

*2010 Jazz  
Camp  
Routine Notes*





# 2010 Officer Routines

**Camp Dance:** Level I (advanced version) and Level II (same as Level I but intermediate level with less challenging tricks) (choreographed by **Meredith Walraven** and **Brittany Shaver**)

**“Habanera” by: Kate Nash –**

This dance is a stylized and sassy jazz dance that can be adapted for a team pep rally or an officer contest routine. Everyone will love this song as well as the choreography. It will definitely be a crowd-pleaser.



**New Kick Series: by Kara Guinn** – *Kara is a former Kilgore College Rangerette and graduated from Stephen F. Austin University with a degree in Dance and Social Studies. She has been on the American Dance Staff for thirty years and serves as camp manager and contest administrator at American events. Kara is the director of the award winning Corisicana High School Calicos.*

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

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

This new kick series will include the kick fundamentals from the previous kick series but add several additional phrases that will help dancers take their kicks to a new level.

## **Jennifer Hodge:**

*Jennifer is currently the director for the Auburn University Tiger Paws Dance Team. Prior to moving to Auburn Alabama Jennifer was the director for the Texas A&M Aggie Dance Team and owned the A&M Dance Academy. She graduated from Texas State University with a Bachelor's degree in Dance Education and Exercise Sport Science. Jennifer has been a part of the ADIS staff for the past 16 years and has choreographed award-winning routines for studios, high schools, and college dance teams.*

**Int Pom – “Shake This Mix” by: Various Artist – Time: 2:14**

This pom routine has traditional clean lines, direction changes, parts/levels while incorporating fast pace choreography. This routine will energize your dancers and crowd as you dance to everything that “shakes”. “Shake This Mix” would be great for a pep rally or contest number. “Let’s Get Shaking”

**Int Hip Hop – “Crank That Thang” by: Various Artist – Time: 2:10**

Dance team hip hop at its finest. “Crank That Thang Mix” is a non-stop, take it to the floor number that will leave your dancers wanting more. It has creative choreography that includes part/section work and levels/groups with an explosive energetic hip hop style.

**Int Character Jazz – “I Love Lucy” by: Various Artist – Time: 2:15**

This showy style of dance incorporates a full spectrum of technical elements (pirouettes, kick, chaine turns, and grande jete) with an emphasis on sassy strong jazz choreography. “I Love Lucy” will be a great contest or spring show number.





### **Miriam Vera:**

*Miriam Vera is a summa cum laude graduate of Texas Woman's University in Denton, TX where she earned her Bachelors of Arts in Dance Education. During her collegiate education she performed with TWU's DanceWorks Repertory Dance Company and toured for a couple of years with a professional modern dance company, Muscle Memory Dance Theatre. She began her teaching career at Guyer HS as the Assistant Dance/Drill Team Director, and then became the Dance/Drill Team director for the award-winning The Colony HS Topcats for two years. Under her direction, the Topcats earned regional and state titles for both Team and Officer events. She recently moved back from Los Angeles, California, where she had the opportunity to study at the Millennium Dance Center in North Hollywood. Miriam has choreographed many award-winning routines for various dance teams all over Texas. She is in her ninth year being on staff and her third year as Lyrical/Modern Staff Captain.*

### **Int/Adv Stylized Jazz – “Shooting Star” by: David Rush – Time: 2:02**

Fun, upbeat, and challenging! This techno beat is sure to keep your dancers excited while learning non-stop technical combinations, oppositional work, parts, and stylized pop movements. The different parts in this routine provide different visuals, as well as a variety of technical abilities. Everyone will have an opportunity to feel comfortable popping the isolated dance movements, as well as dance with individual style! “Shooting Star” is perfect for a pep-rally performance, community event, or spring show; and it will definitely keep the audience pumped up!

### **Int/Adv Contemporary Lyrical – “Save Me for Myself” by: Christina Aguilera – Time: 2:04**

The soft music and meaningful singing will require your dancers to completely engage in the movements and emotion while performing this dance. “Save Me from Myself” is technically challenging yet innovative with expressive and impulsive contemporary movements. This piece will definitely push your intermediate dancers, with different advanced turns and leaps, as well as create pretty visuals with flowing continuous parts and levels. Heartfelt, romantic, and sweet, this contemporary lyrical is sure to warm the audience’s hearts!

### **Int/Adv Modern – “Better Man” by: James Morrison – Time: 2:20**

Expressive, soft, intense, and innovative is what best describes this modern piece choreographed and inspired by love. “Better Man” will definite captivate the audience with the various movement qualities, powerful partner work, and intense expression throughout the dance. This routine will definitely challenge your intermediate to advanced dancers who aren’t afraid to try new movements, partner with their peers, and express themselves while dancing. “Better Man” is perfect for any special performance, your spring show, and contest!



### **Natasha Newbrough:**

*Natasha Newbrough was captain of the Silver Rhythm Dancers at Rowlett High School and helped lead her team in winning National Champions of the Large Team Division. She then went on to become a member of the Dallas Mavericks Dancers in the 2007-2008 season and is featured on the cover of the book Dance Team by Mary Kay Coachman. Natasha is currently working at United Dance & Cheer and attending the University of Texas at Arlington to obtain a bachelor’s degree in Industrial Engineering.*

### **Int/Adv Hip Hop – “Morning After Dark” by: Timbaland (feat. SoShy & Nelly) – Time: 2:11**

This routine is full of fun and visual dance moves everyone will enjoy with bursts of advanced choreography to challenge your officers. You can perform this crowd favorite at pep rallies, basketball games, and spring show.

### **Int Pom – “Clap Your Hands” by: Danzel – Time: 1:59**

Get the crowd clapping their hands with this fun and energetic routine. This pom dance is upbeat and full of eye-catching arm movements, parts, and levels. It is exciting to learn and you can even bring it back to teach your team! Perfect for a basketball game or contest piece.

### **Int/Adv Jazz – “Cooler Than Me” by: Mike Posner (Gigamesh Remix) – Time: 2:13**

If you want a challenge this dance is for you! This jazz routine is full of leaps, turns, and floor work. It is easily manipulated into a more intermediate for those that are not up to the advanced level but can add extra turns and sequencing for the more advanced dancers.

**Brittany Watkins:**

*Brittany Watkins danced at McLennan Community College (2005-2006) where they were ranked #3 in the nation by NDA and were 1st Place National Champions at the American Collegiate Championship. She was also named the Top Gun Leaps & Turns Winner at college summer camp. This is Brittany's 6th year with American Dance/Drill Team and she is currently the Assistant Director for the award winning Calicos Dance Team in Corsicana, TX.*



**Int/Adv Novelty – “Tea Party” by Kerli – Time: 2:03**

There’s no downtime with this novelty! Tea party is super fun, sassy, and full of charisma! It includes many high-energy sections, double pirouettes, jeté, and a tilt leap. This routine is definitely going to WOW the crowds and make them want to get up and dance!

**Int/Adv Pom – “Kick It” by: Nina Martine (Stereoheroes Remix) – Time: 1:58**

Fast paced and full of energy, this pom is one that is sure to get the crowds bouncing to the beat! The technical elements include double pirouettes, tilt leaps, Leaps in 2nd position, and calypsos. There are many visual parts, fast and sharp pom arms, and fun choreography that is sure to be a crowd pleaser every time!

**Int Jazz – “When Love Takes Over” by Kelly Rowland (feat. David Guetta) – Time: 2:07**

This is a jazz routine that is full of smooth transitions, clean lines, and basic technique including single/double pirouettes, jetes, and a calypso. This Jazz is easy to polish and is sure to “take over” the crowd!



**Meredith Walraven:**

*Meredith Walraven is a graduate of Stephen F. Austin State University where she earned a Bachelor’s degree in Dance. She started her teaching career at Rowlett High School as the Junior Varsity director; under her direction, the Rhythmettes earned Regional and National titles. She is now currently finishing her third year at Plano Senior High where she is the Varsity Director of the recently named 2010 Super Large Team and Officer National Champions. This is Meredith's sixth year on staff and has choreographed many routines for line and officer camps as well as area dance team's contest routines.*

**Int/Adv Kick – “Cowboy Casanova” by: Carrie Underwood –**

This fun upbeat and country inspired kick routine will sure leave you energized and your crowd wanting to see more of those beautiful hick kicks. This routine could be paired with a cowboy hat and boots to make it even more fun for the crowd at pep rallies, games, and contest.

**Int/Adv Military – “Be Reckless” by: Techno Remix –**

This military is for groups that want a challenge. The fast paced and always moving choreography is what makes this military routine great. Not a lot of technique besides a lot of arms and quick motions. It is a sure way to get an arm workout as

well as the crowd pumped after performing this upbeat number.

