1-2, hands to knee 3, head down 4, outside and inside diamond circle arms above head 5-6, hands to knee 7, head down 8
- 8 Everyone look up 1, hold 2, outside diamond low V/ inside diamond high V 3, chest 4, switch V 5, chest 6, prep 7-8
- 8 Chainé 1-2, turning disc 3, roll to ground 4-5, stand 6-7, right arm up right foot out 8
- 8 Open right arm and lean right 1-2, step right moving back with arms crossed in front 3, step left 4, step right and wrap arms 5, step left arms in low V 6, ballchange 7-8
- 8 Tilt kick 1-2, turn out 3-4, left sides left arm breaks up look right 5, middle group 6, right group 7, everyone swings left down and right arm up 8
- 8 3 parts- outside diamond: high V 1, swing arms around 2, rocket 3, hands to knees 4, knees hands behind head 5-6, touchdown 7, diagonal 8
Inside diamond: hold 1, high V 2, swing arms around 3, rocket 4, hands to knees 5, high knees hands behind head 6, touchdown 7, diagonal 8
Center diamond: hold 1-2, high V 3, swing arms around 4, rocket 5, hands to knees 6, touchdown 7, diagonal 8
- 8 Break right 1, bring right to left hand 2, low V 3, break &, low V 4, roll to stand or turn over left shoulder 5-8
- 84 **Walk to staggers**- shake poms 1-2, left arm up 3-4, right arm up 5-6, shake 7-8, shake poms- 1-4
- 8 Front group step out right arms in “L” 1, switch “L” 2, arms down release head 3, head up 4, hold 5-8
Middle group hold 1-2, “L” 3, switch 4, release 5, up 6, hold 7-8
Back group hold 1-4, “L” 5, switch 6, release 7, up 8
- 4 Turn and wrap arms 1-2, T 3, wrap body 4
- 8 T 1, wrap body 2, circle above head 3-4, step forward with right throw arms 5-6, prep 7-8
- 8 Chainé 1-2, C turn 3-4, turn or roll to level(right group low knees, middle high knees, left standing) 5-8
- 8 Parts (right, middle, left) on 1,3,5- arms to right 1, L 2, switch L 3, arms to left 4, break 5, T 6, hold/continue parts 7-8
- 8 Parts continue 1-2, middle break right arm and outsides left 3, middle rocket up outside rocket down 4, middle break left outside break right 5, middle rocket down outside rocket up 6, middle break right arm outside break left 7, chest 8
- 8 Front-back parts 1,3,5: K to right 1, switch 2, circle arms 3, chest 4, circle 5, chest 6, parts continue 7-8
- 8 Parts continue 1-2, cross arms and stand left 3-4, stand 5-6, switch shakes to right 7&8
- 8 Contagion from right to left- right arm comes up and face left, arm comes down and to front 1-8
- 8 **Move to triangle**- shake 1-2, left arm up 3-4, right up 5-6, shake 7-8
- 8 Continue moving right arm punch over to left 1, down 2, punch left 3, low V 4, high V 5, slice to low V 6, chest 7-8
- 8 Parts left, middle, right on 1,3,5- prep 1-2, double 3-4, high V 5-6, circle right arm 7-8
- 8 Parts continue 1-6, outsides check up middle check down 7-8
- 8 Go to levels left arm behind head right across 1-2, open right arm 3-4, rocket 5, front chevron bring down 6, middle 7, back 8
- 8 Parts front chevron, middle, back on 1,3,5- chaser start low left 1-4, high V 5, arms in left upper corner 6, high V 7, chest 8
- 8 Parts continue 1-4, wrap arms left knee up 5-6, close 7-8
- 8 T 1, even columns rocket down and odd rocket up 2, T 3, switch rocket 4, T 5, switch rocket 6, T7, chest 8
- 8 Front chevron prep &1 kick 2, middle chevron prep &3 kick 4, back chevron prep &5 kick 6, hold 7,

pose with right arm up 8

- 8 **Triangle splits**- middle section- prep to back 1-2, chaîné 3-4, chassé 5-6, inverted leap 7-8
Outside triangles- swing right arm down 1-2, prep 3-4, chaîné 5-6, prep 7, press leap 8
- 8 Middle section- close 1-2, ballchange back arms T 3-4, low rocket 5, chest 6 high rocket 7, chest 8
Outside triangles- roll to low knees 1-3, arms in T 4, low rocket 5, chest 6 high rocket 7, chest 8
- 8 Right group low V 1, middle T 2, left high V 3, everyone chest 4, stand 5-8
- 8 Right arm punch left right foot out 1, right foot forward right arm open 2, half T to left side 3, switch to right 4, box arms 5, flat box arms &, pop 6, swivel to left 7-8
- 8 Box arms and step right 1, pop 2, step left 3, pop 4, step right cross arms 5, touch left foot low v arms 6, step left 7, touch 8
- 8 Snake to right 1-2, cut arms lean left 3-4, windmill arms turn around 5-8
- 8 **Move to block**- shake 1-2, left arm up 3-4, right up 5-6, shake 7-8
- 8 Continue moving right arm punch over to left 1, down 2, punch left 3, low v 4, high V 5, swing to low V 6, chest 7-8
- 8 Step out high V low V contagion from left to right 1-6, push arms around close 7-8
- 8 Outsides check to right/middle check to left 1, switch check 2, circle up arm 3-4, ½ T 5, T 6, prep or clean 7-8
- 8 Seconds 1-6, double 7-8 or step up swing up right 1-2, high left 3-4, low right 5-6, low left 7-8
- 8 Ball change arms in T 1-2, fan 3-4, ball change 5-6, chaîné to front 7-8
- 1 Fan arms & 1

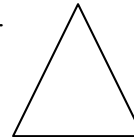
Formations:

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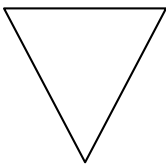


2. Staggered block

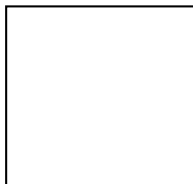
3.



4.



5.



“Respect” - by: Tom Wallace (Arrangers)
Beg/Int Field Hoop – Time 1:22

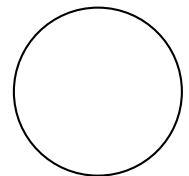


Begin in one line facing the back

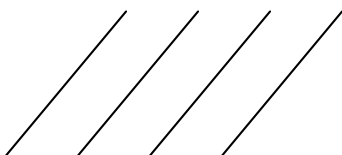
- 8 Push Ripple (over right shoulder) around to the front 1-8
- 8 “V” Ripple from center out (high and low “V’s”) 1-8
- 8 Scissors – close 1, switch 2, open 3, close 4, switch 5, open 6, close 7, clean 8
- 8 *Travel to diagonals* with low check mark arms 1-2, 3-4, Windmill arms 5-8
- 8 *Parts every 2 counts – #1’s*: Step L 1, kick R 2, close 3, hoops to chest 4, hold 5-6, open to a low V 7, clean 8. *#2’s*: hold 1-2, step L 3, kick R 4, close 5, hoops to chest 6, open to a low V 7, clean 8
- 8 Closed hoops in front of body 1, open to a double hoop 2, flip hoops 3, close 4, arms to a diagonal 5, arms straight up and down 6, to chest 7, clean 8
- 8 R chassé to front 1 & 2, step L 3, tuck jump 4, land w/ arms in a low “V” 5-6, clean 7-8
- 8 R chassé with arms in a “T” 1& 2, ball change 3-4, three step turn 5-7, close 8
- 8 L cross, point R 1-2, R cross, point L 3-4, L pivot turn 5-6, R passé 7, close 8
- 88 Repeat the above two eight counts facing the back
- 8 Ripple from the L: arms circle around to a diagonal while stepping back on R leg
- 8 *Travel to Circle* (facing towards the inside of the circle) wiper arms 1-2, 3-4, 5-6, close arms 7-8
- 8 Continue travel 1-2, clip turn 3-4, tuck down 5-6, grab hoops (going to the R) to make a chain 7-8
- 8 Roller coaster ripple (from the back) around to the R 1-8
- 8 Continue ripple (or use a chaser ripple) 1-8
- 8 Let go of hoop chain 1-2, grab own hoops 3-4, recover to a standing position w/ hoops to chest 5-6, hoops down and up 7-8
- 8 *“Zig Zag” Parts*: #1’s – hoops go up to L diagonal 1, switch to R side 2, chest 3, down to L 4, over to R 5, chest 6, push up to L 7, chest 8. #2’s – down to R 1, over to L 2, chest 3, up to R 4, over to L 5, chest 6, push down to R 7, chest 8
- 8 *Separate into two circles* 1-4, set up levels 5-8
- 2 Hoops to chest 1, open to low “V’s” or high

F1 _____

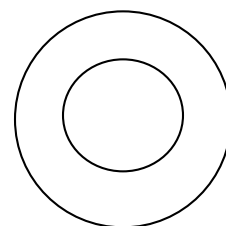
F3 Big Circle



F2



F4



“I Saw Her Standin’ There”- by Tom Wallace (Arrangers)
Intermediate Field Skirt - Time 1:14



- 8 Hold
- 8 Stand up by lines on 1-3-5-7, swirl skirt open on odd count, closed on even count
- 8 Pick up R-L 1-3-5-7: ball change across w/R foot, diagonal arms 1-2, close front 3-4, ball change across to R w/L foot, diagonal arms 5-6, close front 7-8
- 8 Pose to front w/R foot pointed across- diagonal arms 1-2, last group ends on 7-8
- 8 All close to R in high diagonal 1-2, contagion opening to back 2-8, : arms in high V
- 8 Wrap arms to back 1-2, pivot to front w/L foot 3-4, open arm to low V 5-6, close 7-8
- 8 Every other row: odds start 1, evens start 3: front ball change w/R foot 1-2 w/ arms crossed front, back ball change R 3-4 arms low V, step R 5, step L 6, battement 7 arms wrap to back, close 8
- 8 Evens end 1-2, all hold 3-4, arms up from sides to overhead 5-6, close 7-8
- 8 Move to triangle: walk w/skirt closed 1-4, T-arms 5-8
- 8 Cont. moving: close arms to R 1-4, open 5-6, close front 7-8
- 8 Contagion front to back jump up sweeping arms overhead to a tuck 1-8
- 8 Hit levels on 1(baby knees)-3(high knees)-5(standing), hold 7-8
- 8 Pick-up groups front to back 1-5-1: first group scooping, open arms 1-2, close to L, 3-4, open 5-6(second group picks up 5-6), close R 7-8
- 8 Open 1-2 (third group picks up), close to L 3-4, open 5-6, close arms to back 7-8
- 8 Front group high knees 1-2, all stand w/ L 3-4, R 5-6, head pop 7-8
- 8 3 groups from L-R: first group ball change R- R arm in high diagonal L arm wrapped at waist 1-2, close 3-4, 3 step turn R 5-7 arms open, close 8 arms wrapped
- 8 Sauté 1-2, land 3-4, last group ends 7-8
- 8 All come to knee-arms to R 1-4, stand and open front 5-8 L foot popped
- 8 Move to 2 lines: repeat moving arms
- 8 Continue move
- 8 Opposition front start R, back start L: front line rond de jambe R 1-2, step R 3, step L 4, passé R 5-6 arms open, step R 7, step L 8 with arms by side
- 8 Shifting weight swoop R arm across to L 1-2 back of skirt showing, hold 3-4, contagion opening to front 5-8 pulling feet together
- 8 Continue contagion 1-6, close 7-8
- 8 Chainé back to center 1-4, chassé 5-8
- 8 Rows in opposition- front step out R w/ open arms 1-4, step L to R closing arms to in front of body facing side 5-8
Back row-step out L facing back 1-4, close R to L arms closed
- 8 Front:step out R facing back 1-4, close L-R 5-8, Back: step out L open to front 1-4, close R-L 5-8
- 8 Contagion swooping skirt and looking front
- 8 End pose L arm in diagonal, R hand to hip, R foot popped

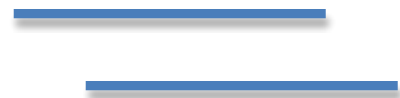
1. block of 4 lines



2. Triangle



3. 2 staggered lines



“Moulin Rouge”- by: Various Artists
Adv. Prop (Mask) - Time 2:33



Dancers begin in clump in different poses. On words “To die for love”, soloist, away from clump, does tombé pas de bourrée glissade grande jeté as she is singing those words; dancers in clumps follow with their heads with mask in R hand holding it at face.

