

2010 Team Camp Routine Descriptions



Line Camp Dance:

“Something Like A Party” by: Ncredibles,
Sound Track: The School Gyrls – Time: 1:59

This year's camp dance is full of energy and style! This routine includes double pirouettes, a switch leap, and a Russian Leap. With three repeating sections, your dancers are sure to gain the confidence in their memory work, arm movements, and technical elements. This dance is definitely "like a party!"



Kick Series:

“Fashionista” - Time: :45 – Jr Kick Series

“Bleeding Love” – Time 1:15 – Sr Kick Series

This is a new kick series that has added dimension to the kicks so that you will be able to show off your outstanding kick technique for the Kick-Off. It includes all the basic kick styles.

Jazz Routines:

Int Field Jazz – “Dance and Shout” by: Nick Baratta (Alfred Pub.) – Time: 1:39

This field jazz is choreographed to one of Michael Jackson’s first big hits in the late 70’s, which can easily be adapted to the pop version of the song. This dance is not only visual, but very easy to clean. Most of the movements can be changed to make the routine easier or more advanced depending on the level of your team. The dance has lots of parts, section work, and groups. This fun and upbeat jazz piece would be great for a pep-rally to the pop version of the song or on the field with the band version for a great half-time performance!

Int Jazz – “Rock That Body” by: Black Eyed Peas – Time: 2:08

This is a remix of one of the hottest groups around. If you are looking for a stylized, high energy, and sassy jazz dance, this one is for you!! The choreography includes lots of innovative group work, a technical section, flair of hip-hop, and some visual movements on the floor and in levels. This dance would be great for a pep-rally or spring show – get ready to “Rock That Body” to this awesome dance!!

Int/Adv Jazz – “Passion” by: Kreesha Turner - Time: 2:03

This jazz is a passionate dance meant to entertain the audience. It is a blend of style and technique sure to keep the crowd on their feet. This dance incorporates a double, calypso, fouette's and many other exciting elements.

Adv Contemporary Jazz – “Benny & The Jets” by: Elton John - Time: 1:44

Choreographed to one of Elton John’s classics “Benny and the Jets” this contemporary jazz is a flirty technical number with advanced leaps and turns. The style of this piece is sassy and fun and contains lots of movement into several formation changes. This would make an impressive contest routine and an entertaining one for all audiences.

Hip Hop Routines:

Int/Adv Hip Hop – “Work Mix” by: Various Artist – Time: 2:11

This is a mix of two songs, which include “Work” by Missy Elliott and Ciara along with Usher’s latest hit “OMG.” This is a high-energy dance filled with the latest grooves and moves in hip-hop. The music alone will get your audience fired up and your dancers will love the choreography! It has lots of parts, levels, groups, etc. This hip-hop would be perfect for a pep-rally, basketball game or Spring Show piece!

Int Hip Hop - “Church” by: T-Pain - Time: 1:40

This up beat hip-hop is full of toe tapping fun, sure to energize the crowd at a pep rally. This dance incorporates hard-hitting moves, fun levels with a few surprises along the way. Incorporated is partner work, stalls, double/triple, and fun sure to put a smile on your face.

Pom Routines:

Int Field Pom – “Jumpin’ Jack Flash” by: Doug Adams (Alfred Pub.) – Time: 1:41

This is a very visual pom routine and will look great on the football field. It was choreographed with lots of levels, parts, and arms that are sure to keep your crowd entertained. The choreography includes a jete and a single or double tuck jump. This routine is easily adaptable to all levels of dancers.

[Int/Adv Field Pom – “Ramblin’ Man” by: Ralph Ford \(Alfred Pub.\) – Time: 1:53](#)

This routine is a great entertainment piece for a football game halftime show. It is a fast moving, high-energy routine that the audience will love. This routine consists of visually effective arms, parts and levels. There is a technical section with one group doing a calypso forward. The choreography does allow for flexibility in dance levels and can be easily adjusted to your dancers. The audience will dance in their seats along to the song and enjoy the show!

[Int Pom – “Alive” by Superchick – Time: 2:10](#)

This is a pom routine that is sure to get the crowds on their feet! It is full of parts, effective visuals, and great arm work. There are pace changes throughout the routine to keep it interesting for your audience! There are some technical elements involved such as an X-jump, jete, and double pirouette. This routine is as fun to perform, as it is to watch!

[Int/Adv Pom – “Everywhere” by: Master Blaster \(Best of German Hands Up\) – Time: 2:01](#)

“Everywhere” is a fun sassy pom with many visuals that can be performed for a pep-rally or spring show. This Int/Adv pom has many options; the calypso can be changed to a chaine jete, axel or two chaines. “Everywhere” has many arm movements that can be used with one color of poms or look exciting with two different colors. It is a high-energy dance with many moving parts, floor work, and great levels that will keep the audience wanting more.