**Int/Adv Lyrical – “What Do I Know of Holy” by: Addison Road –**

This beautiful song will allow any group to really feel this faith inspired dance. This lyrical is a soft piece that turns powerful with the change in music. More advanced groups will enjoy the challenge this dance brings.

**Alice Henrichsen:**

*Alice is a former member of the Blinn College Treasures Dance Team and a graduate of the University of Texas in Austin. She is the current director of the Baytown Robert E. Lee High School Celebrities and has been our Social Officer Staff Administrator for over six years. Alice is creative and innovative not only with our Social Officer curriculum but also as a choreographer as well.*

**Sarah Barland:**

*Sarah is a former member of the Blinn College Treasures Dance Team and a graduate of Texas State University in San Marcos. She has been the director of the R.L. Turner HS Lionettes for 7 years and is now the coach the Blinn College Treasures Dance Team and Cheerleaders. She is also the ADTS Novelty Staff Captain. Sarah is a great motivator and organizer for our Social Officer curriculum and provides great inspiration for the socials.*



**Int. Social Officers Pep Rally Dance – “Let Me Think About It” by: Ida Corr vs. Fedde le Grand – Time: 2:10**

This fun and innovative dance will be something special for the social officers to learn at camp and perform as a group (all the social officers together) on the last day of camp to show off their skills. This dance could be used to perform at a pep rally at home or perhaps an ensemble at contest. It will be taught only to the social officers at camp.

**Bonus routines from contest:**

This will include many innovative dance routines from award winning teams from both their football halftime performances to national champions from our 2010 American National Championship. These routines will be on your DVD but no notes are available. We hope these routines will inspire your officers when preparing for next contest season.

- “Phenomenal Woman” – Killeen HS Officer Modern- Heart of Texas Classic Small Team Champion
- Rockwall HS Officer Jazz – 2010 National Champions
- Nederland HS Officer Novelty - 2010 National Champions
- Friendswood HS Officer Lyrical - 2010 National Champions
- Ellison HS Officer Open - 2010 National Champions
- South Garland HS Officer Hip Hop - 2010 National Champions
- Bonus: “Swag” Int. Hip Hop - choreographed by Meghan Robertson and Erica Stein

**“Habanera” by: Kate Nash**  
**2010 Officer Camp Dance – Time: 2:00**  
**Choreographed by: Meredith Walraven & Brittany Shaver**



8 start in tight triangle facing back- L arm down R hand grab L arm at elbow hold (1-4) circle wrist and snap down(5-6) circle wrist and snap at “T” level(7-8)  
8 drop head back(1-2) drag around to front(3) step L(4) passé R circle arm above head (5-6) step R(7) drop over(8)  
8 snake up(1-3) step L(4) roll to right hips and shoulders(5-8)  
8 hip roll to R with hands back sassy(1-4) look to front(5) hold(6) walk to spread out triangle(7-8)  
8 drag to the L(1-2) step R(3) L(4) kick R arms in L(5-6) pull it to passé(7) ballchange(&8)  
8 step R(1-2) cross L(3-4) prepare(5) single or double inside turn(6-7) fourth position releve out, arms in “T”(8)  
8 melt back(1-3) step forward R(4) ran de jambe R leg around, arms wrap waist(5-6) step L(7-8)  
8 turn around self (1-2) drop to R knee, L foot pointed out(3-4) hold(5-6) head comes up(7) hold(8)  
8 L leg over (1-4 slide (5-7) down to L elbow (8)  
8 kick R leg (1) stand up (2-4) flick L (5-6) step L (7) chaine (8)  
8 continue chaine (1) step R (2) step L (3-4) R tilt kick (5) step R (6) throw over (7) step back L (8)  
8 hand to mouth (1-2) prepare to R (3-4) R chaine (5-6) x jump, jete, or calypso (7) turn out (8)  
8 R chasse (1-4) L chasse (5-8)  
8 prepare (1-2) double or triple pirouette (3-5) land in second position (6) L knee in, hands at heart (7) look (8)  
8 fan (1-3) balchange (4-5) R passé (6) prepare front (7-8)  
8 chaine (1-2) axle, chaine or double axle (3-4) (5-6) step out R to second (7) hands down (8)  
8 new formation (1-4) R passé R arm circle above head (5-6) continue to formation (7-8)  
8 L ran de jambe (1-4) step R (5) step L (6) R kick front (7-8)  
8 coupe R turn (1-2) step R (3-4) 2 chugs L around to side (5-8)  
8 arms open into L (1-2) drop to side (3-4) present R arm to R (5-6) hold (7-8)  
8 passé throw L arm over (1-2) step L (3) step R (4) step L (5) step R (6) jete front (7-8)  
8 step R (1) step L to fourth position (2) hold (3) melt (4-6) step across R (7-8)  
8 step L to back (1) R chasse to side (2-4) step L across (5) x jump or russian (6) balchange (7-8)  
8 attitude turn to front (1-3) step out (4) R heel out, in, out (5, 6, 7) pull L leg to R (8)  
8 prepare (1) single or double coupe turn (2-3) step out to second (4) head roll to R (5-6) head roll to R (7-8)  
8 swivel R leg (1-2) low battement (3-4) flick L leg (5-6) step L (7-8)  
8 double flick R, L (1-4) step R (5-6) coupe (7-8)  
8 pop L knee (1-2) roll up (3-4) step L, R hands flick L, R (5-6) circle arms to L (7-8)  
8 Repeat Chorus: R chasse (1-4) L chasse (5-8)  
8 prepare (1-2) double or triple pirouette (3-5) land in second position (6) L knee in, hands at heart (7) look (8)  
8 fan (1-3) balchange (4-5) R passé (6) prepare front (7-8)  
8 chaine (1-2) axle, chaine or double axle (3-4) (5-6) step out R to second (7) hands down (8)  
8 new formation (1-4) R passé R arm circle above head (5-6) continue to formation (7-8)  
8 L ran de jambe (1-4) step R (5) step L (6) R kick front (7-8)  
8 coupe R turn (1-2) step R (3-4) 2 chugs L around to side (5-8)  
8 arms open into L (1-2) drop to side (3-4) present R arm to R (5-6) hold (7-8)  
1 hit ending pose