8 **Walk to 4 staggered lines**, L arm on hip and R holding mask to face, both feet come together 8

8 Prep with R leg 1, L single inside turn 2, L leg down 3, single R 4 & 5, prepare, 6-8 triple turn with R leg in passé

8 Step out to second R on &, step L 1, fan 2, leg down 3, illusion R leg around 4-5, step R 6, 7-8 ball change on R leg toward L corner, arms clean by side

8 Chassé R on 1-2, step L 3, R leg leap on 4, step out L 5, ball change R coupé L to ankle on 6, step back on L squaring off 7, rond de jambe R leg back 8

8 1 second deep plié, tour jeté 2, land 3, step R 4, step L 5, back leap 6, land 7, ball change L 8

8 Slow walk L to the front 1-2, 3-4, 5-6, 7-8 step R to go to next formation

8 (Beginning of new song) **Walk to three separate blocks for 8, L arm on hip, mask to face**

8 Three parts by triangle all doing the same thing. Prepare R 1-2, double turn 3-4, land 5, press leap 6, land in a tuck holding 7-8, or prepare 3-4, turn 5-6, land 7, leap 8, hold or prepare 5-6, turn 7-8

8 Land 1 leap 2 hold 3-4 Everyone rolls 5-6 stand up leading with R leg 7-8

8 Feet together relevé with L 1, hold 2, R triangle first R leg lunge on 3 come up with mask to face looking at audience 4, or 4 up 5, or 5 up 6, ball change back R 7, up 8

8 Step back R 1, step L 2, kick R 3 release back, 4 tuck to slight plié, hold 5, on 6 L leg arabesque, or 7, or 8

8 Hold 1-2, turn to the front stepping on R leg 3, hold 4, turn to the back stepping on L 5, step R on &, step L 6, turn back to the front flicking your R leg at a low angle 7, prepare & 8

8 Double coupé turn 1-2, plié on 3, and rond de jambe R leg around 4, step out with L leg to second L arm at stomach, R arm on head 5, transfer weight R 6, hold 7-8

4 Slow head roll on 1-2, two quick head rolls on 3-4

8 Walk back to beginning formation for 8

8 2 fast chainés to the front 1-4, contagion mask at face, with L arm “blow a kiss”, L leg in plié and R leg inverted and popped 5-8

8 Walk to two separate blocks for 8

7 Opposition starts note for R block 1, cross R leg over 2, second on high relevé, sit into R hip 3, bring L leg 4, 5 lift chin, 6 pop R leg, tilt head over to L, on & switch weight back over have L leg popped, 7 head roll to the L

8 (still in opposition) 1 swing arms back and around, on & 2 quick chainé turn, step R 3, on 4 hit facing the back, hold 5, 6 head release back with L arm by ear, R arm straight in front of you, R leg glued to your L knee, chassé R 7-8

8 (still opposition) wide second plié, arms pressing 1, 2 R leg crosses, 3 hop around, walk to center two blocks 4-8

8 R prepare 1-2, low chainé turn 3-4, calypso 5-6, chainé out of it 7-8

8 High chainé 1-2, low chainé 3-4, spinning disk/turning second 5, down 6, roll up 7-8

8 Walk to one triangle for 8, mask to face, other hand on hip

8 Continue walking for 8

8 Ball change salsa style with R leg in front, mask still to face 1-2, ball change with R 3-4, pivot turn around on R leg 5-6, and back to front 7-8

8 Step out R L with your arms out in “T” on & 1, throw everything to the L 2, on 3 & ball change R L, fan R leg on 4, land 5, drag your L to your R 6, place L hand on hip while looking back 7, look back to the front 8

8 Step out L and sit in a deep plié 1, chainé turn to front 2, step L 3, release everything back

- with L foot extended front, L arm up and R straight back 4, plié on L leg arms clean down on 5, inside turn 6, land 7, hold 8
- 8 In three sections of the triangle back part starts chainés to front 1-2, picks up 3-4, front section 5-6, all together walk R L on 7-8
- 8 Everyone stepping on their R leg on 1, step L 2, R leg tilt jump on 3, land 4, roll 5-6, stand 7-8
- 8 Walk back to center for 8**
- 8 Walk back to beginning form**
- 8 L to R contagion R, leg popped to L diagonal, mask to face, release head back, L hand on hip
- 4 Clean on 1-2, Prepare on 3-4
- 8 Turns in second for 8
- 8 Continue turns in second, double 5-6, land out in 7-8
- 8 Switching lines - front line go to second line, third line go to fourth line, step drags starting with R leg mask at face, L arm does different poses**
- 8 (1st and 3rd lines face the back, doing the same steps just to the back) Continue drags 1-6, step out R with R presenting to the side look at hand 7, step out L, L hand does the same motion as R but look forward on 8**
- 8 step R 1, step L 2, cross R over L 3, drag out to the side with arms in “L” L arm by ear R foot pointed on ground 4, step back R 5, step L 6, chainé & 7, step out of it R 8
- 8 Walk to ending clump with mask on face and hand on hip**
- 8 Reach forward 1-2, whichever way 3-4, look back 5-6, turn back to the front 7, (In music she blows a kiss) “blow a kiss” with L hand, 8 Snap

Formations:

- 1. Clump 2. Four line staggered block 3. Three different blocks**
- 4. Four line staggered block 5. Triangle 6. Four line staggered block**
- 7. Switch lines in staggered block 8. Clump**

“Hold On, I’m Coming” – by: Tom Wallace (Arrangers)
Intermediate Field Kick - Time: 1:11

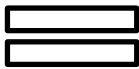


Begin in 1 staggered line, in levels (low knees, high knees and standing)

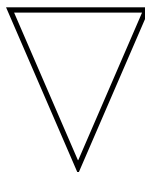
- 8 Hold 1-4, parts (5-6-7-hold 8): wrap L arm with R arm in levels
- 8 Recover to stand 1-4, step together to make one line 5-6, hook up 7-8
- 8 Double Around the World kicks: JKR across to L 1-2, JKL to L 3-4, JKR center 5-6, JKL center 7-8
- 8 Continue Double ATW kicks: JKR to R 1-2, JKL to R 3-4, JKL center 5-6, close 7-8
- 8 Cowboy kicks: jump apart 1, together & prep 2, JKR to R 3-4, repeat to L 5-8
- 8 Straight kicks: JKR 1-2, JKL 3-4, JKR 5-6, close 7-8
- 8 Move to 1 triangle with arms (bigger teams can do 3 small triangles): wrap arms to R with high R diagonal arm 1-2, wrap arms to L with L arm at T level 3-4, wrap arms to R with R arm in low diagonal 5-6, wrap arms around head 7-8**
- 8 Continue moving to triangle**
- 8 Parts every other line (1 or 3): R pivot to back 1-2, R pivot to front 3-4/ continue pivots 5-6, hook up 7-8
- 8 Contagion (Front to back) tuck bow contagion
- 8 Contagion (Back to front) bow at waist, stand straight 7-8
- 8 Single Graduated kicks: JKR low 1-2, JKL waist 3-4, JKR high 5-6, close 7-8
- 8 Move to 3 groups of 2 lines (smaller teams can do 1 line): Repeat arms from before**
- 8 Continue moving to 3 groups**
- 8 Chassé to R 1-2, cross ball change with L in front 3-4, repeat other direction 5-8
- 8 JKR across to L 1-2, prep 3, passé R to center 4, JKR to R 5-6, see saw legs 7-8
- 8 Repeat other direction: JKL across to R 1-2, prep 3, passé L to center 4, JKL to L 5-6, see saw legs 7-8
- 8 JKR 1-2, JKL 3-4, recover 5-6, go down in levels 7-8
- 1 Poses in levels with arms in levels from beginning

Formations:

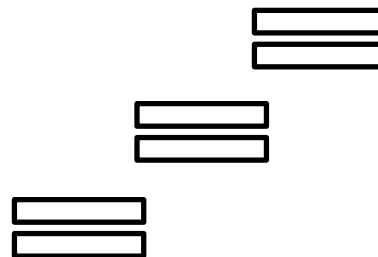
1. Staggered Lines



2. Triangle



3. Three Groups of 2 lines



“On The Floor” – by: Tom Wallace (Arrangers)
Intermediate/Advanced Field Kick - Time: 1:47



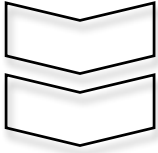
Begin in 2 Chevrons facing away from the center at an angle

- 8 Hold 1-4, ripple (front to back of each chevron): hook up 5-8
- 8 Ripple in opposition (front to back of chevron): outside chevrons- step away from center and bow; inside chevrons- step in towards center and bow 1-6, close 7-8
- 8 Ripple (front to back of chevrons): pencil turn 1-6 (R side of chevron cross R over L/ L side of chevrons cross L over R), head down 7, up 8
- 8 Parts 1-3 (front to back every other person): bow 1-2, go down on inside knee (each side of chevron goes down on opposite knee) 3-4, wrap arm to outside and look away from center 5-6, continue parts 7-8
- 4 Recover to stand 1-4
- 8 Move to 2 lines: Flexed hand circle R arm 1-2, L 3-4, roll R shoulder 5, L 6, head down 7, up 8**
- 8 Continue moving and repeat arms, but hook up on 7-8**
- 8 JKL to L 1-2, JKR center 3-4, JKR to R 5-6, twist with feet together R 7, twist L 8
- 8 Repeat other direction: JKR to R 1-2, JKL center 3-4, JKL to L 5-6, twist with feet together L 7, twist R 8
- 8 Cowboy kicks in opposition (front line/ back line): front line- cross R over L 1, feet apart 2, JKR R diagonal 3-4, repeat to L/ Back line- cross L over R 1, feet apart 2, JKL 3-4, repeat to R
- 8 In opposition (Front/ Back lines): front line- step L to L diagonal with head back 1, close feet 2, step to center R 3, passé L to R diagonal 4, step L 5, point R out to side 6, chassé forward R 7-8; Back line- step R to R diagonal with head back 1, close feet 2, step to center L 3, passé R to L diagonal 4, step R 5, point L out to side 6, chassé forward L 7-8
- 8 Close 1-2, turn over R shoulder towards back 3-4, close 5-6, hook-up 7-8
- 8 Ripple (middle to out): passé point inside leg and look away from center
- 8 Ripple (outside to middle): pop head back to look center 1-6, everyone passé with relevé inside leg to face front 7-8
- 8 Star Kicks: JKR across to L 1-2, JKR center 3-4, JKL center 5-6, JKR to L 7-8
- 8 Continue Star Kicks: JKL to R 1-2, JKR center 3-4, JKL center 5-6, close 7-8
- 8 Move to staggered block (4 lines) with arms: roll shoulders R 1, L 2, R 3, L 4, R arm straight up (palms out) 5, L arm up 6, wrap around head 7-8**
- 8 Continue moving to block, with arms, except hook up on 7-8**
- 8 Fan Kicks (every other line): lines 1&3: JKR fan 1-2, JKR inverted fan 3-4, JKR fan 5-6, hold 7-8; 2nd & 4th lines- jump together (prep) 2 times 1-2, JKR fan 3-4, inverted R fan 5-6, JKR fan 7-8
- 8 Parts 1-3 (every other line): 1st & 3rd lines- JKL 1-2, down to L knee 3-4/ 2nd & 4th lines- JKR 1-2, down to R knee 3-4/ parts from back to front by lines 5-6-7-8: step out away front center and look center on 5-6-7-8
- 8 Can-Can kicks in opposition (every other line): 1st & 3rd lines- JKR 1-2, bend R leg across L leg 3, straighten out 4, close 5-6, ball change out to L 7&8. 2nd & 4th lines- JKL 1-2, bend L leg across R leg 3, straighten out 4, close 5-6, ball change out to R 7&8
- 88 Switch lines with exercise kicks: 1st & 3rd lines- Bend over at waist with arms cupped behind you and walk straight back 1-4, close 5, stand up 6, hook up 7-8. Exercise kicks forward- step L 1, kick R 2, walk R 3, L 4, step R 5, kick L 6, step L 7, close 8. 2nd & 4th lines- Exercise kicks forward- step L 1, kick R 2, walk R 3, L 4, step R 5, kick L 6, step L 7, close 8. Bend over at waist with arms cupped behind you and walk straight back 1-4, close 5, stand up 6, hook up 7-8
- 8 Contagion R to L: passé R leg and extend leg on back 1-4, everyone bow over 5-7, clean 8
- 8 Move to 2 triangles: use same arms from the 1st transition: flexed hand circle R arm 1-2, L 3-4, roll R shoulder 5, L 6, head down 7, up 8**
- 8 Continue moving and repeat arms, but hook up on 7-8**
- 8 Open kicks in opposition (between the 2 triangles): R triangle- JKL to R diagonal 1-2, JKL to L diagonal 3-4, JKR to L diagonal 5-6, JKR to R diagonal 7-8. Left triangle- JKR to L diagonal 1-2,

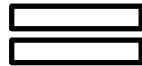
- JKR to R diagonal 3-4, JKL to R diagonal 5-6, JKL to L diagonal 7-8
- 8 Straight kicks- JKR 1-2, JKL 3-4, JKR 5-6, close 7-8
- 8 Double Graduated Kicks: JKR low 1-2, JKL low 3-4, JKR waist 5-6, JKL waist 7-8
- 8 Continue Double Graduated Kicks: JKR high 1-2, JKL high 3-4, close and hold 5-6, points to side R 7, L 8 (points in opposition- optional)
- 8 Arms down and unhook with R pivot to back 1-2, R pivot to front 3-4, close 5-6, tuck 7-8
- 2 Hit levels in triangle 1, both arms straight up with palms out and head up 2

Formations:

1. 2 Chevrons



2. 2 Lines



3. Block (4 lines)



4. 2 Triangles



“I Will Always Love You”-

by: Whitney Houston (Stereothief Remix, Feat. Airi L.)

