

2007 Feature Routines



2007 Line Camp Routines



Line Camp Dance – “Let’s Dance” – by: Rock Barry Mixer - Time: 2:00 -

This year’s camp dance is an energetic stylized jazz routine with a hip hop flare. “Let’s Dance” will be used as the All-American tryout dance. Camp dance skills will include pirouettes, chaine’ turns, pique turns, jete’ and leaps in second. Optional skill combinations will be offered to fit the skill level of the beginner to the advance dancer. Dancers will love learning this fun and upbeat dance and directors you will enjoy the versatility. “Let’s Dance” is definitely a routine to take home and perform for all types of crowds.

Marching – “In a Gadda Da Vida” – by: Ralph Ford (Alfred Publishing) – Time: 1:52 - This traditional marching drill, choreographed by Butch Arnold, will teach your team basic marching skills. The elements include slants, stacks, pinwheels, and forward march. Marching skills can be applied throughout your performance year to help your team with spacing skills. Come and march to a great piece of music!

Pep Rally Dance – “Snapshot” – by: RuPaul - Time: 2:00 - The pep rally routine is an exciting dance with lots of energy. Basic technical skills will be incorporated into this fun routine. It is great for pep rallies, basketball games, or anywhere you want to get your audience moving along with your dancers.

Miss High Kick Music – “Push” – Time: 0:45 - This is a traditional kick series incorporating various types of kicks. This routine will be used for Kick Company and Miss High Kick Auditions.

Jazz Routines –

“Ain’t No Other Man” – by: Tim Waters (Hal Leonard Corp.) – Time: 2:09 - Int Field Jazz - This traditional field jazz is choreographed to one of today’s hottest songs which can easily be adapted to the pop version by Christina Aguilera. This dance is not only visual it is easy to polish and features group work, contagions, and parts. Most of the steps can be adapted to make the dance more advanced or simplified depending on the level of the team. This popular song and dance would be a hit at any football game or pep-rally!

“Find a New Way” – by: Young Love – Time: 1:30 - Int Jazz - This is the theme song to MTV's latest realty TV show "Dancelife". The song is an inspirational message to all dancers to believe in themselves, in order to achieve their goals. This dance includes intermediate level turns and leaps, as well as parts and group work. Your dancers will love performing this routine while directors will love the cleanable and eye pleasing choreography. This is the perfect routine for beginning of the year performances, pep rallies and basketball games.

“I Wish” – by: Various Artists (Happy Feet Soundtrack) - Time: 2:03 - Adv Jazz - This is an updated version of an old Stevie Wonder hit from the 70’s that was featured in the award winning movie “Happy Feet.” This dance was choreographed for the advance dancer who can easily execute leaps, turns, and extensions. The routine also features parts, levels, and floor work that can easily be polished for any technical dancer. This piece includes jetes, fouettes, axels, and pirouettes. This dance was designed to be performed at a spring show or contest.

“With Love” – by: Hilary Duff - Time: 2:00 - Int Jazz - This is a great jazz routine that is sure to look great on any team. Not only is the music up beat, but the moves are sure to make this one a crowd pleasure. Choreography is very visual with parts, level changes and very clean arm movements. Skills are perfect for the solid intermediate dancer but can easily be adjusted for your more beginner or your advanced dancers. They include single/double pirouette turns, coupe’ turn, right jete’, right chaine’ turns, right axel turn and a right pique’. This would be a perfect routine for a pep rally or spring show.

HipHop Routines –

“Get it Shawty” – by: Yung Joc & Missy Elliott – Time: 2:05 - Int Hip Hop - This is a fun, funky, and high energy hip hop that definitely makes you want to get up and dance! The routine features lots of parts, level changes, and innovative floor work. This piece is only considered advanced because of the tempo of the music. Your dancers will not only love performing this dance but it’s a definite crowd pleaser!

“Take It Mix” – by: Various Artist – Time: 1:53 - Int Hip Hop - This intermediate/advanced hip hop/jazz routine is a mix that includes The Is Why I’m Hot, Se Menea, Imma Shine and Now Drop. This routine will be an AMAZING crowd pleaser to showcase your intermediate and advanced dancers for pep-rallies, basketball halftimes, contest season and spring show. The choreography includes all the latest and greatest hip hop moves while JAZZIN’ it up with fun intermediate/advanced technique! Your team and audience will BE PUMPED and love it all year long!!

“The Sweet Escape” – by: Gwen Stefani - Time: 1:45 - Beg/Int Hip Hop - Entertain your audience with this fun Hip Hop to a remix of one of the most popular hits on the radio. This routine is choreographed for the lower intermediate hip hop dancer and includes a pirouette, group work, and intermediate arm and foot work. This dance is sure to be a hit with your team and your audience.

“This is Why I’m Hot” – by: Mims - Time: 1:29 - Int Hip Hop - A great pep rally routine for your team and student body, this dance is full of fun, “hip” moves that everyone is sure to love. Incorporates floor work, parts, and a great “surprise” crowd pleaser at the end.

Pom Routines –

“Domino” - by: Jerry Burns (Alfred Publishing) – Time: 1:33 - Beg/Int Field Pom - This pom routine is a great routine for the field. The moves do change pace in a few places and the choreography is very cleanable. This routine has many parts, levels, and arm work that create fantastic visuals. It is sure to keep your audience involved.

“Girlfriend” – by: Avril Lavigne - Time: 1:44 - Int Pom - This is a fast-paced, fun, energetic routine that is sure to get any pep rally “pepped”! This routine is also great for basketball games and any performance. It contains group work, levels, and strong, sharp pom arm movements. Some technical elements are involved including turns and leaps.

“Monkey Wrench” – by: Michael Brown (Hal Leonard Corp.) – Time: 2:26 - Int/Adv Field Pom - This fast paced pom is great for football season. This routine offers many parts, levels, and arm work. Technical elements include a double pirouette, jete’, high kick, and double tuck leap. The song is upbeat and is sure to have your audience dancing along.

“Uptown Girl” – by: Weezer - Time: 2:01 - Adv Pom - This pom routine is a fun and fast-paced routine that will keep the energy high in the room. The fast tempo, advanced technical elements, and fast feet work are what make it so advanced. Technical elements include double turn, toe touch, and a fouetté. This routine will be great for contest or a pep rally.

“What I Like About You” – by: Lillix (Freaky Friday Soundtrack) - Time: 1:47 - Int Pom - This pom routine is perfect for your pep rallies or basketball games! This upbeat routine is full of great visuals such as parts, levels, and sections. There are pace changes throughout this dance, which will keep it exciting for your audience, as well as your dancers. This dance has many technical elements including a toe touch, axel, x jump, dr. pepper, and floor work. It is easily adjusted to fit a vast range of skills. The crowd will love singing along to these well-known lyrics, and your dancers will love the fun choreography!

“Wind it Up” – by: Gwen Stefani - Time: 2:29 - Int/Adv Pom - This pom routine is to a fun and popular song. There are a variety of pace changes, parts, and levels. This pom routine also includes a small hip hop section. This would be perfect for a pep rally and will be as fun to perform, as it is to watch.

Novelty Routines –

“Move” - by: Jennifer Hudson, Beyonce Knowles and Anika Noni Rose (Dreamgirls Soundtrack) - Time: 1:56 - Int/Adv Novelty - From a very energetic musical and movie to your team, your crowd is sure to love this routine. The moves are very fast and upbeat and easy to clean for an entire team or officer group. The routine incorporates double pirouettes, sautes, fast changing positions and fouettes. Although this routine is more advanced it can easily be slowed down or changed to fit a intermediate team level. Your team will have a great time learning this routine and performing it.

“I Want Candy” - by: Melanie C - Time: 1:53 - Int Novelty - This upbeat song is sure to be a crowd favorite. It has visual formations and the jazzy choreography can be adapted to any team level. The routine consists of a double (or single) pirouette, saute, and a jete’. This fun-filled dance would be great to use for a pep rally or can even be used as a competition piece.

"My Boyfriend's Back" - by: Bracket - Time: 2:10 - Adv Novelty - This is an up beat remix of a very classic song that your team is sure to enjoy. My Boyfriends' Back would make a great pep rally or basketball half-time routine and would even look great on stage. Choreography for this routine offers plenty of challenging tricks for both the true intermediate as well as the advance dancer. Your team is sure to have a great time learning this routine and really getting into character.

Kick Routines–

"Blazing Saddles" – by: Doug Adams (Alfred Publishing) - Time: 1:39 - Beg Kick - This traditional kick routine will be perfect for football season and you can adapt this routine for any level team. It has a western theme with basic, but visual kick sequences. There are visual formations with smooth transitions and the choreography can be easily polished and perfected. It is sure to be a crowd pleaser!

"Don't Stop" – by: Jay Bocook/Will Rapp (Hal Leonard Corp.) – Time: 1:41 - Int Field Kick - "Don't Stop" is a great routine for the intermediate team looking for a kick that will allow them time to work on technique without worrying about tricky kick sequences. This kick routine gives a line simple kick sequences set creatively to the music that will please the eyes of the audience as well as the director! "Don't Stop" is short and sweet with a small jazz break ending with a visual block section that will surely have the audience saying, "Don't Stop!"

"Music in Me" – by Uniting Nations – Time: 2:07 - Int/Adv Kick - This advanced kick is a fun and upbeat routine that will really entertain the audience. Its technical elements consist of a double turn, advanced kick combinations, and detailed footwork. The routine also has many contagions for visuals to the audience. The routine has fun kick combinations, but it also has fun jazz sections as well to let the team show off their technique and style. This routine would be great for contest or a pep rally.

Military Routines –

"James Bond" – by: Fusion Sound - Time: 1:54 - Beg Military – This is a fun military for any beginner team. It has five formation changes, many levels, and parts to keep the audience entertained. This military routine has three different contagions that are visual and can be used with any size team. A team can change the hands to blades or use as a gun to have a "James Bond" feel.

"Twilight Zone" – by: 2-Unlimited – Time: 1:48 - Int/Adv Military – This is an exciting military routine and would be great for a pep rally or spring show. This routine has many visuals with fast arm movements, lots of parts, and many level changes. Precision is the key to this fast tempo military, making it a perfect choice for an advanced team looking to impress or an intermediate team ready for a challenge.

"Temptation" – by: Jerry Burns (Alfred Publishing) - Time: 1:38 - Int Field Military - This routine would be a great way to start football season! Teams will enjoy learning the intricate arm movements and different levels in the choreography. The choreography is easy to polish and adapt to a team of all sizes and can be easily adapted to pop music for a pep rally or contest piece.

"Superman Theme" – by: Mike Story (Alfred Publishing) - Time: 2:01 - Beg/Int Field Military - Your beginner team will be soaring to new heights with this field military. Use of whole counts and clean arm placements will have each dancer feeling confident in performance, while formation changes, parts, contagions, and a crowd "wowing" orange slice stunt will add interesting challenges. Football fans, parents and faculty are sure to enjoy this nostalgic and fun field routine.

Prop Rotuines –

"Conga" – by: Roland Barrett (Matrix Publishing) – Time: 2:23 - Int Streamer Prop - This prop routine is sure to keep the audience fired up with its fun and Cuban-like choreography! Its continuous feet work is what makes it intermediate but it still maintains many visuals to keep it simple. The choreography consists of battements, right leaps, chaines and more feet work than usual for an intermediate routine, but it can be modified if needed. It also has a little floor work and many parts. It will definitely be a routine to keep the audience in their seats!

"Jump N" – by: Various Artist – Time: 2:00 - Jump Rope Prop - This is a routine full of parts and quick footwork. Jump N mix will have you jumping to the groove. All dancers from beginner to advance will enjoy the exciting choreography. This routine would be perfect for a pep rally, basketball performance or contest.

“You Ought to be Having Fun” – by: Victor Lopez (Alfred Publishing) – Time: 1:48 - Ladder/Cube Prop
- This intermediate field ladder or cube routine is a guaranteed crowd pleaser. This is very visual choreography that can either be utilized for a field ladder or cube routine. Choreography features group work and levels. Technical elements include jete’, single/double turn, right split.

Lyrical Routines–

“Beautiful Eyes” – by: Chrissy DePauw - Time: 2:47 - Int/Adv Lyrical - Are you in need of a technical lyrical dance for competition season? Then this is the right piece for you! “Beautiful Eyes” says it all. This dance includes motifs within expression, as well as numerous technical ideas including pirouettes, grand jetes, attitude jumps, axel turns and extensions. If your dancers are ready for a fast paced, yet creative and emotional lyrical dance, then they are ready to enjoy this smooth and everlasting impulsive piece!

“See You Soon” – by: Coldplay - Time: 1:59 - Beg Lyrical - This is a thoughtful, graceful, and fluid beginning lyrical piece that can be adapted to fit your team’s individual style. While learning “See You Soon”, dancers can practice expressiveness and performance quality while perfecting their pirouettes, chaines, and jetes. Not only would this piece be a great introduction to lyrical, it would also be fun for experienced dancers as well.

“Time After Time” – by: Eva Cassidy - Time: 2:08 - Adv Lyrical - Be prepared to wow your audience with this lyrical routine! Technical elements include a double coupe turn, triple pirouette, reverse leap, single fouette turn into an attitude, partner work, weight sharing, and stylized arm work. The formation changes are quick and visual allowing each section of choreography to transition to the next. It will challenge dancers of different levels of ability through technical and performance qualities.

Modern Routines –

“Sacred” – by: Amel Larrieux - Time: 2:16 - Int/Adv Modern - This modern piece will definitely engage your intermediate to advance dancers who are ready to smooth out fast weight shifts and footwork, as well as to explore quick dynamic changes in the body. “Sacred” requires your dancers to engage in intense emotional pain of political issues in the world—this piece is perfect for dancers who are not afraid to relate to every day struggles. Join us in learning an intricate exciting dance with new movements and ideas involving partnering, lifting, and spatial awareness!

“Edit” – by: Regina Spektor - Time: 2:41 - Beg/Int Modern – “Edit” is a great routine to help the beginner/intermediate modern dancer feel confident and at ease while still being challenged. This particular modern allows the dancer to explore different movement textures. From the flowing curves of the spine to the restricted/bound body limbs only moved by isolations, the routine introduces the dancer to the basic fundamentals of this hugely diverse genre of dance.

Liturgical Routines–

“Real Me” – by: Natalie Grant – Time: 2:24 – Liturgical – “Real Me” is an uplifting Liturgical. At an intermediate level, any team can praise the lord. There are levels and parts for an exciting visual with elegant movements. Two lifts end the piece with a warm feeling of happiness.

*The 2007 Feature Routines
can also be found online
on our web site at
www.DanceADTS.com*

“Let’s Dance” – Artist: Barry Mixer and Mia
ADTS Camp Dance – Time: 2:00
Choreographed by Jennifer Hart-Hodge



Intro

4 hold 8 pose to left hands out 1-2 look 3-4 rt. hand on hip left up 5-6 look 7-8

8 jump out arms down 1 roll arms to touch down 2 cross chest 3 shoulders & low V 4 rt. arm to left side 5 left arm to right side 6 full circle of left arm 7-8

Jazz A

8 reach left/rt/left 1&2 reach rt/left/rt 3&4 high V 5 prep 6 standing leap 7 land down 8

8 roll to left 1-2 slide out leg 3-4 roll press arms straight 5-6 pull thru release head 7-8

8 release back to front 1 bug 2 right leg up pull arms rt. 3 stand pull arms left 4 press rt. down 5 left 6 swing both arms up 7 down 8

8 press cross legs 1 turn 2 chasse 3-4 leap in 2nd 5-6 turn out 7-8

8 moving back center jazz square left 1 rt 2 left 3 dig 4 step rt 5 passé 6 step left 7 kick 8

8 step turn to back 1-2 push hands 3-4 body roll 5-8

Repeat section

8 touch turn left foot 1-2 step prep 3-4 turn 5& land 6 rt. arm to left 7 pull left 8

8 PBR turn to back 1-2 rt. chasse 3-4 step 5 jete to side 6 land down 7-8

8 roll to side 1-2 stand up 3 prep 4 chaine to front 5-6 chaine 7-8

8 step out 1-2 drag back arms over head 3-4 walk back center left on chest right comes down 5-8

Jazz B

8 swivel hip rt. 1 left 2, ½ way down rt 3 all the way down left 4 open front snap 5 rt. side 6 roll up 7-8

8 look back 1 front 2 passe rt and rt arm over 3&4 walk front 5-6 prep 7-8

8 chaine to right 1-2 step out 3 flip rt. hand 4 chaine left 5-6 step out 7 flip both hand front 8

8 step ball change rt. 1&2 left 3&4 pivot 5-6 step out 7-8

Repeat section

8 touch turn left foot 1-2 step prep 3-4 turn 5& land 6 rt. arm to left 7 pull left 8

8 PBR turn to back 1-2 rt. chasse 3-4 step 5 jete to side 6 land down 7-8

8 roll to side 1-2 stand up 3 prep 4 chaine to front 5-6 chaine 7-8

8 step out 1-2 drag back arms over head 3-4 walk back center left on chest right comes down 5-8

Jazz C

8 point rt. foot out 1 look and flip arms 2 roll arms over head left hand grasp rt. wrists 3-4 pull to rt. 5 left 6 unfold 7-8

8 PBR 1-2 prep 3-4 chaine 5-6 axle 7-8

Hip Hop

2 snap over head feet jump in 1 arms down 2nd position legs 2

4 flex rt. 1 left 2 rt. 3 heel twist & 4

4 hands up to right 1 left 2 step rt. look rt 3 look left 4

8 walk up 1-4 step rt 5 pop behind 6 step left 7 pop behind 8

8 jump out 1 cross 2 turn 3-4 pump rt 5 left 6 double pump 7-8

8 swing left arm to rt. 1 back to left 2 swing under 3 daggers snap 4 shake and step 5-6 flex kick ball change ending left 7-8

8 arms over head 1 down 2 shoulders 3-4 open 5 pop 6 open 7 pop 8

1 jump together hand pops up

“In A Gadda Da Vida” - Alfred Publishing
Marching Drill - Time - 1:55
Choreographed by Butch Arnold



Begin in lines that have been arranged into four-girl squads. The audience should be to the right. Ideally, lines should be no more than sixteen girls across, depending on the size of the drill team. Assign numbers to the girls in groups of four (1, 2, 3, 4) going away from the audience, and then label the squads as A, B, C, D.

Counts Drill

- 8888 Introduction (Contagion, *etc.*)
- 8888 All squads Forward March for 8, Step 2 for 8 (#1's lead), Forward March for 8, Stack for 8.
- 8-8888 All squads Slow Turn to the Rear for 8; all squads Left Pinwheel for 32.
- 8888 All squads Right Pinwheel for 32.
- 8888 Squads A and C Forward March for 8, Mark Time for 8, Forward
i. March for 8, Mark Time for 8.
Squads B and D Mark Time for 8, Forward March for 8, Mark Time for 8, Forward March for 8.
- 8-8888 All squads Slow Turn to the Rear for 8, Box Right for 32.
1's and 3's Forward first and Right Flank on Count 32,
2's and 4's turning right first.
- 8888-5 All squads Left Pinwheel for 8, Slow Turn to the Rear for 8, Step 2 for 8 (1's lead), Stack for 8, Mark Time for 4, and Close on Count 5.

“Snapshot”- By: RuPaul
Pep-Rally- Time: 2:00



Start in a tight block. Beginning position is your own pose.