***Optional Formations:***

1. Clump                      2. Triangle                      3. Two Lines                      4. Switch Lines



# Junior Kick Series

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

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

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

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

8 Jump fans to left 3 times; close on 7



# Senior Kick Series

8 Hold 6 hooking up on 7,8

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

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

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

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

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

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

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

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

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

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

1 Clean arms on 1



**“Shake This Mix” by: Various Artist**

**Int Pom – Time 2:12**

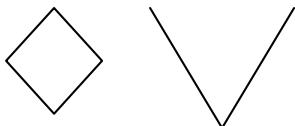
**Choreographed by: Jennifer Hodge**

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

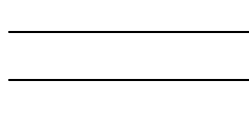
- 8 ripple from front to back arms high V hitting high knees 1-5 tuck 6 stand 7-8
- 8 every other line down or up (down part) check right 1 left 2 fast 3&4 (up part) check left 1 right 2 fast 3&4 all touch down 5 prep 6 toe touch 7-8
- 8 jump out to 2<sup>nd</sup> position facing left 1-2 shake hips front/back 3 & punch front 4 up to side 5 left arm out look front right on hip 6 switch & arch back arms switch 7 jump together 8
- 8 walk rt/left/right/ 1-3 left leg out bend body over 4 look to right arms push out straight 5 look forward hand pulls in 6 step front 7 step right big hip 8
- 8 step left swing left arm 1 bounce step right 2 flex right foot to left side arms in box 3 hold 4 slide to right hands on shoulders 5 left leg out low V arm 6 snake up leg 7-8
- 8 lf leg out pulls arms to rt1 switch 2 switch & arms on head pop hips 3-4 snake to left knee 5 invert right knee & 6 hands in fist 7 hold 8
- 8 moving to three lines punch rt arm up 1 punch down lf leg in passé 2 lf arm up 3 punch down 4 shake poms 5-8
- 8 cont. moving same arms
- 8 parts (1-3-5)lf arm up rt arm down 1 up and down leg & 2 box arms 3 hold 4 step rt clap to side 6 stand up rt arm 7-8
- 8 shake poms and swivel hips 1-4 cont parts 5-8
- 8 prep 1-2 turn 3-4 land in 2<sup>nd</sup> position 5-6 swing arms up left 7 right 8
- 8 parts (1-3-5)poms to left right wrap waist 1 switch 2 fast 3&4 plie left to right 5-6 close to left shake poms 7-8
- 8 roll to ground back to right 1-2 levels low knees 3-4 group #2 high knees 5-6 #3 standing 7-8
- 8 rt arm up 1 swing left arm up 2 double pump 3-4 left arm up 5 swing right arm up 6 double pump 7-8
- 8 rt ½ T left arm out to side 1 switch 3 middle line circle 3-4 1<sup>st</sup> and 2<sup>nd</sup> line circle 5-6 all close or stand 7-8
- 8 move to triangle off center arms T 1 circle 2 pony 3-4 repeat 5-8
- 8 cont moving same arms
- 8 pick up (1-3-5) disco 1-2 disco 3-4 chaine 5-6 chaine 7-8
- 8 leap 1-2 roll 3-4 high knees 5-6 hips shakes right 7-8
- 8 hips 1-2 hips 3-4 stand 5-8
- 8 shake poms adjust formation back center
- 8 left leg out poms punch to left 1-2 right 3-4 shake around 5&6 close 7-8
- 8 slice to right 1 left 2 body roll down 3&4 step left poms over head 5&6 right 7&8
- 8 ripple front to back circle poms down left to right and then over head
- 8 back ½ of triangle high V low V 1&2 three step turn 3&4 2<sup>nd</sup> position 5-6 poms on left knee 7 rt 8 (front ½ start on 3&4)
- 8 facing right pump arms up 1-2 (front add on) low 3-4 ½ T 5-6 shake front 7-8
- 8 rt arm up left out 1 together 2 rt down 3 together 4 shuffle 5&6 shuffle 7&8
- 8 rt arm up left out 1 together 2 rt down 3 together 4 shuffle 5&6 shuffle 7&8
- 8 moving back center snake rt arm 1-2 pump 3-4 snake left arm 5-6 pump 7-8
- 8 move block in windows punch right up/down 1-2 left 3-4 shake 5-8
- 8 punch rt 1 left 2 shake 3-4 tuck 5-6 hold 7-8
- 8 parts (1-3-5-7) poms to rt on knees 1 poms down low knees 2 high 3 low 4 circle 5-6 cont 7-8
- 8 cont 1-4 rt leg up 5-6 stand 7-8
- 8 punch to left right arm 1 left & right 2 left shake 3-4 repeat right side 5-8
- 8 shimmy left 1-2 release head 3-4 shimmy right 5-6 release head 7-8
- 8 up or down by lines (up) step right arms up 1 step left 2 flat back 3-4 step rt arm up 5 left 6 shimmy 7-8 (down) flat back 1-2 step rt arms up 3 left 4 flat back 5-6 shimmy 7-8
- 8 tighten formation pony
- 8 rocket 1-2 tuck 3-4 touchdown feet in 2<sup>nd</sup> position 5- T 6 over flat back 7 throw arms 8

**Formations:**

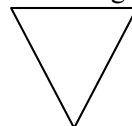
#1 Diamond or V



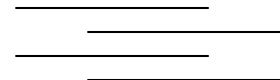
#2 Three Lines



#3 Triangle



#4 Block in Windows





**“Crank That Thang” by: Various Artist**  
**Int Hip-Hip – Time 2:10**  
**Choreographed by: Jennifer Hodge**



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

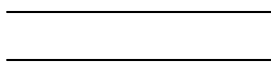
8 hold 1-2 look front 3 jump out to 2<sup>nd</sup> position grab wrist 4 pull to rt 5 front & pull left 6 front & circle arms close feet 7 step out left right arm up 8  
 8 hips to R L R roll wrist and snap 1&2 to the L 3&4 L hand on chest 5&6 wrap R hand around head and step L R L 7&8  
 8 shoulder pops 1-2 contact 3 step front rt flat box arms 4 groups (5-7-1-3) step back  
 left 5 rt 6 kick left back arms circle 7 step left 8  
 8 turn to front 1 rt leg out hand on knee 2 cont parts 3-8  
 4 stand left arm over head 1-2 back down 3-4  
 8 shuffle left two fist down 1 shuffle right one fist 2 hands on knee 3 circle arms passé 4 step on right 5 jump out to side 6 right hand on chest 7 drag rt leg rt arm swing to back 8  
 8 two parts front and back (1-4) chug front rt 1 left 2 hop to right 3 step on right 4 turn stepping lf/rt 5-6 jump out 7-8  
 8 drag to rt left arm to right shoulder 1-2 drag to left rt arm circle 3-4 group #2 cont 5-8  
 8 circle arms back left leg flick 1 down to ground 2 left leg out left arm punch 4 rt arm punch right 4 stand hands on rt knee 5 left hand to left knee 6 rt arm up tap tap 7-8  
 8 swim arms 1 behind head 2 hands behind back 3 pulse 4 circle left arm lean back 5 close to left 6 step out left arms low V 7 tap tap hands & 8  
 4 hands and head swing  
 8 shake hips left 1-2 right 3-4 walking 5-8  
 8 cont moving to two lines repeat hips and walking  
 8 clap under rt leg 1 clap 2 indian arms 3&4 clap under left leg 5 clap 6 indian arms 7&8  
 8 slide right 1 clap 2 slide left 3 clap 4 body roll 5-6 step out left right arm to shoulder 7 switch 8  
 8 groups 1, 3, 5: R arm up L leg up 1 L arm up R leg 2 hips 3& flip hand L 4 L PBR 5&6 drop arms over head 7 stand 8  
 8 twist and step rt/lf/rt 1&2 head roll and turn front 3-4 cont groups 5-8  
 8 jump out slice hands 1-2 lean left right hand on left wrist 3-4 unfold hands 5-6 rt hand up 7 down 8  
 8 drag opposite directions circle arms 1-2 PBR 3&4 turn back hand on back pocket 5-6 pulse 7-8  
 8 pony into a triangle  
 8 right hand on chest 1 left 2 right hand touch rt leg 3 clap 4 over flat back 5-6 C-jump 7 half T 8  
 8 every other line opposite directions plie arms around front 1-2 plie arms scoop 3-4 all together step back rt 5 left 6 right and arms over head 7 hip & 8  
 8 parts (1-3-5) step right to front hands to left hip look back 1 swing hips front 2 pick up 3-4 pick up 5-6 all 7-8  
 8 pony back to four lines  
 4 step out 1-2 head 3-4  
 8 left arm circle back 1 behind back 2 step lf/rt/lf 3&4 roll down 5-6 hands on shoulders 7 turn side 8  
 8 hold 1 hands on left knee 2 pulse box arms down & 3 pulse arms back & 4 roll to ground 5-6 stand 7-8  
 8 make one line  
 8 pose down the line  
 8 walk back to triangle  
 8 plie opposite directions 1 close and turn side 2 PBR 3&4 swim arms over head 5&6 punch down 7&8  
 8 flip hands up to rt 1-2 walk hands 3&4 plie 5 right arm ½ T face left 6 step lf/rt/lf 7&8  
 8 swing 1-2 hands on knee 3 invert 4 hand out and in 5-6 circle 7-8  
 8 walk left right 1-2 PBR 3&4 roll to ground 5-6 stand 7-8  
 1 head lifts

***Formations:***

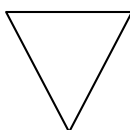
#1 Four Lines



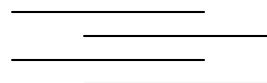
#2 Two Lines



#3 & #6 Triangle



#4 Box (in windows)