Intermediate/Advanced Kick - Time 2:10



Start in a single Triangle formation, in a tuck position with hands in line with shoulders

8 Hold 1-4, in a contagion come up with arms in a high “V” and R leg popped in front all weight on your L leg on 5-8

8 Continue the contagion 1-4, close completely with your head down 5, hold count 6, look up 7, hold 8

8 Start to walk to two straight height lines

8 Continue walking to the straight lines 1-4, bring your arms to your shoulders parallel to each other 5, bring only your R arm straight up next to your ear your L arm comes down by your side 6, make a complete circle with your R arm going clockwise 7, look to the R while both arms hook up 8

8 Start straight jump kicks for the whole eight count, look back towards the front on count 2

8 Continue straight kicks and stop on count 7 with your L leg

8 Hip change to the L and pointing your R leg keeping it on the ground on count 1, jump kick your L leg up to the front 2, hip change to the R while pointing your L leg keeping it on the ground 3, jump kick R to the front 4, jump fan R 5, jump fan L 6, jump fan R 7, hold count 8

8 Bow over 1-2, come up on count 3-4, disconnect 5-6, mark time 7-8

8 Change formation to two triangles even with each other

8 Continue moving to the triangles and be there by 7, if in L triangle dig your R leg and if in R triangle dig L 8

8 Two triangles will be doing choreography in opposition. These are the notes for the triangle on the L: Going away from the opposite triangle step out with your R leg while your R arm swoops around behind coming up towards your ear 1, L leg comes to passé R leg in slight plié your R arm continues swooping around across the L side your head follows to look L 2, step with your L leg still in plié 3, R arm breaks through your chest while R leg goes through passé crossing over and look towards your R arm 4, step with L leg in preparation for turn 5, R inside turn 6, step backwards R L towards opposite triangle on 7-8

8 Quick chaîné turn around your R shoulder continuing going in towards the opposite triangle &1, step R 2, **start walking to next formation 3-8**

8 Continue walking to a 4 line block formation

8 Continue walking 1-4, step L to pivot turn 5, face the back with your feet together 6, dig your L leg on 7, step out L right while bringing both hands to your L hip &8

8 Switch towards front in wide second stepping out L R while arms level L arm broken in chest and R arm straight out &1, switch hips towards the R wall L arm straight out towards L wall R arm broken resting on your head your focus will be in your R arm your R leg will be bent on forced arch L straight all on count 2, look forward 3, jump R L into a preparation for a R pirouette &4, triple turn 5&6 (or 5-6 for a double), step out to a shoulder width second 7, tuck your L leg and roll towards the L wall 8

8 Stand up from roll leading with L leg 1-4, chassé R 5&6, step L on 7, back leap on 8

8 Ball change with your L leg behind 1-2, step L 3, move the formation back onto center 4-8

8 Turn to the front on 1, continue moving if needed 2-4, swing R leg behind to the back L corner while placing your R arm in mid chest while hooking up your L arm 5-6, clean everything on 7, hold 8

8 Hook up and look down bring your knees to the L in plié 1, alternate changing sides to the R, L, R your head follows your knees 2-4, come straight up to the front 5, step L 6, fan R 7, close 8

8 Hop on count 1, point out R foot on ground 2, hop 3, point out L foot on ground 4, hop 5, bring R leg to hip level 6, hop 7, bring L leg to hip level (graduated kicks) 8

8 Jump kicks starting with R leg 1-8

8 Continue jump kick series stopping on 7

8 Each line doing opposite legs still doing three jump fans whichever way stopping on 7

8 Repeat the same series but heading back towards the center still doing opposite fans also stopping on 7

- 8 Jump change your hips to the L corner on 1, jump kick your R leg on 2, jump change to the front on 3, kick your L leg 4, kick R leg to the front 5-6, change hips to R corner 7, jump kick L on 8
- 8 Stay to the R corner 1, jump kick R 2, back to the front 3, kick L leg 4, jump kick R 5-6, hold 7, unhook 8
- 8 (**Music change**) hold 1, clip turn to the back over R shoulder contagion R to L on 2-4, overlap jump split back to the front contagion from R to L 4-8
- 3 Continue jump split contagion 1-3
- 8 “Z” sit R leg bringing your L arm to right knee on count 1-2, come to high knees with arms by your side 3-4, step on L leg on 5-6, all the way to stand on 7, hold 8
- 8 Head down with arms by side 1-2, look up on hook up 3-4, line by line: step L 5, fan R 6 go down to R knee, or step 7, fan 8, or
- 8 (Continued) step 1, fan 2, or step 3, fan 4, your L leg should be bent lunge out towards the L front corner, roll towards the back to stand up in the same groups on counts 5-6, or 7-8, or
- 8 (Continued) 1-2, or 3-4 continuing the groups, hold counts 5-6 with your weight on your R leg, change hips to the L wall with weight on your L leg and arms in “L” in line with shoulders 7, hold 8
- 8 High chaine 1-2, low chaine 3-4, calypso 5-6, chaine out of it 7-8
- 8 **Walk to the tight clump formation**
- 8 **Continue walking**
- 8 Everyone reach different directions 1-2, reach again in different direction 3-4, reach again 5-6, clean while going to different levels 7, look back on 8
- 1 Snake roll your head back to the front

Formations:

- 1. One Big Triangle 2. Two straight lines 3. 4 block lines 4. Ending clump**

“Bully” - by: Tom Wallace (Arrangers)
Intermediate Field Military - Time 1:37

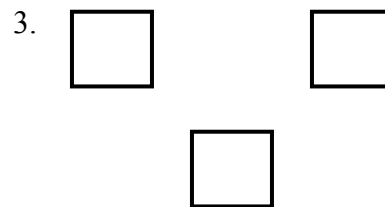
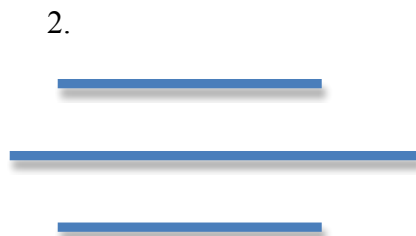
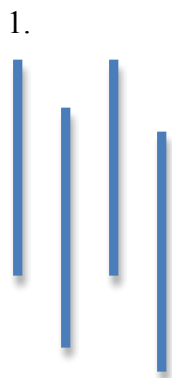


(Block formation, either staggered or straight files. Standing feet together, head down, facing front.)

- 8 Hold 1-3, look up & cross arms at chest 4, starburst arms (dancers R of center use R arm, L of center use L, center use both) opening to high V on 5, cross at chest 6, open to low V on 7, clean arms 8
- 8 Standard clock work in groups from L to R. Step out to R with R foot crossing arms over to a L half T on 1-2, slice R arm up to L opening body to front 3-4, switch L on 5-6, shift your weight to R foot turning to the R and closing arms to the R on 7-8
- 8 Open up to full T on 1-2, tuck on 3-4, and continue parts tucking 5-6, or 7-8
- 8 Stand up 1-2, start walking to 3 lines 3-4. Walking arms: touch R across to low V 3, up to high V 4, L arm 5-6, circle down to low V on 7-8
- 8 Clean arms 1-2; continue walking 3-8 repeating arms
- 8 Clean arms in spots on 1-2. Parts: (1st and 3rd line start on 3-4, 2nd line on 5-6.) Break both arms to chest on 3, shoot the R arm straight up by ear & L arm down to your side 4, slice R arm to T on 5, switch arms (L to a T & R by your side) on 6, switch again 7, clean both down on 8. (2nd line continues part to clean on 2.)
- 8 1st line bows over on 1-2, hits low knees on 3-4, 2nd line bows 3-4 to hit high knees 5-6, 3rd line bows 5-6 stands back straight on 7-8
- 8 Sailor arms in opposition: 1st and 3rd line: L arm on hip R arm in a low V on 1, carry it up to a salute high V on 2, switch to R hand in a salute and L high V 3, down to hand on hip and low V on 4, carry it back up 6, switch 7, down 8. 2nd line: R arm on hip L arm in a low V on 1, carry it up to a salute high V on 2, switch to L hand in a salute and R high V 3, down to hand on hip and low V on 4, carry it back up 6, switch 7, down 8
- 8 1st and 3rd lines open to a low V on 1, slice to high V 2, back down 3, up again on 4 then break arms down to stand with L foot first on 5-6, all the way up 7-8. 2nd line slices arms up to a high V on 1, low V 2, high V 3, back to a low V 4 then break arms down to stand up with the 1st line
- 8 Windmill contagion from L to R 1-8
- 8 Clean front on 1-2. Walk to three groups. Walking arms: L hand on hip R in low V on 3-4, switch 5-6, circle to the R 7-8
- 8 Continue walking. Repeat opposite arms closing on 7-8
- 8 Groups from L to R every 2 counts. Step back with R foot arms in a box in front of chest on 1, broken T on 2, T on 3, broken T on 4, T on 5, broken T 6, box 7, shoot R arm up L down on 8
- 8 Slice both arms around to a T on 1, continue the circle to bring the L arm up and R down at side on 2, box 3, bow over 4, tuck 5-6, continue parts tucking on 7-8
- 8 Last group will tuck on 1-2, hit levels on 3-4 (L group on low knees, middle group will be on high knees, R group will be standing) L group hits a R diagonal on 5, middle group hits a high V on 6, R group hits a L diagonal on 7, close arms and head down on 8
- 8 Head up 1, hold 2. Parts: (Center group 3-4, outside groups 5-6) shoot L arm straight up by ear, R arm across to a T to form a “K” on 3, break in on 4, L arm up by ear, R arm out in T to form an L on 5, switch L on 6, break arms in on 7, back out to a “K” with the R arm up by your ear and L arm across in a T on 8 (or2)
- 8 Slice arms to a T on 1, clean arms 2, or 3-4, stand up with L foot first on 5-8
- 8 Step touch R with R arm crossing over 1, up to high V 2, L crossing 3, up to high V 4, circling down 5-6, head on 7-8
- 8 Parts: (Middle group goes by themselves) Check Marks: Check L 1, check R 2, circle 3 down to low V on 4, swish arms at chest on 5-6, close and head nod on 7-8
- 8 Everyone picks up together with the same movement
- 8 Contagion: Popcorn to a tuck standing rolling up immediately 1-8
- 8 Walk to a triangle. Walking arms: Same as the beginning
- 8 Continue walking repeat arms
- 8 Pivots in columns: (Starting from the center out name off A’s and B’s for next section.) A’s: pivot arms in a high V on 1, to the back 2, pivot again arms low V on 3, to the front 4, close feet and high V 5, break to low V 6, clean on 7-8. B’s do the same thing beginning on 3-4 but do not clean arms...hold them in low V on 8

