



Routine Notes '09

“Numb” by Sia

Int/Adv Modern – Time 2:06

Choreographed by: Miriam Vera

Beginning Position: Semi-tuck facing back diagonal or facing front diagonal, hands on knees, looking down

- 3 hold 1-3
- 8 look up 1-2, look down 3-4, stand up or twist to face front diagonal 5-8
- 3 melt down or stand up 1-3

- 8 Group A—run forward Right/Left 1-2, hop twice with broken wrists 3-4, run back R/L/R/L 5-8
Group B—stand up 1-2, run forward R/L/R/L 3-6, hop twice with broke wrists 7-8
- 8 Group A—run forward Right/Left 1-2, hop twice with broken wrists 3-4, run back R/L/R/L 5-8
Group B—run back R/L/R/L 1-4, melt down/slap floor 5-6, recover to standing 7-8

- 8 Together—step out with Right and hinge Left leg as arms slice to T arms with tilted head 1, break Right arm and tilt head to other side 2, slice out/in/out 3&4, head roll Left to Right with broken arms 5-7, flick Right leg with hands clasped over head 8
- 8 step Right 1, hands on knees and semi-tuck 2, slide hands to floor &3, jump out to push up position 4, lower body and look front 5-6, roll over to lay on back with bent knees and T arms 7-8

- 8 grab air Right/Left 1-2, sit up to Indian style and open arms to T 3-4, cover face with hands Right/Left 5&, open arms vertically and sit up looking up 6, flick hands twice as head drops 7-8
- 8 arms reach in front of body 1, legs extend as arms open 2, hands touch ankles 3, slide hands through legs and lay back 4, lift body and legs up 5-6, hit pose 7, recover 8
- 8 rainbow jump to stand 1-4, Right arm reaches to Left with a head release 5, Left hand slaps Right mid-arm 6, swing arm down and up and Left leg flicks behind 7-8
- 8 prep 1, attitude turn 2-3, Left tilt kick 4, face the back 5-6, twist legs with arms above head 7-8

- 8 tour en l’air over Left shoulder 1, wrap arms around body and contract 2, recover to standing 3, hinge Left leg and tilt head to Right 4, step Left 5, close Right to Left as arms slide out to T and head tilts to Left side 6, step out with Left as arms circle in 7, Right attitude kick with T arms 8
- 8 step Left and spiral Left leg behind Right 1-2, step forward with Left 3, clasp hands and attitude Right leg behind 4, step back with Right 5, lift Left leg in attitude as arms circle 6-7, recover to stand 8
- 8 bounce 1-4, small breaks/plies Right/Left 5-6, slap floor with Right 7, slap floor with Left 8
- 8 roll up 1-4, turn over Left shoulder and walk around self to finish facing front 5-8

- 8 reach to Left diagonal Right/Left 1-2, slide Right hand on Left arm back and forth 3-4, coupe Right leg as Right arm slices horizontally and Left hand brushes face 5, step Right 6, step Left 7, hop and tuck Right leg in as arms swing over-curve 8
- 8 drop and roll on floor 1-3, finish in a pike 4, slice Right hand in between and swivel legs in to roll 5-6, finish sitting down with extended legs facing Right side 7-8
- 8 grab Left ankle with Right hand 1, grab Right ankle with Left hand 2, bend knees as arms flick up 3-4, extend legs as arms reach towards toes and wrap fingers inwardly 5-8
- 8 place Left leg over Right leg and flip over Right shoulder 1-2, extend Right leg to full extension 3-4, bring Right leg down 5-6, tuck 7-8

- 8 3 Groups—(start 1, 3, or 5)—sit up and contract 1-4, roll on Right shoulder to finish facing front with Right knee up and Left leg tucked in 5-8
- 8 snake over to Left side to stand 1-4, Right hand reaches to Right as hips reach Left 5, Left hand reaches to Left as hips reach to Right 6, bounce with hands in front 7-8
- 8 hands to knees as body leans forward 1-2, snake up 3-4, 2nd group finishes 5-6, 3rd group finishes 7-8

- 8 walk/turn over Left shoulder as Right finger slides through mouth 1-3, Right hand on shoulder 4, Left hand covers mouth 5-6, arms melt down 7-8
- 8 jump out to straddle leaning forward with flexed T arms 1, hinge Right leg in as Right hand touches shoulder 2, wrap Left leg on Right leg with L arms 3, step left/prep 4, small X jump turn over Left shoulder and land on Left foot 5-6, Right attitude leg swings over to Right side 7-8
- 8 stand on releve with Right hand reaching forward and Left hand on chest 1-2, break knees and collapse down 3-4, slap floor and hold 5-6, roll up 7-8
- 8 bounce heels as Right hand slides through Left arm and head rolls Left to Right 1-4, break Left arm in 5, prep 6, double attitude wrap jump 7, land 8
- 8 coupe turn over Left shoulder 1, step Left 2, swing arms down as Right leg lifts up 3, step down with Right and prepare 4, Left inside turn 5-6, extend Left leg to jump and turn around 7-8
- 8 lean to Right side 1, switch to Left side 2, releve and bend knees as head drops forward 3, recover 4, break Left arm and look up 5, Right hand grabs Left wrist and look down 6, arms above head and look up as legs twist 7, recover 8
- 8 step forward run with Right foot 1, look up and switch arms 2, look to Right side and switch to T arms 3, break wrists and look Left/Right as legs twist & 4, barrel turn over Left shoulder 5-6, land to standing 7-8
- 8 run 1-2, bounce 3-4, run 5-6, bounce 7-8
- 8 run 1-2, bounce 3-4, melt down 5-6, recover 7-8
- 8 push hands down Right/Left while looking down 1-2, twist legs as arms lift up 3-4, drop arms and kick with Right leg 5-6, step Right and wrap body while looking down 7-8
- 8 releve and look up 1-2, drop Left arm and snake to Left 3-4, drop Right arm and snake to Right 5-6, snake up 7-8
- 8 melt down to floor 1-2, push up position 3-4, lower to floor 5-6, roll over Left shoulder 7-8
- 4 sit with bent knees facing back diagonal and contract with wrapped arms 1-2, breath in and out 3-4

“Stranger” by Elisa

Int/Adv Lyrical – Time 2:32

Choreographed by: Miriam Vera

Beginning Position: Sitting facing sideways with arms draped over legs and looking back

- 2 hold
- 6 look side and reach with Left arm 1-3, back release 4-6
- 6 shift body to kneel forward looking down 1-3, lift body and look front 4-6
- 6 Right rond de jambe forward as Left arm wraps head back to front 1-3, tuck Right leg in to roll 4-6
- 6 stand facing diagonal 1-3, step Left and rond de jambe Right leg while turning over Right shoulder 4, shift weight 5-6

- 6 kick Left leg to Right side as arms brush out 1, step Left/Right on releve 2-3, grab air Right/Left on releve 4-5, double fist knock & 6
- 6 open arms and step around R/L/R to face other side with arms to sides 1-3, wrap arms Right/Left 4-5, contract 6
- 6 finish contraction and recover 1-2, step Right 3, bounce around as Left leg spirals behind with arms above head 4-6
- 6 flick jump 1-2, prep 3, double Left inside coupe turn in plie 4-6

- 6 lift arms up 1, drop on Left knee and slap hands on floor 2, look down 3, look up 4, roll over Right shoulder 5-6
- 6 rainbow jump to stand and turn over Right shoulder to face Left diagonal 1-3, reach with Right/Left 4-5, Right hand slides through Left as body drops to grand plie 6
- 6 recover to stand 1-3, swing Left arm down and over as Left leg swings back and up to face other side 4-6
- 6 Left arm reaches and releases back and forth to touch heart 1-6
- 6 legs twist as body lowers and as both arms reach out 1-3, recover and look front 4-6
- 6 Left rond de jambe and turn over Left 1-3, wrap Right leg to do inside turn (single, double, or triple) 4-6

- 6 jump out to straddle 1-3, Right hand slides down through Left arm as body follows weight shifts L/R/L 4-6