- 4- Hold 1-2, hit a pose 3, pose 4
- 8- Walk forward rt, rt. arm down, 1, lt, 2, rt.3, lt. 4, pivot rt. foot 5, turn to back 6, close to front 7, hold 8.
- 8- Step back rt., rt. arm snaps back 1, sit 2, step back lt., lt. arm snaps back 3, sit 4, shake hips 5-6, look rt. 7, front 8.
- 8- Step out rt., rt. arm reaches up 1, arm down 2, pop shoulders back 3-4, hips lt. 5, rt. 6, arms down, jump together 8.
- 8- Facing the lt. side, step with rt., arms cross down 1, step across lt., arms back 2, step with rt. 3, back across lt. 4, chaine 5-6, land to front 7, hold 8
- 8- Jump together, arms up 1, step across rt. 2, step out lt. 3, step over rt. shoulder to back 4, sit lt. leg popped look rt 5, look lt. 6, shake 7-8
- 8- Step front lt 1, rt 2, plie rt foot forward, arms cross 3, rt passé, arms in a “T” 4, chasse rt forward 5-6, jump out and snap out 7-8
- 8- Drag to rt, arms in “L” 1-2, step lt 3, rt 4, dig lt, arms cross down 5, throw arms back 6, hip roll up, wrist roll 7-8

- 8- Arms push forward, ball change back lt rt, 1-2, walk forward lt 3, rt 4, pivot lt. 5, turn to back 6, walk back lt 7, rt 8
- 8- Move to a pyramid- Rt arm up 1, down 2, lt arm up 3, down 4, arms throw across 5-6, down 7-8
- 8- Continue moving- both arms up to lt 1, rt, 2, lt 3, rt 4, both hands to lt hip 5, rt hip 6, close arms down 7-8
- 8- Jump out, rt arm up 1, bring arm to chest &, snap down to rt 2, pop lt leg, shake hips 3-4, head and body roll to the lt 5-6, pop shoulders back 7-8
- 8- Step forward rt, arms throw down 1-2, step back with rt 3, step back lt, arms wrap chest 4, drop arms, walk back rt 5, lt 6, step out rt, hip rolls 7-8
- 8- Groups: First group- Jump onto lt leg, rt leg goes out, arms straight out 1, hold 2, arms down step across rt 3, step out lt 4, hands go up side of body 5-6-7-8
- 8- 2nd Group repeats- Jump onto lt leg, rt leg goes out, arms straight out 1, hold 2, arms down step across rt 3, step out lt 4, hands go up side of body 5-6-7-8
- 8- Arms circle over head 1-2, circle again 3-4, snap both arms down 5, sit rt 6, snap both arms 7, sit 8
- 8- Opposition w/ lines: Step out 1, cross 2, step out 3, cross 4, chaine 5-6, step 7, close 8.
- 8- Move to spread out block.- Repeat same walking arms. Rt. arm up 1, down 2, lt arm up 3, down 4, arms throw across 5-6, down 7-8
- 8- Continue moving- both arms up to lt 1, rt, 2, lt 3, rt 4, both hands to lt hip 5, rt hip 6, close arms down 7-8
- 8- Step out to rt, rt arm down 1, dig lt, rt arm up 2, step out to lt, lt arm down 3, dig rt, lt arm up 4, step back rt, arms cross in front 5 hold 6, sit to side look front 7-8
- 8- Groups- 1st group start on 1, 2nd group start on 5, Step, prepare, pirouette, land
- 8- Shift weight to lt, arms throw down 1, hips to rt, arms wrap body 2, hips to lt, elbows out 3, hips to rt, throw arms down 4, hands on hips, hips and head to lt 5, rt 6, jump together 7, hold 8
- 8- Step out to rt, rt arm punches 1, sit to rt 2, step lt, lt arm punches 3, sit to lt 4, swing arms up to rt shoulder 5, swing to lt 6, circle arms rt 7, throw down to rt 8
- 8- Move back to pyramid. Repeat same walking arms. Rt. arm up 1, down 2, lt arm up 3, down 4, arms throw across 5-6, down 7-8
- 8- Continue moving- both arms up to lt 1, rt, 2, lt 3, rt 4, both hands to lt hip 5, rt hip 6, close arms down 7-8
- 8- Repeat chorus. - Jump out, rt arm up 1, bring arm to chest &, snap down to rt 2, pop lt leg, shake hips 3-4, head and body roll to the lt 5-6, pop shoulders back 7-8
- 8- Step forward rt, arms throw down 1-2, step back with rt 3, step back lt, arms wrap chest 4, drop arms, walk back rt 5, lt 6, step out rt, hip rolls 7-8
- 8- Step out to rt, rt arm down 1, dig lt, rt arm up 2, step out to lt, lt arm down 3, dig rt, lt arm up 4, step back rt, arms cross in front 5 hold 6, sit to side look front 7-8
- 8- Groups- 1st group start on 1, 2nd group start on 5, Step, prepare, pirouette, land
- 8- Shift weight to lt, arms throw down 1, hips to rt, arms wrap body 2, hips to lt, elbows out 3, hips to rt, throw arms down 4, hands on hips, hips and head to lt 5, rt 6, jump together 7, hold 8
- 8- Step out to rt, rt arm punches 1, sit to rt 2, step lt, lt arm punches 3, sit to lt 4, swing arms up to rt shoulder 5, swing to lt 6, circle arms rt 7, throw down to rt 8
- 8- Groups- 1st group start on 1, 2nd group start on 5, Reach down, sit to ground, roll around, snap, roll up to back
- 8- Walk to clump. Repeat same walking arms. Rt. arm up 1, down 2, lt arm up 3, down 4, arms throw across 5-6, down 7-8
- 4- Hit pose 1-2, pose 3-4

Formations:

#1	#2	#3	#4
XXXXXXXX	XXXXXX	X X X X X X X	XXXXXXX
XXXXXXXX	XXXXXXXX	X X X X X X X	XXXXXXXXXX
XXXXXXXX	XXXXXXXXXX	X X X X X X X	XXXXXXXXXXXX
	XXXXXXXXXXXX	X X X X X X X	XXXXXXXXXXXXXX

Kick Series

*Please take time to go over the kick series for memory purposes prior to camp. The head instructor will go over the series following camp dance on the first morning of camp. The kick off will take place either after Home Routine Evaluation or after All American Auditions, depending on the camp schedule.

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

88 Kick 7 X (JKR, JKL, JKR, JKL, JKR, JKL, JKR) close on 7

Here is what the judges are looking for when watching for your kick technique:

Judging behind the line:

- ★ Watching for the back to be straight and the hips to stay parallel to the floor.

Watching from the side of the line:

- ★ Checking for proximity of leg to body
- ★ Extension of leg and foot
- ★ Check for forward head movement during kicks

Watching from the front:

- ★ Check the support foot--not much turnout
- ★ Check the hip for over-lift
- ★ Check the kicks for alignment at 12:00 o'clock
- ★ Check the extension of the foot
- ★ Check the 'prep' (small movement; smooth)
- ★ Check for head placement and control
- ★ Fans: full rotation/timing/extension of feet and knee

* All staff will check for technique first, and then height. The height should not distract from good technique. Height is important but it is not exclusive criteria when judging for *Miss High Kick and Kick Company*.



“Ain’t No Other Man” – By Tim Waters (Hal Leonard Corp.)

Beg/Int Field Jazz – Time: 2:09



1st Formation: Triangle

8- hold

8-contagion from back to front with arms wind milling around to wrap

8- step back 1, step right 2, left ball change 3-4, left chaine 5-6, step left 7, right passé 8

8- switch direction 1, hold 2, right chasse 3-4, step 5, leap to front 6, land in tuck 7-8

8- 3 groups: 1st group- left foot sunshine 1, back down 2, roll to back 3-4, hold 5-8, 2nd group start on 3 and roll back 5-6, hold 7-8, 3rd group start on 5 and roll back 7-8

8- left foot extend across 1-2, switch right foot 3-4, roll to stand over right shoulder 5-8

8- kick ball change 1-4, inside single turn 5-6, right chasse 7-8

8- cut to front 1-2, ball change 3-4, right passé 5, step right 6, step left right & 7, hold 8

8-contagion shoulder roll right left 1-4, push back 5-6, push back 7-8

8- move to 2nd Formation: Block, step snap 1-2, walk 3-4, step snap 5-6, walk 7-8

8- continue moving: arms to hips 1-2, walk 3-4, sunshine up with arms 5-7, clean down 8

8- 3 groups: 1st group- reach left while stepping out 1-2, step wrap 3-4, pivot right left 5-6, step right 7, step left with arms crossing at chest 8,

8-passé right 1, down 2, hold 3-6, 2nd group- start on 3-4, end on 4, hold 5-6, 3rd group- start on 5-6, end on 6, **everyone** present arms while walking 7-8

8-step left 1, jump together 2, swim arms by side right left 3-4, walk right walk left 5-6, passé 7, down 8

8-step left 1, close to front 2, kick ball change 3-4, pas de bourre 5-6, pas de bourre turn 7&8

8- chaine 1-2, contagion sauté leap right to left 3-8

8- roll up contagion from right to left over right shoulder 1-8

8- Pickup step row 1,2,3: row 1 starts with hip walks right 1-2, row 2 joins in on hip walks left with left arm coming up 3-4, row 3 joins in on hip walks right with both arms up 5-6, step left with hips sitting left right left 7&8

8- step prepare 1-2, single or double turn 3-4, step out in second position 5-6, 2 groups: pop into each other with hands 7, pop out 8

8- move to 3rd Formation: 3 Blocks: Press 1-4, reach up 5-6, down 7-8.

8- keep moving and repeating same sequence

8- outside groups: chasse outside 1-2; inside group: chasse forward 1-2, leap 3-4, ball change 5-6, reach up with both arms 7, over 8

8- snake up 1-2, chaine forward 3-4, both arms up while on releve 5, down 6, hold 7, ball change right left 8 (1).

8- Hold 1, chasse right with sunshine arms 2&3, hold 4, passé right 5, hold 6, pivot right left 7-8

8- move to 4th Formation: Diamond: step snap 1-2, walk 3-4, step snap 5-6, walk 7-8.

8- keep moving and repeating same sequence

8- contagion from left to right, step out with right foot while left arm wraps around waist and end with right arm in high V 1-6, hands come to hips 7, left 8

8- 2 groups: group 1 starts with left ball change pushing with arms 1-2, together 3-4, step back left 5, touch with right arm up 6, step back right 7, touch with left arm up 8.

8-2nd group stars on 5 and end on 4, everyone shakes down with arms 5-8

8- left ball change with arms in right L 1-2, ball change and hands come down & 3, hold 4, drag right 5, pop out 6, switch 7, pop out 8

8- pivot left 1-2, pivot left with hands and head release 3-4, left pivot again with arms out 5-6, clean to front 7-8

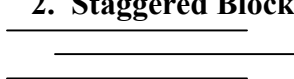
5- step out with right leg and right arm comes to hip 1-2, left arm 3-4, turn over right shoulder with left foot pointed out 5

Formations:

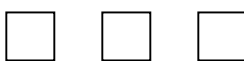
1. Triangle



2. Staggered Block



3. 3 Blocks



4. Diamond



“Find a New Way” - by Young Love

Int Jazz – Time: 1:40

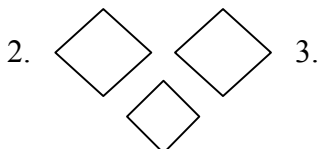


Begin in 3 staggered lines (front row (As) center row (Bs) back row (Cs))

- 8 Hold (1-4) Arm (5-6) reach up (7-8)
- 8 Arm melt down (1-4) stand up and face back (5-8)
- 8 As and Cs chaine 2x (1-4) Bs hold (1-2) Bs chaine (3-4) step plie around to front (5-7) Bs chasse over (&8)
- 8 Step R, passé L, arms cuts to diagonal (1-2) step L (3) ball change to R diagonal, reaching (4-5) move to 3 groups (6-8)
- 8 Continue moving w/ arms: R to R shoulder (1) L in face (2) R arm up (3) head back (4) R arm down to front (5-6) step battement (7-8)
- 8 Step prepare (1-2) single or double pirouette (3-4) plant in 2nd position (5-6) jump to R foot, R arm circle over (7) step out to L (8)
- 88 Groups from side to side – start 1,3,5
 - Pulse (1-2) shift weight R, L (3-4) 3 step turn (5-6) deep knee bend down, up (7-8) push back to spot (1-2) cont. (3-4)(5-6) EVERYONE-pivot to back with reach & plie (7-8)
 - 8 Chasse back (1-2) step (3) R grande jete to L (4) land in tuck (5-6) stand & pose (7-8)
 - 8 Groups from opposite side – start 1,3,5 – R chaine to side (1-2) axel turn (3-4) pencil turn (5-6) step back-arms fwd (7) pose/look front (8)
 - 8 Continue (1-2)(3-4) step to 2nd w/ arms to high V (5-6) L arm holds R & look L (7-8)
 - 8 Hips to R (1-2) pencil turn-pull to L (3-4) 2 poses (all different) (5,7) on “Dance, Dance”
 - 8 Move to Triangle w/ arms up (1-2) down (3-4) continue moving (5-8)
 - 8 Parts by Vs from outside in – start 1,3,5
 - Make level and arms side-side (1-2) reach forward (3) back (4) tuck (5-6) R arm up (7) switch arms look up (8)
 - Tuck (1-2) toes or feet together (3) stand (4) broken T (5) extend T (6) wrap arms, face back (7-8)
 - Continue (1-4) R arm swing up down (5&6) jump together, hook arms (7) step forward, arms down (8)
 - 8 Walk straight to back (1-3) face front (4) reach sit R, L w/ snaps (5-8)
 - 8 Chaine (1-2) step passé (3-4) prep pitch kick (5-6) step R, L arm across (7-8)
 - 8 Walk back, pull arms (1-2) arms down (3) pose, sit, arms up (4) step w/ L to L, pull arms (5-6) face L and step (7) R chasse to L side (8&1)
 - 8 Leap in 2nd (2-4) unwind (5-6) hips (7&8)
 - 8 Drag (1-2) step (3) passé (4) 2nd position, arms down (5-6) hug self (7) head back (8)
 - 8 Move to Block w/ arms – open close (1-2) R reach up and down (5-6)
 - 8 Groups – L side to R side – start 1,3,5: Leroy (1-2) land in tuck (3-4) sit to back (5-6) push to front (7-8)
 - 8 Tuck (1-2) cont. (3-4) (5-6) Everyone stand w/ R (7-8)
 - 8 Move spacing closer in block (1-4) all different sharp poses (5-6) all different pose into levels (7-8)
 - 1 Look to audience, pose in levels with arms close to body

Formations:

1. x x x
x x
x x x



"I Wish" - By Various Artists (Happy Feet Soundtrack)

Adv Jazz – Time: 2:03



Begin in 3 staggered blocks (middle block is back) **facing different directions for extensions.**

8 – hold 1-4, 3 blocks begin extension of choice 5-8 (can so splits, y-scale, straddle, etc. . .)

8 – continue extensions 1-6, face front 7-8

2 groups going on at the same time- this is Side Block Choreography

8 – drag L leg 1-2, step L 3, R 4, attitude turn 5-6, step L 7, throw R coupe L 8

8 – Chasse 1-2, kick R 3, step R 4, push with R leg extended out 5, step R 6, step L coupe back & release arms & head 7, hold 8

8 – roll to ground on R leg 1-2, throw R 3-4, backwards roll 5-8

8 – push up 1-2, roll head around R 3-4, roll up over L shoulder 5-6, releve & press 7, hold 8

Middle Blocks Choreography – going on at the same time of side blocks!

8 – push low V 1-2, head back 3-4, sit 5, R kick 6, roll to front 7-8

8 – push back 1-2, contract 3-4, stand up to back 5-6, reach up 7, turn front with hand on shoulder 8

8 – step R 1, prep 2, double coupe turn 3-4, step R, cross L 5-6, X jump with windmill arms 7-8

8 – step L 1, R 2, prepare L &, coupe 3, reach forward 4, drag back 5-6, releve and press 7, hold 8

8 – move to 3 rows – lasso 1-2, release 3-4 (can move on every count or do drags 1-4), push out 5-8

8 – wrap 1-2, press 3-4, push up 5-6, down 7-8

8 – **3 groups every 2 cts** – ball change R, L 1-2, passe with L arms 3, step R 4, L 5, X jump wrap 6, turn over L shoulder pushing down sides 7-8

8 – continue in groups 1-4, reach out R 5, L 6, press forward & release head 7-8

8 – prep to back 1-2, R chaine 3-4, R pike axel 5-6, lunge 7, passé throw 8

8 – walk R, L to back 1-2, layout 3-4, tuck 5-6, extend R leg & reach over with R 7-8

8 – tuck & roll to front 1-2, stand 3-4, prep 5, double pirouette with arms over head 6 & 7, lunge R 8

8 – **3 groups every 1 count** – swing R leg 1, cross 2, step 3, pop to R side 4, continue groups 5-6, roll shoulders L, R, 7 & release head back 8

8 – press leap 1-2, L extension 3, step L 4, chasse R 5 & 6, step L &, R 7, switch on &, R leap 8

8 – land 1, drag back 2, step L 3, two piques to the back moving R 4-7, step R 8

8 – passé L and bring out to arabesque 1-2, step L 3, pitch kick R to back 4, step down R 5, **3 groups** – turn over L shoulder and throw 6, 7, or 8

8 – look 1, hold 2, kick ball change 3-4, chaine C jump opposite directions 5-6, go down to ground 7-8

8 – roll up 1-2, Move to triangle - kick ball change L 3-4, jazz walk with hands on hips 5-8

8 – kick ball change R 1-2, L 3-4, jazz walk to triangle 5-8

8 – **3 groups every 2 cts by V's in triangle** – step out R 1, L 2, throw to L side 3, open plie to front with T arms 4, down to R tuck 5, roll over L shoulder to back 6-8

8 – continue in V's 1-4, 3 groups every 1 ct – turn over L shoulder & put R jazz hand on knee 5, 6, or 7, pop head up 8

8 – step L 1, kick R with T arms 2, step R & reach across 3, cross L foot back with L arms 4, windmill 5-6, soutenu turn 7-8

8 – step R, L, R reaching up and down 1 & 2, reverse L 3 & 4, step out R & reach down R 5, step out L & reach down L 6, jazz hands to chest & release head on 7, hold 8

8 – **3 groups every 2 cts** (side to side) – step L with T arms 1-2, fan R 3-4, push R & lunge 5-6, release back 7-8

8 – bend 1-2, push to front on releve 3-4, finish 5-7, look up 8.

8 – 3 Groups within triangle: group 1: step R 1, cross prep 2, chaine 3-4, barrel turn down 5-6, roll to high knees 7-8.

Groups 2 & 3: step R 1, touch L 2, step L 3, touch R 4, kick right 5-6, head roll 7-8.

8 – Group 1 & 3: Wrap 1-2, reach L 3, R arm to T 4, kick R 5-6, prep 7-8.

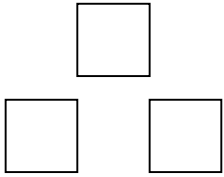
8 – Groups 1 & 2: Sit 1, cat roll to back 2, close 3 - 4, push back 5 – 6, stand up to back 7-8.

8 – freestyle to 3 clumps

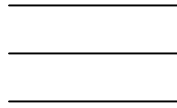
1 – Pose

Formations:

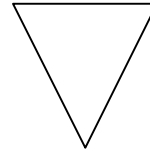
1. 3 Staggered blocks



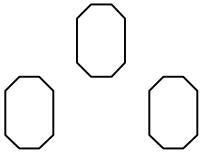
2. 3 Rows



3.



4.



“With Love” - By Hilary Duff

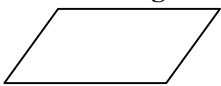
Int Jazz – Time: 2:00



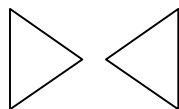
- 8 – hold 1-3, head up 4, walk back 1/r 5-6, cut forward as R arm reaches up 7, step over 8
8 – L b/c 1-2, pencil turn 3-4, arms scoop up as feet open to 2nd position 5-6, R arm down with hips, 7, L 8
8 – **(parts 1,3 and 5)** prep 1, R tilt kick 2, L arm circles over 3, L dig facing side 4, L rond de jambe with L 5-6, down on L knee 7, R leg out 8
8 – reach up 1, tuck 2, hold 3-6 as groups cont., come up 7, L leg flick with L arm 8
8 – roll to stand 1-4, drag back on L foot 5-6, prepare 7-8
8 – R double pirouette turn 1-2, jump to 2nd position 3, contract over 4, step on L as arms windmill 5, flick R foot 6, step on R cross arms 7, flick L foot w/arms in “L” 8
8 – step out 1, hand brush eyes 2, arms down by side 3, 4 to the ground 4, slide through 5-6, back on elbows 7, kick L leg 8
8 – come up 1, pose 2, L leg fan roll 3-4, tuck 5, jump out to 2nd position 6, both arms scoop up as you stand 7-8
8 – (moving to “bowtie” formation) L arm up 1-2, R arm out to “T” 3-4, arm circles over head 5-6, pray 7, push out 8
8 – reverse arms as you cont. to move to formation #2 1-8
8 – R b/c & 1, R battement 2, R pivot to back 3-4, walk R/L 5-6, push away from one another 7-8
8 – circle arms as R leg is in passe’ 1-2, prepare 3-4, R chaine’ 5-6, R chaine’ or axel turn 7-8
8 – land or step out 1-2, step R 3, pull feet together facing towards one another as arms throw back 4, walk in R/L 5-6, reach in 7, throw back 8
8 – scoop down 1, R arm out in a “T” 2, scoop down 3, L arm up 4, roll L wrist 5, snap and look down 6, chug with hands at your heart 7, chug with hands behind head 8
8 – (moving to staggered block) b/c arms reach front 1-2, move as arms throw R 3, L 4, wrap head 5-6, arms by side 7-8
8 – cont. to formation #3
8 – **(parts 1,3 and 5)** R pivot to back with arms in “T” 1-2, walk back 3-4, R touch turn with arms up 5, step R 6, step L 7, R dig 8
8 – R pivot to the front 1-2, R chasse’ 3&4, step L 5, R leap 6, land 7-8
8 – cont 1-4, jump out to 2nd position 5-6, snake up 7-8
8 – R flick 1-2, prepare 3-4, coupe’ turn 5-6, R chaine’ 7-8
8 – R pique’ 1-2, step out 3-4, step on L w/R arm reaching through 5-6, step R 7, close front w/hands on hips 8
8 – **(in opposition by lines)** 3 step turn R 1-3, R arm out to a “T” 4, reverse 5-7, both arms reach up 8
8 – prep 1, saute’, land 3, hold 4, **(parts on 5,7 and 1)** R b/c as R arm bowls across and L on hip 5-6, R pencil turn with hands over eyes 7-8
8 – R b/c back as arms reach forward and head releases back & 1, hands to knees head over 2, R elbow out as you step on R foot to 2nd position 3, L foot touches back as R arm throws by side 4, L foot opens to 2nd position as R arm circles around 5, R shoulder rolls back as head snaps to front 6, hands go to hips as the shift to the L 7, shift to the R 8
8 – **part cont. 1-4**, everyone jumps together as arms hug 5, step back on L 6, look front and prep 7, R flick kick with arms up 8
8 – R b/c back 1-2, triplet forward 3&, L arm reaches forward 4, 3 step turn to back 5-7, close feet and arms 8
8 – (moving back to formation #1) R arm reaches across body 1, throws out to low “V” 2, reverse on L 3-4, wrist roll and snap in low “V” 5-6, in high “V” 7-8
8 – repeat
8 – prepare 1-2, R double/single pirouette turn 3-4, **(parts on 5,6,7 and 8)** jump out to 2nd position and L arm reaches up to R side 5, R arm reaches to left side level 6, tuck 7, hold 8
5 – **parts cont. 1-2**, hit levels as R arm reaches forward 3-4, throw R arm back with head on 5

Formations:

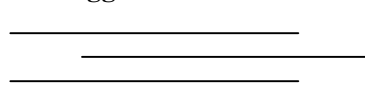
1. Parellelogram



2. Bowtie



3. Staggered Block



“Get It Shawty” – Artist: Yung Joc & Missy Elliott
Int/Adv Hip Hop – Time: 2:05



Begin in 2 staggered blocks standing in second position parallel holding pockets looking down.