[Adv Pom - “Baby” by: Justin Bieber - Time: 1:45](#)

This pom is full of levels and variety sure to please any crowd. This pom would be a great at your pep rally as it includes technical aspects sure to make the crowd go wild. Incorporated is a triple, turning disc, turning C, fouette's, calypso, and a toe touch.

Prop Routines:

[Int Field Hoop Prop – “Cherry, Cherry” by: Chris Sharp \(Matrix\) – Time: 2:00](#)

This fun prop routine to a Nell Diamond classic, offers an array of visual effects, group parts and interesting formations. The sassy choreography includes a jete, crowd-pleasing contagions as well as jazz basics incorporating the prop. This routine is perfect for any small or large team looking for a Friday night showstopper.

[Int Field Streamer Prop – “Messin’ with the Kid” by: Allen Gray \(Matrix\) – Time: 2:17](#)

Your team and your accompanying band will have lots of fun with this streamer routine. With a solid jazz vocabulary and "cleanable" steps and poses, your team will look polished at any level. For a more Beg/Int version ask your band director to try it out at a slower tempo or speed it up for a more Int/Adv routine.

[Int Prop \(Streamer Maracas, Small Fan & Ruffle Puffy Sleeves\) – “Mambo” by: Various Artist – Time: 2:33](#)

This Latin themed production to a "Mambo" song mix features three different prop sections. The highly visual routine allows each prop of maracas and a small fan to have their own time to shine on the dance floor, followed by a group finale. A perfect routine for competition or spring show, your girls will enjoy this unique and sassy dance!

Kick Routines:

[Int Field Kick – “Any Way You Want It” by: Ralph Ford \(Alfred Pub.\) – Time: 1:20](#)

This traditional, and visual kick is sure to be a crowd pleaser. It will have everyone in the stands singing along to this familiar Journey song that every one will recognize. It is an intermediate level routine, which can easily be modified for a beginner team. There are visual formations with smooth transitions and the choreography can be easily polished and perfected.

[Int/Adv Field Kick – “Fame” by: Victor Lopez \(Alfred Pub.\) – Time: 1:31](#)

This classic Broadway song will catch the attention of the halftime audience! Beginning with a jazz section and moving into the traditional kick line, this routine also displays a jete, drop split contagion, some style and footwork, and of course various kick combinations. The accents and dynamic beats will lead your girls and the audience to experience a powerful halftime performance!

[Int/Adv Kick – “The Way You Make Me Feel” by: David Guetta \(feat. Kelly Rowland\) – Time: 2:28](#)

This upbeat pop song allows for a jazzy, stylish, and powerful kick that your team could do at a pep rally, competition, or spring show. This dance features a couple jazz sections including inside turns, a jete, and floor work. It also features group kick sections including splits, contagions, and various kick combinations. The formations in this dance allow for a great visual effect with kicking and contagions and paired with the beats of the music, your audience cannot help but be amazed!

Military Routines:

[Int Field Military – “Entry of Champions” by: Jim Mahaffey/Carl Major \(Jalen\) – Time: 2:00](#)

This is a fun military for any level team. It has visual formation changes, a variety of levels, and lots of visual parts that will “wow” the audience. This military routine has a split stunt, as well as visual contagions and will be easily polished for the football field.

[Int/Adv Field Military – “Seven Nation’s Army” by: Dallas Burke \(Matrix\) – Time: 2:10](#)

This routine is choreographed for any size team. The choreography and musical arrangement will be a crowd favorite during football season. “Seven Nations Army” will challenge your team with complex arm movements combined with traditional footwork for the field. You will notice numerous parts and pick up work throughout the routine that makes it both visual and fast pace on the football field. Choreography includes a right chaine turn, right grand battement, and light floor work.

[Int Military – “Intergalactic” by: Beastie Boys – Time: 2:07](#)

The audience will be taken to a new world with this high explosive military. The visual effects within this routine will truly be a hit with every crowd. This dance has many formation changes and levels that will keep the audiences attention. The choreography contains intricate arm work that is creative and has a style of its own. This is a true military with an upbeat.

[Adv Military – “Dark March” by: James Dooley – Time: 2:00](#)

Suspenseful music designed for an intense action movie will intrigue your audience and have them wanting more! This routine is choreographed for any size team and will be a showstopper for any performance. Packed with intricate arm movements at a fast pace, “Dark March” is sure to challenge your team and wow the crowd!