- 6 X turning jump over Right shoulder 1, step/land Left 2, continue turning and step Right 3, bounce with Left attitude leg as arms lift up slowly 4-6
- 6 step Left 1, step Right 2, Left coupe turn over Left shoulder 3, step Left 4, whip Right leg inwardly to turn 5-6
- 6 drop Right leg and continue turning in plie with arms above head 1-3, stop turning and bounce backwards facing Left diagonal and as arms slowly drop to chest level 4-6
- 6 walk to Left back diagonal L/R/L 1-3, lift Right leg with bent knee as hands grab air 4-6
- 6 drop leg and bend knees as body releases down and recover 1-3, collapse again with Left tilt kick 4-6
- 6 illusion with Right leg 1-3, roll to the floor and finish with right knee up 4-6
- 6 keep turning over Left shoulder to twist and drop to Indian sitting style 1-3, shift weight to Right side 4-6
- 6 shift weight to Left side 1-3, wrap Left arm over head as legs extend with flexed feet and sit up 4-6

- 6 reach up with Right hand as toes point 1-3, contract body and Right hand over to Left side 4-6
- 6 roll to Right side over tummy to sit facing front Right diagonal 1-6
- 6 pull through and lay on the floor 1-6
- 6 push hands to sit up over Right shoulder to face the back diagonal 1-3, hands reach and grab 4-6
- 6 extend Left leg and over curve with Left arm facing forward 1-3, shift weight L/R/L 4-6
- 6 roll to stand over Left shoulder 1-6

- 6 pique to Right side 1-3, double or triple chaine turn to the back 4-6

- 6 pique to Right side 1-3, double or triple chaine turn to the front 4-6
- 6 jump in straddle with T arms and melt 1-3, push hands down in center with a Right rond de jambe 4, step Right 5, step Left 6
- 6 Right hinge turn with Right hand holding leg and Left arm in diagonal 1-3, turn out of the turn 4-5, reach with both hands to Right diagonal 6
- 6 walk to the back diagonal over your Right shoulder 1-6
- 6 continue walking 1-3, cut through with Right leg and Right arm as Left hand slides through Right arm 4, Right chaine turn to the diagonal 5-6

- 6 calypso 1, chaine 2-3, double attitude turn 4, turn out of it 5-6
- 6 Right chasse 1-3, grand jete with T arms 4, step Left/Right 5-6
- 6 Full switch leap or Pump switch leap 1, step Left/Right 2-3, Left passé as arms reach to the diagonal 4-6
- 6 Left chasse to back diagonal 1-2, reverse leap with Right leg 3-4, land 5-6
- 6 turn around out of leap and shift weight with T arms to melt arms down 1-6
- 6 step forward with Right and grab air Right/Left on releve 1-2, double fist knock & 3, open arms and step around R/L/R to finish facing back with arms to sides 5-6
- 6 wrap body with arms Right/Left 1-3, bounce with Right leg as Left leg reaches out with a tendu while arms slowly reach up to Right diagonal 4-6
- 6 turn over to the Left with wrapped arms 1-3, stop in releve facing Left diagonal with arms up by sides 4-6

- 6 double inside turn over Right shoulder 1-3, lift Left leg to spiral out of it 4-6
- 6 Right chasse 1-3, Russian leap and Left foot lands behind Right 4-6
- 6 turn over Left shoulder 1-2, Right knee down to begin rolling 3-6
- 6 finish rolling to sit facing front as Right arm reaches out and up to go down 1-5, sit up and look Left 6

- 6 look front as Left hand reaches front 1-3, shift weight as arm drops down 4-6
- 6 roll over Right shoulder to sit again and look up 1-6
- 6 Right rond de jambe forward as Left arm wraps head back to front 1-3, tuck Right leg in to roll 4-6
- 6 sit facing the back as arms cover head 1-3, shift weight back and forth or side to side 4-6
- 6 extend legs as body collapses forward and arms reach out 1-3, contract over to Left side 4-6
- 6 roll to Right side over tummy 1-6
- 6 finish sitting down with Right leg over Left facing the back diagonal 1-3, twist to look front as arms reach out and up 4-6
- 3 twist to face back as arms melt down and look over Left shoulder 1-3

“Earth Intruders” by Bjork
Int/Adv Stylized Jazz – Time 2:03
Choreographed by: Miriam Vera

Beginning Position: Horizontal Line—every other person standing or down to the floor

- 8 hold 1-2, look Right or straddle stretch 3-4, look up or stand facing Right diagonal 5-6, look Left and back or face the back 7-8
- 6 tilt head to Right 1, hinge Left leg 2, hinge left leg and pop Left hand out 3, look to Left hand 4, arch back 5, return and press hand 6
- 8 *2 Groups (start on 1 or 3)*—contract with Right passé 1, pop out to straddle with low V arms 2, wrap arms and contract 3, jump to stand with feet together 4, step back with Left ft. and press Left hand out 5, twist to face front and open Left arm out 6, lift Left arm 7, fix on 8
- 8 *Together*—twist Left knee in/out while flicking hand down/up and tilt head & 1, switch arms to Right side and pop Right hip out 2, plie and circle Right arm down 3, jump to close feet with Right arm up 4, (***Shift formation to staggered lines***) walk L/R as Right arm circles open 5-6, contract 7, push arms down in low V with Right passé 8
- 8 step Right 1, double inside turn while hands touch Left knee 2-3, flick Left leg and flick arms up 4, step Left 5, half-russian 6, step R/L and turn over Left shoulder 7-8
- 8 roll to the floor 1-2, body roll and slap floor 3-4, box arms 5, kneel and arch back 6, lean body to Left as arms reach Right 7, tuck 8
- 6 sit facing back with bent legs 1-2, straighten Right leg and reach R arm 3, return 4, twist legs and body 5, look and reach with Left arm 6
- 8 circle Left leg over 1-2, land 3, tuck 4, lift body and extend Right leg out 5, tuck legs in 6, press/slide body back 7-8
- 8 push back to tuck 1-2, different poses 3-4, ***Formation Change to #3 (Two Diagonal Lines)***—walk L/R/L/R and tilt head to Left side on 5, tilt head to Right and lift Left hand to hip on 6, switch on 7, fix on 8
- 8 pique 1, switch with Right arm up 2, switch arm 3, prep 4, double attitude jump with wrapped arms 5, land 6, body roll with hands behind body 7-8
- 8 Left coupe turn to face back 1-2, step Left with broken T arm 3, step Right and break to T 4, step Left with hands by your chest 5, leap with hands pushing down and land & 6, straddle with T arms 7, releve and wrap arms 8
- 8 *2 Groups (start on 1 or 3)*—step Left 1, Right high kick with T arms 2, switch facing with T arms 3, Right tilt kick with hands behind body 4, step Right 5, knee to knee with L arms 6, step Left to the back 7, wrap arms 8
- 8 step Right to the front 1, double inside turn with Left leg in side attitude 2-3, extend Left leg to side as arms reach to the Right side 4, step Left 5, switch arms and slide down 6-8
- 8 roll on stomach to sit 1-2, contract and drape arms over legs 3-4, 2nd group finishes 5-6, wrap arms over head and sit Indian style 7, drop body down and slap hands on knees 8
- 8 look Left 1, look Right 2, look Left with T arms 3, shift weight to Left side 4, extend legs 5, reach with arms 6, bend legs and reach up 7, twist around to downward dog 8
- 8 walk hands Right/Left towards your legs 1-2, snake up 3-4, step Right and cross arms at chest level 5, inside turn en l’air with Left passé and L arms 6, step Left 7, inverted Right fan kick with Right arm extended 8
- 8 land leg 1, turn over Left shoulder and break Right arm while dropping down 2, jump out to straddle 3, break arms to low V Right/Left & 4, hinge Left knee in 5, wrap Right arm over stomach 6, wrap Left arm over head while stepping back with Right 7, step Left while arching back 8