#5 One Line



**“I Love Lucy” by: Various Artist**  
**Int Character Jazz – Time 2:15**  
**Choreographed by: Jennifer Hodge**



***Start in long line facing into the middle***

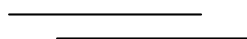
“Talking” 1-2-3-4 hands on hips during beats 5-6-7-8  
 8 ripple from center out audience leg out & arm out other arm up 1-4 pocket 5-6 hips 7-8  
 8 making two lines drag front 1-2 drag front 3-4 shimmy 5-8  
 8 (3) groups pick up #1 arms circle over head passé left 1-2 three step turn 3-4 play drums over head 5,6,7,8  
 8 group #2 picks up chainé turn 1-2 fan right 3-4 roll arms 5,6,7,8  
 8 group #3 picks up roll to ground 1-2 high knees 3-4 arms 5,6,7,8,  
 8 roll to back 1-2 stand 3-4 adjust formation back center 5-8  
 4 sassy walk rt flick hands 1-2 left 3-4  
 8 three groups (1-3-5) step left 1 kick 2 passé right 3 push left hand 4 pivot 5-6 walk back rt/lf 7-8  
 8 walk rt 1 step out left 2 hands on pocket 3-4 pulse 5-6 pulse 7-8  
 4 turn front rt arm up 1-2 melt 3-4  
 8 prep 1-2 turn single or double 3-4 kick out 5 step on right to side 6 punches up 7&8  
 8 triplet to right 1&2 left 3&4 flick left leg 5 step on left to back 6 turn front 7-8  
 8 (tighten lines) walk front arms up 1 down release head 2 arms out 3 hug 4 head roll 5-6 right arm over head 7-8  
 8 snap right to right side 1 left 2 right 3 flick right leg 4 step on right 5 turn 6 shake 7-8  
 8 pose in different directions 1-2 shake 3-4 pose 5-6 shake 7-8  
 8 pose 1-2 spread out back to three lines 5-8  
 8 left hand grab right wrist twist and jump front 1-2 left 3-4 back 5-6 right 7-8  
 8 three poses each row starts with a different pose 1<sup>st</sup> pose 2<sup>nd</sup> position arms reached out front 2<sup>nd</sup> pose stand up arms wrap over head 3<sup>rd</sup> pose turn to left rt hand on hip left hands on lips all plié 7 clap over head 8  
 8 step right shimmy 1-2 chasse & 3 clap 4 reverse to left 5-8  
 8 monkey left arm lean right 1-2 monkey right arm lean left 3-4 step rt/lf/rt/close and circle arms 5&6& prep 7-8  
 8 single or double turn 1-2 turn front 3-4 tilt 5-6 pivot 7-8  
 8 shimmy 1-4 fan self 5-8  
 8 group one arms over head to right 1-2 left 3-4 front 5-6 circle 7-8 (group #2 hold point to #1)  
 8 group one point to group #2 group two repeat arms over head right, left, front, circle  
 8 swing hips circle arms right 1-2 left 3-4 step left 5 kick right 6 turn to back 7-8  
 8 push right down 1-2 left push down 3-4 shake/shimmy front 5-8  
 8 move push over head 1-2 push down 3-4 pump arms 5-8  
 8 cont. moving repeat arms  
 8 different poses ripple from front to back making levels  
 8 knock box arms R 1 ft 2 L 3 ripple across formation L to R, R arm R leg passé turn to bk end ft L leg out R hand pocket  
 8 rt. arm up and flick wrist shuffle &, 1,2 shuffle &, 3 close side hands on chest 4 step back 5-6 circle arms front 7-8  
 8 turn side 1 hold 2 fast push arms down 5,6,7 throw front 8  
 8 drag back right foot in drag “L” arm right up 1-2 pivot front 3-4 fan 5-6 wrap head 7-8  
 8 move back to two lines from start  
 8 (3) groups pick up #1 arms circle over head passé left 1-2 three step turn 3-4 play drums over head 5,6,7,8  
 8 group #2 picks up chainé turn 1-2 fan right 3-4 roll arms 5,6,7,8  
 8 group #3 picks up roll to ground 1-2 high knees 3-4 arms 5,6,7,8,  
 8 roll to back 1-2 stand 3-4 adjust formation back center 5-8  
 4 Tighten formation 1-3 melt pose on 4

***Formations:***

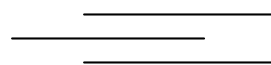
#1 – Long Line



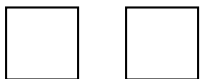
#2 – 2 Staggered Lines



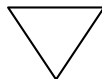
#3 – Block in Windows



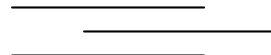
#4 – 2 Groups



#5 – Triangle



#6 – 3 Staggered Lines



**“Save Me from Myself” by: Christina Aguilera**  
**Int/Adv Contemporary Lyrical – Time 2:04**  
**Choreographed by: Miriam Vera**



**Beginning Position: Diagonal Line(s)—facing back, left tendu, arms down, and looking down**

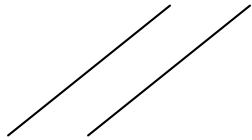
- 3 **Three Groups (Back to Front)**—lift L arm to high V while looking and shifting weight to L side on 1, 2, or 3  
8 ball change L/R as L arm circles down & 1, L coupe turn 2, step L &, step backwards w/ R ft. as arms circle up 3, twist over L shoulder to look front/bend arms above head & 4, turn over R shoulder to face front/arms open up & 5, step R/L breaking arms to “T” position & 6, **Ripple (F to B)** twist legs to L side/look L & 7 &, look up to R side 8
- 8 **Two Groups (1 or 2)**—R arabesque/throw R arm over 1, step R and face back diagonal/throw arms up/look up & 2, melt arms down & 3, 2<sup>nd</sup> group finishes & 4, lift L leg/reach out with R hand 5, step L/R/L to face front/R hand on heart/reach front with L hand 6 & 7, L hand on heart and look down &, releve and twist knees L/R 8 &
- 8 **Two Groups (1 or 2)**—arms to “T”/look front 1, R coupe turn over R shoulder as arms curve in 2, R chasse to R side 3 &, tour en l’air with R passé/arms in fifth position 4, (**Low level group**) slide R leg to drop to floor/roll to sit facing back diagonal 5-8, (**High level group**) after tour jump on 5, R three step turn to finish facing back diagonal 6-8
- 8 (**Low level group**) extend arms R/L and release head 1 &, flick hands with head pop 2 &, open arms and twist to R side 3, shift weight to L side 4, roll over L shoulder to stand 5 & 6, L tendu and present arms/looking front 7-8  
(**High level group**) extend arms R/L and release head 1 &, flick hands with head pop 2 &, open arms and twist to R side 3, shift weight to L side 4, R souttenu turn/hands pushing down 5-6, quick R step &, L tendu and present arms/looking front 7-8
- 8 **Two Groups (1 or 2)**—step L 1, R coupe turn over R side 2, step R/prep &, inverted L fan kick and turn around 3-4, land facing front in second position/”T” arms 5, 2<sup>nd</sup> group finishes 6, hinge R knee/contract body/bring arms in 7, reach out/look up &, drop arms looking front 8
- 8 step R and swing R arm over 1, shift weight and turn to face front diagonal/break & extend both arms/release head 2, slide L tendu to the back diagonal/arms slide behind body/look L 3, step R &, double pirouette turn with wrapped arms by chest 4-5, X jump out of the turn 6, step R and push arms in different directions/smiling 7-8
- 8 **Traveling to Formation #2 (Two Lines)**—walk L/R/L with improvised arms 1-3, ball change/slide L tendu to different sides/open arms above head & 4, step R/reach out to different sides with R arm/L hand on heart 5, switch arms/R to heart/L reaches up/ look up 6, melt arm and body 7-8
- 8 **Finish traveling**—finish walking to formation stepping L/R 1-2, step L &, R coupe turn 3-4, land stepping out to R side facing forward/L hand on heart/R arm extended to T/upper body roll to R side 5-6, releve/R hand to stomach/look down & 7, face back over R shoulder/push R hand down & 8
- 8 face front over L shoulder/push L hand down as R arm lifts up/look up 1-2, melt arm and body 3-4, stand with arms wrapping body shifting weight Right then Left 5-6, step and shift to face back and breathe 7-8
- 8 **Two Groups**—facing back/look over R shoulder/throw arms (L up/R down) & 1 or & 2, **Together**—present R arm/swivel R leg 3, swivel L leg/lift L arm/wrap R arm 4, step R as L arm reaches and twirls fingers in 5, step over with R to front diagonal/L arm slides by face 6, L inside turn/L hand pushes down 7, step L 8
- 8 R leap at a diagonal/arms circle back 1, land with L coupe 2, **Begin Parts—Two Groups (3 or 4)** quick steps (L/R) with coupes (R/L) & 3, L chasse to back diagonal & 4, reverse leap and land facing back 5-6, throw arms to “T” position/release head/then melt arms down & 7, breathe and roll shoulders & 8
- 8 **Continue with Two Groups (1 or 2)**—quick L passé then step L as R leg lifts to battement/arms brush up & 1-2, step R/double pirouette turn & 3-4, land facing forward with T arms/release head 5, 2<sup>nd</sup> group finishes on 6, **Together** wrap R arm around stomach/shift weight to L side/lift L arm up 7, step R as L arm melt to touch heart/release head 8
- 8 step L 1, Russian or X jump with arms up &, step L facing back 2, **Two Levels—(Group A)** roll to floor 3-4, head roll/body at table-top position/R arm over stomach/L arm supporting body 5-6, roll to L side w/ knees together 7-8  
(**Group B**) step R/R arm reaches to “T” position 3, keep turning and step L/L arm reaches to “T” position 4, cross R over L and turn/arms over head 5-6, step L facing R side/circle arms out then touch heart/look front 7-8
- 8 (**Group A**) stand 1-2, (**Group B**) step R/push hands down 1-2, (**Together**) step L with R passé/push R hand down 3, step R with L passé/L arm circles back 4, step L/ice skater turn 5-6, R high kick with L arms 7, step R/melt arms 8
- 8 **Moving to Formation #3 (Triangle)**—(facing back) walk L/R/L while lifting arms to high V 1-3, step R/press hands away to sides & 4, L foot passes thru coupe and rond de jambe L leg & 5, quick steps around L/R & 6, L coupe turn over L shoulder/step forward with L & 7, R tilt kick 8
- 4 step R/clean chaine turn in place over L shoulder & 1, prep & 2, two a la second turns & 3 & 4
- 8 one a la second turn & 1, double or single pirouette turn & 2, land & melt body to R side/arms press down 3-4, “knee to knee turn” over L shoulder/R hand wrapped to body/L arm reaches up 5-6, land facing to L back diagonal/L arm

extended to shoulder level with flexed hand 7, twist body to front/wrap L arm to body &, twist body to face diagonal/arms extend to T level/release head 8 breathe &