8 – Hold 1-4, pop R knee 5-8

8 – L block rolls R to L 1-2, turn R 3, jump out to 2nd on 4; R block repeats step

8 – move 2 blocks into one staggered block crossing through each other – R block jazz walks R, L, R, L 8 – 1-4; drag 5-6, walk 7-8. L block jazz walks L, R, L, R 1-4; drag 5-6, jazz walk 7-8

8 – continue moving into one staggered block – Swing arms up R, L 1-2, circling R 3-4, arms up and down 5-6, ball change R, L with arms coming up & 7, turn R and push down 8

8 – 2 groups: Group 1 – drag 1, close 2; Group 2 ball change 1-2, drag 3, close 4; both groups jump out R, L 5-6, drag R arm 7, step L 8

8 – snake head & L arm 1, close side 2, scuff with arms over head 3, scuff again with arms pulling back and look front 4, lasso drag 5, jump out to 2nd 6, point and lean R 7, R arm up and L foot up and flexed all on 8

8 – ball change with half box arms 1-2, pull R shoulder up 3, reverse L 4, 3 different poses by groups across R to L 5, 6, or 7, “what up” arms on 8

8 – step touch back to L 1-2, kick 3, step out to R 4, basketball 5-6, kick R 7, passé &, face back 8

8 – face front in plie 1, scuff on &, out to 2nd with R crossed arm 2, open 3, close 4, roll 5-6, reverse 7-8

8 – 2 groups: R side of formation reaches up 1, pull arms down to pockets and scoot back 2; L side reaches up 3, down and scoot the opposite direction 4, R group hits hips R,L on 5-6, scoop hips backwards and to right 7-8; L side hits hips L,R on 5-6, then scoops down and to L 7-8

8 – 2 groups: R side steps R foot to front to face into middle of formation 1, use L hand to push face to audience 2; L side steps L foot into middle 3, use R arm to push face to front 4, both groups step inside foot to front while shimmying 5-6, collapse down 7, pose 8.

8 – arms reach down 1, pull up into L half T 2, reverse 3, up to R half T 4, 3 groups (R-L): group 1 snaps down 5, group 2 snap 6, group 3 snap 7, hit plie or standing position 8 (position on 8 is every other line)

8 – 2 groups (every other line): group 1 goes down and to R knee smooth 1, pop 2, L knee smooth 3, pop 4, up to R shoulder smooth 5, pop 6, L shoulder smooth 7, pop 8; group 2 goes up to L shoulder smooth 8 – 1, pop 2, to R shoulder smooth 3, pop 4, down to L knee smooth 5, pop 6, R knee smooth 7, pop 8

8 – both groups repeat previous 1-4, jump over 5, roll up 6-8

8 – jump onto R foot w/ L foot bent behind and R arm in half T 1-2, begin moving to triangle: step back w/ R and swing arms in half circle 3-4, reverse 5-6, keep walking and shimmy w/ elbows at waist 7-8

8 – continue moving to triangle: arms go out to T 1, clap overhead 2, out 3, clap 4, arms straight overhead in touchdown and circling 5-8

8 – step forward w/ R and reach arms out in front (shoulder level) 1, break arms through to side and bring R leg back to 2nd & 2, R arm comes out next to waist in fist 3, step R to L &, step out w/ L 4, L hand comes to forehead w/ R arm extended out and flexed as hips circle R-L 5-6, open arms in R diagonal and plie’ looking over L shoulder 7, switch 8

8 – contagion from front to back stepping R leg into L and bringing arms up over head and down R, L and over to feet 1-3, everyone look up 4, step out to R w/ L arm curved over head and R arm in T 5, switch to L 6, step L to R to face R diagonal and put hands on hips as hips scoop back 7-8

8 – step L to front 1, R together 2, hands flex in as legs plie’ 3, repeat 4, tuck to ground 5, back up 6, kick R leg flexed in front 7, step back on R and bring R hand to R ear 8

8 – look back 1, front 2, chicken stepping back w/ L 3-4, switch to R 5-6, step out w/ R and bring R arm w/ across shoulder L-R 7-8

8 – 3 groups (front to back): group 1 brings arms down over L leg 1, up to half T 2, slide to ground 3-4; group 2 start on 3 – 6; group 3 Start on 5 – 8.

8 – everyone leans on R elbow and kicks L leg flexed 1-2, come up 3-4, pedal w/ L leg 5-6, again 7-8 (this is the variation with someone all the way on the ground and using both legs)

8 – 3 groups (front to back): group 1 comes to push up position facing R 1-2; group 2 on 3-4; group 3 on 5-6, everyone brings L arm up and snaps behind 7-8

8 – sit on R side and roll to come to standing facing the back 1-4, formation backs up and comes to a tighter formation 5-7, turn over L shoulder and hook up at shoulders 8

8 – everyone contracts into middle 1-2, repeat 3-4, up to releve 5, down to L and L outside diagonal bring up L arm 6, back up to releve 7, down to R and R outside diagonal bring up R arm 8

8 – contagion front to back – come up on releve and plie over legs 1-4, hold 5, back group up snapping arms behind 6, middle group up on 7, front group up on 8

8 – moving to 3 triangles: pushing arm forward 1-2, switch to different arm 3-4, pop shoulders up R 5, L 6, R 7, L 8

8 – continue moving and repeat previous 8 count

Rap Section

8 – scuff R foot while shimmying 1, repeat 2, bring R arm to chest in fist and L arm by side in fist 3, jump up and open hands &, land and close hands 4, step out to R and swing arms up in T 5, back in 6, step out to L and arms in T 7, back in 8

8 – pickup step from R-L: 1st triangle steps out to R in plie and “wax on” 1, step together 2, 2nd triangle picks up 3-4, 3rd triangle picks up 5-6, 1st triangle rolls knees L-R into center 7-8, 2nd triangle rolls knees and body and stays center 7-8, 3rd triangle rolls knees L-R into center 7-8

8 – outside triangles scoop inside arm down and to the front 1-2, center triangle drags back 1-2, outside triangles wrap arms around shoulders 3, nod 4, center triangle brings arms in “what’s up” 3, nod 4, outside triangles step front w/ R and L arm in half T 5, step out to 2nd 6, center triangle repeats 7-8

8 – triangles move in closer to each other 1-2, “matrix” 3-4 (outside triangles face back and go L-R, center triangle stays front and goes R-L), repeat but switch groups 5-6, 7-8

Ending

8 – keep moving triangles closer as groups “party” in 1-8

8 – jump out to 2nd and reach R arm down &, to R hip 1, reach L arm down &, to L hip 2, hips R 3, L 4, R arm out and flex across shoulders L-R 5-6, hips down to R 7, up to L 8, down and pose in two levels 1

Formations:

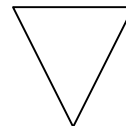
1. 2 Staggered block



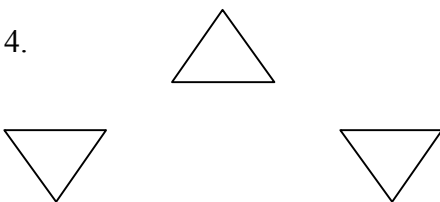
2. Staggered Block



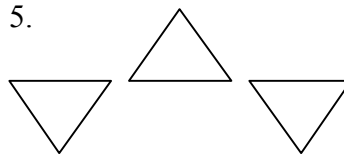
3. Triangle



4.



5.



"Take It Mix" – Artist: Various Artist
Int Hip Hop - Time – 1:55



- 7: hold first beat (1) and move either left or right on each beat (2 – 7)
 8: drop R shoulder 1-4, parts to front on 5, 6, or 7 hold 8.
 4: LR hands up 1-2, roll R hip to side 3-4 while wrapping hands overhead
 8: pump 1, brings hands above head 2, body roll 3, step RL 4&, R arm cross 5, coupe turn 6, arms up above head 7, push down through body, while feet are in releve 8.
 8: diagonal chasse and R arm over face 1&2, L scuff on 3 with arms above head, L scuff arms come down and look on 4, scuff and arms go around body counter clockwise 5, broken “T” arms (big plie) on 6, jump 7&, come out second with R arm going up on 8
 8: Roll hips 1-2, parts begins, go on either 3, 4, or 5 (adjust counts to your designated part)--- L arm circles 3, turn to back 4, face front 5, pick up leg for a tilt on 6, hold 7-8 while other groups finish to catch up)
 4: 3 step turn while bent over with hands tucked to your formation #2 (1 – 4)
 8: freestyle arms 1-2, three step turn left shoulder 3&, hit broken “T” arms in second position on 4, drop RL arms on &, hinge L leg with arms coming out 5-6, body roll R side 7-8
 8: step L 1, point 2, adjust formation 3-4, drop 5, feet in second with arms touching ground 6, roll up 7, R hip on 8
 8: pas de bourree, turn 3, land 4, L chasse 5-6, R chasse with arm up on 7, R arm goes around to back on 8
 8: recover 1-2 (facing L side), walk flexed with R 3, close 4, arms pushed back while walking up 5, arms in front 6 (feet are closed), windmill to tuck 7-8
 8: 2 groups – Group 1 – Up to knees with arms over head in touchdown (1-2), tuck to ground (3-4) push up with arms (5-6) left arms pushes across body as you roll to face back (7-8)
 Group 2 – Stand up (1-2) freestyle arms (3 – 8)
 8: Group 1 – Continue rolling up (1-4), Group 2 – faces back (1 – 4) move to formation #3 walking with hips moving while arms are circling up (5-6) arms cross in front of face (7), close arms to side (8).
 8: broken “T” L arm 1, same on R 2, step L foot over R on &, contract 3&, arms in “T” on 4, hug body and R foot in passe 5, “X” jump on 6, turn out 7-8
 4: drag 1, prepare 2, inside coupe 3, and present 4
 8: flick 1, walk 2&, R foot 3&4, L foot out &, bring both feet together facing R side with hands clasped behind you 5, releve and look at audience 6, body roll 7, arms above head in second position on 8
 8: arms behind head to R side 1, switch 2, bring around &, hands on left knee with head moving RL on 3&, recover 4, push L leg out &5, bring it back 6, release it back 7, close to L side on 8
 8: footwork 1-2, “T” on 3, turn to back 4, ball change 5&, prepare 6, chaine (7 &), chaine in plie (8 &)
 8: Russian (disk) on 1, roll up 2-4, R ft out with R touchdown arm 5, release and L coupe 6, run 7-8
 8: Stomp with right foot (1), toe out (&), back in (2), second position (&), right knee up (3) jump to right (&) back to 2nd position (4), hinge left leg (&5) jump together with right foot across flexed (&) open to 2nd position (6) repeat right leg across (&) open to 2nd position (7) left heel stomp (&) swivel left hip (8)
 8: body roll L or R side depending on lines 1-2, new formation walk 3, R foot up on 4, keep walking 5, R foot up on 6, walk 7-8
 8: drag RL 1-2, parts---hands circle above head while R foot scuffs up 3, 4, or 5, land down by 4, 5, or 6, everyone together snake up 7-8.
 8: hands go around down and out with feet 1&, feet come together with arms on head 2, footwork 3&4, walk up R then L 5&, flick while throwing arms up 6, turn out, facing the R side 7-8.
 8: drop 1, up on 2 with feet in second position, roll shoulders 3&, look at audience and pump arms on 6, weight on R foot and shake shoulders back 7, close to front 8
 8: Front line: slide down to center split 1-2, close feet 3-4 hold 5-6, snake up 7 back down on 8. Back line: party arms 1-2, turn 3-4, chasse to front 5-6, center switch 7, land 8
 8: everyone roll 1-4, move to clump 5-8.
 8: same arms as beginning - LR hands up 1-2, roll R hip to side 3-4, then turn out and walk off (5 – 8)

Formations:

1. Two Lines

X X X X X
 X X X X X

2. Staggered Block

X X X X
 X X X
 X X X X

3. Two Lines

X X X X X
 X X X X X

4. Clump Together

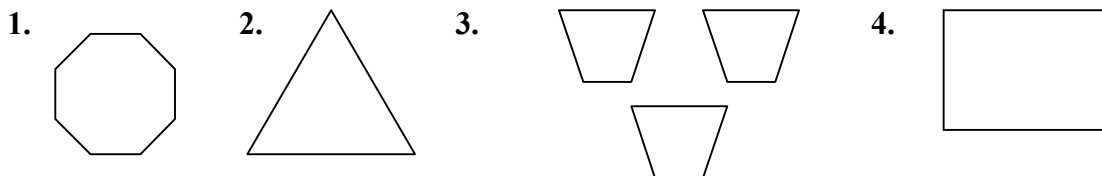
“The Sweet Escape” - by, Gwen Stefani feat. AKON
Beg/Int. Hip Hop – Time: 1:30



Begin in a clump with levels

- 8 Hold (1-4) Head up (5-6) pop chest (&7)
- 8 Snake up to standing (1-4) move “party” to triangle formation (5-8)
- 8 Continue (1-4) step put w/ R & together, circle arms (5-6) bounce & point (7-8)
- 8 Circle hips & body (1-3) close (4) pop(5) down (6) drop (7) up (8)
- 8 Slow slinky claps, step R, step L (1-4) bc back & plie (&5) pop shoulders (&6) cut L behind and unwind, cross arms (7-8)
- 8 Cha Cha front, back (1&2) scuff & close (3-4) look L (5) front (6) bounce low arms (7-8)
- 8 Step back bounce arms up (1-2) paddle turn w/ funky arms (3-6) part crowd (7) close (8)
- 8 Face front L diag – start car (1-2) 2nd position to front – drive (3-4) contagion front-back, circle body (5-8)
- 8 Roll to sit (1-2) hold (3) hips up,down (&4) step back reach, throw behind (5-6) plie swivel knees (7&8) straighten (8)
- 8 Ball change L, R heel twist (&1-2) switch (&3) pick L foot up (4) walk L, R (5-6) snap to front, pivot to back (7-8)
- 8 Move to 3 Groups – arms down (1-2) pull (3) punch (4) walk (5-8)
- 8 3 step turn to L w/ shoulders (1-4) repeat to R, reach, heel forward (5-8)
- 8 Pull arms and feet together (1-2) pulse (3-4) Group work L-R, (start 5,7,1) low kick (5) heel to floor (6) down(7) hold (8)
- 8 Up, down w/ body(1-2) push up position (3-4) lower to floor (5-6) snake up (7-8)
- 8 Roll to back & stand, face front (1-4) continue (5-8)
- 8 Switch snaps in front (1-2) twist L,R (3&) step back R ft, R arm extend (4) step L (5) rock fwd on R (6) rock back (7) pull fwd broken T (8)
- 8 Groups L-R (1,3,5) prepare (1-2) pirouette(3) 2nd position (4) snake snap up (5-6) repeat snake to other side, snap up (7-8)
- 8 Continue pick up (1-2) (3-4) chicken(5-8)
- 8 Move to ending block, freestyle “party” to spot (1-8)
- 8 Ball Change back L, repeat R (1-4) kick R bc (5-6) kick L bc (7-8)
- 8 Wave R arm, out first (1-4) tighten block (5-6) snap up and down (7-8)
- 8 Hips & R arm (1-4) face side (5) swing arm (6) look R(7) jump together (8)
- 8 Pull R w/ heel (1) tuck (2) contagion-knees open, close & tuck to other side (3-8)
- 8 Parts 1,3,5 – stand, arms up (1) step front (2) continue (3-4) (5-6) punch (7) recover (8)
- 8 3 step turn to back (1-3) arms up in pose (4) pivot (5-6) step dig (7-8)
- 8 Snap (1) move to partners (2-4) circle arms (5-6) pose with partner (7-8)

Formations:



“This is Why I’m Hot” by Mims

Int. Hip Hop- 1:23



- 8 In block, Hold 1-4, bounce in opposition 5-8.
- 8 Lines 1 and 3 release head, heel up 1, down 2. Line 3, same on 34. All pull up R drag 5,6 look front 7, fake run 8.
- 8 & fake run, turn to the back, arms in ½ T 1, arms up 2, release down to side 3, front arms ½ T 4, R arm front 5, L arm &, both behind 6, release inward to L 7, head 8.
- 8 Arm pushes to diagonal 12, arm pushes to side 34, T 5, arms push down &, pull up 6, football pose 7, nod head 8.
- 8 ballchange arms “fly” &1, clean 2, no finger &3, clean 4, backward pumps 5-8.
- 8 ballchange “fly” arms front &1, clean 2, no finger &3, turn to back and walk To staggered lines 4-8.
- 8 Turn front arms up & down front 1, pull up to L, ½ T2, swirl arms to R 3-4 Bounce finger to mouth 5-6-7 cross R foot 8
- 8 turn 1 indian 2nd position 2 criss cross feet &3 throw R arm to L 4 swing to R 5 L 6 chasse circle 7&8
- 8 hop step to L 1 R 2 L 3&4 push arms down & repeat 5 wrap 6 push to R 7 close 8
- 8 step R 1 to L side 2 flying arms 3 cross feet R 4 tuck turn 5-6 pull left shirt (@shoulder) &7 cross L foot F 8
- 8 Cross R foot over L arms to R 1 Switch arms to L: L foot B 2 open 2nd arms To R 3 step F arms L 4 open R: R arm half T 5 repeat L & cross back R 6 turn & step B L pull arms up 7 throw arms B 8
- 8 (1st Group) box circle 1-2 arms around head 3 hip 4 hand across face R dig 5 turn out R 6 jump out 2nd cross arms 7 pull shirt (@shoulder) 8
- 8 (2nd Group) scuff R 1 2nd L arm F 2 swivel pump L 3 R 4 pump B step R 5 switch 6 pull shirt (@shoulder) 7-8
- 8 Move to snake 1-4 tuck 5 lay on floor 6 hook up arms and legs 7-8
- 8 snake 1-6 roll up over R shoulder 7-8
- 8 throw forward fist hit floor 1

Formations

- 1. XXXXX 2. X X X X X 3. XXX XXX 4. XXXXXXXXXXXX
XXXXX X X X X X XXX XXX

“Domino” – by: Jerry Burns (Alfred Publishing)

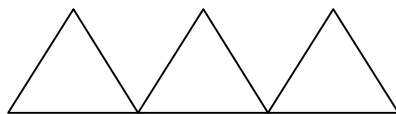
Int Field Pom – Time: 1:52

Start in 3 triangles, feet together, head down

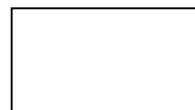


- 8 contagion L to R – bc R fwd punch arms down to hi V
- 8 contagion F to B in triangle – step bk on R hit low V, T, hi V by triangles
- 8 cross L kick R 12 pencil turn 34 step R 5 attitude L 6 close 7 punch R up 8
- 8 parts by triangle 1-3-5: bc L fwd, bc L bk w windmill arms 12, 34 close w/ hi V 56, low V 78
- 8 continue parts 1-4 everyone chasse leap fwd 5-8
- 8 land down 12 stand by triangles 3-5-7 step bk w/ L, outside wrap, inside T arms
- 8 outside triangles lift R bk reach 1 face R side 2, inside triangle 34, punch frt 5 low V 6 reach L up to audience 7 pull back 8
- 8 prep single turn 1-4 checks hi or low 56, 78
- 8 move to block: shake 12 T 34 shake 56 R up 7 close 8
- 8 continue moving with same arms
- 8 parts L to R 1-3-5: clock, punch R 12, face bk with hi V 34, face L punch 56, low V frt 78
- 8 jump in hi V 1 tuck 2 continue 3-6 hit levels punch out 78
- 8 parts B to F 1-2-3: ½ T check R 1, touchdown 2, ½ T check L 3, down 4, circle to R 2xs 5678
- 8 continue 12 everyone punch R fwd 3 L up 4 R diag 5 L diag 6 L up 7 close 8
- 8 stand 1-4 step dig R L punch in out 5-8
- 8 pivots 1-3 (every other line): pivot push fwd 12 pivot hi V 34 continue 56 face L side 7 punch R fwd 8
- 8 contagion L to R; 3 step turn reach to bk 1-7 close 8
- 8 move to triangle with same arms
- 8 continue moving to triangle
- 8 step bk R reach up/dwn 12 head bk 3 up 4 bc out R 56 close 78
- 8 contagion F to B: windmill arms to face bk
- 8 contagion B to F: step bk w/ R, T arms 1-6 step on L and passé R fwd w/low, T, hi arms
- 8 squeeze in 1-4 levels 56 78
- 8 hd bk 1 up 2 L up 3 R up 4 L out 5 face 6 R out and look down L 7

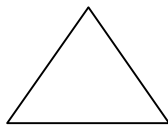
Formations: #1



#2



#3



“Girlfriend” by Avril Lavigne

Intermediate Pom 1:44



- 8 Beginning position in triangle with levels. Hold 1-4, groups rocket 5, low V 6, or 6 7, or 7 8.
- 8 cross R arm 1, diagonal 2, repeat L 3 4, groups rocket 5, close 6, or 6 7, or 7 -8.
- 8 cross pull to R 1 2, cross pull to L 3 4, arms over head hips 5-8.
- 8 triangle rolls/turns apart in opposition on 1-4, walk to two groups 5-8.
- 8 Group one- Indian arms with hip rolls R 1 2, L 3 4, pull downs R 5 6, L 7 8.
- 8 Group two- repeat
- 8 Arms up swing to R 1 2, swing L 3 4, group one circle 5, down clean 6, group

- Two repeat 7 8.
- 8 Walk to staggered lines facing back.
- 8 Line one front L on 1 2, line two on 3 4, step R cross R arm 5, cross L arm 6, Circle back 7 8.
- 8 Line one- arms up R leg out 1 2, turn over L shoulder 3 4, chane 5 6, calypso 7 8. Line two- start on 3 4.
- 8 Line two finish 5 6, R arm throw back 7, L 8.
- 8 Throw poms to floor 1 2, look forward 3 4, roll to get up facing back 5-8.
- 8 Three groups R to L. Rocket 1, jump out to second position 2, or 3 4, or 5 6. All punch to R 7, talk on phone 8.
- 8 Clean 1 2, three step turn in opposition 3 5, step 5, prep 6, C jump 7 8.
- 8 Land 1 2, T arms in opposition 3 4, arms over head step 5 6, step 7, jump together R or L arm up depending on line 8.
- 8 Move to files on 1-4, put poms down 5 6, step back 7 8.
- 8 Arms in T & 1 hold 2, R arm pushes over 3 4, step R 5, step L 6, flip wrist 7 8.
- 8 Step R 1 2, pivot side 3 4, face front T arms 5 6, wrap and lean L 7, lean R 8.
- 8 Prep 1 2, double 3 4, land 5, move to pick poms back up 6-8.
- 8 Continuing to move 1 2, pick up poms 3 5, Moving to triangle arm pumps R first 5, L 6, switch 7&8.
- 8 Arm pulls to R 1 2, repeat L 3 5, push R arm up look to L 5 6, switch 7 8.
- 8 Jump pulls R arm out 1, pull it in 2, switch L 3 4, circle arms behind head 5 6, low V to L 7, look front 8.
- 8 Groups on 1, 3, and 5. Feet pull together to side, arms up 1 2, release poms and head 3 4, turn on R shoulder to flat back 5 6 to levels 7 8.
- 8 Finish levels on 3 4, repeat arms from the beginning- rocket groups on 5, low V 6, or 6 7, or 7 8.
- 8 Cross R 1, diagonal 2, repeat L 3 4, rocket groups down 5, clean 6, or 6 7, or 7 8
- 8 R arm pull 1 2, L arm pull 3 4, arms over head hips 5-8.
- 8 Triangle rolls apart in opposition, move 5-8 to two groups.
- 8 Continue to move to groups 1-8.
- 8 Groups go at same time but in opposition. Step R arms up, step together arms in, repeat 3 4. Repeat opposite 5-8.
- 8 Arm swings R 1, L 2, R arm up relevé 5, drop arm release head 6, look up 7, Flick R leg back look L.
- 8 Arms low V step out to second 1 2, flat back over 3 4, groups to face each other-arms up, relevé 5 6, release back 7 8.
- 8 Ripple front to back diagonal. Flat back, pom to floor, 1-8.
- 8 Move to end triangle
- 8 Step out R, R arm low V, 1 2, repeat L 3 4, pivot front 5, side 6, dig R leg 7, R arm up 8, release to front 1.