- 7 Right chasse side 1-2, step Left 3, Russian leap 4-5, step Left behind and turn 6, knee to knee with L arms 7
 8 wrap arms and turn over Left shoulder 1-2, step L/R/L/R and break Left arm to T on 3, Right arm up on 4, wrap Left arm over stomach 5, Right arm reaches to Right side and look up 6, jump out to straddle with arms down 7, snake 8
- 3 finish snaking upper body 1, prepare for turns 2-3
 8 a la second 1-2, attitude hinge turn 3-4, a la second 5-6, double pirouette turn 7-8
 8 body roll jump to straddle 1-2, jump to close 3, **Formation Change to #4 (Triangle)**—walk L/R/L/R/L as you shake your chest and arms slide up 4-8
- 8 step back with Left and arms up 1, step back with Right and T arms 2, step forward with Left and broken arms 3, step forward with Right and switch broken arms 4, step Left and look up 5, grand plie scoop to the Right 6, prepare 7, Right chaine 8
 8 finish turn 1, illusion 2-3, recover to standing facing Right side 4, step back with Right and T arms 5, step Left and switch arms to vertical 6, step Right and throw Right arm over to the front 7, step Left with clean arms and look up 8
- 8 Right chaine to the side 1-2, single or double axel jumps 3-4, Right chasse sideways 5-6, step Left with crossed arms at chest level 7, leap to the front with T arms 8
 8 land to the floor 1-2, stand and shift weight as arms press behind body 3-4, step back with Left 5, lift Right leg to attitude with Right arm reaching side 6, arch back 7, close feet and drop body on 8
 8 **Formation Change to #5 (Horizontal Line)**—(start on 1, 3, or 5)—step back L/R as hands press behind body 1-2, step L/R 3-4, walk L/R/L/R and tilt head to Left side on 5, tilt head to Right and lift Left hand to hip on 6, switch on 7, fix on 8 (the other two groups catch on)
 8 tilt head to Right 1, hinge Left leg 2, hinge left leg and pop Left hand out 3, look to Left hand 4, arch back 5, return and press hand 6, contract with Right passé 7, pop out to straddle with low V arms 8
 5 break body down and on top of others 1-4, stand and point to different places 5

ADTS Jazz Camp- Intermediate Jazz/Novelty

“Big Time”- Linda Eder

Choreographed by: Natasha Newbrough

Start in 3 groups various poses with heads down

8 hold 1-2, middle group: legs out 3, hold 4-6, roll up 7-8, outside groups (front row): outside leg out 4, (second row) outside leg out 5, (third row) outside leg out 6, shake 7-8

8 pop back arms touchdown 1, down 2, cross arms 3, hands on hips head back 4, middle group: 2 chaines up 5-6, chaine down 7-8, outside groups: pose 5, shake 6-8

8 middle group: C jump 1-2, roll 3-4, hold 5-8, outside groups: 2 chaines up 1-2, down 3-4, calypso 5-6, roll 7-8

8 kick 1, passé 2, pivot 3-4, move to **staggered block**: R diagonal 5, L diagonal 6, peel off R 7, peel off L 8

8 continue moving: snap and walk 1-4, cross R snap R 5, point 6, cross L snap R 7, point 8

8 R leg in &, flick L leg 1, step through 2, hook up with partners 3-4, partner 1: flick legs 5-6, down 7, partner 2: fan R &, fan L 8

8 adjust back to formation 1, lean forward R hand to ear 2, nod 3-4, roll hips to L 5-6, slide to ground 7-8

8 sit 1, cat roll 2-3, stand 4, pose 5, pose by line 6, 7, or 8

8 pose &, T 1, step R 2, touchdown 3, step L 4, reach up to high V and sway 5-6, push down and sway 7-8

8 point R 1, L &, point R 2, L &, hips L 3, R 4, move to **2 groups**: point and run 5-6, repeat 7-8

8 continue moving: reach up 1-2, wrap 3-4, cross hands 5, reach up to high V 6-7, down 8

8 group 1: ball change & 1, pitch 2, pivot 3-4, chasse to back 5-6, leap 7, land and pose 8

8 group 2: repeat 1-8

8 chaine 1-2, X jump 3, roll 4-6, split roll 7-8

6 lay flat 1-2 roll up 3-4, move to **triangle**: T 5, down 6

8 continue moving 1-2, pivot 3-4, prep 5-6, double or single pirouette 7-8

8 out 1, down &, flick 2, R rond de jambe 3, L rond de jambe 4, touchdown 5, hands on hips &, head back 6, walk to back flick R hand 7-8

8 cut to front 1-2, R leg passé arms circle 3-4, cut to front push arms down 5-6, (2 groups every other line)
group 1: prepare 7-8, group 2: ball change 7-8

8 group 1: fan kick 1-2, roll 3-4, group 2: prepare 1-2, extension 3-4, reach and adjust back to formation 5-6, pose and look 7, hold 8

8 reach up to L 1-4, move to **clump**: R arm out 5, L 6, reach up 7-8

8 continue moving: flick arms up to R 1, L 2, down to R 3, L 4, soutenu 5-6, start to pose head down 7, pose 8

ADTS Jazz Camp- Intermediate/Advanced Hip Hop

“Move” – by: Various Artist

Choreographed by Natasha Newbrough

Start in 3 groups various poses

8 hold 1-2, middle group: pulse 3-4, punch and jump back 5, down 6, pose 7, hold 8

8 side group: hit out side leg 1, in &, jump out 2, roll 3-4, point 5, lean 6, point to side and look in 7, hold 8

8 other side group: repeat 1-8

8 throw arms kick 1, step 2, muscle arms jump to second 3, hold 4, head roll to R 5-7, hands up and dig 8

8 move to **files**: R leg out 1, dig 2, step R 3-4, step L 5-6, step R 7, dig L 8

8 continue moving: L leg out 1, dig L 2, step L 3-4, step R 5-6, step L 7, dig R 8

8 R leg out 1, dig R 2, step R 3-4, step L 5-6, turn 7, step out with R/L leg (every other row to make **staggered block**)

8 3 parts FTB: tuck to back 1, 2, or 3, second position to front 2, 3, or 4, push down 5, contract L leg out 6, push down 7, contract R leg out 8

4 turn and melt 1-2 pose 3-4

8 (2 groups) group 1: hold 1-2, switch pose 3-4, group 2: hold 5-6, pose 7-8

8 cross 1, low V 2, hips to R 3-4, kick ball change 5-6, circle arms 7-8

4 R arm up step L 1, sit back hand on hip &, pop head to front 2, hold 3-4

8 cross 1, turn to face opposite ways (every other line) 2-4, (2 groups) group 1: pop R leg 5, L leg 6, R leg flat back 7, hold 8

8 group2: pop L leg 1, R leg 2, L leg flat back 3, hold 4, run forward 5&, out 6, arms up 7, lean in opposition &, pose 8

8 move to **triangle**: 3 step turn 1-4, dig walks 5-8

8 continue moving: dig walks 1-4, hands out 5, dig 6, hands out 7-8

4 head roll to front 1-4

8 shake R arm up 1-, release 3, drop 4, shimmy 5, down 6, sway to R 7, sway to L 8

8 circle R arm 1-2, sit 3-4, (3 groups by V's) down 5, 7, or 1, sit 6, 8, or 2, look 7, 1, or 3, sit back 8, 2, or 4

8 continue 1-4, roll to back 5-6, prep 7-8

2 leg hold 1-2

4 roll up contagion FTB 1-4

8 kick ball change cross arms 1-2, repeat to L 3-4, kick ball change R arm across face 5-6, repeat 7-8

8 rond de jambe 1-3, jump to second facing side 4, fisted hands to hips 5, drop 6, peel off and snap by V's 7, 8, or 1

8 continue 1-2, freestyle to **2 groups** 3-8

8 R arm out 1, down 2, L 3, down 4, matrix 5-6, throw arms out from chest 7, hold 8

8 contagion LTR to face back 1-8

4 shake R 1, L 2, circle hips RTL 3-4

8 (2 groups) group 1: walk to side 1-2, T 3, lean and pose 4, group 2: walk towards group 1 5-6, snap 7-8

8 move to **clump**: fist walks 1-4, 3 step turn 5-8

8 cross 1, sit 2, cross 3, sit 4, face back and walk forward 5-6, kick 7, head roll to 8

1 pose

ADTS Jazz Camp- Intermediate Jazz
“Painted Windows”- Pussycat Dolls
Choreographed by Natasha Newbrough