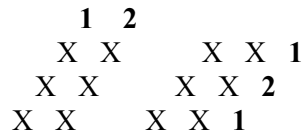
- 8 drop arms 1, R coupe turn/R arm presses down 2, slide down at a diagonal to lay on the floor sideways 3-4, roll over to L side of body/hips lift up 5-6, L “Z-sit”/lift R arm up/looking at R hand 7-8
- 8 **Group**—slide arms down to front diagonal R/L 1-2, lift body/hands sliding on floor 3-4, sit to face back diagonal/lift arms (Right then Left) as hands twirl in/looking up 5-7, extend legs/push hands towards feet & up/looking front &8
- Soloist**—R arm down/twist to L side 1, roll to stand over R shoulder to face back diagonal 2-4, lift arms (Right then Left) as hands twirl in/looking up 5-7, roll R hip to front/arms shift to “L position”/looking front &8
- 2 **Together**—drop arms looking front 1, face back 2, and breathe without music

**Formations:**

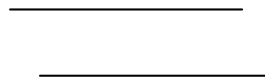
#1 Diagonal Line(s)



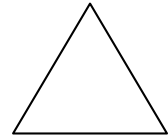
(Form 1—Group options)  
Option 1 or Option 2



#2 Two Vertical Lines



#3 Triangle



**“Better Man” by: James Morrison**  
**Int/Adv Modern – Time 2:20**  
**Choreographed by: Miriam Vera**



**Beginning Position: Right Triangle with Soloist at Left Upstage Corner—standing facing L side or laying down**

- 4** **Soloist**—sway knees L/R/L 1-3, lift hips off the floor/R fan kick while laying down 4&  
**Group**—walk R/L 1-2, walk backwards R 3, walk backwards L while throwing arms and releasing head &4
- 8** **Soloist**—forearms on floor/pike 1, drop L knee and extend R leg 2, sit up and look to diagonal &, tuck in R leg and roll to stand over L shoulder to face front 3&4, reach forward R/L then twist hips and look R then recover &a, break knees/release head/fingers roll in 5, rebound body and open/close hands 6-7, R knee behind L knee/wrap arms (R over head/L around stomach)/look L 8, place R foot down/arms open/release head then place R hand on stomach/L hand behind head &a  
**Group**—melt/contract while holding L wrist and recover to standing 1-2, throw arms down and look front &a, shift weight to R to face front while reaching out R/L 3&, break arms twice in/out looking sideways 4&a, swaying sideways bring arms in/fingers roll in 5-7, step w/ L to face R side while contracting body/wrapping arms over 8&
- 8** **Soloist**—contract body 1, spiral over L shoulder w/ L coupe/land facing Left front diagonal &2, collapse/melt body 3, two quick steps back as arms press down and look sides R/L &a, releve & circle arms up to high V 4, lean forward/arms create random circles in front of body/looking down &5&, break body & look front 6, walk facing back to join the group &a7, **Travel to Formation #1B**—R three step turn to front diagonal 8&a  
**Group**—snake head to look front 1, recover to standing &, pulse chest and hands 2&, melt down and press hands down 3, step L over L shoulder to face back and step R &a, reach arms to high V while looking at hands R/L 4&, releve and pulse hands/drop head 5&a, sway sideways and melt arms down/drop head &6&7, **Travel to Formation #1B**—R three step turn to front diagonal 8&a
- 8** **Different Soloist**—drop/lift arms up & then recover to standing 1&a2&, **join group** 3&, **Different Soloist**—step R to front diagonal/arms reach out R/L and melt body down 4&5&6, **join group** 7&a8&  
**Group**—(facing to back diagonal) throw arms over to R side/L tendu behind R leg and look R 1, releve looking down and break arms to box position L/R &a, push arms down twice/slowly looking up 2&, **Travel to Formation #1C**—R rond de jambe as L arm circles back 3, L rond de jambe as R circles back &, inside turn over L shoulder/hands touching R knee/looking down 4&, land facing Right front diagonal/upper body roll L to R 5&, look down 6, small hinge (breaking knees)/extend R arm to “T”/L hand on chest/release head 7, twist legs L/R &a, step forward R/flex R hand reaching forward/look down 8, both hands at chest/look up &
- 8** **Together**—releve/hold and un-hug yourself while swaying 1-2, throw arms down looking forward 3, **Travel to Formation #2 (Staggered Lines)**—three step turn &4, cover lips with both hands &, step forward with R to different directions as hands detach from lips and reach forward 5&, return to feet together/cover lips 6&, throw arms down while shifting weight to face Left front diagonal and look front 7&, step R/tendu L behind R as R finger motions “no” to the front 8&
- 4** **Group A**—lift R knee/point out w/ R then point to self & contract 1-2, turn over L shoulder 3, cart wheel 4  
**Group B**—face front/point out with both hands/hands to chest/open arms to T 1-3, look forward 4
- 8** **Group A**—roll to stand 1&a, reach behind/squeezing hands 2, reach forward R/L & break arms twice &a3&, turn over R shoulder/drop with R knee to floor 4&, break arms R/L 5&, present arms/melt 6-7, roll to L &8  
**Group B**—slide L tendu/hands press behind body 1, tilt head forward/hands behind head &, drop L knee down 2, sway sitting on floor 3&4, kneel/flick hands 5, roll over R shoulder 6&7, flip over and stand up &8&
- 8** **Group A**—continue rolling/prep for lift 1&a, “lift” 2&a, run to Right front diagonal 3&, hug/breathe up 4-5, disconnect 6, **Travel to Formation #3 (Diagonal Line)**—run &7&, stand facing back/throw L arm down 8  
**Group B**—turn over R shoulder to grab partner 1, lift partner 2&a, run with partner 3&, hug/breathe up 4-5, disconnect 6, **Travel to Formation #3 (Diagonal Line)**—run &7&, stand facing back/throw L arm down 8
- 8** **Group A**—left inside turn/R hand presses down/lift L arm up 1&, land facing Left back diagonal/L arm extended in front/flexed hand then twist body R and recover a2&, flick R leg behind/L arm wraps head 3&, arms hug body R/L as body sways 4&, battement L leg sideways/flick hands above head 5, step L and turn over R shoulder to face front diagonal &, flick hands in front of body/release head/swaying body 6, continue to sway &7&, releve/press hands down R/L 8, step R and reach forward R/L then clasp hands &a  
**Group B**—step forward R/open arms to T 1, close feet and hug body 2, step back with L/collapse body and swing arms down 3&4, recover to stand/push hands up looking up &5, fingers roll in/sway body 6-7, break arms down R/L 8&

8 **Group A**—bring clasped hands in to chest 1, extend arms forward/looking down &, throw arms down & look forward 2&, turn over L shoulder to face front/arms wrapping body 3&, swivel R passé thru "L" arms then step R 4&, close feet and contract body/wrapping L arm over head/knees twist in and out 5, **Travel to Formation #4 (Triangle)**— walk back over L shoulder finish facing back 6-8

**Group B**—step R over to Left back diagonal hugging body 1, pivot to face front diagonal 2, step R/open arms to T/looking down 3, spiral in low level/L arm reaching up/R arm wrapping stomach 4&, step with R to face the front/L arm melts down/looking forward 5, **Travel to Formation #4 (Triangle)**—walk back over L shoulder finish facing back 6-8

8 step forward with R/covering eyes 1&, pivot back/flick hands above head 2, step out to L side/prep &, L attitude turn/arms in fifth/looking up 3&, land facing Left front diagonal 4 hug body &, step to other diagonal R/L while pressing hands down R/L and continue with L battement 5&a, finish spiral to face front/L hand on face 6, melt hand down 7&, extend L arm down/looking up 8, L hand on chest/collapse forward &a

8 snake up 1, reach with both arms sideways/sway hips/look sideways then break arms in/out 2&a,

**Group A**—turn over L shoulder/L coupe/arms by face 3&, step/R tilt kick and drop to floor with R knee 4&, snake up 5, roll to stand &6&, **Travel to Formation #5 (Straight Line)**—walk/run facing back 7&8