Formations

1. XXXX 2. XXX XXX 3. X X X X 4. X X X 5. Same as #1
 XXX XXX XXX X X X X X X X

6. Same as #2. 7. Same as #1.

“Monkey Wrench” – by Michael Brown (Hal Leonard Corp.)

Int/ Adv Field Pom - Time 2:26



Begin in triangle facing back

8 hold 1-4 parts F to B (every count) step L turning F with arms low V 5-6-7 arms chest 8

8 parts R to L (every 2) R diag, chest, L diag, chest, T, chest rocket, close

8 continue parts 1-4 shake at chest 5-6 hips RL with wiper arms 7-8

8 pick up R to L – circle arms down R to up 1-6 R arm up 7 close 8

8 parts F to B (every 2) pivot RLRL arms low V to chest, step out R punching R down and across, punch L down across, low V with head down, high V

8 continue parts and start pickup – circle down crossing wrists 1-6 low V 7, close 8

8 chasse R to F 1-2 step L 3 jete 4 tuck 5-6 hit 3 levels 7-8

8 parts F to B (every 2) K arms to L, K arms to R, punch F, T, rocket, low V, high V, low V

8 continue parts 1-4 parts R to L (every count) R arm up looking L 5-7 switch 8

8 parts R to L (every count) R arm head with L arm down 1-4 stand 5-8

8 move to trapezoid (arms: shake 1-4 high V 5 chest 6 low V 7 chest 8)

8 move to trapezoid (arms: shake 1-4 high V 5 chest 6 low V 7 chest 8)

8 contagion R to L – reach R, open to R on waist L arm out, R knee popped

8 contagion L to R – push through chest to R arms low diagonal

8 contagion center out – chest to sunshine arms, recover

8 opposition every other line – 3 step turn 1-3 V arms 4 reverse 5-8

8 step L1 kick R 2 step R 3 close 4 wiper arms up L 5 up R 6 down L 7 down R 8

8 opposition every other line – chasse T arms 1-2 ball change rocket arms 3-4 reverse 5-8

8 close 1-2 pivot RL 3-4 step R arms F 5 step L low V 6 step R 7 passe L with arm T 8

8 step forward arms low V 1-2 high V 3-4 step R punch L across 5 low V L 6 punch R across 7 low V R 8

8 high V 1 T 2 low V 3 low V 4 “L” arms to L 5-6 “L” arms to R 7 close 8

8 move to 3 triangles (arms: shake 1-4 high V 5 chest 6 low V 7 chest 8)

8 move to 3 triangles (arms: shake 1-4 high V 5 chest 6 low V 7 chest 8)

8 parts R to L (every 2) walk R, walk L, X jump land with L behind

8 continue 1-2 unwind 3-4 R out to T 5 L out to T 6 R up 7 close 8

8 parts L to R (every 2) walk L with T check to R, walk R touchdown arms, walk L with T check to L, close

8 prepare 1-2 double turn 3-4 jump out 5-6 punch F crossing wrists 7 close 8

8 outside triangles move F, inside triangle move B – chasse R 1-2 step L 3 double tuck 4 land R 5 wrap arms to B 6 punch low V 7 punch low V 8

8 move to X (arms: shake 1-4 high V 5 chest 6 low V 7 chest 8)

8 move to X (arms: shake 1-4 high V 5 chest 6 low V 7 chest 8)

8 contagion center to points – punch in with outside arm, punch out to high diagonal both arms

8 contagion points to center – punch in to center both arms

8 contagion F diag to B diag – front half of X hit low V, back half hit high V

8 contagion F to B of X – arms chest to sunshine out

8 move to block (arms: shake 1-4 high V 5 chest 6 low V 7 chest 8)

8 move to block (arms: shake 1-4 high V 5 chest 6 low V 7 chest 8)

8 opposition every other line – punch out with T arm, close, reverse, close

8 parts R to L (every 2) punch L, open T to back, high V, low V, punch to R, open T to F

8 continue 1-2 parts L to R (every 2) rocket, close

8 walk LR to L 1-2 bounce arms low V 3-4 walk RL to R 5-6 bounce low V 7-8

8 opposition every other line – slow wipers to L 1-2 R 3-4 switch levels LRLR 5-8

8 windmill arms step R to B 1-2 muscle arms front of face 3-4 rock R with half T arms 5-6 tuck 7-8

8 parts B to F (every 2) stand punch R arm, recover 1-6 punch R up 7 switch L 8

8 move to diamond (arms: shake 1-4 high V 5 chest 6 low V 7 chest 8)

8 move to diamond (arms: shake 1-4 high V 5 chest 6 low V 7 chest 8)

8 hit levels 1-4 rocket 5 drop arms by levels 6-8

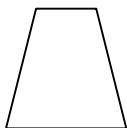
1 punch R arm up

Formations:

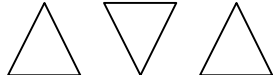
1) Triangle



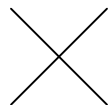
2) Trapezoid



3) Three Triangles



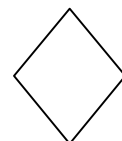
4) Letter X



5) Block



6) Diamond



“Uptown Girl” – by: Weezer

Adv. Pom – Time: 2:03



Begin in a staggered block in levels. First line in low knees, second and third in high knees, and fourth row standing. Focus is down.

8 – Hold 1-4, contagion lft to rt with circle arms 5-8.

8 – Continue contagion 1-8.

8 – Head up and high ‘V’ 1, bring in 2, high ‘V’ 3, break in on &, cross arms down 4, circle up to ‘T’ 5-6, high ‘V’ 7, arms down 8.

8 – Arms and head tilt to rt 1-2, switch to lft 3-4, arms on head 5, close arms 6, down and everyone tuck 7-8.

8 – 1st and 3rd lines contagion rolling up off of ground to lft side 1-8. 2nd and 4th lines roll up in contagion to rt side 1-8.

8 – Continue contagion

8 – Zipper contagion opening in diag and breaking back to side: 1st and 3rd contagion lft to rt. 2nd and 4th contagion rt to lt.

8 – finish contagion 1-2, everyone circles arms and step touch lft to rt 3-6, repeat to lft side 7-8.

8 – Finish step touch 1-2, turn around to front rt lft rt 3-5, step lft and prepare 6, double turn 7-8.

8 – Parts by lines front to back stepping out with rt arm at low diagonal on 1, 2, 3, or 4, everyone jumps together and lft arm and focus up 5-6, bring arm and focus down 7-8.

8 – Moving to 3 triangles: Shake poms 1-4, circle arms out 5-8

8 – Continue moving: Shake poms 1-4, rt arm and head tilt to rt 5, switch to lft 6, rt arm up 7, switch lft 8.

8 – Continue moving: Shake poms 1-4, circle arms out 5-8.

8 – Continue moving: Shake 1-4, rt arm and head tilt to rt 5, switch to lft 6, arms down 7-8.

8888 – Parts by triangles from lft to rt: 1-3-5: ‘L’ arms to rt 1-2, switch to lft 3-4, cross arms down 5-6, jump together and arms up 7-8. Ball change to rt with arms across in ‘T’ 1-2, step together 3-4, repeat to lft 5-6, step together to back 7-8. Step rt, lft 1-2, rt jete 3-4, step lft rt 5-6, ‘X’ jump with arms shooting out 7-8. Land with rt behind lft 1-2, switch to rt and circle arms around 3-4, finish groups 5-8.

8 – Slide down to ground 1-2, roll to side 3-4, kick rt lft and look front 5-6, roll up 7-8.

8 – Finish getting up 1-2, shake poms 3-8.

8 – Circle around and bent over 1-6, stand up to front 7-8.

8 – Repeat circle around

8 – Contagion lft to rt stepping out and bending over 1-8.

8 – Contagion front to back shooting arms up and over and bending over 1-8.

8 – Moving to block: Shake 1-4, circle arms out 5-8.

8 – Continue moving: Shake poms 1-4, rt arm and head tilt to rt 5, switch to lft 6, rt arm up 7, switch lft 8.

8 – Continue moving: Shake poms 1-4, circle arms out 5-8.

8 – Continue moving: Shake 1-4, rt arm and head tilt to rt 5, switch to lft 6, arms down 7-8.

8 – Step out lft with arms pressing out 1-2, step together 3-4, repeat to rt 5-8.

8 – Prepare 1-2, fouette turn 3-4, single turn 5-6, pose 7-8.

8 – Parts lft to rt on 1, 2, or 3: Turn to side with arms shooting out 1, open to ‘L’ 2, switch ‘L’ 3, shoot out to side 4, open to ‘T’ to front 5, tuck down 6, finish groups 7-8.

8 – Hold 1-4, hit levels of low knees, high knees, or standing from lft to rt 5-6, circle arms 7-8.

8 – Close arms 1-2, open 3, close 4, circle 5-6, close arms 7-8.

8 – Half ‘T’ 1, open to ‘T’ 2, break through to low ‘V’ 3, ‘T’ 4, high ‘V’ 5, hold 6, tuck 7-8.

8 – Hold 12, toe touch 3-6, stand 7-8.

8 – Moving to triangle: Shake 1-4, circle arms out 5-8.

8 – Continue moving: Shake poms 1-4, rt arm and head tilt to rt 5, switch to lft 6, rt arm up 7, switch lft 8.

8 – Continue moving: Shake poms 1-6, down 7-8.

8 – Parts from front to back on 1, 3, or 5: Rt arm at diagonal 1-2, lft arm out at side 3-4, lft arm across at low diagonal 5-6, close to ground at lft side 7-8.

8 – Finish groups 1-4, everyone roll up to rt side 5-8.

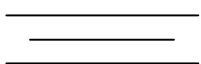
8 – Contagion front to back shooting arms up at touch down and shaking poms 1-8.

8 – Contagion back to front going into tuck 1-8.

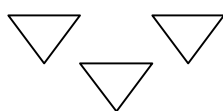
1 – Pose in levels: Low: low knees with rt arm and focus up, Med: high knees with rt arm and focus up, High: standing with rt arm and focus up

Formations:

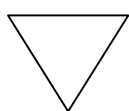
1. Staggered Lines



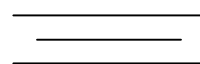
2. Three Triangles



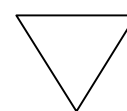
3. Big Triangle



4. Staggered Lines



5. Triangle



“What I Like About You”- by Lillix

Int. Pom - Time 1:47

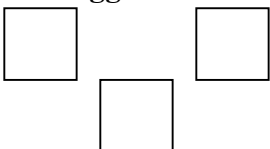


Beg. Pos: 3 groups. 2 side groups begin down in tuck, middle group starts up.

- 8 hold 1-4, hit levels 5-6, hold 7-8
- 8 switch arms 1-2, hold 3-4, prep 5-7, toe touch or drop 8
- 8 ripple from R to L roll to standing with poms up
- 8 diagonal 1, L pom in 2, push to R pom 3, switch 4, in 5, open 6, in 7, jump with L pom up 8
- 8 *move to new formation:* travel to block with claps 1-8.
- 9 continue to travel to block with claps 1-7, close to face R 8
- 8 step close with poms in opposition (done in files going opposite) 1-2, switch 3-4, switch 5-6, switch 7-8
- 8 L pom sweeps around front 1-4, prep 5, sissonne 6, land 7, hold 8
- 8 onto back 1-2, open 3-4, sit 5-6, z-sit 7-8 (low V and drop poms)
- 8 wrap (drop head back) 1-2, ripple onto R elbow from L to R 3-8
- 8 finish 1-2, lasso 3, index finger to front 4, grab poms 5-6, poms front 7-8
- 8 tuck 12 stand 34, shake poms from low V to touchdown 5-7, poms down in front to close 8
- 8 step 1-2, prep 3-4, double pirouette 5-6, step out 7-8
- 8 lean R or L 1-2, switch 3-4, swing with hips R,L, circle, pop 5-8
- 8 flick 1-2, step down 3-4, face back 5-6, step together arms up 7-8
- 8 *move to new formation while facing the back (parallelogram)* step touch poms low V and in 1-2, Repeat 3-4, repeat with arms in high V, 5-8
- 8 step 1-2, pivot to front 3-4 (punch R pom front), kick 5 step to cross 6 step L to open 7 hold 8
- 8 chaine R 1-2, step 3 cross 4 x jump 5 land 6 unwind 7-8
- 8 poms high or low diagonals R 1 switch to L 2 switch levels 3 switch to L 4, pick up by diagonals in 2 groups led by down diagonal circle 5-6 pick up 7-8
- 8 continue to pick up 1-2, 3-4, break arms down to close 5-6, guitar 7-8
- 8 *move to new formation (tight block)* shake poms and move
- 8 finish moving 1-3 jump out 4, body roll 5-8
- 8 In 3 groups 1-3-5: punch L 1, punch R 2, head back 3, down 4 (group 2 goes 3-6, group 3 goes 5-8)
- 8 ripple from back to front: snake up
- 8 swing arm to triplet R1-4, swing arm to triplet L 5-8
- 8 triplet front (arms wrap) 123, nod 4, three step turn to back 5-7 step 8
- 8 *moving to beginning 3 groups* face front 1, move 2-4 face front (arms in high V)5-6, circle 7, low V 8
- 8 in 1-2, L arm up 3-4, in 5-6, R arm up 7 prep 8
- 8 middle group: chaine high, low 1-4 axel 5-6, finish 7-8 Side groups: hold 1-4 chaine low 5-6 dr. pepper 7-8
- 8 middle group: hold 1-4, side groups: unwind 1-2 finish 2-4, All step L 5 kick 6 down 7 hold 8
- 88 *move to triangle* punch L up 1-2, switch 3-4, lasso 5-6, clean 7-8. Repeat.
- 8 In 3 groups (1,3,5) chasse 12 leap 3 down 4 (groups finish by 8)
- 8 hold 1-2, stand 3-4, tighten the triangle shaking poms 5-8
- 8 keep tightening 1-4, hit down 5-8
- 8 ripple front to back to lay back 1-4 close over 567 hit 2 levels (inner triangle up on knees, outer triangle sitting on knees)
- R pom up 8

Formations:

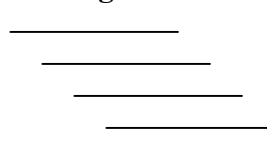
1. Staggered Boxes



2. One Big Box



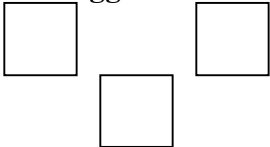
3. Diagonal Lines



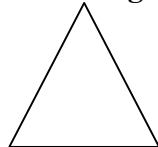
4. Tight Box



5. Staggered Boxes



6. Triangle



“Wind It Up” – by: Gwen Stefani

Int/Adv Pom – Time: 2:29



Start in 3 clumps, poms on floor: Clump 1 ankles crossed bent over; Clump 2 standing with knees in, shoulders over

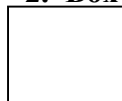
- 8 hold 1-4 “Wake up” and stand 5-8
- 8 swoop RL 1-4, circle to hip RL 56 knees in hd tilts out 7 up 8
- 8 grp 2: head tilt L 1 hold 2-8, grp 1: pop &1 prep 2 R straight leg turn 3 out 4 pop &5 “T” arms RL 67 arms up 8
- 8 grp 1: arms down head tilt 1 hold 2-8; grp 2 repeat grp 1 part
- 8 move to staggered block: shake 1-4 R arm circle out 2xs 56 rocket down 7 chest 8
- 8 continue moving with same arms
- 8 every other line parts 1-3: step out L cross “L” arms RL 12 over 3 continue 456 everyone swing up to ½ T and step in L to R 78
- 8 knees out punch fwd 1 in 2 R arm hi V/low V 34, 2 grps: punch up w/ L 5 or 6 jump to files &7 head nod &8
- 8 2 grps: hit hi V/low V 1 or 2 switch Vs 3,4 walk fwd LR swing R arm 56 step out L dust shoulder LR 78
- 8 2 grps 1-2: punch L 1 open T 2 punch L 3 close in 4 grp 2 close out to create staggers 5 everyone chaine to bk 67 arms up 8
- 8 contagion B to F: tuck frt 1-4 levels side to side 5-6-7 hold 8
- 8 F to B parts 1-3-5: Indian 1 headache 2 muscle 3 switch 4 headache 5 Indian 6 continue 78
- 8 continue arms 12 tuck 34 hit sitting/standing levels F to B 56 or 78
- 8 parts 1 or 2: teardrop arms-R up to shoulder, L chase R, T check R, open T, ½ T, elbows down, touchdown, arms push down
- 8 continue arms or up to knees 1 hold 2 contagion R to L: L arm hi/low V roll or turn to stand facing frt
- 8 continue contagion 1-4 repeat hi or low V 5 or 6 switch 2xs 78
- 8 prep single turn 1-4 walk to R 56 X jump 78
- 8 pop &1 prep 2 R straight leg turn 3 out 4 pop &5 “T” arms RL 67 arms up 8
- 8 move to triangle: shake 1-4 R arms circles 2xs 56 down 7 chest 8
- 8 continue moving with same arms
- 8 parts L to R 1-3-5: clock-face R punch 1, open to bk T 2, rocket 3, face side 4, close frt 5 continue 678
- 8 continue arms or start pickup: circle arms w/ hips 12 or 34 or 56 everyone 78
- 8 step bk RL (facing R diag) &1 muscle up/down &2 flex kick L punch down 3 arms roll up, L leg steps bk 4 contract bk 2xs 56 circle R and close feet 78
- 8 parts 1-2-3: punch up 1 continue 2-3 hold 4 prep 5 single turn 6 jump out with low V 7 in 8
- 8 parts L to R 1-2-3: step fwd L pitch kick R 12 land 3 turn to bk 4 step R and release 5 continue 678
- 8 parts B to F 1-3-5: passé fwd hi V/low V 1-6 bc fwd punch fwd 78
- 8 L to R body roll contagion
- 8 chaser contagions F to B punch up and tuck 1-4 step bk w/ R swing arms around to fwd rocket 5-8
- 8 unfold to 3 blocks: bent at waist, arms behind back 1-7 stand 8
- 7 shake poms and continue moving 1-6 close 7
- 8 bc LR flat muscle &1 pop &2 step 3 scoop L up 4 face R bounce down throw arms 5 up 6 releve reach up with L 7 pull L back shoulders fwd 8
- 8 step out low V 1 pop &2 step bk to face L side flat muscle arms 3 pop &4 face bk hands to hips 5 pop &6 step R 7 face frt kick L out 8
- 8 cross L pt R & punch 12 reverse 34 pitch kick 56 down 7 jump out 8
- 8 R punch in/out 12 L 34 shoulders bk LR 56 shake to close 78
- 4 RL up to hi V 12 knees in arms slice to low V 3 hold 4
- 8 squeeze in to tight block: shake 1-4 R arm circles 2xs 56 down 7 chest 8
- 8 chest isolations R bk L frt 1-4 oppositions up, up, down, down 56 78
- 8 bc fwd R arms circle up 12 step bk 3 close 4 heads 5-8
- 8 parts F to B 1-2-3: punch fwd 1, low V lean fwd 2 continue 3-6 punch bk 7 turn frt and throw pom 8

Formations:

1. Two Clumps



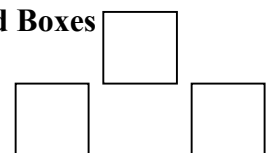
2. Box



3. Triangle



4. Staggered Boxes



“Move”- By Jennifer Hudson (Dreamgirls Soundtrack)
Int/Adv Pop Novelty - Time: 1:56