Start in a straight line with various poses

8 hold 1-2, shake to right R hand up 3, L 4, R 5, L 6, hands on hips release head back 7, drop to L 8

8 contagion RTL rolling up 1-5, sit 6, shake 7-8

8 move to **staggered block** using pick up step touches: step R 1, R arm up point L 2, step L 3, R arm across face point R 4, step R 5, reach 6, hips R 7, hips L 8

8 flick 1, step through 2, high V and sway 3-4, push down and sway 5-6, step back 7, kick arms touchdown 8

8 walk back 1-2, flick R arm and walk 3-4, body roll to front 5-6, pop back arms come up 7-8

8 prep 1-2, double pirouette 3-4, R arm swings sway to R 5, L 6, R hand across eyes 7, sit and throw 8

8 move to **3 groups**: three step turn 1-3, flick arms out 4, step L 5, dig 6, hip roll hands over eyes 7-8

8 continue moving: walk with shoulders 1-4, tuck to back 5, second position to front 6, lean and look to R snap L 7, switch 8

8 head roll to side 1-2, body roll back 3-4, body roll up 5-6, cross 7, sit with hands on hips 8

8 step R 1, T 2, step L 3, arm on head 4, hip roll to R 5-6, back 7, drop 8

8 outside groups: slide 1-2, push up 3, sit 4, split roll 5-8, inside group: repeat 3-2

8 continue 1-2, roll up 3-4, ball change to front L arms 5-6, release 7-8

8 jump to R touchdown arms 1, press 2, repeat to L 3-4, prepare 5-6, double coupe turn 7-8

8 facing the diagonal land 1, drop 2, push down jump together 3-4, walk to back reach R 5, L 6, up 7-8

8 kick ball change arms diagonal 1-2, chaine 3-4, fan kick 5-6, lunge 7, roll 8

8 continue rolling 1-2, ball change to front reach 3-4, cross 5, head roll 6-7, up 8

8 move to a **trapezoid**: cross 1, high V 2-4, wrap 5-8

8 continue moving: walk with shoulders 1-3, touchdown 4, R arm down 5, L down 6, arms circle 7, drop 8

8 (3 groups by lines) group 1: chaine up 1-2, chaine plie 3-4, calypso 5-6, push down to tuck 7-8, group 2: start on 5

8 group 3: start on 1, roll R leg out 1-4, slap 5, legs out 6, slide 7-8

8 around 1-3, kick 4, roll up 5-8

8 continue 1-8

8 wrap 1, leap 2, land 3-4, pop back arms come up 5-6, R arms circles out 7, L 8

8 chaine 1-2, X jump 3, roll 4-8

8 move to **triangle**: reach up 1-4, wrap L arm R arm T 5, switch 6, snap and roll hands 7-8

8 continue moving: wrap 1-4, peel off R arm 5, L 6, roll 7, drop 8

8 contagion FTB X jump to tuck 1-8

8 hips to R 1, L 2, cross 3, low V 4, hips to L 5-6, sit 7-8

1 pose

ADTS Jazz Camp - Adv. Jazz/Contemporary

“Call It Off” - Tegan and Sara – Time 2:10

Choreographed by: Kayla Kenney

*Begin in a triangle formation R foot behind with head down

8- hold

8- ball change R L 1-2 walk walk 3-4 step R 5 touch turn L foot 6 step L 7 touch turn R foot 8

8- step RL arms out in T 1-2 step R back 3 step L side 4 fan R leg around to back 5-6 land R down 7 step L 8

8- flick R leg arms up by ears 1 prepare RL 2-3 chaîné 4-5 step R arms hands hit hips 6 step L foot across R and collapse over arms reaching out by head 7-8

8- chasse R 1-2 small second leap 3-4 ball change RL 5-6 ball change RL with R arm coming across body to L side 7-8

8- step R drag L foot with R hand going across mouth 1-2 moving to **formation #2** by walking 3-7 dig R 8

8- **2 Parts: (1,3) group 1** - step R hop while throwing arms to R side 1-2 step L hop while throwing arms to L side 3-4 ball change RL 5-6 fan around to back with R leg 7-8

8- slide down to ground with R leg 1-4 roll on knees 5-6 step RL to face R side 7-8

8- walk hands up to stand all the way up 1-4 collapse body roll over 5-6 up 7-8 **group 2** – collapse body roll over 7-8

8- **group 1** – hold 1-2; **group 2** – continue coming up 1-2; collapse body roll over all together 3-4 reach L hand down by L hip 5 R hand on top of L 6 bring both hands to chest in fist 7 release and arms reach to T position 8

8- continue to reach in T position 1 step R 2 reach both hands to back L hip 3 reach around to other hip 4 bring R leg into L to turn while R hand feeds through L arm to reach up and L arm is holding R forearm 5-8

8- prepare 1-2 double turn 3-4 step RL to side 5-6 second leap 7-8

8- ball change LR 1-2 step LR to side with arms out in front 3-4 R elbow comes back 5 body roll through R side of body with R arm coming up 6-8

8- step R to front with arms in T 1-2 inside turn 3-4 step L 5 R knee comes in to passé 6 push and throw leg back straight with arms going around 7-8

8- ball change RL 1-2 run run 3-4 leap to front 5 step out of leap 6 step L 7 hold 8

8- step R to R side 1 inside turn on forced arch with arms circling above head 2-3 step cut to side 4-5 walk side 6-8

8- high kick R to side 1 step R 2 step L 3-4 inverted kick to front 5-6 land 7-8

8- run run LR to back 1-2 reverse leap 3-4 ball change RL to front 5-6 step RL with arms going out to T position 7-8

8- R elbow comes into R side 1 L arm swings over head to R side 2 step RL to turn to back 3-4 fan R leg around to front 5-7 land down to front 8

8- **moving to formation # 3**; walk 1-4 step cross turn with hands on hips 5-8

8- **continue moving to formation # 3**; walking 1-2 continue walking with RL arms reaching out to T position 3-4 continue walking while arms reach up and over head and back down 5-8

8- L leg falls out from under body and land on ground 1-2 roll on back to L side 3-6 reach both legs out to sit up with legs out in front of you 7-8

8- push knees down RL 1&2 again push knees down RL 3-4 reach up 5-6 lay back on back 7-8

8- L hand touches L shoulder 1 R shoulder 2 L arm and leg reach forward 3-4 roll back to back on ground 5-6 come up on L knee and R leg is bent in modern leg swing pose R arm over head 7-8

8- roll to front 1-2 same pose on R knee with L leg bent in modern leg swing 3-4 roll back to back 5-6 stand up on R leg facing back 7-8

8- 2 Parts: (1,3) group 1 – step L throw body over leg with arms going up 1-2 step R with body coming back up 3-4 step L with L elbow leading around in pencil turn to front 5-8

8- step RL 1-2 throw arms to L side while hopping on L leg 3-4 step R bring L leg to passé and throw L arm over 5-6 step LR to side 7-8

8- hold 1-2 drag R leg and R arm comes around 3-4 prepare to opposite side 5-6 double coupe turn 7-8

8- chaîné to back 1-2 step R 3-4 hold 5-6; group 2 – chaîné to back 3-4 step R 5-6; everyone together turn over L shoulder to front in plié 7 to front and reach L hand out from chest 8

8- step L drag R leg with R arm in L position 1-2 step RL 3-4 fan with arms opening above head 5-6 land R leg down 7 step L 8

8- R leap to side 1 step RL 2-3 R leap to front 4 step RL 5-6 prepare RL 7-8

8- double turn 1-2 turns a la secondé 3-8 or chainés in a square 3-8

8- double turn out of it 1-2 step RL with arms going to T position 3-4 collapse over 5-6 up 7-8

8- step L 1-2 inverted kick 3-4 land to back 5-6 step L with L arm coming around to side 7-8

8- step R with R arm coming up by head 1-2 R arm comes down to meet with L arm 3-4 moving to formation # 4: fast walks around 5-8

8- continue to moving to formation # 4: fast walks 1-7 step R while throwing arms down by side 8

8- reach R arm over to L side with R leg reaching out to R side 1-2 step R 3-4 turn to L side with L arm up by head 5-6 walk RL 7-8