**Group B**—step forward R/L as arms reach forward R/L 3&, squeeze hands/release head 4, collapse body 5, snake up 6, **Travel to Formation #5 (Straight Line)**—walk/run facing back 7&8

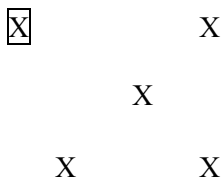
8 *Ripple*—face forward and reach with one or two hands 1&2, improvise broken movements &3&4&, stand facing front/holding hands/breathe out 5, *Ripple*—wave with different body postures 6&a, stand facing front 7, breathe/roll upper body with small melt &8

8 **Traveling to Formation #6 (Circle)**—different spirals away from line 1&, step 2, spiral again 3&, walk to complete formation change 4&, facing out of the circle/reach out R/L and hug body R/L 5&a6, two body releases &7&8

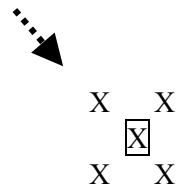
8 *Ripple*—press arms down/look over R shoulder 1&a, look over L shoulder 2, walk over L shoulder to the tighten circle 3&a, releve and reach both hands to center of circle 4&, begin walking away/break arms in towards body 5, walk away slowly/looking away from center of circle/improvise arm motions 6-8

**Formations:**

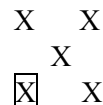
#1A



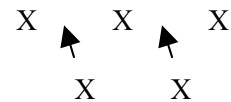
#1B



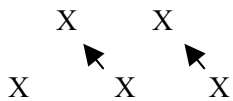
#1C



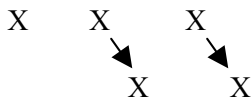
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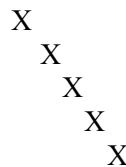
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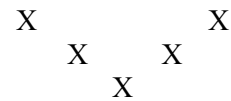
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#3



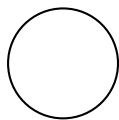
#4



#5



#6



**“Shooting Star” by: David Rush**  
**Int/Adv Stylized Jazz – Time 2:02**  
**Choreographed by: Miriam Vera**



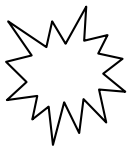
**Beginning Position: Scattered—different standing poses facing to different directions**

- 1 hold 1
- 8 twist upper body twice while bouncing 1-4, roll hips 5-6, roll hips 7, finish hip roll and look front 8
- 8 **Group A**—180 turn (1-3), step R 4, **Move to Formation #2 (Two Lines)**—walk L/R/L 5-7, pose 8  
Group B—repeat last eight count
- 8 **Group B**—illusion 1-2, recover 3-4, **Move to Formation #2 (Two Lines)**—walk R/L/R 5-7, dig L 8  
Group A—reach and snap four times 1-8
- 8 **Together**— step back w/ L & bend knees to pop 1-2, other side 3-4, quick chaine turn to the back w/ clean arms 5-6, jump out to second w/ hands in front & release head 7, clean arms/look down 8
- 8 place R hand in front/shift weight L 1, place L hand on top/shift weight R 2, slide L hand on R and shift weight &3, kick L and snap hands down 4, step L/hands over head 5, pop and switch arms back overhead/sit back/L knee popped 6, lift and drop arms/pop hips up and down &7, break arms to low V and release head 8
- 8 step L/wrap R arm 1, step R/lift L arm up 2, kick L/break L arm down/release head 3, L tendu and look front 4, releve and lift arms L/R 5&, drop releve/place hands behind hips L/R and look L 6&, look front 7, pop chest &8
- 8 step R/scoop hands behind hips/L passé 1, step L and R passé/lift arms 2, step R and pop arms twice above head/pop hips twice 3&4, step L/drag R and present R arm 5, step R 6, step L 7, dig R 8
- 8 step R/L/R as R arm reaches up and breaks down 1&2, step L and break L arm by face 3, throw arm down/leaning left 4, shift weight over to R/scoop hands behind hips/kick L leg over R 5, step out to second position/arms over head 6, hip roll 7-8
- 8 **(Formation Splits Apart)—Opposite Combination**—step/drag with L arms over L/R shoulder 1, step in front 2, step 3, half-pirouette with wrapped arms 4, chasse 5-6, reverse leap 7, land 8
- 8 step R or L with broken arm 1, step and push arm down/release head 2, chasse 3-4, step 5, leap 6, land/step and push hands down 7, passé and break arms to low V 8
- 8 step back 1, throw arm over head/passé 2, three step forward 3-5, step 6, tilt kick 7, land 8
- 8 break to L arms/knee to knee 1, releve and switch to passé 2, chaine back 3-4, step back and pop with half T 5, switch 6, releve in second position with T arms 7, shift weight to L side/wrap arms 8
- 8 **Two Groups (1 or 3)**—prep with T arms 1-2, single pirouette with clean arms 3-4, drop/lean body to R side 5-6, 2<sup>nd</sup> group finishes 7-8
- 8 **Formation Change to # 4 (Staggered Lines)**—everyone snake up 1-2, walk 3-6, jump out to second position/arms up/look up 7, clean arms and look forward 8
- 8 swing R arm up/shift weight to L side 1, shift weight to R side/wrap arms around 2, hip and head roll L/R 3-4, jump feet together/arms over head 5, pop hips to R side initiating a follow thru 6, step back with R 7, tendu L to the back/arms drop 8
- 8 step L to the side with T arms 1, twist and wrap arms 2, R chaine turn 3-4, axel 5-6, walk R/L 7-8
- 8 quick R pivot turn/throw R arm forward 1, L three step turn to the back 2-4, R chasse to the side 5-6, step L 7, leap 8
- 8 step L/dig R facing to the side 1-2, walk forward R/L and prep 3-4, tilt jump 5-6, (land) step R and cross L behind R/arms push down 7-8
- 8 **Formation Change to #5 (Triangle & Diagonals)**—step L w/ hands on hips & roll head L/R 1-2, step L 3, dig R and break R arm up 4, facing back walk R/L/R while R arm comes down slowly 5-7, L tendu/slap hands on hips or break to “T arms” &8
- 8 Group A—twist upper body twice/“T arms”1-4, twist upper body twice/slap hands on hips 5-8  
Group B—twist upper body twice/hands on hips 1-4, twist upper body twice/break to “T arms” 5-8
- 8 Group A—close feet/face R side “hips out” & press hands down to low V 1-2, step R/L & prep 3-4, single R coupe turn/arms above head 5-6, prep 7-8

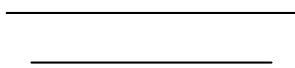
- Group B—drop L knee & press hands down 1-2, sit/R fan kick to the front 3-6, and reach to feet 7-8
- 8 Group A—2 a la seconds or 2 fouette turns 1-4, double pirouette 5-6, quick R souttenu turn 7-8
- Group B—push up/pike 1-2, Z-sit forward 3, kick R leg forward 4, roll over R shoulder to stand 5-8
- 8 Together—improvise four poses that follow thru 1-8
- 8 **Formation Change to #6 (Triangle)**—jazz walk 1-4, jump out to second and brush hands behind body 5, lift arms above head 6, pop hips R/L 7-8
- 8 step R/shake upper body/hands behind hips 1&2, step L 3, release head 4, rond de jambe L to the back 5, pop R knee 6, look front 7, pop chest & 8
- 8 step R and shift weight front/back as arms lift to high V 1-2, wrap arms/cross R over L and turn 3-4, step back R/throw arms to low V/look back 5, wrap arms/lean forward 6, shift weight back 7, pop hips up/down & 8
- 8 **Two Groups**—step out with L/break arms to low V/release head 1 or 2, twist to R side/R hand on hip, break L arm up 3 or 4, bounce hips L/R/L as L arm comes down 5-7, pop hips R/L & 8
- 8 shift weight to R 1, look R/L hand covers mouth 2, jump feet together/break arms up 3, snap hands down/kick R foot forward 4, walk back R/L 5-6, step R & face front 7, face back 8
- 8 Group A—step R and drag pushing arms down releasing head 1-2, walk L/R 3-4, prep/R high kick 5-6, land to R side/throw L arm over to R side 7-8; Group B holds 1-8
- 8 Group B—step R and drag pushing arms down releasing head 1-2, walk L/R 3-4, prep/R high kick 5-6, land to R side/throw L arm over to R side 7-8; Group A holds 1-8
- 8 Left three step turn with clean arms 1-3, cross R behind L/throw arms to T 4, Right three step turn 5-7, cross L behind R/throw arms to T 8
- 8 **Formation Shift to #7 (Scattered)**—step back w/ L and bend knees to pop 1-2, other side 3-4, three step turn to different locations 5-6, hit pose 7, pop hips and follow thru & 8