- 8 Diagonals: A's do a L diagonal first while B's do a R. Diagonal 1-2, slice to switch your way on 3-4, bow and arrow arms are next. Bow and arrow arms: *** A's: break L arm into chest on 5, up to meet the R arm on 6, open to a high V on 7, cross R arm across to meet L on 8
- 8 Break R arm down to chest on 1, switch arms to R in a low V and L at chest on 2, take L to meet the R on 3, open to a low V on 4, low rocket on 5, pull up to chest 6, flip to pray on 7, shoot to high rocket on 8
- 8 Circle to low rocket on 1-2, back up to high rocket on 3-4, shake arms to the R on 5&6, L 7&8
- 8 Flip L arm up by head, R arm at chest 1, break L arm too chest 2, flip arms to broken T 3, cross arms down 4, open to a low V 5, clean arms 6, open arms again 7, clean again on 8
- (B's: Break L arm into chest 5, down to meet R arm 6, open to low V 7, cross R arm to meet L 8)
- 8 Break R arm up to chest 1, switch arms to R in high V & L at chest 2, take L to meet R 3, open to high V 4, high rocket 5, pull down to pray 6, flip hands down 7, shoot to low rocket 8
- 8 Circle to high rocket 1-2, back down to low rocket 3-4. Pick up with the A's for shakes on 5&6
- 8 Tighten triangle formation. No arms.
- 8 Hit levels (outside V on low knees, second V on high knees, back V standing) on 1-3 cross arms on 4, starburst arms from the beginning on 5-8
- 8 Pretzel arms in parts: Low knees girls go on 1-2, high knees on 3-4, and standing on 5-6
- 8 Last group ends on 3-4. Switch levels 5-8. (Middle columns standing, next section on high knees, and outsides on low knees.)
- 8 High V low V contagion form front to back on 1-4, head down on 5-6, hit ending pose on 7-8

Formations:

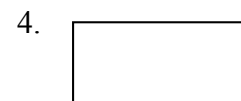
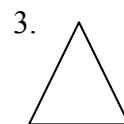
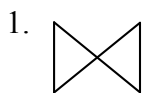


“Runaway Baby” – by: Tom Wallace (Arrangers)
Intermediate/Advanced Field Military – Time: 1:40



Begin in bowtie formation

- 8 Hold 1-2, contagion front to back: breakthrough to HV/LV 3-8
- 8 Roll arms 1, switch Vs 2, F-B: rocket 3, switch 4, pray 5, flexed T 6, or 4-7, or 5-8
- 8 Bug 1, tuck 2, stand 3, sides step out R/L flex hands to diagonal 4, bend top arm 5, push down and hinge outside leg in 6, swing up to diagonal 7, step in to HV 8
- 8 Right triangle bend R arm down 1, R elbow down bend L arm 2, R arm down L elbow down 3, switch arms 4, R elbow up bend L arm up 5, R arm up L elbow up 6, L arm up 7, Left triangle goes 2-8
- 8 Bend elbows 1, shoot down 2, open to LV and step back on R foot 3-4, step L and pray 5, HV kick R leg 6, step down 7, close L to R facing back 8
- 8 Contagion L-R: Windmill to front 1-6, head down 7, head up 8
- 88 Move to diamond: Lines walk in check low in the direction you are going 1-2, check T 3-4, up 5-6, HV 7, clean 8. Repeat 1-8
- 8 Break to HV/LV hitting levels 1-2, hold 3-4, switch 5-6, hold 7-8
- 8 Three groups F-B: Close and bow 1-2, or 3-4, or 5-6, all stand 7-8
- 88 Clock L-R: T 1-2, R arm down 3-4, R arm up 5-6, switch arms 7-8, L arm down 1-2, T 3, clean 4, or 3-6, or 5-8
- 888 Diagonal parts: Clip turn to face opposite diagonals 1-2, (start from front R corner) step back on R to flat back with hands flexed 3-4, stand 5-6, turn flexing to L arms 7-8, switch L 1-2, turn to opposite diagonal flexing hands 3-4, bow and close 5-6, stand 7-8, or 1-2, or 3-4, or 5-6, or 7-8
- 88 Walking to diagonals: R arm dagger 1, R arm up L to dagger 2, L arms to right 3, T and dig R foot 4, pivot R popping T arms 5-6, close to opposite diagonal 7-8. Repeat 1-6, face front 7-8
- 88 Move to triangle: Waitress checks to R 1, L 2, out 3, pockets &, clean 4, elbow check up R 5, L 6, HV 7, clean 8. Repeat 1-6, look over R shoulder 7-8
- 8 Rocket up 1, clean 2, three groups F-B: step R and pray 3, point L foot HV 4, step L and pray 5, point R T 6, step R and pray 7, point L and LV 8, groups pick up 5-8
- 8 Clean 1-2, triangle separates with three step turn 3-6, elbow check up L looking over R shoulder 7-8
- 8 Middle group: Rocket 1, clean 2, dig R HV 3, step R LV 4, wrap to back 5, open front in LV 6, close feet hands to hips 7, clean head down 8
- 8 R group repeats going to T after wrap 1-8
- 8 L group repeats going to HV after wrap 1-8
- 8 Push back 1-2, passé 3-4, come back to triangle with three step turn 5-8
- 88 Pivots in Vs F-B: Step R R arm slices up 1-2, pivot switching arms 3-4, step R rocket up 5-6, pivot arms T 7-8, bow 1-2, low knees 3-4, or high knees 5-6, or standing 7-8
- 8 Rocket F 1, R hand slides over 2, rotate hands 3, pull in to chest 4, separate hands R comes up 5, push hands to elbows 6, flip hands to box 7, pull hands together 8
- 8 B-F: Broken T 1, T 2, clean 3, or 2-4, or 3-5, hold 6, tuck 7-8
- 8 Backwards clock Outside to Inside: Step back R with R arm up and L arm straight out 1, step L R arm to dagger L arm to ear 2, step R and R arm cleans L arm to dagger 3, close 4, or 3-6, or 5-8
- 88 Move to block: R arm to dagger 1, switch L arm 2, both to daggers 3, broken T 4, cross down 5, LV 6, close 7, hold 8. Repeat 1-8
- 8 Every other line: Ball change with R pushing R hand through 1-2, passé R 3-4, or 5-8
- 8 Clip R foot 1-2, turn back 3-4, check up or down RL 5-6, switch 7-8
- 1 Step out R elbow check up L looking over shoulder 1



“Holding Out for a Hero” by: Alicja Trout (Footloose)
Intermediate Military – Time: 1:42



Begin in files

8 Hold 1-8

8 Every other line step out R and T arms 1-2, turn to front over R shoulder break out to T 3-4, or 5-8

8 A's close and rocket up 1-2, down 3-4, B's 3-6, pray 7, flex T 8

8 Contagion F-B: Relevé and circle down and out to tuck 1-8

88 Three groups F-B: Hit low knees half T to L 1-2, rotate up 3-4, switch arms 5-6, half T R 7-8, broken T 1, cross down 2, LV 3, clean 4, or 3-6, or 5-8

8 Windmill R or L arm 1-3, hold 4, bend elbows 5, diagonal 6, slice up 7, clean 8

8 Tuck 1-2, slide to windows break to T 3-4, close 5-6, step back on R or L slicing arm up 7-8

8 Close rocket front 1, rotate hands R on top 2, open hands 3, rotate 4, close 5, open 6, rotate 7, close hands 8

88 Three groups L-R: Step out R rocket up to L 1-2, pull R elbow down facing front 3-4, switch arms 5-6, rocket and sit down on L leg 7-8, high knees and arch back in LV 1-2, bug 3-4, or 3-6, or 5-8

8 EOL: High knees slice R arm up 1-2, step up L arms to T 3-4, or 3-6, all stand 7-8

8 Ball change back R 1-2, Y Scale 3-4, hold 5-6, step R leg behind 7-8

8 Release HV 1, LV 2, arms L 3, LV 4, R 5, LV 6, plié 7, jump together 8

88 EOL: Step R arms together in front of face 1-2, pivot back muscle arms 3-4, repeat 5-8, finish 1-2, close arms come down 3, Indian 4, R passé hands touch knees 5, Indian 6, R arm up 7, L &, clean 8

88 Move to three groups: Pull up to rocket 1-4, pray 5, rocket front 6, T 7, clean 8. Repeat 1-8

8 Middle group circle arms out 1-2, hit hips 3-4, outside groups pick up 5-8

8 L group rock back R with jazz hands and head back 1-2, close 3-4, middle group 3-6, R group 5-8

8 M group step L 1, point R slice R arm across 2, step R and R arm slices up to ear 3, point L arms windmill to T 4, outside groups go 5-8

888 Push hands front going to levels 1-2, clean hitting levels 3-4; three groups R-L: Superman up R 5, pull L elbow down 6, switch arms 7, Superman down L 8, pull R elbow up 1, switch 2, Superman up R 3, HV 4, Superman up L 5, pull R elbow down 6, switch 7, Superman down R 8, pull L elbow up 1, switch 2, Superman up L 3, HV 4, or 7-6, or 1-8

88 Three groups L-R: R hand in front of face L behind head 1, HV 2, opposite 3-4, hands together over head 5, down 6, up 7, circle out and close 8, or 5-4, or 1-8

88 Outside groups tuck 1-2, jump out to second 3-4, slide R leg through 5-6, L arm to diagonal 7-8, push up 1-2, bug 3-4, lean back 5-6, middle group 3-8

8 Bug 1-2, R leg out arms in R diagonal 3-4, HV 5, LV 6, circle arms out to LV & 7, head back 8

8 Three groups R-L: bug 1-2, L leg out arms in L diagonal 3-4, or 3-6, or 5-8

88 Stand LR 1-4, three groups R-L: isolate R bringing R arm to shoulder level 5, L 6, R arm to hip 7, plié touching L knee 8, or 7-2, or 1-4, L to R: open plié to front 5, or 6, or 7, jump together 8

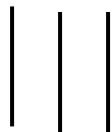
88 Move to triangle: Pull up to rocket 1-4, pray 5, rocket front 6, T 7, clean 8. Repeat 1-8

8 Contagion F-B: Windmill to back with R arm ending with head down 1-8

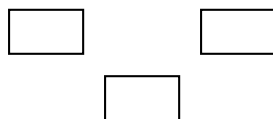
8 Contagion B-F: Step back R turning F break to T 1-6, hit levels 7-8

1 R leg out arms T in jazz hands head back 1

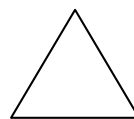
Formations: 1.



2.



3.



“Right In” by: Skrillex
Advanced Military – Time 1:50



- Beginning Position- three blocks; head down facing front feet together
- 8 Hold 1-4, block A head up 5, block B head up 6, block C head up 7, block A and C push to center block, hands flexed 8, block B push to flexed high V 8
 - 8 Pray right diagonal 1, switch 2, open L diagonal 3, push to R low diagonal &4, block A push to high diagonal 5, block B on 6, block C on 7, everyone close to side with head front &8
 - 8 L bow and arrow 1, rocket front 2, step out in second T arms 3, close arms 4, low wiper R 5, switch 6, low V 7, pocket &, close feet and arms, head up 8
 - 8 Block A & C windmill to the back 1-2, block B windmill to the back 3-4, chaser arms 5-7, tuck to ground 8
 - 8 Parts 1, 2, or 3 bow and arrow L, rocket, bow and arrow R, tuck; last group finishing 6, hold 7, toe touch 8
 - 8 Land toe touch 1, hold 2, straighten legs 3, stand up 4, outside blocks high V 5, T 6, low V 7; Inside block low V 5, T 6, high V 7, close arms 8
 - 8 Walk to triangle- bow and arrow R 1, switch 2, T 3, circle close &4, circle to R wiper 5-6, low V 7, close arms 8
 - 8 Continue walking- repeat arms
 - 8 Parts 1, 2, 3: Indian 1, broken T 2, T 3, broken T &, T 4, rocket 5, tuck 6-8
 - 8 Hit levels 1, 2, or 3 high V, low V hitting levels, standing, high knees, low knees 1-4, R diagonal 5, L diagonal 6, chaser arms 7-8
 - 8 Low V 1, meet R arm to L arm 2, low V &, meet L arm to R arm 3, low V &, close 4, R check 5, L check &, high V 6, break arms down 7, cross arms down &, low V 8
 - 8 Little dipper L 1, switch R 2, flip 3, every other column 4, or hold 4, switch 5, switch 6, switch 7, close 8
 - 8 Starburst contagion front to back end with head down 1-4, clap above head contagion 5-8
 - 8 Get up 1-4, clock work in parts 5,6,7,8
 - 8 End clockwork 3, head up 4, prepare 5-6, double turn 7-8
 - 8 Land out from turn in low V 1, broken T 2, snake 3-4, push out front 5, above head 6, T flexed wrist 7, close 8
 - 8 Walk to stunt groups facing back R pocket 1, close 2, L pocket 3, close 4, L diagonal 5, R diagonal 6, touchdown 7, close 8
 - 8 Continue walking to stunts facing back; repeat walking arms 1-4, close arms to side 5-8
 - 8 Arms up 1-2, prep 3-4, raise up 5-8
 - 8 Turn to front 1-8
 - 8 Kick contagion in stunt 1-6, everyone stand up 7-8
 - 8 Walk to block; T, broken T, T 1 & 2, circle down 3-4, low V 5, close 6, low V 7, close 8
 - 8 Continue walking to block; repeat walking arms 1-8
 - 8 Matrix circle 1-4, broken T 5, cross wrists front 6, T 7, close 8
 - 8 Pivot R 1-2, pivot L 3-4, every other line using high V or low V, tuck 5-6, knees 7-8
 - 8 Parts 1, 3, 5 pop out to seal 1, 3, or 5, child’s pose 7-8
 - 8 Odd lines pull arms in 1, low V 2, pull in 3, low V 4; even lines low V 1, pull in 2, low V 3, pull in 4, opposition- odd lines pop to R 5, pop L 6, circle 7-8; even lines pop L 5, pop R 6, circle 7-8
 - 8 Stand up 1-4, Indian chaser arms 5, 6, & 7 & 8
 - 8 Even files three step turn to file 1-3, odd files hold 1-3 everyone pray 4, opposition arms R diagonal 5, broken R &, switch broken L diagonal 6, L diagonal &, broken L 7, broken T &, close 8
 - 8 Opposition lines clockwise or counter clockwise plie 1-2, releve 3-4, plie 5-6, close to staggered lines 7-8
 - 8 Continuous contagion L to R stationary leap, roll to front 1-8
 - 8 Continue contagion 1-4, tuck 5, hit levels: low knees 6, high knees 7, standing 8
 - 1 R side R arm high V flexed hand; L side L arm high V flexed hand; center file high V flexed 1