8- point R leg out in front of body and pull through passé with arms reaching to L 1-4 walk to side RLR 5-7 lift L leg up to diagonal with L arms out in front 8

8- rond de jamb R leg around to front and other side 1-4 land down in lunge position 5-6 push up to L leg to stand with R leg hinged to side 7-8

8- step L 1-2 bring R leg around to initiate a modern turn 3-6 walk walk RL forward 7-8

1- bring R leg to coupé and arms up above head and slowly fall back

ADTS Jazz – Int Modern

“The Scientist” - Vitamin String Quartet – Time: 2:14

Choreographed by: Kayla Kenney

*Begin scattered on ground facing all different directions

8- rock heels on 1,3,5,7

8- head lifts up 1 falls back 2 R hand picks head back up 3-4 R hand wraps under R leg 5 to push L leg down 6 back to sitting with head down 7-8

8- repeat 1-8

8- repeat 1-6 cross R leg over L 7 keep R arm under leg step L & pick up R leg with R arm to front 8

8- push R leg down with R arm 1 head drops back & grab head with both hands 2 pick up head 3 release head to fall back 4-6 swipe L arm over R 7 swipe R arm over L sauté 8

8- run around yourself 1&2 step RL bring R leg up to hinge with L arm coming around 3&4 repeat 5&6 step RL bring R leg up to hinge while turning 7-8

8- step down RL into a lunge with R arm around R leg & 1 look forward 2 step up L 3 lift R leg up to hinge with R arm 4 push down leg 5 head drops back & grab head with both hands 6 slowly lift head up 7-8

8- continue lifting head up 1-2 **moving to formation # 2**: release head to fall back 3-6 R leg initiation turn to front 7-8

8- 3 groups (1,5,1): group 1- roll down 1 walk hands out 2 walk feet out to L side 3 back to stop 4 walk hands back in 5 stand straight up 6 palms forward while pulsing on forced arch 7-8 (group 2 starts on 5)

8- (group 3 starts on 1) repeat 1-8

8- step RL 1& inverted fan with R leg 2 ball change to prepare 3-4 single inside turn with hands on knee and R foot flexed out in hinge position 5 push leg down to front 6 body slowly follows leg 7-8

8- rise back up 1-2 back down 3-4 step RL 5& develop R leg out to side to bring up the body 6 L leg initiation turn to side 7-8

8- elbows at side pump shoulder 1&2 collapse down up 3-4; group 2 catches up on shoulder pump 5&6 collapse down up 7-8

8- group 3 catches up on shoulder pump 1&2 collapse down up 3-4; **moving to formation # 3**: fall off balance 5-8

8- continue moving by falling off balance 1-4; drop head back 5 reach both hands out to side to grab head 6-8

8- slowly bring head up 1-4 roll down 5 walk hand out 6 walk feet out to L side 7 walk feet back to spot 8

8- walk hands back in 1 stand straight up 2 palms forward while pulsing on forced arch 3-4; roll down 5 to squat and push back on to bottom 6 grab head with both hands and look down and up 7-8

8- push legs down RL with RL arms following 1& reach up 2 R arm bends in to side 3 go onto R forearm and reach across with L arm 4 slide legs through to face back or front 5-6 grab head with both hands and look down and up 7-8

8- push legs down RL with RL arms following 1& reach up 2 R arm bends in to side 3 go onto R forearm and reach across with L arm 4 slide legs through to face back or front 5-6 grab head with both hands and look down and up 7-8

8- push legs down RL with RL arms following 1& reach up 2 R arm bends in to side 3 go onto R forearm and reach across with L arm 4 slide legs through to face back or front 5-6 grab head with both hands and look down and up 7-8

8- head lifts up 1 falls back 2 R hand picks head back up 3-4 R hand wraps under R leg 5 to push L leg down 6 back to sitting with head down 7-8

ADTS Jazz Camp - Adv. Novelty

“My New Philosophy” - (You’re a Good Man Charlie Brown) – Musical Cast Recording - Time 2:13

Choreographed by: Kayla Kenney

Intro: acting parts

8- chainé 1-2 step push through 3-4 step R L 5-6 high kick 7 down 8

4- attitude turn 1-2 ball change R L with arm reaching across 3-4

8- cross turn 1-2 step R with R hand 3 step out L with L hand 4 prepare 5-6 double turn 7-8

8- 2 groups: lines 1&3: step ball change R 1-2 step ball change L 3-4 leap 5-6 roll side 7-8; lines 2&4 same to L side

8- lines 1&3: turn over R shoulder with R arm 1 L arm 2 plié head in hands 3 jump 4 land 5 inversion 6-7 up 8; lines 2&4 same on L side

8- all lines together chasse to R or L 1-2 leap 3-4; lines 1&3 pose 6 hold 7-8; lines 2&4 hold 5-6 step 7 pose 8

8- moving to formation #2: arms in low V while fast running 1-7; 2 parts: 1st block R hand up & over mouth 8

4- hold 1 2nd block: L hand up & over mouth 2 everyone head back 3 hold 4

*** “Why are you telling me”?**

8- R leg flick flick to side 1-2 chainé 3-4 step R 5 inverted fan kick 6 prepare 7 coupé turn to front 8

4- step R arm in high V 1 step L arm in high V & close down 2 step R arm in high V 3 step L arm in high V & arms above head looking up 4

8- 2 groups: (1, 3) prepare 1-2 chainé 3-4 calypso turn 5-6 prepare to front 7-8

8- double turn 1-2 step R swing 3 step L swing 4 step R to prepare 5 inside L turn 6-7 step out to side 8

8- continue groups 1-2; everyone together cut L 3 step L 4 R arm around 5 back through 6 R arm three step turn 7&8

8- step L 1 straight leg second leap 2 step L 3 chassé side arms circling 4-5 step L 6 passé with R arm up 7 ball change 8

2- continue ball change 1 step R L with R and L arms going up to high V & 2

8- moving to formation # 3: cross step & 1 step R with R arm in high V 2 step L with L arm in high V 3 step R with R arm down 4 step L with L arm down 5 cross arms at chest 6 look R L 7-8

8- hold 1 repeat same are sequence 2-5 jump together hands over ears 6 head side side 7-8

8- step flick to back 1-2 step flick to front 3-4 step R 5 passé over leg 6 step L 7 chassé back 8

8- continue chassé & 1 step L to R side 2 leap 3 step through L 4 three step turn to front with R arm in T position 5-7 R arm high V with head back 8

*** “I like it”!**

8- 3 groups: (1,3,5) step L 1 turn over L shoulder 2 step R 3 R leg out in second 4 step R L 5-6 pencil turn to front 7 prepare & 8

8- double turn 1-2 step side R L 3-4 second leap 5 land 6 sunshine over L shoulder to Z-sit 7-8

8- continue groups 1-4 everyone roll to stand up 5-8

8- moving to formation #4 arm in low V running 1-4 continue funning arms to head 5-8

4- step out R with R hand in high V 1 step L with L hand in high V step R with R hand on hip 3 step L with L hand on hip 4