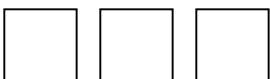


Beginning position is 3 groups facing back with right leg popped, hands on hip

- 8- hold (1-4) arm up (56) down (78)
- 8- outside groups shake, inside group chaine' jete right to ground
- 8- outside groups – step out R(12) L(34) step back r arms up, turn front(5-8) inside group – facing front, step out R(12) L(34) step back r arms up, turn back(5-8)
- 8- repeat 8 count
- 8- walk to triangle, hands on hips
- 8- push up walking front(1-4) release ball change R(5-8)
- 8- kick ball change R (1-4) ball change R release head, R arm(5-8)
- 2- sauté' R
- 8- step L, passé R(1-4) walk RL(56) push R(78)
- 4- step L(1) attitude push R(2) chasse' R(34)
- 8- step L(12) ball change R back release(34) releve-passe' R arms in “L”(56) prep(78)
- 2- pirouette (12)
- 8- jump to 2nd(12) open R arm(34) L(56) throw R(78)
- 2- throw L(12)
- 8- chasse in opposition, ball change- outside arms up(1-4) step walk back in (56)(78)
- 2- hi v- 2nd position(1) release head(2)
- 8- move to block, hand on heart(1-4) press R up(5) L(6) open arms(78)
- 8- continue moving, run low(1-4) hand on heart(5-8)
- 8-(1,3,5) parts F/B, chaine R, fan R to ground(1-4) land, roll up to knees(5-8)
- 8- lean back R arm out(12) L up(34) continue and finish (78)
- 8- roll up to R(1-4) step out R, sway R(5-6) L(78)
- 8- front sway R(12) L(34) swivel RLRL
- 8- parts F/B- A's kick R out, arms hi V(1) down(2) twist (34) pivot R(56)(78)
 B's pivot R(12)(34) kick R out, arms hi V(5) down(6) twist(78)
- 8- repeat
- 8- step R(12) passé L back(34) run (5-8)
- 8- jump 2nd arms hug(12) step L(3) front R passé'(4) step R(5) pop L leg(6) hip roll(78)
- 8- down on L leg(12) roll up leg(34) pop L arm(56) step L(7) kick R(8)
- 8- walk RL(12) throw front(34) roll L hip back(56) swing R arm(78)
- 8- walk to 3 groups with same arms
- 8- continue walking to 3 groups
- 8- 2 groups- outside – chasse' R(1-4) jete R(56) land (78)
 inside – hold (1-4) chasse R(5-8)
- 8- outside – roll up to front(1-8)
 inside – jete R(12) land(34) roll up (56) prep(78)
- 8- outside – push R(12) L(34) R back(56) turn(7) pose R pop(8)
 inside – fouette (1-4) attitude r(56) land(7) pose R pop(8)
- 8- everyone – hip up(12) down(34) step R(5) cut L(6) step L (7) passé R(8)
- 4- hold in passé
- 8- pony R in a circle
- 8- pony F/B/F/B
- 8- step dig R(1-4) L(5-8) with arm out to side
- 8- sways in opposition up or down(1-4) switch(5-8)
- 88- run to tight triangle to back
- 8- sway F/B (1-4) pose(5-8) in levels

FORMATIONS:

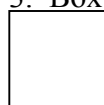
1. Three Groups



2. Triangle



3. Box



4. Three Groups



5. Triangle



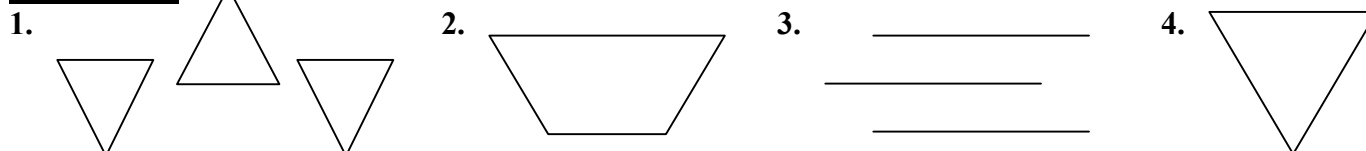
“I Want Candy” - Artist: Bracket
Int Novelty - Time: 1:53



Begin in three triangles in various levels and poses with head down.

- 8 Hold 1-3, head up and down &4, hold 5-7, various poses &, head up 8.
- 8 Opposition Parts (outside triangles-group 1/ middle triangle- group 2): Group 1- clap switches 1-2-3-4, parallel arm switches 5-6-7-8. Group 2- parallel arm switches 1-2-3-4, clap switches 5-6-7-8.
- 8 Move to rhombus formation (connecting 3 triangles) “Pop walk”—step back lt/ pop rt. 1, switch 2, switch 3, shoulders &4, continue “pop walk” 5-6-7, shoulders &8.
- 8 Parts Rt.-Lt. (1-3-5): pivot rt. with claps to face back 1-2, pivot to front with claps 3-4, reach arms out on releve 5-6, step back rt. hands on hips 7-8.
- 8 Continue parts and shake hips 1-3-5-7.
- 4 Swing rt. arm around and step lt. to face lt. 1-3, hips rt./lt. &4
- 8 Chaine rt. 1-2, muscle pose step rt. 3, step back lt. and push arms to pose with rt. foot flexed 4, close rt. to lt. wrapping arms around head to plie 5-6, jump to second 7, look lt. &, look front 8.
- 8 Jump together with low V flexed hands 1, head release &2, prissy walk forward (lt. hand on hip/ rt. hand flexed to low diagonal) step rt. 3, lt. 4, rt.5, lt. 6, step through rt. 7, flick &8.
- 8 Parts Rt.-Lt (1-3-5): Prep 1, saute leap 2, tuck to face rt. 3-4, continue parts 5-8.
- 8 Roll forward to knees 1-4, parts in two groups: sunshine arms and rise to high knees 5/7 or 6/8, sit on low knees 6/8 or 7/1.
- 8 Hold 1-2, shimmy and look forward on high knees 3-4, roll back to stand 5-7, look forward 8.
- 8 Prepare 1-2, double or single pirouette 3-4, jump to second 5-6, swing head to rt. 7-8.
- 8 Move to Staggered Block: Salsa w/ lt. with arms slicing to broken T 1-2, salsa rt. 3-4, walk 5-8.
- 8 Repeat and continue moving 1-8.
- 4 Various poses 1, hold 2-3, head down and up &4.
- 8 Passe rt. and swing lt. arm down and around 1-2, plie in second 3, up 4, parts Rt. to Lt.(5-6-7): close to face rt. with arms in low V flexed hands, pump shoulders &8.
- 8 Direction pushes to face back and swing arms 1-2-3, close to back 4, pencil turn to face front 5-6, hold 7, scuff rt./lt. &8.
- 8 Parts (outside groups/ inside group) 1-5: Group 1(middle group)--ball change back and release head 1-2, step rt. 3, lt. 4, rt. leap 5, step lt. 6, pivot rt. and throw arm 7, face back 8.
- 8 Group 1 (middle group) walk 1-8/ Group 2 (outside groups) continue parts, 1-4, walk to back 5-8 (making 3 staggered blocks).
- 8 Turn to face front lift to touchdown arms 1-2, shimmy shoulders 3-4, outside blocks—jump to face into each other and push arms out 5, jump out to second and hands on hips 6, look front 7, hips &8/ middle block—jump to face front and push arms out 5, jump out to second and hands on hips 6, look front 7, hips &8.
- 8 Outside Blocks—Face back in second position and parallel arms switches (down lt./ down rt./ up lt./ up rt.) 1-2-3-4/ Middle Block—Face front in second position and parallel arms switches (opposition) 1-2-3-4/ Parts Rt.-Lt. (5-6-7) jump to close with arms with hands on hips, shimmy shoulders &8.
- 8 Move to triangle (Freestyle claps in various levels and directions while walking) 2-4-6-8.
- 8 Continue to move “pop walk”—step back lt/ pop rt. 1, switch 2, switch 3, shoulders &4, continue 5-6-7, shoulders &8.
- 8 Step out rt. swing lt. arm up with flexed hands 1, switch rt. arm 2, switch lt. and pump arms 3&4, contagion rt.-lt. windmill arms to face lt. and plie hands on knees 5-7, look front 8.
- 8 Pivot rt. arms in T 1, face back 2, pencil turn to face front 3-4, tuck 5, drag into various levels and pose 6-7-8
- 1 Various poses with head up.

Formations:



“My Boyfriend’s Back” – by Bracket

Int/Adv Novelty - Time – 2:10



Beginning position, facing back in staggered block, foot popped, arms crossed

8 – hold 1-4, (1st row only) L leg swivels into passe’ 5, b/c back &6, step L 7, R kick 8

8 – (2nd row picks up) prepare 1-2, R double pirouette 3-4, (3rd row pick up) R arm up 5, hips R 6, L arm up 7, hips L 8

8 – (4th row picks up) b/c over &1, step out w/L 2, R kick b/c 3&4, soutenu’ w/hips 5-6, step out 7-8

4 – Adjust formation if needed 1-4

8 – R chasse’ forward 1&2, step L 3, R leap to the side 4, land 5, hold 6, L leg slides through 7-8

8 – (Parts by line on counts 1,2,3 and 4) pull legs together facing back 1, arms reach up 2, fall back 3, hold 4 as parts cont. 5-6, everyone holds 7-8

8 – R leg up 1-2, over to 2nd position 3-4, arms slide up legs 5-6, hips R 7, hips L 8

8 – (Parts on 1,3 and 5) circle arms around as L leg flicks 1, down 2, R kick b/c facing back 3&, prepare 4, R chaine’ turn 5-6, arms reach up 7, pose 8

8 – parts cont. 1-4, drag R foot around 5-6, walk front R-L as arms whip 7-8

8 – step out with R as R hand flicks 1-2, circle head 3, pop L leg and pose 4, prep 5 as arms cross at chest, R tilt kick 6, step front on R 7, snap 8

8 – walk to the back to 4 blocks starting on your L 1-4, turn front as arms push to low “V” 5-6, jump out to 2nd position and point forward 7-8

8 – cont. to move to 4 blocks as arms go up to a high “V” 1-2, R arm wraps around waist 3, L arm 4, bring arms up to shoulders 5-6, arms down by your side 7-8

8 – (in opposition) pivot on your R foot 1-2, repeat 3-4, arms circle head 5-6, shake shoulders 7-8

8 – jump with feet together as arms hug (everyone now facing front) 1-2, chasse’ to the R 3&4 as arms reach up then down, 3 step turn to the L 5-7, dig 8

8 – part 1-R arm circle backs 1-2, L arm 3-4, look at watch 5-6, head up 7-8

8 – everyone -pony with R arm up 1&2, switch 3&4, hips and arms L 5, swing R 6, swing L 7, swing R 8

8 –part 2-turn over R shoulder 1-2, shake 3-4, turn R shoulder 5-6, thumbs up 7-8

8 –everyone- pony with R arm up 1&2, switch 3&4, hips and arms L 5, swing R 6, swing L 7, swing R 8

8 – part 3step out with R 1, L dig with R arm in high “V” 2, reverse 3-4, wrap head and step R 5, dig L 6, step out to 2nd position as R arm points 7-8

8 – everyone- pony with R arm up 1&2, switch 3&4, hips and arms L 5, swing R 6, swing L 7, swing R 8

8 – part 4- R chaine’ forward 1-2, jump to 2nd position arms reach up 3-4, arms open 5-6, muscle man 7-8

8 –everyone- pony with R arm up 1&2, switch 3&4, hips and arms L 5, swing R 6, swing L 7, swing R 8

8 – (all facing front) pivot on your R foot 1-2, repeat 3-4, arms circle head 5-6, shake shoulders 7-8

8 – jump with feet together as arms hug 1-2, chasse’ to the R 3&4 as arms reach up then down, 3 step turn to the L 5-7, dig 8

8- move to triangle pony rlr

8- continue moving to triangle- hi v(12) wrap(34) shoulders(56) clean(78)

8 – (side groups) tuck 1-2, sit on L hip 3-4, roll wrist and shake shoulder 5-8

(front group) drag L as arms go up 1-2, prepare 3-4, R fouette 5-6, double pirouette turn 7-8

8 – (side groups) roll 1-2, kick R leg 3, L leg 4, roll to your L 5-6, hit levels 7-8

(front group) b/c R to back 1-2, roll over R shoulder 3-4, 5-6, pose 7-8

8 – everyone tucks 1-2, hit 3 levels 3-4, R arm pushes to a “T” with head tilt 5-6, L 7-8

8 – arms circle up 1-2, shake shoulders 3-4, contagion front to back rolling to stand up facing the bk 5-8

8 – contagion cont. 1-4, roll over R shoulder to face front 5-6, R foot steps out as hips shake with thumb

8 – monkey to the L with R arm up 1-2, switch 3-4, both arms circle up to the L 5, switch 6, circle around 7, dn to L knee 8

8 – (parts front to back on 1, 3 and 5) drag on R foot with arms in “L” 1-2, prep together 3, flick L foot 4 as arms reach up, L chaine’ forward 5-6, L b/c front as arms bowl 7-8

8 – R arm reaches up 1, close 2, parts cont. 3-6, step out as arms whip with hips 7-8

8 – (in opposition by lines) 3 step turn to the R 1-3, jump together arms in a high “V” 4, reverse 5-7, jump together with arms in a low “V” 8

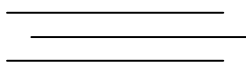
8 – (in opposition by line) jump together &1, clap up 2, back &3, clap down 4, jazz square R foot first 5-8

8 – move in 1-4, contagion front to back L arm reaches back 5-8

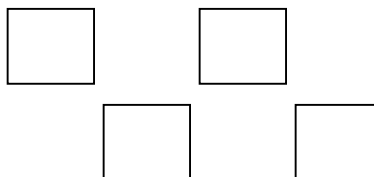
8 – contagion back to front into a tuck 1-4, contagion front to back as music fades reaching back.

Formations:

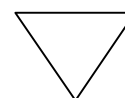
1. Staggered Block



2. Four Staggered Blocks



3. Triangle



“Blazing Saddles” – by: Doug Adams (Alfred Publishing)

Beg Field Kick - Time: 1:39



Begin in 3 lines with head is down and arms are by your side.

- 8 Hold 1-4, pose holding hat with lt. hand and rt. arm on hip on 5, hold 6, hookup 7-8.
- 8 Star Kicks: JKR to lt. diagonal 1-2, JKR center 3-4, JKL center 5-6, JKR to rt. Diagonal 7-8
- 8 JKL rt. Diagonal 1-2, JKL center 3-4, JKR center 5-6, close 7 hold 8.
- 8 Chasse rt. 1-2, ball change lt. 3-4, step lt. Flick kick rt. 5-6, step rt. flick kick lt. 7-8.
- 8 Repeat opposite direction, step close 7-8.
- 8 **Move to two staggered lines:** Blade Arms: Rt. arm low diagonal & lt. arm at hip 1-2, switch 3-4, circle slow 5-6, switch at hips rt. 7, lt. 8.
- 8 Repeat 1-4, arms down 5-6, hook-up 7-8.
- 8 Envelope kicks rt: JKR 1-2, passé rt. 3, close 4, JKR 5-6, close 7, hold 8.
- 8 Envelope kicks lt: JKL 1-2, passé lt. 3, close 4, JKL 5-6, close 7, hold 8.
- 4 **Make one line:** (step back or forward to close staggered lines) arms down step to together to make one line 1-2, hook up at back 3, hold 4.
- 8 Contagion (Rt. - Lt.): Passe' rt., point rt. with head tilt 1-8.
- 8 Continue contagion 1-6, close 7, hold 8.
- 8 Bow contagion (middle-out): arms down and bow at waist, every other person will go down in levels to high knees or step back rt. and stand, all will pose (rt. hand on hat and lt. on hip)
- 8 Parts Lt-Rt. (1-3-5): Rt. diagonal arms, switch to lt. diagonal 7, close arms by side 8.
- 8 Front group recover to stand 1-4, step back rt. 5-6, hook-up 7-8.
- 8 Around the World Rt: JKR to lt. diagonal, JKR center, JKR rt. diagonal.
- 8 Around the World Lt: JKL to rt. diagonal, JKL center, JKL lt. diagonal.
- 8 Cowboy kicks: jump to second position 1, prep 2, JKR 3-4, repeat JKL 5-8.
- 8 Repeat JKR 1-4, hold 5-6, un-hook 7 hold 8.
- 8 **Move to block:** Arms (blades): Rt. arm low diagonal & lt. arm at hip 1-2, switch 3-4, close 5-6, hook-up 7-8.
- 8 Continue walking hooked up on releve 1-6, close feet face front 7, hold 8.
- 8 Graduated Kicks: JKR low 1-2, JKL low 3-4, JKR waist 5-6, JKL waist 7-8.
- 8 Straight kicks: JKR high 1-2, JKL 3-4, JKR 5-6, close 7, hold 8.
- 8 Parts F-B (1-3-5): step back rt. & release head (still hooked-up), close and unhook 7, hold 8.
- 7 Levels (low knees, high knees, or standing) 1-4, head down 5, hold 6, pose (rt. hand on hat and lt. on hip) on 7.

Formations:

1. _____

2. _____

3. _____

4. _____

"Don't Stop" – by Jay Bocook/Will Rapp (Hal Leonard Corp)

Int. Field Kick – Time: 1:41



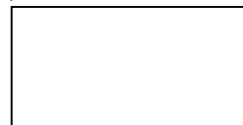
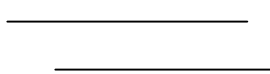
- 8 Facing back in Formation A, hold 1-4 line two tendu 5,6 line one tendu 7,8
8 (in 3 groups stage right to left; starting on 1, 3, and 5) step together 1,2 or 3,4 or 5,6 pivot 7,8
8 step kick 1,2 right chasse 3,4 leap 5,6 to floor 7,8
8 roll on floor 1,2 arms 3,4 stand 5,6 to one line (Formation B) on 7 hook up 8
8 jump 1 developpe 2 chasse 3,4 cross fourth pos. 5,6 passe 7 second to front 8
8 four straight kicks starting on right 1-8
8 right “around the world” kicks 1-6 left tendu back diagonal 7 left passe facing left diagonal 8
8 right jump fan 1,2 pas de bourre 3,4,5 prep 6 right kick 7 prep 8
8 (preps on even counts/kicks on odd) right kick/left diagonal 1, prep 2, right waist kick/right diagonal 3, right passé 4, right back chasse 5,6 twist 7, twist 8
8 (preps on even counts/kicks on odd) repeat previous 8 counts with left kicks
8 passe step out to Formation A (line 2 passe to back) 1,2 pas de bourre to lines facing in 3,4 step right/right “T arm” 5 cross left/left touchdown arm 6 step right/left arm reach across 7 step left across/left “T arm” 8 (moves to variation on Formation A)
8 step together/arms “high V” 1,2 chasse 3,4 step 5 “X jump” 6 touch turn 7,8 facing in (moves back to original Formation A)
8 step 1 step drag/arms up 2 move to Formation C 3-8 hook up on 8
8 (in 3 groups front to back) graduated kicks 1,2/3,4 line 2 continues low 5-8
8 line 3 continues low 1-4 waist 5-8
8 straight kicks 1-4 bow 5,6 up 7,8 (finishing in levels)
8 lines alternating sways 1-4 back to center 5-8
8 line three chaine 1,2 line two roll to standing 3,4 line one roll to standing 5-8
8 line three hit 1,2 line two hit 3,4 line one hit 5,6 step together/hook arms 7 bow 8
8 line two comes up/lines one and three stay over 1, 2 line two bows/lines one and three come up 3,4 line two comes up/lines one and three right fan 5,6 everyone right fan 7,8
8 step flick 1,2 step flick 3,4 right ball change 5,6 switch to back ball change 7,8
8 spin to back 1,2,3 hook arms 4 prep 5 right kick 6 prep 7 left kick 8
8 prep to back 1 prep to side 2 prep to front 3 right kick 4 prep 5 left kick 6 prep 7 right kick 8
6 close 1, 2 bow 3,4 hit ending pose 5,6

Formations:

A) Staggerd Lines

B) Straight Line

C) Box



“Music In Me” – by: Uniting Nations

Adv. Kick – Time: 2:11

Begin in three blocks in a triangular formation. There will be three groups going left to right. Music has a three count break at beginning that they will hold.



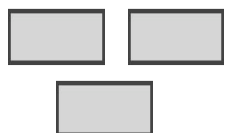
3 – Hold

8 – Parts by blocks throwing rt arm across chest 1, or 2, or 3, everyone jump together with ‘L’ arms 4, prepare 5-6, double turn 7-8.

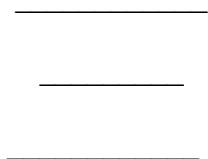
8 – Ball change with ‘T’ arms 1-2, chaine to lft with arms wrapped on chest 3-4, ball change 5-6, step rt 7, cut rt foot with high ‘V’ arms 8.