Novelty Routines:

[Int Novelty – “Laughin’ All the Way to the Bank” by: Bernard Dotson & Ensemble \(Sweet Smell of Success\) – Time: 2:11](#)

This toe-tapping tune, taken from the musical “Sweet Smell of Success,” is the perfect backdrop for our jazzy novelty routine. This piece is perfect for spring show or even a pep rally. It incorporates pirouettes, jete’s, axel turns and a whole lot of attitude. Each section of tricks can be modified to your team’s level of technique if needed.

[Int/Adv Novelty – “Teach Me How to Shimmy” by: DeLee & Michael \(Smokey Joe’s Café\) – Time: 2:11](#)

Do you want to learn how to shimmy? “Teach Me How to Shimmy” from the popular Broadway hit “Smokey Joe’s Café” will have you shaking and shimmying through contest season and spring show! This routine has the perfect medley of playful novelty movements and Int/Adv technique to get your entire team involved. The routine has many technical options for your intermediate dancers and your offices have lots of advanced options with every leap and turn. Now get ready to show off your shimmy!

[Adv Broadway Style Novelty – “Gimme Gimme” by: Sutton Foster \(Thoroughly Modern Millie\) – Time: 2:30](#)

This is a novelty from the 1920’s musical “Thoroughly Modern Millie”. This routine is a sassy high-energy routine with various tempo changes. This particular dance consists of quick weight shifts, jetes and fouette turns. There is a small amount of floor work and acting involved. This comedic number would be a great contest or Spring Show routine.

Lyrical Routines:

[Int Lyrical – “Let Go” by: Lindsay McCaul – Time: 2:12](#)

This beautiful dance routine will challenge the beginner dancers and allow the intermediate dancers to put style into the clean, graceful movements. This dance is sure to look stunning on stage for spring show or on the

contest floor with leaps, turns, partner work, and groups. “Let Go” is sure to be a crowd pleaser and warm the audience’s hearts.

[Int/Adv Lyrical – “Ordinary Miracle” by: Sarah McLachlan – Time: 2:13](#)

This lyrical dance is a great option for medium to large intermediate level teams. Containing challenging weight shifts and other technical skills like a right jete; this routine will keep your intermediate dancers engaged. “Ordinary Miracle” allows your dancers to interpret this beautiful routine in various ways, and it’s up to each dancer to find their own style within the choreography. With slow and drawn out movements, this dance would be perfect for your expressive dancers!

Liturgical Routine:

[Int/Adv Liturgical – “All I Need is You” by: Hillsongs United – Time: 2:07](#)

Captivating movements and a sense of spirituality is what best describes this beautiful dance dedicated to the Lord. Beginning with soft qualities, and shifting to impulsive and powerful movements, creates the emotional tone for this dance. Choreographed with the usage of a rosary to captivate the audience, this routine will definitely challenge and engage your intermediate dancers. Focusing on group work, pick-up steps, parts, technique sequences, and a small fall; this inspiring dance is perfect for your spring show, special performances, and even for contest!

Modern Routines:

[Int Modern – “Tiempo de Drumba” by: Ojo de Brujo - Time: 2:10](#)

This is an appealing modern dance based on quick weight shifts, spirals, turns, partnering, and creative movements. This dance was choreographed and inspired by the motifs of flamenco movement and with an intention to interpret typical life relationships. If your team has not experienced a stylistic modern dance, this one will definitely motivate your team to learn about modern fundamentals. This is a perfect piece for a spring show venue or for special performances!

[Int/Adv Modern – “Could I?” by: The Apple Trio – Time: 2:13](#)

With this light, "airy," and playful routine you might be reminded at times of the early days of modern dance with Isadora Duncan. Your advanced dancers will feel the challenge with the quick weight shifting while your intermediate dancers will be able to express themselves in the gestural and isolated moments without the pressure of difficult movement.

[Int/Adv Contemporary Modern – “Imagine” by: John Lennon – Time: 2:01](#)

This contemporary routine challenges your dancers to move from their center and they get to experience movement in a different way. This dance contains swings and sustained movements, sectional work, and it requires your dancers to be emotionally committed to the movement. “Imagine” gives everyone the opportunity to learn, grow, and connect on an expressive level through the movement that is performed.

Pep Rally Routine:

[Int –Pep Rally: “Shut it Down” by Pit Bull – Time: 1:35](#)

The pep rally routine is an exciting dance with lots of fun moves and easy to clean. The movement is energetic from beginning to end. Basic technical skills will be incorporated into this routine. This dance would be great for pep rallies, basketball games, or anywhere else you want to get your audience up and moving with your dancers.