8- prepare 1-2 three fouetté turns 3-8

8- double turn 1-2 chainé 3-4 arms reach up up 5-6 chainé 7-8

8- arm reach up up 1-2 cross turn 3-4 jazz square 5-8

1- fall to ground

*** “Clearly, some philosophies aren’t for all people”.**

* one person left standing and act out the last words then fall to ground

ADTS Jazz Camp - Int. Hip Hop

“In the Ayer Jam” By - various artist Time – 2:03

8 hold 1-4 right arm up look down to left 5 hold 6 wrap arms and look front 7 plie & close to back 8
8 parts front to back (1,2,3) “4” arm right extended turn to front 1-2, 2-3 3-4 mesh to two lines 5-8
8 box arm down head down 1-2 flat box arm 3 up box arm 4 front line: roll head 5-6 hold 7-8 back line: turn
over right shoulder 5-6 left arm on front lines shoulders 7 bend down drag right leg around to front 8
8 front line arms up and down back line hold in squat 1-2 front line pop 3-4 back line stand and pop 3-4 move
back to three or four lines clap 5 arms to right 6 left 7 right 8
*8 left hand up 1 down & up 2 push around front 3 snap to side feet together 4 step back right, left roll arms 5-6
hands on head right leg out 7-8
*8 hands on knees to left side 1 arms “T” 2 swing arms 3-4 “T” point fingers 5 “V” & over head 6 levels 7-8
*8 standing group: right arm out step out right 1 left & front 2 frame face 3 shoulders 4 roll body snap front 5-6
arms circle over head 7 turn to right hold hands out
ground group right leg out and hold 1 squat 2 right leg out to right on left knee 3-4 roll head sit to knees rt. leg
up 5-6 fold rt. leg in 7 out 8
*8 standing group swing right arm and leg around to right 1-2 pump left 3 pump right 4 big swing left 5-6 pump
right 7 left 8
ground group sit to left big swing rt. 1-2 pump left 3 pump right 4 big swing left 5-6 pump right 7 left 8
*8 stand 1-2 right ball change windmill arms to indian 3-4 move 5-6 move arm down 7-8
8 left arm on chest 1 left back ball change right arm on head left out box 2 left arm in and out 3&4 slap hand 5
leg & leg 6 throw arms up kick right out 7 left 8
8 circle arms to the left 1-2 left arm up right 3 left 4 down right 5 left 6 hand on knees to right 7-8
8 circle arms over head hold hands 1-2 crazy legs 3-4 travel thru line indian 5 out 6 repeat 7-8
* 88888* repeat
8 skater turn step right drag left 1-2 left back BC left arm up 3-4 step left 5 jump out hold hand 6 pump legs 7-8
8 body roll right all the way around 1-2 plie right to left 3-4 jump together arms over head 5 pivot to back 6
change formation to triangle walk left, right 7-8
8 change formations walk left, right 1-2 left 3 turn to front 4 keep moving snake right 5 snake left 6 push arm
right 7 left 8
8 step right 1 jump out arms over head 2 circle 3-4 left arm snap front 5 right arm snap front 6 shuffle feet left
right & 7 close to back 8
8 right arm lasso turn to front 1 arm down by side 2 hold hand front right leg out 3 pull arms right and back & 4
circle over head turn to left side 5-6 pump arms back & 7 hit levels 8
8 1-4 shakes change levels 5 shakes 6-8
8 cross right over and turn 1-2 clap and move to tight lines 3-4 walk 5-8
8 step out right left arm over to right 1 robot arm 2 close feet face left roll fingers 3-4 ball change back right & 5
roll head 6 left foot dig 7 step out left 8
8 move to block of four lines in windows 1-4 clap 5 arms left 6 right 7 left 8
8 left leg up 1 & together 2 shoulders and knee pops 3-4 roll back 5 arm box 6 hips 7-8
8 step back left 1 turn front 2 step and lean back 3 & pop chest 4 pop 5 right leg up snap in front 6 pop chest 7
left leg up snap in front 8
8 push arms down 1-2 behind back 3-4 arms up 5-6 hips 7-8
8 parts side to side (1,3,5) right arm down roll head to face left 1-2 pulse 3-4 cont pulse 5-6 arm over head 7-8
8 walk yourself 1-4 step out right left arm up 5-6 right 7-8
8 jump together 1-2 step left 3 kick 4 pivot turn 5-6 pump up and down 7-8
8 pump arms 1-2 walk to tighten formation 3-7 pose and melt 8

ADTS Jazz Camp - Int./Adv Pom
“I Hate this Part” – Pussycat Dolls (Remix)

- 8: hold 1-4, (3 groups 5, 6, 7) rocket arms 5, check mark R6, L7, R8
- 8: circle L arm 12, hold 34, roll up 56, prep 78
- 8: chaine' 12, calypso 34, roll up 56, LV7, T8
- 8: body roll L arms 12, hip check mark R3, L4, broken T R5, L6, circle arms 78
- 8: step touch R arm up 12, L34, b.c. pushing arms out 56, L arms L to R 78
- 8: shake poms switching line 1-4, R arm up 5, L6, cross 7, step out L8
- 8: (3 groups 1, 5, 1) prep 12, stationary leap 3 down 4, L arms to front 56, down 78
- 8: continue 1-4, jump to 2nd in (4 groups 5,6,7,8)
- 8: every other line cross arms 1, sit 2, or 34, R arm behind head ripple from front to back 5-7, jump 8
- 8: slow arms R broken diagonal 12, L34, shake poms **moving to two blocks** 5-8
- 8: prep 12, pirouette 34, slide R 5, jump 6, L 78
- 8: step R foot forward with muslce arms 12, cross arms walking back 34, rocket 56, drop 78
- 8: finger wave L to R 12, grab poms 34, jump out to 2nd LV5, T6, HV7, close 8
- 8: shake poms 1-4, cross R arm 5, L6, head release 7, close 8
- 8: step L 1, passe cross 2, pivot 34, chasse' to back 56, reverse leap 78
- 8: turn out 12, break threw arms L3, R4, hold 56, pop 78
- 8: prep 12, chaine 34, c-turn 56, roll up 78
- 8: move to 2 groups shake 12, clock arms L3, up 4, R5, back 6, release 7, close 8
- 8: 1st group prep 12, fouette turns 3-8. 2nd prep 12, pirouette 34, chaine 56, calypso 78
- 8: 1st group double pirouette 12, jump out to seconde 3, close 4. 2nd group jump 3, close 4, shake pom 5-8
- 8: snap step R 12, L34, walk back RLR 5-7, face back 8 knee out L r arm out
- 8: front to back head up 1, R arm up 2, head 3, look to L 4, pivot turn 56, step L7, jump 8
- 8: pivot step RL 12, tilt kick 3, face back 4, hold 56, LV L7, R8
- 8: **move to block** R arm diagonal 1, L2, elbows in 3, close 4, shake 5-7, levels 8
- 8: cross arms 1, release 2, cross 3, drop 4, shake poms ripple 5-8
- 8: broken T R 1,2,3, switch 4, rocket 5, field goal arms 6, circle arms L to R 78
- 8: release arms (3 groups 1, 3, 5,)forward 1, up 2, roll to stand 34
- 8: continue and **move to tight triangle** shake poms
- 8: half Tarms RLR 1&2, LRL 3&4, T5, L arm up 6, head release 7, head up 8
- 8: step L foot crossings arms 1, kick R 2, pivot 34, chasse' 56, x-jump 78
- 8: **move to tight triangle** R arm up 1, L2, broken TR3, L4, circle arms L 56, R78
- 8: shake 1-4, poses 5, 6, 7, 8,
- 1: Drop poms head down 1

“Accessory” – by: Jordyn Taylor

Int/Adv Jazz – Time: 2:13

Starting Position: Facing left wall, right foot in a hinge, looking down over left shoulder

8- hold (1-2) snake to front (3-4) poses (5, 6, 7, 8)

8- jump feet together, arms in touchdown (1) step to right R, L, R (2, 3, 4) drag to L (5) step R, L (6-7) turn around over R shoulder, hands on hips (8)

8- step R, cross L circling hips (1-2) repeat (3-4) prepare to R (&5) chaine (6-7) push jump (8)

8- balchange (1-2) pop R knee (3) repeat pop L (4) prepare to front (5-6) double pirouette (7-8)

8- prepare to front (&1) single coupe turn (2) release back (3) lean over (4) jump arch back legs in mini second (5) over (6) pop L knee hands throw out from shoulder (7) repeat R (8)

8- step out R twist body to R arms T (1) pas de bourree (2-4) R jete to front (5) pencil turn (6-7) walk L to left (8)

8- walk R, L to left (1-2) passé swing arm (&3) drop arms (4) what arms (5-6) point R hand to L, R pop same leg (7-8)

8- balchange (&1) kick (2) step R (3) step L (4) jump flick R, L to back (5-6) pop L look L (7) repeat to R (8)

8- step R (1) scoop arms and lift L leg table top (2) step L down (&) scoop arms and lift R leg table top (3) step R down (4) back coupe inside R pirouette (5-6) throw arms T and down (7-8)

8- chasse (1 & 2) bring leg up and into passé (&3) balchange (&4) throw R arm to back (5) throw L arm to back (6) head roll to R (7-8)