- 8 – Ball change with arms at lft diagonal 1-2, step rt 3, tour 4, walk rt lft 5-6, temps de fleche 7-8.
- 8 – **Move to formation #2:** Touch rt 1, walk 2-4, rt arm at chest 5, down 6, lft arm at chest 7, up 8.
- 6 – Contine moving: Present arm down and look lft 1-4, arms and head down 5, hook up and look up 6.
- 8 – 1st and 3rd lines contagion lft to rt with rt leg passé and touch across 1-8. 2nd and 4th lines contagion do same but rt to lft with lft leg 1-8.
- 8 – Lines in opposition: grapevine 1-4, twist 5, twist 6, ball change 7, rt or lft kick with head tilted 8.
- 8 – Step out 1, passé to center 2, chasse in 3-4, walk in 5-7, turn and close to front 8.
- 8 – Straight kicks: JKR, JKL, JKR, JKL 1-8.
- 8 – Lines in opposition: 1st and 3rd lines fan rt, lft, rt 1-6, ‘X’ jump 7-8.
2nd and 4th lines fan lft, rt, lft 1-6, ‘X’ jump 7-8.
- 8 – Jump touch with rt across 1-2, repeat with lft 3-4, jump kick rt, lft 5-8.
- 8 – Jump touch with lft across 1-2, repeat with rt 3-4, jump kick lft, rt 5-8.
- 8 – **Move to formation #3:** Arms down 1-2, both arms up 3-4, open and present 5-8.
- 8 – Continue moving: Arms up 1-4, open and present 5-6, hook up 7-8.
- 8 – Circles in opposition: Outside circle bow contagion rt to lft 1-8.
Inside circle bow contagion lft to rt 1-8.
- 8 – Continue contagion 1-4. Outside circle rt chaine into center 5-6, ball change with low ‘V’ 7-8. Inside circle rt chaine out 5-6, ball change with high ‘V’ arms 7-8.
- 8 – Outside circle pivot rt 1-2, walk 3-4, face front and blade hook up 5-8.
Inside circle pivot 1, together 2, walk 3-4, face front and blade hook up 5-8.
- 8 – Circles in opposition:
Outside circle grapevine lft 1-4, cross touch lft 5-6, cross touch rt 7-8.
Inside circle grapevine rt 1-4, cross touch rt 5-6, cross touch lft 7-8.
- 8 – Circles in opposition:
Outside circle twist lft 1, twist rt 2, step rt 3, flick lft 4, step lft 5, flick rt 6, walk 7, close 8.
Inside circle twist rt 1, twist lft 2, step lft 3, flick rt 4, step rt 5, flick lft 6, walk 7, close 8.
- 8 – Outside circle JKR, JKL, JKR 1-6, hold 7-8.
Inside circle hold 1, JKR, JKL 2-7, hold 8.
- 8 – **Move to formation #4:** Hold 1-2, lft arm at chest 3, up 4, present and look lft 5-8.
- 8 – Continue moving: Rt arm at chest 1, down 2, lft arm at chest 3, up 4, present and look lft 5-8.
- 8 - 3 groups: 1st – ball change with rt arm 1-2, brush jump 3-4, chaine 5-6, prep 7, sauté 8. 2nd – hold 1-2, ball change with rt arm 3-4, brush jump 5-6, chaine 7-8. 3rd – hold 1-4, ball change with rt arm 5-6, brush jump 7-8;
- 8 – 3 groups continue: 1st – hold 1-4, pas de bourree 5-6, hips and arms 7-8. 2nd – prep 1, sauté 2, hold 3-4, pas de bourree 5-6, hips and arms 7-8. 3rd – chaine 1-2, prep 3, sauté 4, pas de bourree 5-6, hips and arms 7-8
- 8 – Flick rt with arm 1-2, coupe to back with ‘T’ arms 3-4, pose to front on 5, or 6, or 7, close to front 8.
- 8 – **Move to formation #5:** Arms up 1-4, open and present 5-8.
- 8 – Continue moving: Repeat arms 1-8
- 8 – Continue moving: Repeat arms 1-8
- 8 – Graduated kicks: rt low 1-2, lft medium 3-4, rt lft high 5-8.
- 8 – Star series: Jump kick rt to corner 1-2, rt to front 3-4, lft to front 5-6, rt to corner 7-8,
- 8 – Lft to rt corner 1-2, lft to front 3-4, rt to front 5-6, lft to corner 7-8.
- 8 – Bow contagion from center out into levels. Low sit on knees with arms in low ‘V’.
High stand with rt leg in dig and arms in high ‘V’.

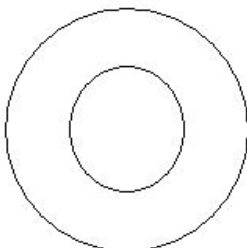
Formation 1



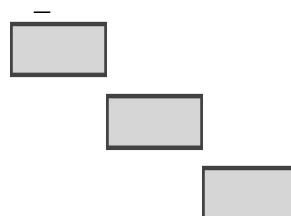
Formation 2



Formation 3



Formation 4



Formation 5



“James Bond” - by Fusion Sound

Beg Pop Military – Time: 1:54



Begin facing back in a Triangle
Groups front to back

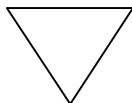
- 8 Group 1 – Step rt/ shoot up in a rocket 1-2, front 3, break close &4(low knees 5-8), Group 2 Start 5-6, front 7, close &8(high knees 1-4)
- 8 Group 3 Start 1-2, front 3, close &4(standing), Everyone rt arm 5, open 6, levels flex 7, close &8
- 8 Diagonals rt in parts front to back - &1, &2, &3, Everyone hold 4, rotate to shoulder 5, switch 6, together 7, open low v 8
- 8 Hips 1, rt box2, left box 3, shoot out rt front 4, open hands 5, flower rt to left 6-7, close to rt foot 8
- 8 Levels stand – shoot up 1-2, close 3-4, step left 5, front shoot out , back to side 7, close 8
- 8 Rotate triangle to the rt- making an inverted triangle 123, look front 4, 567, look back to side 8
- 8 Fall into a block facing front hands on hips 1, wrap waist 2, level Indian 3, hands to head 4, back to level 5, back to waist 6, hips 7, close 8
- 8 Outside opposite directions – both arms diag. 1, look front &, hold 2-3, low diag 4, middle 5, hold 6, left diag 7, close T 8 Center group – Center rocket 1, look &, hold 2-3, look down 4, front 5, hold 6, look 7, close T 8
- 8 Shoot front to knees 1, hold 2, close 3-4, hi v or low v flex 5, middle flex 6, opposite high v or low v flex 7, unflex hands 8
- 8 Lines 1&3 – arrows both arms high diag left, break rt 2, switch 3,close rt low Diag 4, low v 5, close left diag low 6, break 7, switch 8 Lines 2&4 – opposite arrow both arms rt, break left2, switch 3, close left high diag 4, high v 5, close high diag 6, break 7, switch 8
- 8 Lines 1&3 – close rt 1, open high v 2, flex 3, close &4, stand 5-8 Lines 2&4 – Close left 1, open low v 2, flex 3, close 4, hold 5-8
- 8 Start 1 or 3 - left flex 1 or 3, break 2 or 4, back 3 or 5, open T flex 4 or 6, Everyone plie/blades 7, close 8
- 8 Moving to Trapezoid – Rt hand to left low diag 1, rt to high diag 2, left to low diag 3, high v 4, circle 5, up high v 6, rocket close 7, close & 8
- 8 Repeat arms
- 8 Step rt low flex 1, hold 2, passe/left hi flex 3, hold 4, parts turn rt push out 5 or 6 or 7 or 8
- 8 Parts 1 or 5 – open break /look 1 or 5, close back rt arm 2 or 6, In ½ T 3 or 7, close 4 or 8
- 8 Step opposite directions(divide trapezoid left/rt side) – rt side step left foot shoot front 1-2, back to side 3-4, left side opposite – step rt 5-6, turn left side 7-8
- 4 Rocket 1-2, flower to side 3-4
- 8 Contagion corner to corner – Rocket to the left down
- 8 Contagion scoop to right knees
- 8 Contagion Standing T
- 8 Everyone circle 1-3 opposite directions, close 4, head roll 5-8.
- 8 Move to Triangle – arms: Rt hand to left low diag 1, rt to high diag 2, left to low diag 3, high v 4, circle 5, up high v 6, rocket close 7, close &8.
- 8 Repeat above 8 count.
- 8 Levels & parts 1-3-5- pray to knees 1-3-5(this group stays standing), front 2-4-6, close to Indian 3(to low knees)5(to high knees)7(standing), box 4-6-8, hand 5-7-1, flip 6-8-2, hand to head 7-1-3, open 8,2,4,
- 8 Con’t – High V 1-3-5, chaser arms rt 2-4-6, left 3-4-5, together wrist 4-5-6, open low v 5-6-7, close 6 (7,8) arm R 7, 8,1
- 8 (back group Con’t close 1-2) Start V’s outside group start 3, Inside start 5, Center group 7, - pray, rocket, High V, Close, Pray, Down
- 8 Con’t - open low v, close, hips, close
- 8 Outside V tuck 1-2, Inside tuck 3-4, back V tuck 4, Everyone roll to the back 5-8
- 8 Head back to audience Outside v 1, Inside 2, Back 3, Everyone head facing back on 4, roll to a tuck facing front 5-8
- 6 Back group rocket up 1-2, Inside 3-4, Outside 5-6
- 2 (fades) Everyone flowers to side close head facing down or you can contagion flower.

Formations:

1. Triangle



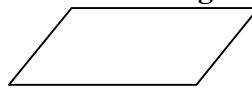
2. Triangle



3. Block



4. Parrellelogram



5. Triangle



“Twilight Zone” by 2-Unlimited
Int / Adv Military – 1:48



Beginning formation – 3 separate triangles

2 – Hold

8 – Middle triangle start 1 / outside triangles start 5 (walking to one triangle) – parallel chops forward

1-2, L box 3, Indian arms 4, T 5, T 6, circle R arm down 7, L arm 8

4 – Outside groups finish 1-4 (middle triangle hold)

8 – Jump out 1-2, roll back 3-4, flat back 5-6, close 7, hold 8

8 – Groups 1,3,5 LR – Group 1: step back L diagonal both arms 1, bow and arrow 2, switch 3, close low R diagonal 4, reverse to back 5, switch 6, upper R diagonal 7, open front to high V 8

8 – Cont 1-4, broken V 5, cross 6, open low V 7, circle close 8

8 – Parts 1, 2, or 3 – R head L hip 1, switch 2, both hands on head 3, bow 4, tuck 5, levels 6, 7, or 8

8 – R straight up 1, switch 2, together 3, high V flexed 4, broken V 5, cross 6, low V flexed 7, close 8

8 – pick up front to back – low knees pray 1, high knees low V 2, step up R diagonal 3, stand and switch diagonal 4, step out R high V 5, hold 6, R to ear & 7, L to ear & 8

8 – L arm low diagonal R on shoulder 1, switch 2, close down 3, invert up 4, Indian 5, box 6, circle 7, close 8

8 – Moving to staggered lines – circle R 1-2, L to hip &, close 3, R to hip &, close 4, circle L 5-6, R to hip &, close 7, L to hip &, close 8

8 – Continue moving – R to opposite shoulder 1, L 2, lift elbows 3, down 4, L low V 5, R low V 6, wrap stomach 7, close 8

8 – Groups 1, 3, 5 – Indian 1, step out R 2 (R on head L around stomach), plie’ open arms 3, switch 4, stand 5 (L on head R around stomach), clip back Indian arms 6, turn back 7, plie’ 8

8 – Push back to floor 1-2, cont 3-7, open straddle 8

1 – hold

8 – Odd lines: pull up R knee 1-2, L knee 3-4, both knees 5-6, close legs and lay down 7-8

Even lines: pull up L knee 1-2, R knee 3-4, both knees 5-6, close legs and lay down 7-8

8 – Pull both knees up 1-2, (parts 3, 4, 5, or 6) R leg and R arm straight up 3, cross leg over hand to ear 4, cont 5-7, hold 8

8 – close 1-2, 1st and 3rd lines – R arm up L leg down 3

(2nd and 4th – L arm up R leg down), everyone switch 4, 1st and 3rd lines pull close 5-6, 2nd and 4th close 7-8

8 – groups L to R 1, 3, or 5 – Z sit low V 1-2, high knees push front 3-4, stand up cut arm R 5, close 6, cont 7-8

8 – cont 1-2, step out plie’ L check flexed 3, switch and stand 4, circle 5, close L push arms out 6, pull to front 7, flower 8

8 – moving to files – flower 1-2, switch 3-4, touchdown 5, down 6, repeat 7-8

8 – Group 1 – needle to L foot 1, R foot 2, up R diagonal 3, L 4, hold 5, L diagonal 6, T 7, flex diagonal close 8

Group 2 – needle to upper R diagonal 1, L diagonal 2, down to L foot 3, R foot 4, up to R 5, R diagonal 6, T 7, flex diagonal and close 8

8 – Moving to triangle – repeat previous moving arms

8 – Continue moving with arms

8 – tuck 1-2, levels 3-4, K arms L 5, front 6, K arms R 7, L arm front hand flexed down R arm behind head 8

8 – open to L side 1, R low V L arm behind head 2, (parts 3, 5, 7) R arm 3, box 4, R broken T 5, switch 6, half T 7, parallel 8

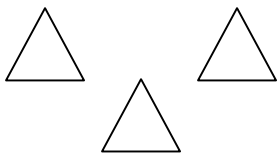
8 – check R 1, switch 2, circle R arm 3, flexed low V 4, cont. 5-8

8 – tuck ripple 1-4, stand circle L arm back 5-8

8 – tuck to knees 1-4, lean back 5-8

Formations:

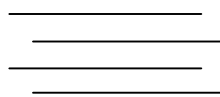
1. Staggered Triangles



2. Triangle



3. Staggered Lines



4. Block



5. Triangle



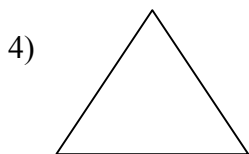
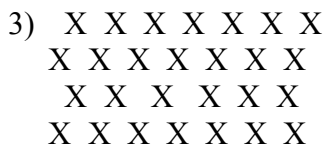
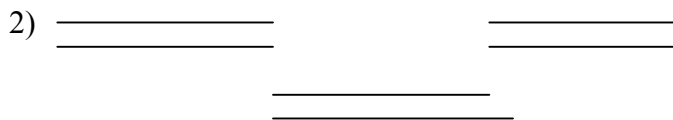
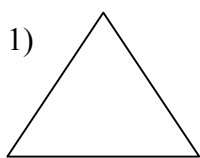
“Temptation” – by: Jerry Burns (Alfred Publishing)

Int Field Military – Time: 1:40



Beginning formation triangle in three levels head down

- 8 hold 1, arms present 2-4, cross at chest 5, group 1- L diagonal 6, group 2- 7, group 3- 8
- 8 high V 1, invert 2, cross at wrist 3, low V 4, pray 5, T 6, pray standing up on L leg 7, recover 8
- 8 R check mark 1, switch 2, V 3, pray rocket 4, outside diagonal front 5 open hands & 6, inside diagonal forward 7, open & 8
- 8 out side diagonal pivot 12, inside diagonals 34, continue 56, close R arm up 7, L 8
- 8 contagion R to L circle arm to low diagonal 1-4, switch 5, meet 6, “K” 7, V 8
- 8 chaser R1, L2, cross 3, V4, pocket 5, close 6, pocket 7, down 8
- 8 move to three staggered lines pray 1, invert 2, low rocket 3, low V 4, R to chest 5, L 6, low V 7, close 8
- 8 continue moving repeat arms
- 8 outside formations face front, middle formations face back push back L 12, point L leg press to floor 34, tuck 56, sit up front arm up 78
- 8 contagion: F to B sit and salute on hip 1-8
- 8 recover 12, stand 3, front 4, L diagonal 5, L in 6, R in 7, switch 8
- 8 open to R diagonal 1, high V 2, rocket 3, press 4, open elbows 5, in 6, front 7, close 8
- 8 three groups R to L cross at wrist 1, switch 2, R “L” 3, switch 4, L arm circles around 56, hold 78 Group2- 3- 8 Group3- 5-2
- 8 continue 12, circle L arm in 34, R low wiper 5, L 6, circle at elbow 7, recover 8
- 8 moving to staggered block indian 1, box 2, back 3, R up 4, close 5, R side 6, L side 7, close 8
- 8 repeat arms 1-8
- 8 tuck 12, hit three levels 34, level 1 present 5, middle 6, standing 7, close 8
- 8 3 groups R to L -R in 1, chase up 2, R front L up 3, L front R side 4, “T” 5, ½ “T” 6, elbows in 7, recover 8
- 8 continue 1-4, R arm out L in chest 5, both up 6, switch 7, L into ½ “T” 8
- 8 seat belt L leg up 12, stand R diagonal 34, break through to high or low V 56, switch 7, close 8
- 8 move back to triangle repeat beginning arms pray 1, invert 2, low rocket 3, low V 4, R to chest 5, L 6, low V 7, close 8
- 8 repeat
- 8 2 groups pivot (every other line) L arm to shoulder, 12, pivot 3, R up 4, or 3-6, R circles 7, out 8
- 8 clock meet 1, “L” 2, switch 3, meet 4, “T” 5, recover 6, down to 3 levels 78
- 5 continue 12, break through to low V 3, present 4, up 5



“Superman Theme” – Mike Story (Alfred Publishing)
Beg/Int Field Military – Time: 2:02



Intro-tight diamond

8 hold

8 hold 1-4, high V arms hit 5, break/head down &, straighten/head up 6, hold 7,8

8 close arms 1,2, L arm high V/R arm hip/head look L 3, hold 4, head circle down/R/hit back L 5-8

4 salute/L arm 1,2, switch to R salute 3, close arms 4

8 ripple fountain arms/front to back 1-4, standing up L 5, R 7, close 8

8 transition to square, spread out: break through shoulder R arm &, straight out 1-3, drop 4, switch it L & 5, hold 6 - 7, drop 8

8 break through shoulder both arms &1,2, “T” 3-6, close 7 hold 8

8 parts: (ball change back/high V or ball change front/low V) out &1,2, in to pray &3,4 switch 5-8

8 parts: start low R pocket/L low V or High L salute/R high V 1, switch 2,3,4, break low or high &5, slow raise/lower to superman arms 6-8

8 step out R, R arm crossed high 1,2, 2nd position front/high V 3,4, switch L arm crossed high 5,6, L salute and close L to R 7,8

8 scan horizon with L/R to L 1-4, R breakthrough to meet L 5, R open to “T” 6, close 7, hold 8

8 transition to clumps: wrap arms/palms out/head L 1,2, close arms/head forward 3,4, T arms/L broken in/head R 5,6, close/head forward 7,8

8 T arms/R broken in 1, pull arms up 2, switch 3, push down 4, cross arms to shoulders 5, present 6, open to T 7, close 8

8 step R/L arm up 1, pivot to back/switch R arm up 2, close R to L 3,4, step R back 5,6 (Left to Right, group 1: go 1, pose 7, group 2: go 3, pose on next 1, group 3: go 5, pose on next 3)

8 finish poses 1 & 3, everyone rocket/close feet 5, prep to stunt 7

8 plié 1, lift 3, plie 5, close 7 (center out, group 1: go 1, finish 7, group2: go 3, finish on next 1, group 3: go 5, finish on next 3)

8 finish stunts on 1, or 3, everyone: step L forward 5, R high kick/high V 6, close arms/step R 7, close L to R 8

8 walk to pinwheel 1-4, close in pinwheel position 5, R hand to small of back/L arm to center/head L 7

8 walking in pinwheel, R drag 1,2, L drag 3,4 walking 5-8

8 spreading out to lines for orange slice, arms come up to “T” 1-6, close 7

8 releve 1, tuck 2, hold 3,4, hook up 5,6, hold 7,8

8 jump out to orange slice stunt 1-8 (high kick spacing, center: out in 2nd, “T” arms, middle: angled, feet into center, outside: side plank position, feet into center)

8 jump back to tuck 1, shoot to standing/R fist to hip/L arm high V 3, head circle 5-8

8 transition to 3 lines: jump to close 1, walking 3, high V 5, close arms 7

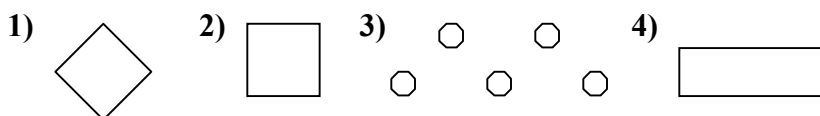
4 walking: high V L1, R2, roll in 3, to close 4

8 parts: rocket/step L out 1, R fan/arms “T” 2, arms close/2nd 3, pencil turn to back/L close to R 4 (right to left: group 1: go 1, finish 4, group 2: go 3, finish 6, group 3: go 5, finish 8)

4 contagion left to right: shoot forward on R, chest open to L, diagonal arms: L high/R low

8 swoop L down to meet R/close L to R 1, arms level: low V(front)/“T”(middle)/high V(back) 3, cross arms to shoulder 5, present 6, close in a bug(front/middle) or tuck(back) 7

1 pose: level (front – low knee, middle - high knees; back - standing) R fist to hip/L high V/head look L



“Conga” – by Roland Barrett (Matrix Publishing)

Int. Streamer (Prop) Jazz – Time: 2:23



Begin in a staggered block. Everyone is facing the back with focus down and right foot in a dig.

2 – Hold

8 – Hold 1-4, rt foot out with rt arm wrapped 5, look rt and sit 6, switch hips and rt arm out 7, look lft 8.

8 – Hold 1, arabesque 2-3, chasse 4-5, step lft 6, ball change with rt arm up 7-8.

8 – 3 groups left to right start 1,3,5: chaine 1-2, rt arm up 3, lft arm up 4, down to ground 5-8

8 – Finish groups out 1-2, everyone roll up 3-7, pose 8.

8 – Hold 1, plie 2, small rt kick 3, step out 4, walk 5-8.

8 – Move to formation #2: rt arm drag up 1-2, lft arm drag up 3-4, open and present 5-8

8 – Continue to moving to formation: repeat but bring arms down 5-6 and pivot to back 7-8.

8 – 3 groups left to right: 1, 3, 5: step lft, rt with ‘L’ arms and 1, hold 2, step lft to front 3, step 4, turn 5-6, prepare 7-8.

8 – Finish groups out 1-4, rt chaine 5-6, step rt 7, ball change with salsa arms 8

8 – Finish ball change 1, step 2, turn back 3-4, chasse with ‘T’ arms 5-6, turn front 7-8

8 – Circle arms contagion from front to back 1-8

8 – Pose front 1-2, dig rt 3, dig lft 4, ball change 5-6, turn to back and wrap arms over head 7-8.

8 – press 1, release and look at arms in ‘L’ 2, lft chasse 3-4, rt jete 5-6, step 7, close 8.

8 – Move to formation#3: rt arm drag up 1-2, lft arm drag up 3-4, open and present 5-8

8 – Continue moving to formation: repeat same arms

4 – Ball change with arms out and head released 1-2, step together and wrap arms 3-4

8 – Pick up step from lft to rt:

First block ball change forward with arms pressed down 1-2, ball change back with arms 3-4, middle block picks up with ball change forward 5-6, ball change back 7-8.

8 – Pick up step continues:

Rt block picks up with ball change 1-2, ball change back 3-4, turn around and step with salsa arms 5-8.