**Formations:**

#1 Scattered



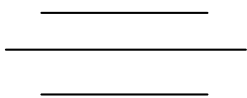
#2 Two Lines



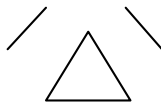
#3 (Split Apart)



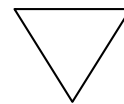
#4 Staggered Lines



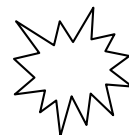
#5 Triangle & Diagonals



#6 Triangle



#7 Scattered





# “Morning After Dark” by: Timbaland (feat. SoShy and Nelly Furtado)

Int/Adv Hip Hop – Time: 2:11

Choreographed by: Natasha Newbrough



*Start in 2 staggered lines with various hunched over poses with head down*

8 roll up 1-3, head up 4, sway in opp 5, other side 6, chasse and circle body 7&8

8 reverse 1-4, snake up to ft 5-7, jump together w/arms up 8

8 bounce 1-2, kick ball change 3&4, face R side pointing hands up 5-6, body roll to ft wrapping arms around head 7-8

8 point dn 1, prep 2, double turn holding R leg 3-4, pitch 5, step R 6, tuck 7, jump to second 8

8 step out to R arms reach out 1, cross 2, R leg out elbows in hands out 3, cross &, flick L leg 4, cross 5, turn 6, chicken arms 7&, point 8

8 **move to triangle or diamond:** slide to L with L arm sliding up R arm 1-2, slide to R w/various arms 3-4, slide to L w/various arms 5-6, slide to R w/various arms 7-8

8 continue moving: walk to ft facing L side rotating shoulders to ft 1-2, repeat 3-4, three step turn 5-8

8 step R and throw arms up 1, turn and throw R arm 2, jump to second 3&, heels up 4, contract with L leg up 5, R 6, run in to tighten formation 7&, hook up 8

8 snake to R 1-2, snake to L 3-4, body roll bk 5-6, cross arms 7, jump to second facing bk &8

8 punch R arm dn 1, L 2, contract 3, repeat 4, contract to ground 5&6, stand to face ft 7, throw arms up 8

8 release 1-3, hit levels R 4, head up 5, middle girl hold 6, circle arms over head 7-8, everyone body circle L 6-7, drop 8

8 snake up to R by line 1, 2, 3, or 4, release bk 5, up 6, spread bk out 7-8

8 R leg dn 1, L leg dn 2, slide 3-4, head roll 5-6, slide 7-8

8 roll up to L 1-6, snap up 7, snap dn 8

8 **move to 3 groups:** walk hunched over facing ft or walk leaned bk facing bk 1-4, switch 5-8

8 continue moving to 3 groups: repeat 1-8

8 slide to R punching L arm 1, slide to L punching R arm 2, slide to R pointing L hand over mouth 3, step L 4, turn with R knee up 5, dn 6, scuff L leg 7, close &8

8 body roll out with hands on knees 1-2, snap and walk 3-4, throw 5, dn 6, release 7, drop over 8

8 outside groups rond de jambe R leg bk 1, L leg 2, repeat 3-4, reach out 5, in 6, tap outside leg on outside 7, tap inside &, body roll pushing arms dn 8, middle group- hold 1-2, rond de jambe R leg bk 3, L leg 4, repeat 5-6, jump out and throw 7, dn 8

8 outside groups drop 1-2, head roll 3-4, middle group head roll 1-2, drop 3-4, everyone slide frwd pulling arms bk 5-6, melt to pose 7-8

8 outside groups push towards middle 1-4, contract 5-8, middle group contract 1-4, hands up &, push dn 5-8

8 outside groups push up to ft 1-2, turn 3-4, middle group chest out 1-2, in 3-4, everyone snake up to ft 5-8

8 **move bk to triangle or diamond:** freestyle 1-8

8 continue moving: arms across eyes 1-2, throw 3, down 4, tuck to back 5, jump out to second facing front 6, L arm across face 7, R 8

8 contagion ft to bk: L arm swoops 1-4, contagion ft to bk: reach up and melt dn 5-8

8 R arm on R leg 1, L arm on L leg 2, push R leg 3, push L leg 4, walk ft and contract crossing arms 5, out 6, cross 7, face side &8

8 R shoulder bk 1, L 2, R 3, L 4, body roll up 5-7, Indian arms 8

8 snake ft R arm overhead 1-2, arms at chest face L diag 3, switch 4, circle arms out 5-7, walk bk &8

8 **move to clump:** walk w/arms up and elbows in leaning to R or L 1, switch 2, repeat 3-4, pose 5, switch &6, repeat 7-8

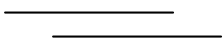
8 continue moving to clump: repeat 1-8

8 hold 1, pose 2, hold 3, pose 4, hold 5, knees &, pose 6, hold 7, knees &, pose 8

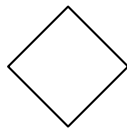
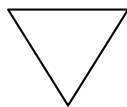
8 three step turn to ft 1-4, melt or leg hold 5-8

## Formations:

#1 2 Staggered Lines



#2 & #4 Triangle or Diamond



#3 3 Groups



#5 Clump



# “Cooler Than Me” by: Mike Posner (Gigamesh Remix)

Int/Adv Jazz – Time: 2:13

Choreographed by: Natasha Newbrough



*Start in triangle or diamond in various poses*

- 8 hold 1-2, snap 3-4, repeat 5-6, head dn and face ft 7, head up 8
- 8 body roll to R 1-2, L arms and hips up to R 3-4, drop 5-6, prep 7-8
- 8 fan kick 1-2, illusion 3-4, fan on ground 5-6, R leg through 7-8
- 8 swing legs around 1-2, sit 3, kick 4, roll up to bk 5-8
- 8 pivot turn 1-2, X jump 3-4, head up 5-6, go to ground sliding L leg bk 7-8
- 8 legs up 1-2, roll bk 3-4, roll to ft 5-7, prep 8
- 8 double pirouette 1-2, splits with R arm up 3-4, roll to L 5-8
- 8 leg out 1-2, L arms and release 3-4, roll up to R 5-8
- 8 drop 1-2, release 3-4, flick R leg 5-6, hips and arms L 7, R 8
- 8 flick L leg 1, pop L leg 2, hips and arms brush face 3-4, release 5, drop 6, body roll up 7-8

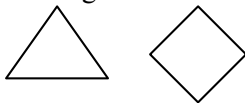
### **4 jazz walk to 2 staggered lines**

- 8 jump to L arms touchdown 1, step R arms dn 2, drop to bk arms push to L 3-4, chasse to R side 5-6, prep ft 7, leap 8
- 8 step L 1, prep 2, chaine 3-4, turning C jump 5, roll to ground 6-7, up 8
- 8 2 parts: line 1- release jump 1, drop with L leg out 2, hold 3-4, walk out facing in 5-6, step ft L 7, pitch kick 8, line 2- hold 1-2, release jump 3, drop with R leg out 4, walk out facing in 5-6, ball change R L to ft & 7, pitch kick 8
- 8 pivot turn 1-2, walk bk R arm out 3, L arm out 4, reach up 5-8
- 8 wrap 1, face ft 2, prep 3-4, double turn with R leg out 5-6, release 7, drop 8
- 8 contagion from R to L: circle arms L to R and jump to ground with L leg out 1-7, look up 8
- 8 roll to R 1-3, L leg attitude 4, roll to R 5-7, head roll 8
- 8 roll up to R 1-4, jazz walk to diag line 5-8
- 8 chaine up 1-2, chaine down 3-4, fan kick jump 5-6, lunge 7-8
- 8 roll to bk to lie on stomach 1-4, push bk with R arm 5, L 6, R 7, L 8
- 8 push legs up 1-2, L leg up 3-4, bend L leg 5-6, roll up to bk 7-8
- 8 continue rolling up to bk 1-2, pivot turn to ft 3-4, L arm swings bk 5, R 6, head roll L to R 7-8
- 8 step L 1, drop and close R leg in 2, lunge to L 3-4, R knee up and reach to R side with L arm 5-6, roll 7-8
- 8 2 parts (every other person): group 1- leap on ground 1-2, roll up to L 3-6, ball change to ft L arms 7-8, group 2- roll up to L 1-4, ball change to ft L arms 5-6, ball change bk release arms and head 7-8
- 8 continue 2 parts: group 1- ball change bk release arms and head 1-2, hips RL swinging arms up 3-4, hips RL pushing arms dn 5-6, step L 7, kick R leg to R side arms touchdown 8, group 2- hips RL swinging arms up 1-2, hips RL pushing arms dn 3-4, step L 5, kick R leg to R side arms touchdown 6, step to face back R 7, cross L 8
- 8 continue 2 parts: group 1- step to face bk R 1, cross L 2, group 2 hold 1-2, everyone step out with R leg L arm overhead 3, R arm overhead 4, hips and arms to R 5, L &, R 6, step L 7, face ft and throw R arm 8