8- walk to 2 lines (1-6) scoop arms up to back sassy pockets and plie (7-8)

8- coupe turn to face back (1-2) chaine to R (3-4) chaine plie to front (5-6) jete (7) turn out (8)

8- step R to right (1) drag to L pulling R arm through shoulder (2) pop R hand (3) pop R hand and swing arm around (4) prepare to front (5-6) a la second turn (7-8)

8- a la second turn (1-2) double pirouette (3-4) balchange R back (5-6) walk front R, L (7-8)

8- pivot R (1-2) step R, L to back (3-4) reverse leap (5-6) three step turn (7 & 8)

8- chasse L arms up and dn (1-2) flick R foot bk (3) pop R knee frt (4) hold (5) shake R hip (&6) body roll (7-8)

8- snake roll up (1-2) balchange (&3) tilt kick (4) step R (5) skater turn (6) melt down to L (7-8)

8- ron de jambe R to back (1-2) pull L arm up to back and down to front (3-4) T arms (5) down (6) cross and open arms to left “L” and down (7-8)

8- walk to 3 lines (1-8)

8- flick L foot back behind R leg to R wall (&1) chasse L leaving L leg out (2 & 3) step L (4) passé R, R arm swing around at ear (5) drop R arm and leg (6) swivel R leg in and out to low kick looking R (7 & 8)

8- prepare to R (&1) chaine(2-3) axle (4) land (5) hold (6) pop wrists arms in touchdown (7) swing arms bk (8)

8- L knee table top hands on knee (1) drop (2) wrap R arm L arm T (3) switch (4) chasse with hips (5-6) to tuck arms on knees (7) jump to second position (8)

8- jump feet together arms slap legs (1) kick R leg out arms touchdown (2) balchange R back (3-4) walk R, L, right hand points across, out (5-6) pull R arm up and out to side point R foot to side (7-8)

8- R leg kicks up (1) balchange R back (2-3) prepare front (&4) double coupe pirouette (5-6) land in second (7) L leg steps back, in releve arms front from shoulders (7) plie and hands to front pockets (8)

8- Parts (1, 3, 5) jump feet together arms touchdown swing (1-2) pivot R, R arm out to front (3-4) step R bring L foot together to front (5-6) press leap (7-8)

8- roll to standing to left (1-4) finish groups (5-8)

8- chaine (1-2) chaine (3-4) slide L leg down behind R to ground (5-6) tuck L, R knee bent (8)

8- kick R leg (1) down (2) face R side legs out (3-4) lift up (5) down (6) tuck knee (7-8)

8- up to L knee, R knee out front arms in L (1-2) roll to back standing to back (3-6) pivot R (7-8)

8- head roll hands in front pockets (1-2) move in closer (3-6)

8- chasse L arms up and dn (1-2) flick R foot bk (3) pop R knee frt (4) hold (5) shake R hip (&6) body roll (7-8)

8- snake roll up (1-2) balchange (&3) tilt kick (4) step R (5) skater turn (6) melt down to L (7-8)

8- ron de jambe R to back (1-2) pull L arm up to back and down to front (3-4) T arms (5) down (6) cross and open arms to left “L” and down (7-8)

“Move” – Various Artists

Int/Adv Hip Hop -Time – 1:40

Choreographed by Yoanna Cantu

8: Hold 1-4, snake up 5-6, arms in broken “T” and dip 7-8.

8: wave L arm 1-2, bring back to broken “T” position and move pelvis 4-5, shoot arms out 6, slightly open 7, open all the way 8.

8: L arm down 1-2, R arm 3-4, R arm comes down L arm &5 with L foot turned in the out, fold hands over so palms are facing up &6, arms come in stomach while closing L foot to R and creating a circular motion 7-8.

8: R hand in broken “T” with R leg out 1, R leg in 2, snake to R 3-4 while switching R hand with L, L foot in front 5, back 6, hip to front 7-8.

8: Arms shoulder level on L side 1, switch to R on 2, hands on R knee 3, head nod &4, turn over self 5-6, arms up 7,8.

8: Step touch walking 1-6, jump out in second with arms in front 7, head roll 8.

8: Right arm punches 1-2, both arms pound 3-4, close 5-6, swivel to R 7-8.

8: Arms extended out and pointing downward with hips 1-6, turn over 7-8.

8: tilt to L 1, tilt to R 2, throw everything and close 3, tuck 4. Hold 5-8.

4: jump out with L arm in front and R in back and rotate arms to where R is in front (hands are flexed) 1-4.

8: Moving one hand on hip and other out in teacup position

8: tilt to L side 1-2, rotate palm 3-4, move hips 5-8.

4: adjust

8: arms go through body stepping with R 1-2, step to L side 3-4, looking down with R arm on hip 5, L on 6, look up 7, rebound shoulder &8.

8: PDB 1&2 with arms down, arms up in touchdown position 3, come down &4, come up with R arm on hip 5-6, pop shoulder 7,8.

8: turn over R shoulder 1, pop to front with arms in broken “T” on 2, freestyle going to back 3-6, b/c LR with R arm up 7-8.

8: Close 1, R arm up 2, L arm 3, connect R hand to L on 4, bring both arms to R side on 5, R fist 6, push L arm with R and wiggle fingers 7, pop to R side 8.

4: Shake 1,2, cross L over R and turn to back 3,4

8: roll to front 1-4, helicopter 5-8.

8: come up 1-2, lean and shake to right 3-6, clap 7, hold 8.

8: step out with L and lean 1-4, point going down 5-6, come back up pointing 7, push forward 8.

8: freeze 1-4, freestyle 5-7, close 8.

8: LR on &1, hands on hip 2, lean L 3, push forward &, contract 4, bring L knee up with L hand &5, push L knee down with R hand &, R arm in broken “T” on 6, circle L arm 7, pop 8.

8: sassy walk pick up step 1,3 or 5. come up into passé 1-5, thrust R 6, point up 7, point to R side 8.

8: L arm around 1-2, walk RL with arms out &3,4, feet in second with arms out and push to R &5, push L &6, reach for a rope 7, lean to R 8.

8: R hand goes around to L side 1-2, L hand on head and R straight out 3, “DJ” to R side 4-6, bring everything in on &7, throw 8.

2: adjust

7: R arm 1, L on 2, fist with R on 3, fist with L on &, cross arms above head on 4, move R arm down 5, L on 6, back up on 7.

8: parts 1 or 5. shake head 1,2, reach with fingers on 3,4. next group does same choreography on 5-8.

8: R arm on hip 1, L on hip on 2, look to R side 3, pop &4, L in passé and punch 5, throw other side 6, hands on R side 7, open close on 8.

8: walk 1-4, face side 5 with arms around face, switch to front and 6, L arm in front 7, head on 8.

1: throw 1

Formations:

1. Triangle 2. Staggered Block 3. Alternate lines in Staggered Block

4. 2 Groups

“That’s Not My Name” – The Ting Tings

Int/Adv Jazz- Time - 1:42

Choreographed by Yoanna Cantu

8: Hold facing the back R diagonal position with feet closed

8: Step with R foot and arms push back 1-2, arms push forward on 3-4, turn over R shoulder and walk diagonally 5-6, bow and arrow arms 7-8.

8: Pencil turn over L shoulder with arms in right “L” position on 1-4, b/c with L and circling arms on 5-6, breakthrough to a “T” on 7-8.

8: Turn to R side and head roll with arms in “T” 1-4. Parts begin on 5 with R foot out and arms coming down the body to the front on 5-6, next group picks up on 7-8 with b/c and arms out shoulder level.

8: Parts cont. L arm up on 1 and switch to R on 2. L arm hugs chest and turns to R side on 3, Prepare 4, double pirouette on 5-6, prep 7, tilt on 8.

8: Hold 1 Slide to ground with L foot out on 2-4, roll 5-8

8: L lung on 1-2. Turn to L side with R arm by chest with elbow up on 3, switch to L arm up on 4, arms in touchdown position with a body roll on 5-6. kick 7, hit L arms with L leg hinged.

8: Both arms in touchdown position on 1, Bring L arm down on 2, R arm down on 3, close to L foot on 4, arms on head and open knees 5-6, step with L with L arm in pockets and R arm with index finger waving back and forth on 7,8.