Formations-

- 1.  2. Triangle  4. Block

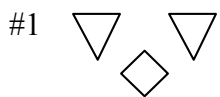
“Newsie’s Mix” – from the Newsie’s Motion Picture Soundtrack
Intermediate Novelty – Time 2:19



- Beginning Formation – 3 groups clumped together in various levels holding rolled up newspaper
- 8 Hold 1–8
 - 4 Stand up circling arms overhead “stretching” 1-4
 - 88 Transition running to form #2
 - 8 Holding paper down with both hands - (opposition by line) toe 1, heel 2, switch feet toe 3, heel 4, chassé R or L 5&6, back ball change 7-8
 - 8 Chainé back to position with paper at chest 1 – 3, jump out to 2nd position with paper overhead or down 4, box arms in opposition group 1 – Up leaning L 5, switch to R 6, down left 7, switch to R 8 group 2 down R 5, switch to L 6 up R 7 switch to L 8
 - 8 Ripple 1 – 8; group 1 – circle arms overhead R – L, group 2 circle arms overhead L – R
 - 8 Prepare 1-2 w/newspaper at chest, double pirouette 3-4, jump out 5, jump together with R arm holding paper overhead 6, swing paper to R 7, lean L 8
 - 4 Clip turn L over R pushing paper down R side 1 – 4
 - 8 Parts (1,3,5) – prep 1, souté with paper overhead 2, land to floor 3-4, slide L leg out to diagonal 5-6, push up off hip R hand overhead w/paper 7-8
 - 8 Push R arm under body 1-2, lay to floor with arms in T 3-4, sit up with R leg up and switch paper under leg 5-6, lay back down 7-8
 - 8 Sit up 1-2, Z sit to back 3-4, stand up with L 5-6, stand up 7, face front with paper in L arm overhead 8
 - 8 Continue parts 1 – 4, R back ball change 5-6, merge lines to make kick lines 7-8
 - 4 Continue moving to kick lines 1-2, look down 3, hook up 4
 - 8 Step out R ball change 1-2, R fan kick 3-4, land down to R knee 5-6, open leg out 7-8
 - 8 Knee walk 1-2, open out R leg 3-4, lean over leg 5-6, roll up 7-8
 - 8 Ripple rolling back to stand from R – L 1 – 8
 - 1 Face front with R dig with paper in R hand over head 1
 - 88 Transition running to form #3 (get rid of newspaper)
 - 8 Group 1 – step and jump over to R while swirling finger 1-2, switch to L 3-4, jump out to 2nd 5-6, plié and grab pants 7, straighten up with fists at waist 8; Groups 2 & 3 hold
 - 8 Group 2 – Circle R arm overhead pointing across L – R 1 – 3, hands to waist with fists 4, look L 5-6 look R 7-8; Groups 1 & 3 hold
 - 8 Group 3 – Step across L 1, heel click 2, step out 3-4, drag back to position with L arm overhead 5-6, close 7-8 with fists at waist; Groups 1 & 2 Hold
 - 8 Step our R while grabbing hat 1-2, step on L and R attitude opening R arm out 3-4, cross R across 5, L ball change R arm presents out 6-7, step L 8
 - 8 R high kick with L arms 1, close feet 2, hold 3-4, clip turn L over R 5 – 7, hold 8
 - 8 3 groups (1,3,5) – R chassé forward with L arms 1&2, R jeté leap 3-4, step forward R 5, L ball change forward 6-7, close 8
 - 8 Step back with R to face R wall and plié 1-2, close to face back 3-4, and continue parts 5 – 8
 - 8 Snake to audience while holding hat 1-2, close feet 3-4, cross R over L 5, step L &, R heel 6, cross L over R 7, step R &, L heel 8
 - 8 Brush R heel on floor pulling R knee up above waist 1-2, turn to L wall 3, step down with R open to L wall 4, pose in different levels 5-6, and switch 7-8
 - 88 Transition running to form #4
 - 8 Everyone tuck 1-2, hit levels front to back 3-4, T arms 5, grab hat with both hands with elbows out 6, bring elbows forward together 7, present both arms forward 8
 - 8 T arms 1-2, circle arms to waist 3-4, R arm across at chest level 5, pocket 6, L arm across at chest level 7, pocket 8
 - 8 Roll R shoulder 1, roll L shoulder 2, roll head R – L 3 – 7, look forward 8
 - 8 Grab hat with R hand 1-2, tilt head down on R 3-4, head back up 5-6, drop arm to side 7-8
 - 8 Rocket ripple front to back to tuck 1 – 8

- 8 Everyone rolls up from floor 1 – 4, windmill ripple with R arm leaning over R leg from L – R 5 – 8
- 8 Continue ripple 1 – 4, snake back ripple R – L sitting into L hip 5 – 8
- 8 Ripple front to back clip turn R over L grabbing hat 1 – 8
- 8 Opposition chassé L or R with T arms by line 1&2, ball change back 3-4, chassé back 5&6, ball change back 7-8
- 8 Jump out to 2nd position pushing arms out at chest level 1, close feet and arms by side 2, step back with R and drag back with R arm overhead 3-4, close 5-6, in opposition jump out high V or low V 7, close feet and arms 8
- 8 3 groups (1,3,5) step L 1, tuck jump with high V arms 2, step out R 3, tuck to floor 4, continue parts 5 – 8
- 8 Roll together to the back wall 1 – 8
- 8 Step R 1, step L 2, step R 3, close to face front 4, step and jump over to R while swirling finger 5-6, switch to L 7-8
- 8 Clump triangle together 1 – 6, hit levels 7-8
- 1 Pose

Formations –



#2 Block

#3 2 lines

#4 Same as #1

#5 Triangle



“Make Me Stronger”- by: David Bryan (*Memphis the Musical*)
Intermediate Novelty - Time 1:57

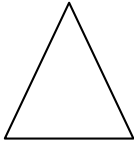


Begin in tight triangle

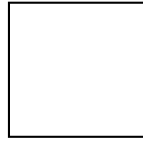
- 8 R foot is popped, R hand in snap position, L hand on hip hold 1-8
- 8 Walk R 1-2, L 3-4 swinging hand snapping, step out R 5-6, L foot in tendu hands flick out, hold 7-8
- 8 Step L 1, drag R 2, ball change across R 3-4, chaîné R 5-7, step R, tendu L 8
- 8 Hand up 1-3, hand to hip 4, hold 5, dig L foot in 6, out 7, turn to L 8
- 8 Lean back w/arms 1-4, passé R 5-6, step 7-8
- 8 Dip pivot w/L around to R 1-4, step L 5-6, step R 7-8
- 8 Claps in opposition-inside/outside: inside triangle claps up L 1-2, up R 3-4, down L 5-6, down R 7-8
 Outside triangle: clap down R 1-2, down L 3-4, up R 5-6, up L 7-8
- 8 Repeat claps, shrinking triangle
- 8 Ball change R front swooping arms and bending over 1-4, ball change R back swooping arms 5-8
- 8 R chaîné to front 1-4, X 5-6, step across 7-8
- 8 Move to block: arms up side to side 1-8
- 8 Cont. move box arms, shaking fingers 1-8
- 8 Piqué R 1-4, repeat 5-8
- 8 Step R w/ arms to side 1-2, cross L foot at R knee and cross hands 3-4, flick front 5-6, out side 7-8
- 8 Step L 1-2, kick R 3-4, step L 5-6, coupé turn 7-8
- 8 Odd lines scoop ground/even lines scuff R foot across to L diagonal 1-4, recover to stand 5-8
- 8 Odd lines fall to even line partner 1-4, base steps over R to face back 5-8
- 8 Cont. to face front 1-4, stand partner up 5-8
- 8 Groups R-L on 1-3-5-7: L arms/jazz hands, pointing L foot to side
- 8 Pulse in &, out 1, hold 2, in &, out 3, hold 4, melt 5-8
- 8 Step L 1-2, step R 3-4 pivot to back 5-6, chassé R 7-8
- 8 Step L 3-4, leap 5-6, land 7-8
- 8 Move to 3 groups
- 8 Move to 3 groups
- 8 A/B groups: A's-snap and bend knees to L diagonal 1-4, switch to R diagonal 5-8
- 8 Step R 1-2, coupé turn 3-4, step out L 5-6, bend over 7-8 reaching to ground, R tendu
- 8 Switch feet 1-4 bending over and snap, switch feet again 5-8
 B's- step R 1-2, pivot to back 3-4, ball change back R 5-6 w/ "L" arms, recover 7-8
 Step R 1-2, pivot to front 3-4, prep 5-6, coupé turn 7-8
 Jump feet together arms in T 1-2, land 3-4, step back R popping torso 5-6, repeat L 7-8
- 8 A's-step R 1, arms T 2, hold 3-4, step L 5, clap 6, shift R 7, clap 8
- 8 Step back L 1, pop torso 2, step back R 3, pop 4, prepare 5-6, coupé turn 7-8
- 8 Tour sauté 1-4, ball change R to R diagonal sweeping body and arms fwd 5-6, stand up 7-8
 Bs- step R 1-2, pivot to back 3-4, ball change back R 5-6 w/ "L" arms, recover 7-8
 Step R 1-2, pivot to front 3-4, prep 5-6, coupé turn 7-8
 Jump feet together arms in T 1-2, land 3-4, step back R popping torso 5-6, repeat L 7-8
- 8 Move to diagonals-hands to hips, shake shoulders, leaning back
- 8 Cont. move- shift shoulders up and down RLRL
- 8 Diagonals in opposition, every other diagonal go back: chassé R down diagonal 1-4, chassé L 5-8
- 8 Step R 1-2, battement L 3-4, hook to face opposite diagonal 5-6, ball change R 7-8
- 8 Drag walk back leaning back L 12, R 34, L 56, R 78
- 8 All close to front 1-2, prep 3, sauté 4, ball change across w/ L 5-8
- 8 Rond de jambe L en dehors 1-4, kick back R 5-6, kick back L 7-8
- 8 Step back R ball change 1-2, step L 3-4, pivot around left foot flicking hand 5-8
- 8 Move to 2 lines repeat first arms
- 8 Cont. moving to 2 lines
- 8 Step R 1-2, pivot to front 3-4, back ball change R 5-6 with arms up, recover 7-8

- 8 Run fwd w/hands at hips R 1-2, L 3-4, R 5-6, L 7-8
- 8 Swoop w/flat back from L to R 1-4, lean back release head 5-8
- 8 Prep 1-2, coupé turn 3-4, hop 5-6, land 7-8
- 8 Back row chugs fwd arms up 1-8. front row chugs back bent over 1-8
- 8 Kneel back in to ending position 1-6 music fades out

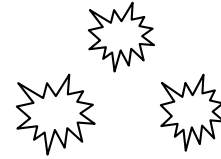
1. Triangle



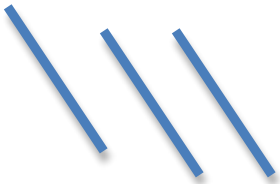
2. Block



3. 3 groups



4. Diagonals



5. 2 lines



“The Curly Shuffle” by: The Jump in The Saddle Band
Advanced Novelty - Time: 2:00



*Begin in 3 close triangles

88 Acting in triangles 1-8, 1-8

8 2 parts (middle and sides)- Middle: prepare 1-2, double coupé pirouette 3-4, step step RL 5-6, R inverted kick 7, step down R 8; Sides: Charleston stepping with L kicking R 1-8