8 – Same 3 groups from previous section on 3, 5, or 7:

1st group: Hold salsa pose 1-2, ball change with arms over head 3-4, rt kick 5, step out 6, step lft 7, rt foot back with arms wrapped 8.

2nd group: Hold 1-4, ball change with arms over head 5-6, rt kick 7, step out 8.

3rd group: Hold 1-6, ball change with arms over head 7-8.

8 – Continue same groups:

1st group: Switch feet and keep arms wrapped and 1, step lft arms down 2, ‘X’ jump 3, turn to back 4, rt chasse 5-6, step lft 7, half tour to front with arms up 8.

2nd group: Step lft 1, rt foot back with arms wrapped 2, switch feet and keep arms wrapped and 3, step lft 4, ‘X’ jump 5, turn to back 6, step rt 7, step lft 8.

3rd group: rt kick 1, step out 2, step lft 3, rt foot back with arms wrapped 4, switch feet and arms wrapped and 5, step lft 6, ‘X’ jump 7, turn to back 8.

8 – Continue groups:

1st group: Step lft out 1, ball change with rt arm out 2-3, step rt 4, step lft 5, rt jete 6, step 7, pose 8.

2nd group: half tour to front 1, step lft out 2, ball change with rt arm out 3-4, step rt 5, step lft 6, rt jete 7, step lft 8.

3rd group: Step rt 1, step lft 2, half tour to front 3, step out lft 4, ball change with rt arm out 5-6, step rt 7, step lft 8.

8 – Finish out group work 1-4:

1st group: hold 1-4, shake 5-8.

2nd group: Pose 1-2, hold 3-4, shake 5-8.

3rd group: Rt jete 1, step lft 2, pose 3, hold 4, shake 5-8.

8 – Pose with lft arm wrapped on stomach and lft wrapped on shoulder and head released 1-2, pose with arms up and feet together on releve 3-4, pose to back with rt arm wrapped on stomach and lft arm out and look at arm 5-6, sit in rt hip with arms over head 7, switch to left and flip wrists 8.

8 – Switch to rt and flip wrists again 1, roll down to ground 2-6, come onto lft knee with rt leg out and ‘T’ arms 7-8.

8 – Arms and focus up 1-2, press arms to rt and focus follow arms 3-4, roll to other side 5-6, look at audience over shoulder 7-8.

8 – 3 groups lft to rt: 1, 3, 5: roll to bk with legs straight up 1-2, bend legs and roll up 3-4; continue groups 5-8.

8 – Finish out groups 1-2, everyone look front 3-4, ball change with rt arm 5-6, close to front 7-8.

8 - Move to formation #4: rt arm drag up 1-2, lft arm drag up 3-4, open and present 5-8.

8 – Continue moving to formation: Repeat same arms.

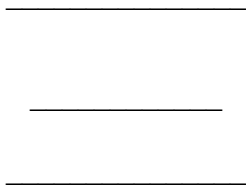
8 – Circle arms and step touch 1-2, step 3, together and ‘T’ arms 4, step 5, prepare and arms at chest 6, rt kick with ‘L’ arms 7, step 8.

8 – Step 1, close 2, pivot to back 3-4, walk rt 5, lft 6, 1st group walk back 7-8.

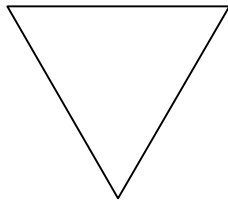
8 – 3 groups lft to rt: 1,3 5: ‘T’ arms on releve 1, wrap to front 2, together and rt arm up with focus up 3, tuck down 4, continue 5-8.

4 – Everyone stand in second to rt side 1-2, ‘T’ arms to back on releve 3, pose to front with lft arm on hip and rt arm over head 4.

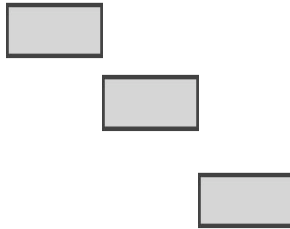
Formation #1



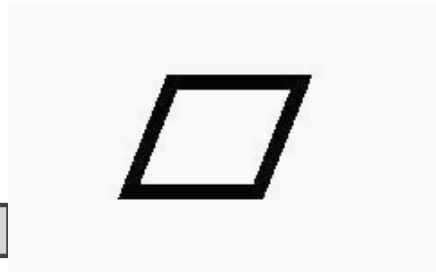
Formation #2



Formation #3



Formation #4



Jump N Mix” – by: Various Artists

Int. Prop (jump rope) – Time: 2:00



Start in three boxes two in back one in front

Intro-front box toe touch

8 front- hold 1-8 side #1 walk 1-4 romb 5-6 land 7-8 hold 1-2 turn to back 3-4 swing over head to side 5-6 back center 7-8

8 front jump showcase switch sides 1-2 center 3-4 roll to pony in sections 5-8

8 front group drags back to formation 1-4 pick up pony 5-8

8 step rt 1 touch down or up 2 left 3 touch 4 hips 5-6 hips 7-8

8 body roll down to rt 1-2 jump out rope over head 3 rope behind head 4 noodle legs 5-6 noodle legs 7-8

8 move formation #2 pony 1&2 pony 3&4 walk 5-8

8 moving jump 1-2 jump 3-4 walks 5-8

8 step ball change (cha cha) rt or left 1-2 recover 3-4 switch 5-6 recover 7-8

8 parts front to back (1-3-5-7) step kick 1-2 turn to tuck 3-4 group #2 and #3 3-4 or 5-6 group #4 a C jump 7-8

8 cont parts turn and tuck 1-4 open knees with rope overhead 5 close 6 open 7 close 8

8 pick up shimmy across formation front 1-2 side 3-4 back 5-6 rt. side 7-8

8 parts by /s (1-3-5-7) jump rope push up to rt. side 1 down 2 left 3 down 4 big circle 5-6 big circle 7-8 8 cont groups 1-8

8 parts front to back chaine 1-2 chaine 3-4 jazz walks 5-8

8 dip shoulders pick up 1-8

8 step back rt. leg push rope front 1-2 hips 3-4 PBR turn 5-6 arms over head releve 7 left side prep 8

8 leap 1-2 hold 3-4 toe raise ripple 5-8

8 cont. toe raise 1-2 group #1 push rope around front 5-6 behind head 7-8

8 group #2 push rope 1-2 behind head 3-4 swing rope and jump front 5-6 back 7-8

8 cha cha rt or left 1-2 recover 3-4 switch 5-6 recover 7-8

8 move to block rope front 1-2 switch 3-4 prissy walk 5-8 cont.

8 moving 1-8

8 flex foot rt. front 1 back 2 front 3 back 4 open 5 close 6 open 7 close to tuck 8

8 (two groups) front- fast jump rope skills back- back group jump up and ground

8 flex heel swing rope 1-2 flex heel swing rope 3-4 grasp rope swish with rope 5-8

8 rope at angle behind head 1-2 pulse 3-4 left side 5-6 pulse 7-8

8 jump front 1-2 back 3-4 pony 5-8

8 repeat other way

8 two groups (1-3) chasse 1-2 russian 3-4 turn out to tuck 5-6 group #2 chasse 5-6 russian 7-8

8 group #1 hold 1-2 group #2 turn to tuck 1-2 cont. groups (3-5-7) high kness 3-4/low 5-6 push front 7-8 8 bug 1-2 cont groups 3-8

8 random popcorn

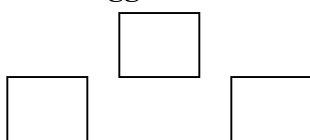
8 stand 1-2 hold rope 3-4 heel swings 5-8

8 fast jumps by a few lots of jumping with ropes off

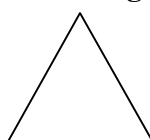
1 crash to the ground

Formations:

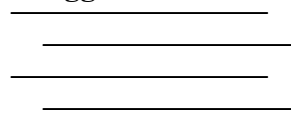
1. Staggered Boxes



2. Triangle



3. Staggered Lines



**“You Ought to be Having Fun”- by: Victor Lopez (Alfred Publishing)
 Beg/Int Field Prop (Ladder or Cube) - Time: 1:48**

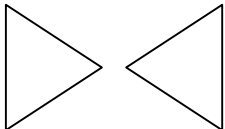


Begin in tight bowtie: all facing center

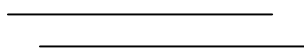
- 8 L triangle hit pose (legs out R crossed over L: R arm by ear: pixie hand)1 hold 2-4 R triangle hit
- pose (legs out L crossed over R: L arm by ear: pixie hand)5 hold 6-8
- 8 (contagion from center out) tuck flat back to legs 1-4 (contagion from outside to ctr to pose) 5-8
- L triangle L leg pointed: high V- R triangle R leg pointed high V
- 8 everyone close arms, cross outside leg F, turn to face F 1-2 (Ladder) bow & turn ladder 3-4 (Cube)
- Levels Outside of triangle step up on cube R 3 L 4 Points of triangle Bow 3 stand 4 all step touch R w/ low V 5 switch L T arms 6 switch R high V arms 7, cube: head lift 8; Ladder: Touch w/ foot 8.
- 8 present 1-3 close 4 R diagonal pixie hand 5 switch L 6 wrap L arm 7 low V pixie hands 8
- 8 R knee pop; shimmy 1-2 switch 3-4 switch 5-6 high V pixie hands 7 switch low V pixie hands 8
- 88 Formation #2 moving to two staggered lines
- 8 continue moving 1-4 ladder or cube down 5 stand 6 right clip turn 7-8
- 8 (opposition chasse) Back line to L: Ft line to R Chasse 1-2 rock step 3-4 3-step turn 5-6 -7 head 8
- 8 repeat chasse 1-2 rock step 3-4 three step turn 5-6 -7 head 8
- 8 step R 1 prep 2 R turn 3-4 chasse 5-6 step L 7 R leap 8
- 8 step L 1 open 2 L attitude (reaching across) 3 cross in F L 4 open 5 L touch turn arms fold up 6 step L 7 release arms low V, L coupe 8.
- 8 jazz run to cube or ladder 1-7 F line faces L wall L leg on Cube/Ladder 8 B line faces R wall R leg up on cube or ladder 8
- 8 F pose R arm up pixie hand L hand on hip: hip shakes 1-4 switch L arm F R arm down hip shakes 5-8
- B pose R arm F L arm down hip shakes 1-4 switch L arm up R arm on hip shakes 5-8
- 8 R spilt contagion (or a modified jazz split) arms high V passé slide out to R split arms low V
- 8 Continue contagion 1-4 z-sit 5-6 roll to prop 7-8
- 8 continue roll 1-2 stand 3-4 bow 5-6 pick up ladder or cube 7-8
- 8 Formation #3 move to one line high kick spacing: move 1-6 put cube or ladder down 7 stand 8
- 8 Cube step up R 1 L 2 hookup 3-4, bow contagion 5-8
- 8 continue 1-4 poses opposition high V L foot dig 5-6 switch 7-8
- 8 cube close step down R 1 L 2; ladder step down R 1-2; cube bow pick up cube 3-4; ladder L bow pick up ladder 3-4 stand up 5-6 (Formation#4) step off to diagonals 7-8
- 8 continue moving 1-4 bow 5-6 stand 7-8
- 8 (Group 1) sunshine 1-2 pose 3-4 (Group 2) sunshine 5-6 pose 7-8
- 8 step L 1 kick F arms high V 2 release 3 close 4 step R to cube or ladder 5 sit and adjust 6-7 legs in 8
- 5 Kicks R 1 switch 2 close 3 turn F 4 cross R over L high V 5

Formations:

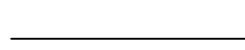
1. Bowtie



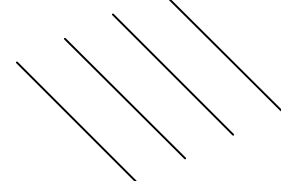
2. Two Staggered Lines



3. One Line



4. Diagonals of Three



“Beautiful Eyes” by Chrissy DePauw

Int/Adv Lyrical – Time: 2:47



Beginning Position: In a Diamond—everyone standing in third position facing to L diagonal, arms down, and head down

- 8 (1-8) hold
- 8 *CHORUS* (1-2) walk L; (3-4) walk R; (5-6) walk L; (7-8) swing R leg to passé, arms opposite swing, and land
- 8 (1-4) three step turn w/L, step R and reach R arm to diagonal; (5-6) contract to other diagonal, R hand on head; (7-8) R arm reaches to L diagonal
- 8 (1-2) step L w/ arms low first, R diagonal kick w/ diagonal arms; (3-4) step R over L, push L shoulder; (5-6) L hand slides through R arm w/ demi-plie; (7-8) recover body, hands pass through eyes, look forward on 8
- 8 (1-4) walk around your self L/R/L/R; (&5-8) straddle to diagonal w/ small ball change L/R, then matrix R to L w/ elbows to ribs
- 8 (1) flick L leg, throw arms to R side; (2-4) walk to diagonal L/R/L; (&5-6) ball change R/L with T arms, look forward, step L; (7-8) step R behind your self still looking forward, step L to diagonal and look to diagonal
- 8 *4 Groups on each count*—(1-4) each group reach to diagonal w/ L arm on 1, 2, 3, or 4; (5) over curve to R side, bring L leg in to coupe; (6-8) L three step turn
- 8 (1-2) step R to L diagonal; (3-4) step L and releve as hands press down, looking down; (5-6) cross L over R, look forward; (7-8) soutenu turn
- 8 *Fix Diamond*—(1-4) walk L/R/L/R as hand passes through eyes, drop arm and look down; (5-8) L hand passes through R arm, then R hand through L arm
- 8 *Three Groups start on 1, 3, or 5*—(1-2) clip turn w/ L, arms above head, and step L; (3-4) R tour jete, land w/ R; (5&6) step L, step R and switch facing w/ L arabesque and L arms; (7-8) step back w/ L, flex R foot as fist hands push down
- 8 (&1-2) ball change prepare; (3-4) low chaine; (5-6) axel w/ R arm up, land; (7&8&) reach up R/L, contract, and reach with both arms
- 8 (1-2) drop arms, look forward; (3-4) 2nd group finishes; (5-6) 3rd group finishes; (7-8) rock back, hands in front of eyes
- 8 (1-2) everyone turn over L shoulder w/ L arms, step R; (3) open to L side; (4-6) slide L arm through R arm; (7-8) small contraction w/ fist hand, look forward
- 8 *Formation Change to #2 (Three Groups in Diagonal)*—(1-4) arms push forward to close and wrap; (5-6) look L and unwrap arms; (7-8) drop arms and look forward
- 8 (1-2) L arm lifts, look L; (3-4) hand to R cheek, look front; (5-6) L arm reaches to side, look L; (7-8) drop arm and look forward
- 8 (1-2) step out L, turn over R shoulder w/ hands in front of face; (3-4) step R/L; (5-6) R grand jete w/ high V arms, land and tap L foot; (7-8) push L high level, push R medium level
- 8 (1-2) push L low level, begin pique turn; (3-4) step L and R; (&5-6) ball change L/R w/ R flexed foot and flexed hands pushing down; (7-8) pull fist hands w/ demi-plie
- 8 *Group A*—(1-3) swing arms over R to L side; (4) prepare; (5) single pirouette en dehor; (6) prepare; (7) single pirouette en dedan; (8) prepare
- Group B*—(1) step R w/ R arm curved overhead and L arm curved low; (2) coupe back turn over L shoulder; (3-4) walk L and R; (5-6) drag L behind, arms above head; (7-8) chasse L
- 8 *Group A*—(1-2) double pirouette en dehor; (3-4) step R, L leg circle in degage as hands push down; (5-6) lunge over w/ L leg as L arm reaches down and up; (7-8) pull arm down w/ fist hand
- Group B*—(1-2) R jete, land; (3-4) step R, then L cross lateral turn w/ R arm in front; (5-6) step L and R; (7) pick up L foot forward to passé, hands open in front of face; (8) L foot lands over R foot w/ low V arms
- 8 *Group A*—(1-2) shift weight to R leg and prepare, then L pique attitude; (3-5) reversed three turn starting w/ L; (6) reach to L diagonal; (7-8) hold

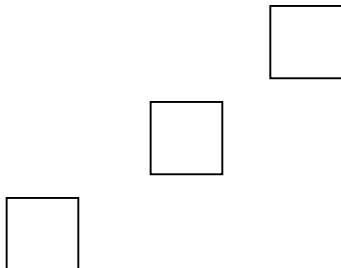
- Group B*—(1-2) step R, L cross lateral turn; (3-4) step L and close; (5-8) step out w/ L foot and reach to L diagonal on 5 or 7, then hold 8
- 8 *Shift to formation #3 (Staggered Block)*—(1-4) walk L/R/L/R, small shoulder roll R to L; (5-6) step out w/ R, L coupe as arms reach to R high diagonal; (7-8) tuck L leg to drop to floor
- 8 *CHORUS—Three Groups L to R, start on 1, 3, or 5*—(1-2) hip roll on the floor; (3-4) extend L leg up; (5-6) L leg underneath R leg, use arms to push up; (7-8) untwist to sit in straddle facing R side as arms circle reach to back
- 8 (1-3) tuck R leg as L leg extends, L arm circle around; (4) contract arm and legs; (5-6) roll over to front; (7-8) turn over L shoulder w/ L coupe, hands pass through eyes
- 8 (&1) step out L/R as hands grasp air, L above R; (2) hold; (3-4) 2nd group finishes; (5-6) 3rd group finishes; (7-8) melt body as arms drop
- 8 *Ripple L to R*—(1-8) shift weight to L leg, R leg scoop passé, R hand on hip, L hand passes through eyes then break elbow to open arm to low V across body
- 8 *Group A (back) and Group B (forward)*—(1-4) two chaine turns to assigned facing; (5-6) step L and drag R foot, hands pass through eyes; (7) step R; (8) step L as arms reach down and up
- 8 (1-2) small arch with high V arms and L tendu; (3-4) step L, L hand on hip, R arm reaches up; (5-6) chaine; (7-8) walk R/L
- 8 (1-4) walk R/L/R/L to original staggered block; *Ripple R to L*—(5-8) lunge to R as hands push together to R knee, turn over L shoulder to lunge to R side as hands push and extend to diagonal arms
- 8 (1-4) finish ripple; (5-6) throw arms R/L to L knee; (7-8) arms to R side in high V, then open arms
- 8 *Formation Change to #4 (Diamond)*—(1-4) walk L/R/L/R as R hand passes through eyes, then drop arm; (5-8) L hand slides through R arm, then R hand slides through L arm
- 8 *Continue Formation Change*—(1-2) both arm reach up; (3-4) fist hands; (5-8) arms melt down
- 8 (1-2) ball change R/L, hands cover face, start turning around; (3-4) prepare; (5-6) low chaine; (7-8) renverse turn, land
- 8 (1-2) arms reach up; (3-4) pull arms down w/ fist hands; (5-6) step L, cabriole w/ L arms; (7-8) chaine
- 8 (1-2) pas de chat w/ hands covering face, continue turning and step L; (3-4) step R and L; (5-6) double attitude jump w/ small arch as arms circle above head, step L; (7-8) step R, then coupe w/ L as arms reach to back diagonal
- 8 (1, 2, or 3) step out w/ L and look over shoulder; (4) hold; (5-6) shift weight to R as L leg circles in degage and hands push down; (7-8) close feet and arms
- 8 (1-2) step out L w/ shoulder roll; (3-4) lunge and push over to R knee; (&5-8) ball change L/R for small matrix w/ arms in low V
- 5 (1-4) walk to clump; (5-6) either melt to contract or stand while hands pass through eyes

Formations: (this side front)

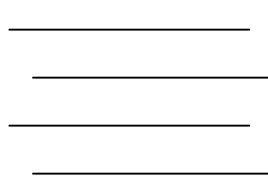
1. Diamond



2. Staggered Block



3. Staggered Lines



4. Diamond



“See You Soon” by Coldplay

Beg Lyrical – Time: 1:59



Beginning Formation: Tight diamond.

Beginning Position: In full tuck with R arm boxed over head and L arm by side on floor.

8: Hold (1-8)

8: 3 parts(go 1, 3, or 5) Random groups throughout block- Roll up 2 counts, drag R hand, and down 2 counts.

8: All roll up (1-2) 3 parts (go 3, 4, or 5) in Chunks from L to R.- Shoot R arm out on floor and look to L. All roll up (7-8).

8: Sit-roll over R shoulder and stand to face back (1-4). Spread out diamond (5-8).

8: Step R (1), step L (2), step R and face front w/ R arm out (3), clasp hands (4), rock back on L foot and bring hands in (5-6). 2 parts (Odd rows go 7 and Evens go 3) - Odds- open arms and rond de jambe R leg (7-8) go down on R knee, arms in low-v (1-2 of next 8).

8: Evens- (hold 7,8,1,2) and begin on 3- Same thing as ‘odds’ but stay standing, end on 6. All – R hand slides down L arm. Evens- plie (7-8).

8: Straighten L leg and bring R through passe and step to diagonal in releve (1-2), L heel down and lean back w/ R arm (3-4), swoop body and arms down over L leg (5-6), sunshine arms (7-8).

8: Prepare (1-2), turn w/ L leg straight (3), step L (4), R (5), L (6), step R and brush cheek w/ R hand (7), step L and bring arm down (8).

8: Step R and circle both arms back (1), step L, coupe R, and bring arms to ‘present’ (2).3 parts (go 3, 5, or 7 in chunks from front to back)- step to side (3), prepare (4), chaine (5-6), step R (7), step L (8).

8: Continuing parts- coupe R and do ‘L’ arms (1) step R and bring arms down (2), step L Last group finishes on 7. All- hold 8.

8: Close R to L and sink, bring R arm up (1), turn to back and straighten, bring arm down (2). Pivot turn w/ R and swoop R arm to face front (3-4), make a diagonal w/ L leg and R arm (5-6), passe R and look to L (7), back down (8).

8: Rebound off R foot and drag (1), move to block with columns (2-8).