8: Moving 1-6. Twist to L side with arms in “T” but L arm broken. “L” arms on 8.

8: Release 1-3, close 4, prep 5, fouettes on 7-8.

6: cont. 1-3. Double turn on 4-5, out in second on 6

8: Upper body down in front 1-2, L arm broken and up 3, R arm broken and up 4, clap arms 5, swing arms up above head and clap on 6, gradually bring them down while tapping foot on 7-8.

8: head back 1, back up 2, scoop with L arm 3, “L” arms on 4 with feet closed, prep 5, chaine on 6, calypso leap on 8.

8: slight pencil turn after leap on 1-2, contract in with left foot up on 3, L foot in front with arms in touchdown position on 4, R arm down in front flexed 5, L arm down flexed 6, b/c and intertwine arms on 7-8.

8: Arms connected above head with b/c going back on 1-2, step R to the side on 3, arms stay still in place while going to R side and bringing L foot up on 4, b/c with “T” arms on 5-6. Turn over R shoulder 7, body roll on 8.

8: Step back and face side by 4 with weight on L foot. Parts begin (5,7,1). Reach L arm out 5, R arm 6, b/c back with arms down 7-8, arms in touchdown position to front on 1, breakthrough down into low position on 2, cont parts 3-6, step with L and roll up 7-8.

8: L foot hinged with broken “T” arms on 1, open “T” on 2, breakthrough into touchdown position on 3-4, step forward with R and L arm up 5, step back with R foot and R arm out shoulder level 6, sit into position with L arm up on 7, prepare 8.

8: Triple Pirouette 1-3, land in second with arms in touchdown position 4, walk and move formation while arms gradually come down 5-8.

8: Pop out into second position with arms by side 1, Parts begin (2,4,6), R arm shoulder level out to L side on 2, place L arm on top 3, bring L arm through R and bend knees 4-5, face back on releve with same arm position 6 (right arm out and left on shoulder), breakthrough to front with R foot sitting on L knee 7, push arms back by back while R leg is straight 7-8.

8: down 1-2. Cont parts 3-6. Keep R arm over L while going to back with arms above head on 7-8.

8: Push L arm down, flexed, on 1, 3 step RLR while arms are circling counter clockwise (L hand grasping shoulder and head tilts back on 4) 2-4, b/c LR with arms in low “V” on 5-6, step and prep 7, arms in touchdown with L leg straight out while R leg is in forced arch.

8: Arms out in “T” with weight on L foot 1, inside coupe turn going over L shoulder with arms under chin 2-3, feet stay in coupe while facing L side and arms drag through lower back 5, prep & 6, chaine 7-8.

8: Turning “C” jump on 1. Hold 2-3 after jump on ground with L leg out and R bent with arms flat on floor. Step L to the R side with arms gradually going to front (standing by 6) 3-6. L knee connects with R and arms are on chest 7, feet are still in same position but arms move to touchdown position on 8.

8: Come to ground 1-2. L leg shoots out & 3, move arms back for a L extension 5-7. come back up to standing position with L leg in coupe on 8.

8: Alternating parts. Group 1, arms up in touchdown position 1,2, R arm down 3, L arm down 4. Push arms through chest to R diagonal 5,6, R arm down 7, L arm down 8. Group 2 pushes arms through chest to R diagonal 1,2, R arm down 3,4, arms up in touchdown facing front 5,6, R arm down 7, L arm down 8.

8: L to the front 1,2, walk back starting with L 3-5, switch weight to front on 6-7, step back with R foot on 8.

8: chaise 1-2, step 3-4, Leap 5-6, land to the ground 7, hold 8. Kick on floor 1-2, start rolling to the 3-6. face side 7-8.

8: Connect feet and circle front to back and roll up 1-8.

8, Scuff with R and "T" arms 1-2, scuff again with arms hugging on 3-4, step R on 5, dig with L 6, arms in L position stepping out with L leg and snaking into movement on 7,8.

Formations

1. Diamond

2. Staggered Block

3. Switch lines in staggered Block

"Toy Soldier" – Britney Spears Int/Adv Novelty/Jazz-Time – 1:39 Choreographed by Yoanna Cantu

Notes

8: Hold beginning position 1-8.

8: R foot back and arms gradually coming up 1-2, turn to front over R shoulder and head roll 3-4, flick L foot and arms come in 5, close 6, b/c RL with R arm coming to face 7-8.

8: R leg up in passe with R arm in broken "T" and L arm down &, switch arms and bring R foot down 1, step forward with R foot and arms in front &, open arms into "T" position 2, bring weight to L foot and snap 3. Front line comes up with a chaine 4-5, and back line circles both arms back 4-5, everyone together arms on head blocking face 6, open arms 7, bring arms down 7-8.

8: R arm goes back 1, release arms and R leg off the ground 2, chaise 3&4, prep 5, inside turn over L shoulder 6, chaise 7&8.

8: Parts go on 1 or 3. b/c LR with L arms 1&, L passé and arms down 2, chaise with arms gradually coming up 3&4, arms behind head with weight on R side 5, switch to L side 6, arms by chest (still connected) and L in passé 7, arms to L side on &, arms to R on 8.

8: push with arms 1, prep &2, chaine 3-4, turning "C" jump 5, land facing R side with L leg out and R leg in 7, hold 8.

8: Push (both legs straight and drag) 1,2 or 2nd group on 3,4, roll up 5-8 to the back.

8: RDJ with L hand grabbing R elbow 1-2, prep &3, double pirouette 4-5, land in second with arms center 6, tilt head to R 7, tilt to L on 8.

8: 2 Groups: Group 1, prep 1, chaine 2-3, calypso leap on 4, recover out of it standing 5-6, arms coming down to center 7-8. Group 2 does same part except preps to the back wall on count 1.

8: Moving. R arm on head 1, R arm out in “T” and L arm on head 2, R arm on L elbow 3, come down 4, dig with R on 5, both arms on head 6, open them 7, bring arms down 8.

8: Parts go either 1 or 3. chaise with arms in salute position 1&2, switch weight to back 3, step L with arms crossed 4, step R 5, turn to front 6, chaise with arms gradually coming up from lower back 7&8.

8: Arms in “T” 1, wrap 2, inside turn over R shoulder with arms straight up 3-4, kick L foot 5, pose 6, hold 7-8.

8: R arm comes through face 1-2, L arm up 3, L arm to side on 4, parts begin (go on either 5 or 8). Group 1 begins on 5 with arms down (5), turn to back with R arm up and L arm on head 6, bring R arm down 7, L arm follows on 8 as Group 2 begins on 8.

3: group 2 is finishing on 3.

8: Snake with L arm going through 1-3, prepare 4, chaine 5-6, low chaine 7-8.

8: Turning leap in second (turning disk) 1, roll up from ground 2-6, jump out with arms in touchdown position 7, arms down touching ground on 8.

8: Parts either 1 or 5. Arms overlap each other and shake R to L 1,2, arms push back 3, L hand on hip and R extended out 4. Group 2 does same thing only starting on 5-8.

8: L arm through body 1, R arm 2, pencil turn over R shoulder with arms in “W” 3-4, table top arms and looking down 5, pose 6, L arm up 7, bring it in 8.

8: Moving. Pencil with arms going through lower back 1-2, wrap arms 3-4, circle arms overhead 5-6, prepare 7-8.

8: Fouettes 1-6, double pirouette 7-8.

8: circle R arm 1&, Flick L leg 2, sassy wak on 3-4, arms up 5, switch arms L to R &6, step R 7, step L 8.

8: Reverse leap on 1, drag 3-4 to the front, clip turn 5-6, sassy walk with footwork &7&8.

8: Clip turn 1-2, Arms to R with R knee connected to L 3, turned out position with arms to L &, release everything 4, b/c RL with gradual arms 5-6, swivel RL with a pose 7-8.

8: walking close together 1-4, dig R 5, arms on head 6, open 7, throw 8.

1: Contract ending position.

Formation:

1. One or Two Lines

2. Staggered Block

3. Triangle

4. 3 groups

5. Parallelogram

6. Triangle