8 (Everyone together) step L 1-2, facing front R ft kick kick across body 3-4, back ball change 5&6, scuff L ft 7-8

8 Step down 1-2, hands on hips 3-4, walking up to formation #2 5-8

8 Jump out to diagonals shaking hair 1-2, roll to ground in diagonals 3-6, R fist under chin 7, head pop on 8

8 R arm back 1, L 2, head roll 3-4, roll to stand up 5-8

8 3 groups- side: high V 1, middle: T 2, side: low V 3, hold 4, sugar alternating arms 5-8

8 Ball change 1-2, tilt leap 3-4, three step turn 5-7, (group poses) middle in tuck with hands on hips and sides standing with hands on hips 8

8 Change levels up or down shoulder pop 1-4, change levels up or down shoulder pop flicking wrist 5-8

8 High chainé forward 1-2, low chainé 3-4, turning c-jump 5-6, roll to stand 7-8

8 Continue rolling to stand 1-2, free style scuffing backwards 3-8

8 Flick arms high or low RL 1-4, prepare 5-6, double pirouette 7-8

8 Side layout 1-2, step down 3-4, boogie legs 5-7, flick R leg in attitude 8

8 3 Parts- 1st: R ball change 1-2, passé around 3-4, push back 5-8

8 Roll L hip pick up 1-2, 3-4, 5-6; 2nd: start 3-4, roll hips 3-4, 5-6; 3rd: start 5-6, roll hips 5-6; everyone circle L arm back 7-8

8 Sauté contagion R to L 1-8

8 Step back on L ft dragging up 1-4, pony R 5-6, pony L 7-8

8 Pony to formation #3 1-8,

8 Outside circle: swing R 1, hold 2, swing LR 3-4, roll to ground 5-8; inside circle: hold 1-4, swing R 5, hold 6, swing LR 7-8

8 Outside circle: shimmy up 1-4, hold 5-8, inside circle: roll to ground 1-4, shimmy up 5-8

8 Turn over R shoulder facing inside of circle 1-2, hold 3-8 (soloist doing trick in center)

8 Outside circle moving to R: chainé 1-2, fan kick 3-4, step down 5-6, back ball change 7&8; inside circle moving to L: same as outside circle

8 Outside circle moving to R: step R touch L 1-2, step L touch R 3-4, free style arms shimming 5-8; inside circle to L: same as outside circle

8 Backward scooch moving to formation #4 1-8

8 Repeat moving 1-8

8 Step L cross R 1-2, flick L ft to side 3-4, slide hand down L leg 5-6, up 7-8

8 Low chainé 1-2, turning disc on 3-4, roll to ground 5-8

4 Step back with L dig R 1-2, step back with R dig L 3-4

8 3 Groups- 1st group: step L 1-2, inside turn 3-4, press down 5-6, step R 7-8

8 Pivot LR 1-2, walk walk 3-4, reverse leap 5-6, ball change 7-8

8 2nd group: starts on 5 ball change 3-4; 3rd group: starts on 1 ball change 7-8

8 Free style poses 1-2, and 3-4, step cross to the R with shake 5-6, and 7-8

8 Lines 1 & 3: R arm to L 1-2, hold 3-4, L arm to R 5-6, hold 7-8 line 2: hold 1-2, L arm to R 3-4, hold 5-6, R arm to L 7-8

8 Sugar forward arms up 1-4, sugar backwards arms down 5-8

8 3 lines- 1st row: pose low pointing 1-2; 2nd row: middle pointing 3-4; 3rd row: high pointing 5-6; everyone points high 7-8

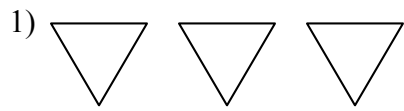
8 Scuff R arms up 1-2, scuff R arms down 3-4, scuff shimmy 5-6, and 7-8

8 Prepare 1-2, double pirouette 3-4, R cross turn shaking hair 5-8

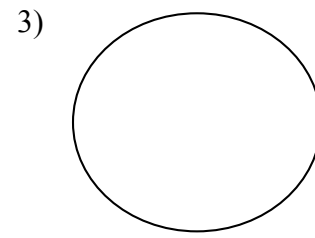
4 Cross L flick across 1-2, back ball change 3&4

* Free style to hit ending random pose

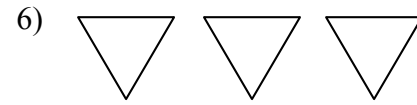
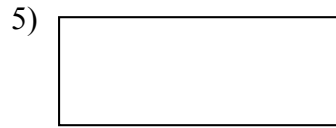
Formations:



2) Staggered block



4) Staggered block



“Stand by Me” – by: Ben E. King
Intermediate Lyrical – Time 2:02



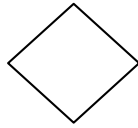
Beginning Position: Diagonal Formation-facing front right diagonal with left leg pointed to back, arms to side

- 8 Hold 1-4, shoulders roll back 5, left passé with bow & arrow arms 6, extend left leg 7, hold 8
- 8 **3 Parts every two counts:** Prep 1-2, double or single coupé 3-4, slide to ground 5-6, face back 7-8
- 8 Low leap on the ground 1-2, deep plié lunge 3-4, circle arms up (4 times) 5-8
- 8 Continue parts 1-4, legs flick back (with arms) 5-6, (**transition to staggered lines**) step back or front 7-8
- 8 Ball change front right foot (arms are crossed) 1-2, passé open (hands brush face) 3, step right 4, inside passé turn 5-6, torso drops down 7-8
- 8 Sway right 1-2, sway left 3-4, toss right arm over 5-6, prep 7, attitude turn 8
- 8 Recover &1, hold 2, chassé back with right foot 3&4, plié 5, switch stag leap 6, land 7, drag left foot 8
- 8 Step right 1, turn down to right 2-4, swing left leg 5-6, unwind 7, and prep 8
- 8 Inversion with right passé 1-2, up 3-4, right chassé to diagonal 5&6, backwards leap 7, land on left foot 8
- 8 Ball change back with right foot 1-2, battement 3-4, (**transition to diamond**) triplets with break through arms left 5&6, right 7&8
- 8 Repeat triplets while brushing left arm 1&2, then right 3&4, triplets with break through arms 5&6 and 7&8
- 8 Repeat triplets with brushing arms 1&2, 3&4, prep to second 5, plié 6, double or single pirouette 7-8
- 88 **Parts: Either ground or standing**
- Part 1: Prep plié 1, standing jete 2, land on ground 3-4, hold 5, right fan 6, down 7, hold 8
Plank 1, scorpion 2, feed leg through 3-4, flip to another plank 5, plié 6, and tuck to stand up 7-8
- Part 2: Prep plié 1, standing jete 2, rock step 3-4, step back left on 5, fan right leg 6, and hold 7-8
Inside turn with left passé (arms pushing down) 1-4, step to the diagonal 5, collapse down 6, come up 7-8
- 88 **Partner Work:**
- Partner 1: Walk to partner #2 left foot 1, plié both legs 2, sauté leap (hands on partner 2's shoulders) 3, recover 4, turn over right shoulder 5, walk back to spot 6-7, hold 8
Bend down to support partner 1-2, come up 3-4, look and sway with partner 5-6, other way 7-8
- Partner 2: Hold 1-4, chainé turn (arms are closed at side) 5-6, face diagonal 7-8
Bend back to lay on partner #1 1-2, up again 3-4, look and sway with partner 5-6, other way 7-8
- 88 **Section Parts:**
- Parts 1: Three step turn to the right side 1&2, chassé 3&4, right passé turn with L arms 5-6, chassé 7-8
Plié 1, leap 2, land 3-4, (**transition to straight line**) triplets with brushing arms 5&6, 7&8
- Part 2: Three step turn to right 1&2, chassé right leg 3&4, right passé half turn with L arms 5-6, step right 7 and reach right arm 8
Drop to the ground in a tuck 1-2, roll to get up 3-4 (**transition to straight line**) Triplets with break through arms right 5&6, left 7&8
- 8 All dancers continue transition with brushing arms 1-4, right chainé 5-6, low right chainé 7-8
- 8 Calypso 1-2, turn out of it 3-4, starting from the right side contagion 5-8
- 8 Continue contagion 1-8
- 8 Reach in any direction 1-4, clean arms 5-6, and reach right arm front 7-8
- 8 (**Transition to 3 groups**) high chainé 1-2, repeat 3-4, lyrical walk 5-8
- 8 Repeat transition 1-8
- 8 Parts every 4 counts-shoulders roll back 1, passé and bow arrow arms 2, extend leg 3, hold 4, pencil turn 5-6, prep 7-8
- 8 Double coupé turn 1-2, slide down to ground 3-4, turn to back 5-6, low leap on the ground 7-8
- 8 Deep plié lunge 1-2, circle arms up 3-6, continue parts 7-8
- 8 Continue parts 1-4, all dancers' arms melt down to sides 5-8
- 8 Turn down to the ground using your right arm 1-4, swing left leg 5-6, left arm reaches up 7-8

Formations:

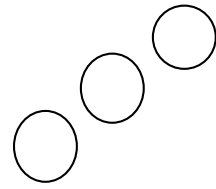
#1 Right Diagonal Line

#3



#4 Straight Line

#5



#2 Staggered Line



“Run Forward” – by: Audrey Assad
Intermediate/Advanced Lyrical – Time 2:13



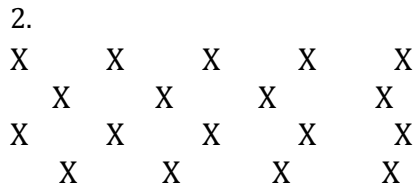
Beginning Position: Front group kneeling, Back group standing in parallel

- 88 **Front Block:** hold 1-2, Reach L arm 3-4, swing back and look 5-6, circle to front 7-8, both arms forward 1-2, swing back and head down 3-4, circle back and stand 5-6 head down 7, arms in parallel above head and look up 8
- Back Block:** hold 1-2, walk R, L 3-4, continue walking R arm T 5, L arm T 6, R three step turn 7-8, step L 1, drag R with arms up 2, walk L/R 3-4, L three step turn 5-6, step 7, arms and head up 8
- 8 Step R relevé 4th 1, open T flex hands and look 2, contract L 3-4, step R/L 5&, R tilt 6, step/step/sauté arabesque 7&8
- 8 Land 1-2, L elbow lead 3, continue to the front 4, cut through 5, plié 6, jump as arms circle 7, land 8
- 8 Prepare 1-2, double 3-4, double stag out 5-6 (**Modification:** R chainé 5-6), roll to the floor 7-8 (**Modification:** ball change push 7-8)
- 8 **Formation Change:** standing and arms swing up to high V 1-2, three step turn as arms push down 3-4, triplet with L elbow pressing down 5-6, walk to your spot 7-8
- 8 L elbow drag 1, R arm extends to diagonal 2, step through second with arms T 3-4, coupé (half a turn) 5, alternate rows (roll 6-7, R fan 8, roll to stand 1-2) or (step L 6, R coupé with back plié 7, arabesque and release back 8, ball change 1-2)
- 8 All together: face back L foot 3-4 step R/L 5&, R front passé arms in L 6, run 7&, half Russian 8 (**Modification:** step R/L 5-6, R passé 7 land behind 8)
- 88 **Diagonals (2 lines): One line-** run forward 1-3, push 4, tuck R leg underneath to land parallel 5-6, drop into an X position on your back 7-8, contract to your L side to push onto R knee 1-2, brush arms through L “L” 3-4, roll to stand finish facing R 5-8; **Other line-** tuck L leg underneath and roll over R shoulder 1-3, stand 4, run forward 5-6, R jeté with arms up 7, land 8, reach with L arm across 1-2, open to face other diagonal in a R “L” 3-4, three step turn over L shoulder 5-6, face R 7-8
- 8 L “L” arms with L tendu 1, look front and plié 2, L passé with arms up 3, prep 4, high chainé 5-6, low chainé 7-8
- 8 Turning stag 1-2, land on floor and **roll to stand and move to formation** with arms up through high V 3-8
- 8 **Parts from L to R 1, 3, 5:** R rond de jambe with parallel arms circling in opposition 1-2, L passé as arms swing up 3-4, step L 5, step R 6, reach with both arms to R side and step L 7-8
- 8 Run 1&, center to back arms up 2, turn to face front 3-4, melt onto legs 5-7, every one up by 8
- 8 Step R 1, R ball change with “L” arms 2-3, step L 4, turn over L 5, reach forward with both arms 6, down 7, roll up 8
- 4 Step & turn R 1-2, step L/R to the front 3-4
- 888 **Parts 1, 3, 5:** R ball change with hand on heart as R arm pushes forward 1-2, ball change to second position with arms T 3-4, R rond de jambe as R arm reaches up 5-6, land in a lunge 7-8, L arm swings around to tuck and then roll to stand 1-4, drag with L leg and arms reaching up 5, prepare 6&, high chainé 7-8, low chainé 1-2, calypso 3-4, roll to the floor and end in levels 5-8 (group 1 on low knees, group 2 high knees, group 3 standing)
- 4 Reach with R arm T 1, L reach T 2, lift arms up and stand L R 3-4
- 8 **Moving to formation 4:** walk with L arm swinging back and look at hand 1, swing forward, look front 2 circle back to front 3-4, reach R/L to T &5, drop arms down 6, walk 7-8
- 8 **Ripple R to L:** reach L/R up onto L leg, second ripple L to R circle L to wrap over R 1-7, everyone prepare 8
- 88 **Front part optional fouetté section:** 4 a la secondé turns 1-4 (open on the + counts), whip (5) into a double pirouette 6-7, contract forward with both arms reaching front 8-1, arms swing down and feet come through 5th position 2, ball change R/L to second position T arms 3, left coupé with high V arms and look R 4, switch 5, ball change 6-7, inverted fan 8
- Option 2 (instead of fouette section):** double pirouette 1-2, prep 3, stationary leap with high V arms 4, land 5-6, roll to your L 7-8, stand up 1-2, second position/T arms 3, left coupé with high V arms and look R 4,