8: 2 parts in vertical columns, begin facing stage L. Alternate btwn a triplet to the front w/ R arm floating up, and 3-step turn to the back. Odds triplet and Evens hold (1&2), Odds 3-stp turn and Evens triplet (3&4), Odds triplet and Evens 3-stp turn (5&6), Odds 3-stp turn and Evens triplet (7&8).

8: Continue – Odds triplet and Evens 3-stp turn (1&2), Odds hold and evens triplet (3&4). All- hold (5-6). Move to staggers- odd rows step to the L (7) and close R in 1st position (8). Even rows bring L to R and close in 1st position (8).

8: Tendu R and slowly raise arms to R diag. (1-2). 2 parts (go on 3 or 5 in 2 halves divided down middle) Right half: step R (3) step L (4), R chasse (5-6), step L (7), leap R (8). Left half: continue slow arm rise (3-4), step R (5) step L (6) R chasse (7-8).

8: Continue parts-Right half- step L (1), bring R leg through passe and press heel into floor with palms down (&2), hold (3-4). Left half- step step L (1), R leap (2), step L (3), bring R leg through passe and press heel into floor with palms down (&4). All- Rise into R arabesque (5-8).

8: Bring R foot into coupe, arms in high 5th (1-2). Contagion begins on 3 from L front corner to back R corner- Extend R leg, open arms and release back, step R, L, R, step L and extend L arm, pivot and fold L arm across face, pivot back and extend L arm, close R foot to L in 1st pos. and break L arm down to side.

8: Continue contagion and finish by 8.

8: Chasse R and circle L arm (1-2), chaine (3-4), step prepare (5-6), single pirouette (7), step R forward in releve (8). (Can be adapted to a double- reach and step forward at the same time on 1).

8: Reach R arm forward (1), clasp both hands (2), back on L heel and bring hands in (3-4). Moving to tightened block: bring arms down and step back R (5), step back L (6), turn to face back and step R onto releve and turn to front (7-8).

8: Sit-roll to end facing back with knees up (1-2), swoop R arm and open legs to L z-sit (3-4), circle R arm and lean to R (5-6).

3 parts (go on 7, 8, or 1 from L to R)- hug knees into a ball.

8: Last group hugs into ball (1). All hold (2).

3 parts (go on 3, 5, or 7 from L to R) – sunshine arms and open legs to a R z-sit. Ends on 8.

1: Lean to R and circle L arm up to diagonal.

Formations:

1.

```
  X
 X X
X X X
X X X X
 X X X
  X X
   X
```

2.

```
      X
      X  X
     X  X  X
    X  X  X  X
     X  X  X
      X  X
      X
```

3.

```
X  X  X  X
X  X  X  X
X  X  X  X
X  X  X  X
```

4.

```
X  X  X  X
  X  X  X  X
X  X  X  X
  X  X  X  X
```

5.

```
X X X X
X X X X
X X X X
```

“Time After Time” – by: Eva Cassidy

Adv Lyrical – Time: 2:08



Start with a partner (stagger partners for space) facing the front in a contraction

8 roll up through your spine 1-4, reach to partner 5, walk in contraction 6-8

8 walk out to staggered block 1-4 reach R 5, face the side R elbow down 6, snake 7 8

8 swim R arm walk R 1, L&, lay side 2, chaine 34, prepare side 56, double coupe turn 7&, face front and press 8

8 isolation R leg 1, L &, reach R 2, walk R 3, L 4, 2 groups (every other line) beat leg F 5, back &, kick side 6, reach 7 or 7&8

8 transition to diamond (rotate block to make diamond) 1-4, contagion L to R pencil turn with arms over head, plie legs together stand to 2nd position 5-8

8 step R drag turn L arm front 1, switch arms 2, turn to face front 34, scoop arms side 5, press R 6, plie in parallel 7, roll or turn to back 8

8 2 groups (every other line) G1- sit on floor wrap 12, R leg up 3, L 4, in 5, stag jump to feet & 6, roll up slow 7 8

Group 2- turn to face side 12, R arm L leg pop 3, switch 4, step R 5, jump 6, up7, hold 8

8 R knee arms to side 1, L &, throw left “L” arms 2, step 3, drag turn “T” arms 4, melt arms and run to diagonal 5-8 (you will remain in the block formation)

8 2 groups (every other column) G1- R curve 1, plie “T” arms 2, soutenu turn wrap 3, run R 4, L &, reverse leap 5, step back 6, R ball change back 78, Group 2- hold 12, R leg out R arm up 3, run R 4, L &, reverse leap 5, step back 6, ball change 78

4 turn away and adjust staggered block (lines 1&3 in the front 2&4 are in the back)

8 continue walking 1-4, walk 5&, point R out arms down 6, up &, open 7 8

8 cross R 1, drag back 2, walk R 3, L 4, walk fast 5&6, snake L diagonal 7 8

8 soutenu wrap 12, walk R 3, L&, R leg loop 45, heel 6, toe &, heel 7, reach R elbow 8

8 plie arm across 12, peel off and free style to block formation facing the back 3-8

8 lunge press R 12, chaine 3&, fan 4, chaine 56, illusion 7, sit 8

8 sit and roll over 1, stand on L extension 23, undercurve to R battement 4, run R5, L&, center leap grab R elbow 6, step R swing over 7, press to body &8

8 Run R 1, L &, R jete 2, face the back 34, R up &, L up 5, arms open R front L back 67, melt 8

8 walk to diamond 1&2, 3&4, slow 5-8

8 prepare 1, triple turn 2-4, 2nd position 5, pencil jump &6, elbows in 7, L passé arms to “T” 8

8 walk back L 1, R &, L coupe turn R arm out 23, melt facing front 4, walk F L 5, R &, L 6, point R down reach to floor 7, up 8

8 walk to the back get to partners 1-8

8 partner leans back against hands 1-4, prepare 56, back 7 8

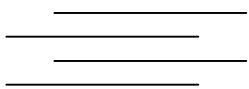
8 continue 12, front 34, fouette 56, attitude 7 8

8 reach 12, spin around partner 3-8

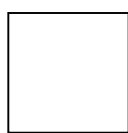
8 exit 1-8 opposite direction of partner

Formations:

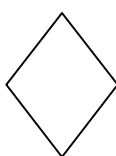
1. Staggered Lines



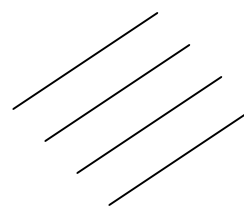
2. Box



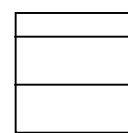
3. Diamond



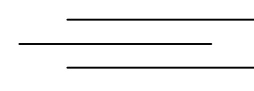
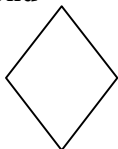
4. Diagonal Lines



5. Box in Lines



6. Diamond



“Sacred” by Amel Larrieux
Int/Adv Modern – Time – 2:16

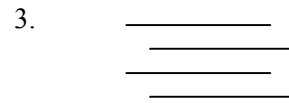
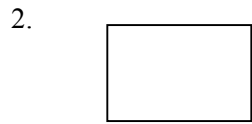
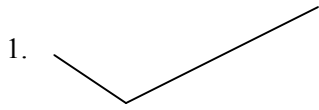


Beginning Position: In different spots—standing, mid-level, or low level

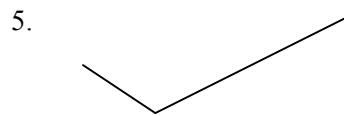
- 3 (1-3) hold
- 8 *Group A*—(1-4) arms reach out to contract; (5&6&) three step turn to join Group B; (7-8) melt to R lunge, hands clasp underneath R leg, drop head—[*Groups B-D*—(1-8) hold]
- 8 *Groups A & B*—(1-2) recover to standing and lift R leg; (3-4) extend limbs and arch; (5-6) contract to R side as hands clasp underneath R leg-or-kneel L to prepare; (7-8) throw body to L side in levels, as R leg extends, and R arm over curves, looking forward
Group C—(1-2) hold; (3-4) roll over L shoulder to stand; (5-6) run to Groups A&B; (7-8) join for leg extension and over curve—[*Group D*—(1-8) hold]
- 8 *Groups A-C*—(1-4) roll up to stand and run, or start running to Group D; (5&6) 2 small stomps w/ L foot as arms press down, then lift arms and L leg to open passé; (7-8) step back w/ L and look side, close feet and undulate upper body
- 8 *3 Groups start on 1, 2, or 3*—(1-2) step L and R; (&3&4&) hop R as arms gather inwardly, then step L/R/L/R; (5-6) other groups finish; (7-8&) scoop arms behind body as L leg extends w/ flexed foot, then circle leg to L side w/ high V arms, contract leg and arms
- 8 *Formation Change to #2 (Block)*—(1-2) walk around yourself L/R; (3&4) step L and circle R arm, step R and circle L arm, close feet and contract/reach out w/ arms; *Fix Block* (5-8) walk L/R/L/R looking to different places
- 8 *Group A*—(1-2) lunge to R side as L leg extends, hands push to R side; (3-4) hold; (5-6) arch back, R leg up as arms reach to high V; (7) recover; (8) beat as arms circle inwardly
Group B—(1-2) melt to R side as hands cover face; (3&4&) small runs to partner, attitude jump above partner; (5&6&7) run around partner; (8) beat as arms circle inwardly
- 8 (1-2) land in grand plie w/ T arms; *4 Groups start on 3, 5, 7, or 1*—(3-4) step R, passé L leg thru, as arms contract inwardly, then step L; (5-6) step out w/R, drag L w/ flexed foot, arms to flexed diagonal; (7-8) roll towards L side to face back
- 8 (1-2) matrix as arms reach, contract on 2; (3-4) continue rolling; (&5-6) flick L/R legs, pelvis up, land; (7-8) roll up in kneeling position, L leg up, hands on leg
- 8 (1&2) R/L/R hands rolling down; (3-8) R/L/close—catch up step
- 4 *Group A*—(1&2) heel & hands stomp three times, look front; (3-4) hands to floor, downward dog
Group B—(1-2) rond de jambe L leg, tuck, R ear to floor; (3-4) slide to R side, sit facing diagonal
- 8 *Group A*—(1-2) extend R leg, passé twist in; (3-4) slide out; (5-6) sit up over L shoulder to face L side, bent knees apart; (7-8) roll back crossing at ankle, and start rolling forward
Group B—(1-2) downward dog; (3-4) twist; (5-8) slide out
- 8 *Group A*—(1-2) continue rolling; (3-4) coupe L behind, arms in “L”, face R wall in second position;
Formation Change to #3 (Staggered Block)—(5-8) stagger block—circle R/L arms, reach and contract
Group B—(1-2) roll, kneel front; (3-4) press to R side, stand & turn over L; (5-8) pick-up w/ other group
- 4 (1-2) press hands down, R leg rond de jambe w/ flexed foot; (3&4) second position, melt inwardly R/L
- 8 (1-2) tour en l’air, land diagonal; (3) extend arms to T; (4&5&) drop arms R/L, touch head, and snake; (6-7) swing R arm out, swing arm in; (8&) step R and L
- 8 (1) R leg kick, diagonal arms; (2) step R back; (3-4) small tour jete, hands over head; (5-8) run to stunts
- 8 *Formation Change to #4*—(1-4) lift stunt to R diagonal; (5-8) stunt extends/grows
- 8 (1-8) turn stunts over R shoulder as dancer contracts to fetal position
- 8 (1-4) recover stunts; (5-8) everyone reach out to all sides and levels
- 8 *Formation Change to #5*—(1-4) walk w/ circle arms R/L, reach arms, contract arms; *Ripple L to R*—(5-8) repeat lunge or melt to R side
- 8 *Partnering*—(1-2) grab arms, swing to L side; (3-4) contract/grab partner; (5-6) lift to R side, land and recover; (7&8) stomps and hands pressing down, lift L open passé
- 7 (1-4) run to beginning formation; (5-7) return to beginning position

Formations:

(#1) Many groups in Check Mark position; (#2) Block; (#3) Staggered Block; (#4) Stunts; (#5) Stunt Groups to Beginning Check Mark



4. Stunts



"Edit" - by Regina Spektor Beg./Int. Modern – Time: 2:41



Beginning position: in various bound positions, different levels

- 8 hold 1-4 twitch 5-8
- 8 curve spine 1,2 lengthen to flat back 3,4 roll through spine to flat back 5-8
- 8 curve spine 1 lengthen to flat back 2 roll through spine to flat back 3,4 freestyle to stand, releasing bound position (Formation A) 5-7 grab left wrist/right foot to coupe on 8
- 8 hit wrist/ tap coupe 1,2,3 run, run & 4 second position grand plie with rt. arm swing down around 5 saute/pendulum to left arm 6 pendulum to right arm/shift to tilted attitude 7,8
- 8 step down and pivot to back 1 shift to tilted attitude 2 reach out to swing right arm down 3,4 reach to floor 5 chasse & 6 spin to standing facing stage left 7 roll up 8
- 8 chest release to contraction/peel right foot & 1 deepen plie 2 chest release to contraction /peel right foot & 3 deepen plie 4 chest release/peel right foot to contraction with right attitude & 5 under curve to second position/chasse 6&7 spin to face back diagonal 8
- 8 (Variation 1 of A): walk in forced arch right, left 1,2 pivot 3 pivot 4 ball change forward 5 ball change back 6 chasse 7&8
- 8 pivot to front parallel 1 rond de jambe/inward rt. arm sweep 2, 3 rebound 4&5 brush enveloppe back 6 step 7 elbow/knee break forced arch 8
- 8 hop to left leg w/right bound knee 1 flex right foot 2 look to right foot 3,4 elbow/knee break 5 deep lunge 6 spin to face back diagonal 7 right arabesque flick 8
- 8 run to trios 1,2 partners A and B grab wrists 3,4 partner C wraps arm around wrists 5,6 look at each other 7,8
- 8 trio shifts weight to partner C 1,2 trio shifts weight to partner A 3,4 trio shifts weight as partner C turns to face back diagonal 5,6 partner C lets go of partners to run to Formation B with parallel pas de chat/partner A and B fall to lunge in Formation B
- 8 A and B groups: tuck right leg under 1,2 switch to tuck left leg & 3,4 rond de jambe leg around 5,6 elbow/knee float 7, 8
- C group: reach/lunge 1,2 rond de jambe right 3,4 tuck right leg 5 roll around 6 handstand tilt/left leg up 7,8
- 8 A and B groups: tuck knees under to face right 1,2 hip initiates to fall 3,4 crawl hands out 5 bring feet to tuck & 6 roll up 7,8

“Real Me” – by: Natalie Grant
Liturgical – Time: 2:24



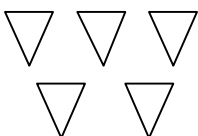
Beginning formation in small triangles

Beginning position parallel, head down

- 2 Hold
- 8 (Pts. Front to Back 1,2, or 3) Coupé Rt, ribs curved to Rt w/ arms in ‘T’ Lt hand to ceiling 1, switch Rt to ceiling relevé 2, melt to Rt knee and roll over Rt Shoulder 3-4, stand facing Rt wall w/ Rt hand on chest 5-6 hold 7-8
- 8 Upper body roll Lt hand to chest 1-2, Coupé turn over Rt w/ ‘L’ arms 3, prep 4, double turn 5 &, land over Rt 6, pull up ear check w/ Rt passé 7, Step out low ‘V’ arms to Rt 8
- 8 Rond de jambe Lt Passé w/ Rt hand brushing the mouth 1-2, lay back Rt arm reaches up 3, Rt circles back look at audience 4, chasse 5 &, Sauté to back Rt leg out 6, turn over Rt Reaching down Rt 7, Lt Down &, Plié 8
- 8 Lay out w/ arms opening low ‘V’ 1, Step Rt 2, Lt & Fouetté 3, land down and roll over the Rt Leaving Rt Leg out 4, Reach fwd Rt 5, Break 6, (Pts 6, 7, or 8) Roll to the back 7-8
- 8 (Cont. Pts) Rond de jambe Rt to the back 1, Plié w/ wrist touching above head 2, open 3-6 (Pts catch up) ALL Step on Lt, Rt leg out Reach Lt hand to Rt 7, Cross Rt front &, open second over 8
- 8 Look up to Lt 1, Prep over Rt 2, Chainé 3 &, move (Formation Change) 3&4&5&6&7& facing Lt 8
- 8 Rond de jambe Rt w/ Rt arm swinging around level 1-2, Over 3, Downward Dog 4, Slide 5, look up 6, slide down 7, Contraction to back 8
- 8 Arms to ‘T’ 1, (Pts. Back to Front 2, 3, or 4) Pelvis roll to front 3, sit up 4, Roll to Lt and stand 5-7, prep 8
- 8 (Pts catch up with Chainés) Pt. 2 has 3 Chainés and a Calypso, Pt. 3 has 2 and a calypso, Pt. 4 has 1 Chainé and a calypso on 4, Turn out on 5, Catch step Lt arms circle back &, Step Rt, Lt, 6 &, Jump Lt Passé arms ‘L’ 7, Down Rt & Out to second 8
- 8 Drag Lt w/ ‘L’ arms Lt up 1, step on Lt arms down 2, Step forward to Rt Wall w/ Rt 3, pas de bourrée Lt, Rt arms circle with head roll Rt to Lt & 4, in Second push down Rt hand 5, Lt &, Plié 6, Push back on Rt circle arms behind 7, Step Rt &, Step Lt 8
- 8 (Move to 2 blocks) Run 1- 8 Arms Rt raises 1-4 Lt raises 5-7 down 8
- 4 (Pts. Each block 1 or 2) Step out Rt sweeping arms across Rt high, Lt Low 1, Switch sweep to other side Lt high, Rt low &, Cross Rt foot in front 2, Twist to back over Lt wrapping arms at shoulders &, Hold (Other block catches up) Plié and step out to Rt on 4
- 8 (ALL) Lt. Sauté on 1, land step through Rt 2, pas de bourrée behind Lt Rt Lt w/ Rt arm sweeping at med. Level to touch Lt shoulder 3 & 4, (Back block ends facing the Lt, Fwd Block ends facing the Rt) Chasse to center 5 & 6, Leap low 7 &, Leap High 8 &,
- 8 Leap in Second 1, Turn out 2, (Move to Full block) Run in circular motion pulling both blocks together jump out facing the Rt in second on 8
- 8 Lay back w/ arm reaching up 1-2, Dia arms Lt up Lt leg dégagé side 3, Ball change fwd w/ Lt arm and Lt Leg 4 &, Sauté Lt in air dia arms 5, Lt behind pas de bourrée 6 & 7, Prep 8
- 8 Double pirouette to the ground 1-4, Split slow Lt arm up 5-7, Release 8
- 8 Turn to back Rt knee up Lt leg straight 1-2, (Pts 3 or 5) Reach up with arm and pelvis 3-4, sit down Rt arm to Lt side of face 5, hold 6-7, Sharp sit to Lt side Knees up Flexed feet Lt hand grabbing Rt wrist
- 8 Press out heels and hands to Lt 1-3 Release hands and point 4, Bring Rt Knee up 5, shoulder roll 6-8
- 8 Arabesque behind Lt w/ Rt in posse 1, hold 2, break 3, roll to back and stand on Rt 4-5, prep front 6, Chainé 7 &, Chainé 8 &
- 8 Open Rt fan with a hop arms open over head 1, pencil turn out 2, (Move to Stunt Gps) Run Quick, Quick Slow reaching side Rt 3 & 4, Quick, Quick Slow reaching Side Lt 5 & 6, Quick, Quick Slow reaching side up Rt 7 & 8
- 8 Stunt run into 1-2, take up 3-4, arch back slow 5-8
- 8 Place down 1-2, circle placing flyer in center 3-6, lift straight up flyer’s Rt arm reaching 7-8

Formations:

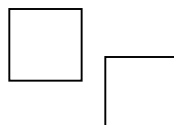
1. Triangle



2. Parallelogram



3. Staggered Blocks



4. Block





5. Clumps for stunts





2008 Competitions

January 19
 January 25-26
 January tbd
 February 1-2
 February 2
 February 9
 February 9
 February 15-16
 February 15-16
 February 16
 February tbd

Jr. South Padre (So. Padre Island Conv. Ctr.)
Kansas Spectacular (Olathe East HS)
Jr./Sr. Dallas Mavericks American Airlines Center 
Curtain Call Dance Classic (The Woodlands HS)
North Texas Regional (Heath HS, Rockwall, TX)
Sr. South Padre (So. Padre Island Conv. Ctr.)
Heart of Texas Classic (Temple HS)
Lone Star Sr. State Championship (McNeil HS)
A&M Dance Classic (A&M Cons. HS)
Houston Coastal Sr. Dance Classic (Morton Ranch HS)
Gussie Nell Davis Dance Classic (Kilgore College) 

Benefitting Rangerette Scholarships

February 22-23
 February 22-23
 Feb. 29-Mar. 1
 March 1
 March 8
 March 8
 March 15

Texas Dance Classic (Rowlett HS)
Houston Regional (Dekaney HS in Spring)
Galveston Island Festival (Moody Gardens Conv. Center)
Alamo Sr. Dance Classic (Karen Wagner HS)
Gulf Coast Dance Classic (St. Louis HS)
Texas Jr. State Championship (Wakeland HS, Frisco)
Santa Fe Dance Festival (St. Michael's HS)

 **March 28-29 Nationals/Internationals (Univ. North Tx)**
 April tbd *Dallas Desperados* American Airlines Center 

Regionals

Team Events \$190
 Officer Events \$160
 Solos \$70
 Duets \$100
 Sm. Ensemble \$120
 Med. Ensemble \$140
 Lg. Ensemble \$160
 Elite \$190
 Show Production \$250

www.DanceADTS.com

DanceADTS@aol.com

800/462-5719

Nationals

Team Events \$240
 Officer Events \$190
 Solos \$85
 Duets \$130
 Sm. Ensemble \$140
 Med. Ensemble \$160
 Lg. Ensemble \$170
 College Teams \$300
 Show Production \$300
 Elite \$240

Member of . . .



800/698-3901

atstoursandtravel.com