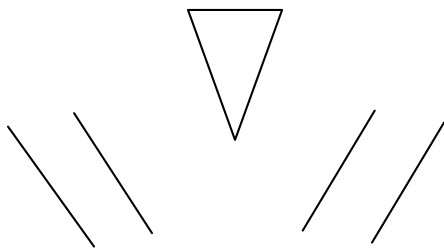
switch 5, ball change 6-7, inverted fan 8

- 8 Unwind front 1 (**Opposition—face F or B**) reach forward 2, run R/L to jeté with L arms 3&4, land 5, drag to L T or up 6, step 7, slide through lunge with L arms 8
- 8 Roll to stand front 1-4, **move to formation 5:** 5-8
- 8 High chainé 1-2, low chainé 3-4, rond de jambe en l'air 4, turn out or double coupé turn 5-6, out and arms up 7-8
- 4 Middle group back and side groups forward 1-4

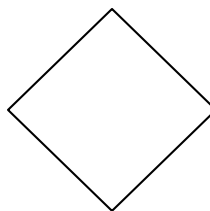
Formations:



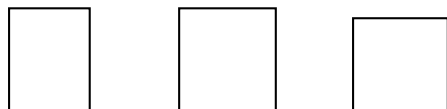
3.



4.



5.



“Chasing Cars” - by: Natasha Bedingfield
Int/Adv Contemporary Lyrical - Time 2:11

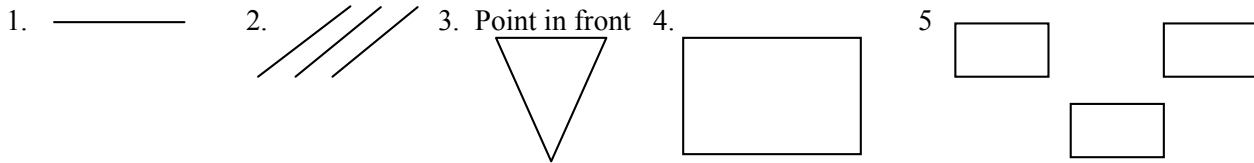


Beginning Position: Start in one line—feet parallel: 1's face forward, 2's face back and 3's face the left.

- 6 Hold 1-4, reach with R arm 5-6
- 888 Pull arm down 1-2, (**pulling into diagonal lines**) **Group 2:** point back with L leg devant as L hand reaches behind 1 hold 2-8, **3:** reach with R arm toward audience 1, hold 2-8, hold 1-8, **Group 1:** drag with L as arms reach forward 3-4, R three step turn 5-7, face back and point L foot as L arm reaches front 8, **Groups 1 and 2:** head roll to face front 1, close feet pull arm in 2, L ball change as L arm circles to prep 3-4, double coupé turn 5-6 L ball change across 7-8, **Groups 1, 2 and 3:** R arm reaches back 1-2, reach forward with both arms 3 prep 4 high chaîné 5-6 low chaîné 7-8
- 4 **Adv:** calypso 1, step/prep &2, double pirouette to slide down to the floor 3-4
Int: calypso 1, land 2, R knee down 3, lower to floor 4
- 8 Lay on side 1-2, push L heel to sitting 3-4, reach arms around and release head 5-6, clean 7, L leg swing 8,
- 88 Roll to stand or go on knees (**by diagonals**) 1-4, reach R 5, reach L 6, pull in 7, **A:** ball change R 8-1, tilt 2, cross and turn to flat back 3-4, arms reach up 5, rise up as arms flip up 6, hold 7-8, **B:** hold 8 look up 1-2, L arm down 3, kick R 4, cross over 5, turn to flat back 6, arms reach up 7, rise up as arms flip up 8
- 8 Bounce as arms pull down 1-2, (**transition to triangle**) walk 3-4, R arm reaches to R 5, L arm reaches to L and look R, 6 arms pull in 7, look front 8
- 88 (**3 parts from R to L: 1, 3, 5**) reach R arm up 1, pull R arm to box and ball change R 2-3, R leg to passé and bring L arm to box while twisting upper body 4, step R/L 5-6, R battement 7, fouetté R leg to parallel attitude and flat back 8, drop to R knee with L leg extended 1, hold 2, 2nd group finishes 3-4, 3rd group finishes 5-6, **All:** reach out with R arm 7, L arm reaches out & arms lift up to rise up on knee 8
- 888 Drop 1, kick R leg out with R arm 2, roll to stand 3-6, **Odds:** thread through to roll onto your back 7-8, roll to low knees 1-2, reach with R to R side 3, L to R 4, pull in 5-6, head roll 7, over 8, push out to plank 1, R leg attitude to prep 2-4, R rond de jambe 5-6, tuck and roll to stand 7-4, step back L/R as arms reach up 5-6, step back L/R as arms push down and drop over 7-8, **Evens:** three step turn to front 7-1, hold 2, R arm reaches to R 3, L arm reaches to R 4, pull in 5, arms open through T 6, relevé and shake arms 7-8, flat back 1-2, step L 3, R fan to tilt 4, step/prep 5-6, double coupé 7-8
- 8 **Odds:** L ball change 1-2, three step turn to columns 3-4, **Evens:** three step turn close to columns 1-4, **Contagion front to back:** reach any direction to lean over to flat back 5-8
- 8 **By random in three groups (moving to block):** drag 1-2, or 3-4, or 5-6, continue walking 7-8
- 888 **Odds:** sunshine arms to T and step R/L &1, hold 2, tuck to R 3-4, release back 5-6, push up 7-8, needle L leg 1, hold 2, fall to L side 3-4, push up 5-6, down 7-8, kick R leg up 1, R to passé L leg up 2, prep with arms up and kick feet up over partner 3-4, lift partner over 5-6, land on low knees 7-8, **Evens:** hold 1-2, sunshine arms to T step R/L &3, hold 4, tuck to L 5-6, push back 7-8, stand 1-2, R tilt kick 3, pivot R 4, L three step turn 5-7, finish front in 2nd position 8 reach across L/R 1-2, grab partner's hands 3-4, airplane over 5-6, turn out to face front 7-8
- 8 Head roll to R 1-2, drop/roll up or stand/roll up 3-4, (**switching back to original lines**) triple step to side 5&6, three step turn front or back 7&8
- 8 R Broken T 1, L arm high V &, melt over to R 2, plié 3, flick R leg back as arms circle back 4, **Adv:** plié 5, single inside turn R arm wrapped on stomach L arm in T 6 step/prep 7-8, **Int:** touch R 6, step prep 7-8
- 88 Double pirouette 1-2, arms up turn passé out 3, step back with R 4, **Odds:** R inverted fan on relevé 5-6, plié 7-8, fan R leg jump 1-2 R, ball change back 3, close front and wrap arms over stomach and back 4, hold 5-6, **Evens:** hold 5-6, R inverted fan on relevé 7-8, plié 1-2, fan R leg jump 3-4, R ball change back 5, close front and wrap arms over stomach and back 6, **All:** arms swivel to R side then “L turn” on your L over R shoulder 7-8
- 8 Low chaîné 1-2, **Adv:** turning inverted fan 3-4, **Int:** turning double stag 3-4, step R 5, R passé and throw R arm over 6, step R 7, twist to R & lean back while flexing R foot 8,
- 8 Rock forward 1, rise on relevé with L passé and arms up 2, step L 3, R flexed passé 4, push to front and clean over to flat back 5-6, **Move to 3 groups** rolling up and walking R/L 7-8

- 8 Moving as R reaches forward 1, L 2, up 3, drop over flat back 4-6, R box 7, L box 8
- 888 **(In three groups: 1, 3, 5)** reach forward and pump R leg 1-2, step forward with R and arms cross in front 3, release upper body, box arms, with R passé 4, step prep R/L 5-6 **Adv:** two a la secondé turns 7-2, turn out 3, rond de jambe and drop to the floor 4-5, **Int:** double pirouette 7-8, high chainé 1-2, ball change L/4 3-4, extend R leg to the back and slide down 7-8, **All:** flip to your back 6-7, plank 8, walk up to stand, facing diagonal
- 1-3, arms reach up 4, **2nd group** finishes on 6, **3rd group** finishes on 8
- 8 Arms pull down to 1st on 1, head dips down 2, snake through arms 3, body roll to tuck 4-5, push back on your bottoms 6, unfold to X on the floor 7-8

Formations



“You Are Goodbye” – by: Holly Conlan
Intermediate Modern – Time: 1:56

Girls begin in a spread out clump facing any direction on floor, high knees, or standing.

- 8 Hold 1-4, hand out in any direction 5-7, pull arm in fast & 8
- 8 Floor group: R leg swing 1-2, roll up to recover 3-8. High knee group: straighten L leg out and reach over 1-2, sit and roll up 3-8. Standing group: Reach R arm over 1-2, reach L arm over 3-4, under curve chassé 5-8
- 8 R hand push forward 1-4, arms swing back 5-6, swing front 7-8
- 8 Assemblé as arms circle 1-2, roll up 3-4, heel out and R arm reaches out 5-6, hinge L leg in 7-8
- 8 Rock L-R-L-R as open arms to T 1-4, over curve as arms bend and follow your body 5-6, repeat 7-8

Moving to formation #2:

- 4 R battement into a space hold and turn 1-2, walk 3-4
- 8 Continue walking 1-4, grab dancers’ shoulder or lean forward 5-7, push dancer back/switch lines 8
- 8 Finish switching lines 1, front lines (inversion) and back lines (stay standing) 2-3, step L 4, step R and arms cross to go behind head and contract 5, switch lines back 6-7, cross turn as arms push down to your knees 8
- 8 Contagion L-R: turning as arms brush chin to land in Z sit 1-8
- 4 Press up on “believe” on 1, down and swivel body with straight legs swinging around 2-4
- 8 “Pose” at a diagonal with legs bent in attitude 1, hold 2, slowly push your body up to face L side in a pike 3-6, groups R-L begin on 7, 1, or 3: 1st group: roll on your back with straight legs 7-8; Groups 2 and 3 recover arms down 7-8
- 8 Finish groups: 1st group: bend knees to the back 1-2, roll up to the diagonal 3-6, hold 7-8; 2nd group: roll to the back with straight legs 1-2, bend knees to the back 3-4, roll up to the diagonal 5-6, hold 7-8; 3rd group: Hold 1-2, roll to the back with straight legs 3-4, bend knees to the back 5-6, roll up to the diagonal 7-8
- 8 turn to back diagonal and swoop body & 1, walk 2-3, brush R leg up 4, passé &, assemblé over 5, roll up 6, R arm out 7, L arm out &, arms into stomach and contract 8
- 8 Arms out and move to partner 1, grab 2, rond de jambe to switch 3, close 4, slide R leg down 5, roll to the front or the back diagonal and recover up 6-8

Moving to formation #3:

- 4 Finish recovery 1-2, walk 3-4
- 8 walk as L arm pushes behind your body 1-2, repeat R 3-4, arc R arm over with R arabesque 5-6, land and swivel arm in and out 7&8
- 8 R passé with R elbow in and hand out 1-2, elbow leads up and then cross turn with a contraction 3-5, swing and jump to land to the floor or stay standing 6-8
- 8 Groups by block: Block A: land on the floor in a pike 1-2, reach R arm front 3-4, knees up and arm pulls in and out 5-8; Block B: arm reaches out slowly 1-4, knees up and down through forced arch with arm in and out 5-8
- 8 Continue groups: Block A: arms slice through T 1-2, roll over L shoulder with bent legs 3-8; Block B: arms slice through T with R arabesque 1-2, step and lean back 5-8
- 8 Finish groups: Block A: recover up to diagonal while placing hands down and développé through L leg 1-2, L hand reaches up and circles fast 3-4, shift weight to the back and prep 5-6, spiral sauté to front 7-8; Block B: walk in a circle with your head down 1-2, step R 3, L attitude with arms out and then circle fast 4, sit and roll up to recover 5-8

Moving to formation #4:

- 8 Everyone sit to your L hip and look L 1-2, walk 3-8
- 8 Finish moving: arms lift up over head 1-4, melt down 5-6, R leg touches out 7, pull in/out & 8
- 8 lift leg slowly in inverted attitude to side with “bow and arrow” arms 1-4, release and circle arms over 5-8
- 8 Lift L leg in inverted attitude to side and flip leg 1-2, step L 3, coupé turn 4-5, land 6-7, 2 groups in different counts: 1st group: arms lift with heels 8

8 finish groups: 1st group: finish arms melting down and look R 1, 2nd group: lift arms and heel 2, finish arms melting down and look R 3, everyone hold 4, arms reach any direction 5-8

1 pull arm in quickly and throw 1

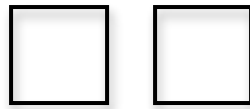
Formation #1
(spread out clump)



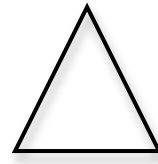
Formation #2
(staggered block)



Formation #3
(two blocks)



Formation #4
(triangle)



“Nothing Else Matters” - by: Apocalyptica
Intermediate/Advanced Modern – Time 2:26



Beginning Position: Stand in second position, arms on side, and facing inside the circle

- 6 Hold 1-3, look over L shoulder three times 4-6
- 6 Hold 1-3, R body roll 4-6
- 6 Continue body roll 1-2, straight 3, contract arms forward 4-6
- 6 L lunge, arms up 1-6
- 6 R leg up 1-3, R back spiral 4-6
- 3 Throw R arm 1, throw L arm 2, contract 3
- 6 L attitude out/in 1-3, step forward with L, R arm over L click, head up 4-6
- 6 Spiral turn with L 1-3, step R, L, R 4-6
- 6 Lean back and look over R shoulder 1-3, L three step turn “inside circle” 4-6
- 6 Step R 1, step L double flick R/L 2-3, walk forward 4-6
- 6 **Moving to Formation #2** reaching three times 1-3, run to place 4-6
- 6 Ripple—grand plié, going from L to R, looking L to R 1-6
- 6 R rond de jambe on floor to L side, R arm crosses over L, and look L 1-3, reverse 4-6
- 6 R degagé turn to L, arm extends diagonally 1-3, step R, body facing L 4, step L, body facing R 5, R tilt kick, arms extended 6
- 6 Prepare with L arms at shoulder level 1-3, double inside turn 4-6
- 6 Hold 1, knee drop as arms reach forward, R over L 2-3, continue rolling 4-5, switch leg positions 6
- 6 L leg swing in attitude, L arm in fifth position 1-3, roll back 4-5, lunge, L head roll 6
- 6 Continue to roll to L shoulder 1-3, R leg up as arms reach forward 4-6
- 6 Shoulder roll 1-3, roll forward 4-6
- 6 **Three Parts Left-Right on 1, 2 or 3**—throw R arm 1, throw L 2, contract 3, parts continue 4-6
- 6 **Moving to Partner Formation #3** walking 1-6
- 6 **Partner Work/Soloist – Dancer A(standing facing the audience) Dancer B(standing facing R) Soloist (soloist facing front)**Dancer A- melt to floor while pushing with R hand, and L arm back 1-3, go to all fours 4-6, Dancer B- hold 1-3, sit on dancer A, arms reach up R/L 4-5, both melt down 6, Soloist-step R 1, step with L behind R foot 2, rond de jambe with R and look to side 3, closed pas de chat turn as arms rise up 4-6
- 6 Dancer A- hold Position 1-6 Dancer B- back walk over your partner 1-4, land on R knee facing forward, looking down 5-6, Soloist- L clip turn, arms go around 1-4, contract 5-6
- 6 Dancer A- melt onto partner’s back 1-6, Dancer B- hold position 1-6, Soloist- arms reach up and move closer to diagonal lines 1-3, go down to one knee as arms melt down 4-6
- 6 Person A and B- hold position as Soloist- place L ft. down as arms melt in front 1-3, contagion front to back—look up 4-6
- 6 Contagion front to back—L swing/ weight shift, R swing/ weight shift with L arms extend 1-6
- 6 Continue contagion—L tendu while arms reach side 1-3, walk backwards 4-6
- 6 Continue contagion while moving to formation #4
- 6 **Formation #4-** continue contagion—face forward in second position 1-6
- 6 Contagion front to back—contract as arms extend or reach forward 1-6
- 6 **Oppositional movement every other person (A’s start to L side with arm down- B’s to L side with arm down)-** L arm reaches down/over/around as R arm follows 1-6
- 6 **Cont.** under curve into inversion to your R side 1-3, flex R foot as upper body arches 4-6
- 6 **Cont.** body half “floor roll” 1-5, sit up with R knee up facing to the front 6
- 6 **Cont. Contagion L to R- extend** R leg as arms reach forward 1-3, roll back 4-6
- 3 **Finish Contagion** 1-3
- 6 **Transition to fix formation-** arms reach 1-3, run/walk 4-6
- 6 Reach with both arms up, facing back 1-3, finger initiation pulled arms down 4-6
- 6 **Parts from L to R every three counts-** low chaîné 1-2, barrel turn 3, L foot comes inside and continue turn 4-6

- 6 L ball change forward 1-3, hop three times with L coupé as arms rise up 4-6
- 6 Second group finishes 1-3, third group finishes 4-6
- 6 R attitude swings forward and around, as arms swing L to R 1-3, R clip turn 4-5, L tendu and prepare 6
- 6 L low chaîné 1-3, X jump with T arms looking down 4-5, complete turn 6
- 6 R arm reaches to L side “up and over” 1-3, grand plié with R arm in front 4-6
- 6 L coupé as arms cross R over L, looking up and click 1-3, L knee roll to your L side 4-6
- 6 R hand on floor back to the diagonal with a weight shift and looking at your hand 1-3, L hand on the floor forward to the diagonal with a weight shift and looking at your hand 4-6
- 6 L foot extends forward/contract/reach forward with L arm 1-3, L back attitude 4, roll up 5-6
- 6 **Moving back to Formation # 1 with stunts in the middle-** walking 1-6
- 6 Walking 1-6
- 6 **Repeat beginning-center stunt-**look over L shoulder three times 1-3, hold 4-6, **outside circle-**hold 1-3, look over L shoulder three times 4-6
- 6 **Center stunt-**R body roll 1-3, hold 4-6, **outside circle-**hold 1-3, R body roll 4-6
- 6 **Center stunt-**prep from waist 1-3, over L shoulder in an attitude position 4-6, **outside circle-**continue body roll 1-2, straight 3, contract arms forward 4-6
- 6 **Center stunt-** turn over R shoulder with R attitude 1-6, **outside circle-**L lunge, arms up 1-6
- 6 **Center stunt-** continue turning, R attitude wraps around to spiral down 1-6, **outside circle-**R up 1-3, spiral back over R 4-6
- 6 **Center stunt-**finish stunt 1-3, front dancer lunges with R and crosses R arm over L while back dancer catches her 4-6, **outside circle-**throw R arm 1, throw L arm 2, contract 3, L attitude out/in 4-6
- 6 **Center stunt-** recover to standing 1-3, back dancer brushes other dancer’s arms up 4-5, back dancer steps to L side as L arm reaches up 6, **outside circle-**step with L foot forward, R arm over L click, head up 1-3, spiral turn with L 4-6
- 6 **Outside circle girls-** walk forward 1-3, all dancers melt down to floor, except back dancers (involved with stunt) stays standing 4-6

Formations:

#1	#2	#3	#4	#5	#6 Back to 1 st Formation with center stunt
		S P P Partner Work			
Several Circles	Triangle		Lines	Staggered Block	



“Your Song” by: Ellie Goulding
Advanced Contemporary Modern – Time 1:52



Beginning Position: facing the back with head down

- 8 Hold 1-4, freestyle sway 5-6, continue freestyle 7-8
- 8 Look up 1, jump front over R shoulder 2, hold 3-4, “laugh” L hand on belly as R hand circles mouth on 5-8
- 8 Prep for a R inside turn 1-2, single or double on 3-4, step across with L foot to the diagonal and head roll on 5-7, plié to prep for tilt kick on 8
- 8 Tilt kick 1, step across with R foot on 2-3, swing R foot back and soutenu 4-5, hide face with L hand to the R on 6, pull it down to a full L lunge on 7-8
- 8 Slide 1-2, prep on ground with L leg up for a turn 3-4, double/triple/quad 5-7 land down on knees on 8
- 8 Look up 1-2, back/shoulder roll 3-6 come to knees on 7-8
- 8 Throw/ flick hands in front 1-3, collapse on 4, R leg out lunge press with any arms 5-6, roll up 7-8
- 8 Stand up 1-2, plié 3, chaîné turns as arms come up slowly 4-5, open arms and chaîné 6 low chaîné 7-8
- 8 Calypso 1-2, turn out of it 3-4, land front, slide R foot out to the side and stretch R arms over head on 5-6, swivel arm and turn side on 7-8
- 6 Throw arms R/L on 1-2 collapse over, use 3-6 to change formation
- 6 Sway R sculpt arms out 1, sway L sculpt arms in 2, repeat 3-4, jump L push arms out to T on 5-6
- 8 Jump L again curving arms down on 1-2, high chaîné 3-4, low chaîné 5-6, fan kick 7-8
- 8 Straight into illusion 1-2, tuck down to the floor 3-4, leap on the floor to stand or continue rolling 5-8
- 8 Reach/jump to grab something with R hand 1, throw it up & over your head 2, follow with your head 3-4 catch your L hand on 5 throw it down 6, “stir the pot” 7- 8
- 8 Stir again 1-2, let stirring motion carry you & your arms around to run in arc formation 3-6, step R 7, L 8
- 8 R leap to the side 1-2, face front & break R arm out 3, behind the head 4, collapse over 5-6, stand and pull R elbow out 7, push it behind you to grab the L elbow 8
- 8 Drag to R turning around over L shoulder 1-2, deep plié throwing R arm to face front again 3-4, step L 5, R 6, landing in relevé with R leg crossed over to L diagonal, throw arms across body & head roll 7-8
- 8 Jump front/swivel R hand, and put up#1 on 1-2, reach up 3-4, reach toward the audience or in any direction 5-8 while moving to a new formation
- 4 Balancé R 1-4
- 8 R straight kick on 1-2, prep for turns on 3-4, piqué 5-6, piqué 7-8
- 8 A la second turns on 1-2, 3-4, change all the way to the back 5-6 and 7-8
- 8 Change to the front 1-2, again 3-4, double 5-6, low chaîné to the front 7-8
- 8 Turning disc 1-2, roll up 3-4, scoop arms to the R 5-7, cross over/R kick on 8
- 8 Prep for double turn to L corner 1-2, double or triple 3-4, land out in relevé w/ R foot front 5, break arms through and back bend around to other side 6-8
- 8 Jump to front 1-2, walk R 3, L 4, press out to a R forced arch 5-6, lift up to arabesque on 7-8
- 8 Turn to back & press arms down to fan kick 1-2, cut R foot out & break both arms over head 3-4, turn over R shoulder & throw arms 5, collapse over 6, breathe 7-8
- 8 Jump front 1-2, present L arm 3, present R arm with head roll 4-5, collapse back over 6, come up & cut both arms across to the L on 7, collapse over 8
- 8 Leap to the R 1-2, landing down & rolling 3-4, come to knees 5-6, toe “roll up” or float 7-8
- 8 Continue rolling up from ground freestyle with head rolls, extensions, or body rolls 1-8 while moving to an ending formation

Ending (to words): Freestyle on the words “How wonderful life is now”; everyone comes together “you’re in the world” standing parallel—circle hands in front of belly on “you’re in” press one arm in any direction on “the world” come back to parallel front to end the dance

Formations:

- #1: Two diamonds or one or even two groups. #2: Staggered Lines, more of a long formation
- #3: Triangle (you can alter turn combination to be a pick up or drop off). #4: Tight staggered block