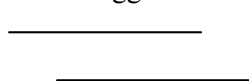
### **8 jazz walk bk to triangle or diamond 1-8**

- 8 plie 1, jump to R arms touchdown 2, plie 3, jump to L arms touchdown 4, hips RLRL 5-8
- 8 prep 1-2, turns a la second 3-8 (option 2: pose 1-4, switch pose 5-8)
- 8 continue turns a la second 1-2, double pirouette 3-4, chaine 5-6, calypso 7-8 (option 2: prep 1-2, double pirouette 3-4, chaine 5-6, calypso or leap 7-8)
- 8 roll up 1-4, jazz walk to clump 5-8
- 8 snap in various poses 1-2, repeat 3-4, three step turn to another spot in clump 5-8
- 8 snap in various poses 1-2, repeat 3-4, three step turn to ft 5-7, face L side R L out 8
- 8 hips and head to ft 1, side 2, repeat 3-4, roll to ground 5-7, arms touchdown 8
- 8 R arm dn 1, L 2, head roll 3-4, roll L to levels 5-7, pose 8
- 4 melt 1-4

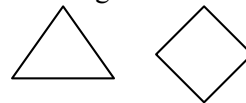
**Formations:** #1 Triangle or Diamond



#2 2 Staggered Lines



#3 Triangle or Diamond



**“Clap Your Hands” by: Danzel**  
**Int Pom – Time: 1:59**  
**Choreographed by: Natasha Newbrough**

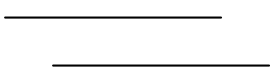


**Start in 2 staggered lines facing back, poms in, and head up**

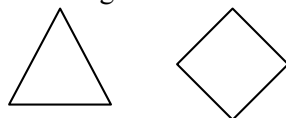
- 8 hold 1-4, line 2: step out R plie arms in T 5, clap 6, repeat to other side 7-8, line 1: hold 5-8
- 8 step out R plie arms in T 1, clap 2, repeat to other side 3-4, shift weight RLRL arms in touchdown popping poms bk 5-8
- 8 step bk R 1, pop L leg R arm dn 2, step bk L 3, pop R leg L arm dn 4, shake to R 5&6, L 7&8
- 8 line 2: cross arms to R 1, release pop L leg 2, line 1: repeat 3-4, close R to L shake poms up 5-7, prep 8
- 8 toe touch 1, land 2, line 1: roll to R 3-4, line 2: roll to L 3-4, poms up and out 5-6, continue rolling in opposition 7-8
- 8 stand 1-2, line 1: arms dn and to L 3, R 4, arms up and to L 5, R 6, line 2: arms dn and to R 3, L 4, arms up and to R 5, L 6, everyone: low V 7, close 8
- 8 **walk to triangle or diamond:** R arm up 1, in 2, L arm up 3, in 4, shake 5-8
- 8 step L with L arm dn 1, touch with L arm high V 2, repeat to other side 3-4, prep 5, double pirouette 6-7, land with weight on R leg arms in a T and head bk (option 2: prep 5-6, single pirouette 7, land 8)
- 8 drag R arm cuts across 1-2, walk RL 3-4, cross 5, low V 6, prep 7-8
- 8 press leap 1, land 2, roll up to L 3-6, swing R arm 7, swing L arm 8
- 8 hips RLRL 1-4, chasse to R side 5-7, step L with L arm up 8
- 8 pitch kick 1, walk RL 2-3, turn 4, T 5, dn 6, punch arms and pivot 7-8
- 8 walk bk: low V 1, T 2, high V 3, touchdown 4, prep to ft 5-6, chaine 7-8
- 8 turning disk or release jump 1, roll to ground 2-3, L leg out 4, head roll 5-6, roll to R with R knee up 7-8
- 8 2 parts (every other line): group 1- cross 1, release 2, group 2- repeat 3-4, look front 5-6, kick 7-8
- 8 roll up to L 1-4, arms touchdown to R 5, L 6, circle arms 7-8
- 8 **walk to straight line:** circle arms 1, clap 2, repeat 3-6, circle arms 7, clap &, clap 8
- 8 half Ts to R 1&2, L 3&4, ball change and release 5-6, step R and look front 7, clap up to R &8
- 8 2 parts (every other person): group 1- clap low to L 1-2, clap low to R 3-4, clap up to L 5-6, clap up to R 7&8, group 2- clap up to L 1-2, clap up to R 3-4, clap low to L 5-6, clap low to R 7&8
- 8 continue 2 parts: group 1- hold 1-2, plie 3, jump together arms touchdown 4, group 2- plie 1, jump together arms touchdown 2, hold 3-4, everyone- ball change release head and throw arms forward 5-6, walk R with R arm out 7, walk L with L arm out 8
- 8 contagion R to L: clap and land on ground with L leg out 1-8
- 8 sit 1-2, push up 3-4, roll up to bk 5-8
- 8 2 parts (every other person): group 1- low V to ft 1, in &, low V 2, wrap to bk 3, low V to ft 4, tuck 5, hold 6-8, group 2- repeat 5-1
- 8 continue parts 1, contagion from center: shake poms up to chest 2-4, contagion from center: shake R pom up and forward 5-8
- 8 **walk to bk to triangle or diamond:** low V 1, T 2, high V 3, touchdown 4, shake 5-8
- 8 3 parts (by line): group 1- L knee 1, R knee 2, sit back arms low V 3, R knee 4, sit back arms low V 5, R knee 6, sit back arms low V 7, clap &8, group 2- hold 1-2, L knee 3, R knee 4, sit back arms low V 5, R knee 6, sit back arms low v 7, clap &8, group 3- hold 1-4, L knee 5, R knee 6, sit back arms low V 7, clap &8
- 8 tuck 1-2, 3 parts (starting on 1,3, or 5): group 1- hit level and cross poms 1, half high V 2, high V 3, group 2- repeat 3-5, group 3- repeat 5-7, everyone in &, high V 8
- 8 3 part pick up (starting on 1, 3, or 5): group 1- circle 1, high V and high knees 2, repeat 3-6, group 2- pick up 3-6, group 3- pick up 5-6, everyone- sit arms low V 7, in &, low V 8
- 8 high knees arms touchdown 1-2, arms push to R 3-4, roll up to L 5-8
- 8 contagions front to back: windmill arms, X jump, and shake poms up to chest 1-8
- 8 continue contagions 1-4, roll or three step turn forward to hit levels 5-8
- 4 look R punch L arm 1, hold 2-3, look to L throw R pom up 4

**Formations:**

#1 2 Staggered Lines



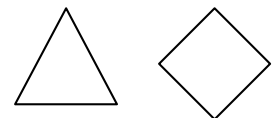
#2 Triangle or Diamond



#3 Long Straight Line



#4 Triangle or Diamond



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

Int/Adv Pom - Time: 1:58

Choreographed by: Brittany Watkins



*Begin in three staggered lines in a tuck*

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

## Formations:

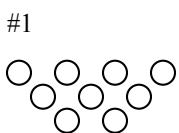


**“Tea Party” by: Kerli**  
**Int/Adv Novelty – Time: 2:03**  
**Choreographed by: Brittany Watkins**



*Begin in random spots spaced far back on the floor*

- 8 – hold 1-2, walk forward R 3-4, L 5-6, R 7-8
- 8 – Step (opposition) LR 1-2, “serve tea” 3-4, step RL 5-6, “serve tea” 7-8
- 8 – R hand in teapot step out R 1-2, step L over R shoulder L hand in teapot 3-4, switch teapot R 5-6, switch teapot L 7-8
- 6 – roll hips around L to R 1-2, pop R knee switching teapot 3-4, release head and push hand out 5-6
- 8 – pull arm in pop focus forward 1-2, jump to front 3-4, step RL 5-6, R jete 7-8
- 8 – land in tuck 1-2, legs extend back roll head R to L 3-4, pop head front 5-6, roll over R shoulder 7-8
- 8 – Contagion L to R: lay bk kick legs RL and sit bk to tuck 1-6, arms sin touchdown (TD) 7, open legs to 2<sup>nd</sup> arms rest on knees 8
- 8 – legs close 1-2, roll over with legs extended hands remain on floor 3-4, Pop heels RL 5-6, roll up 7-8
- 88 – **Move to Triangle:** arms bent to sides Pop L shoulder forward 1-4, pop R shoulder forward 5-8. Hands on back walking in releve starting L 1-8
- 8 – step R 1, wrap arms around shoulders dig L 2, arms come dn step L 3, arms up in TD 4, step RL 5-6, tendu flesh 7-8
- 8 – step back RLR 1-3, turn over R shoulder with L passé 4, step LRL 5-7, R passé arms in R diagonal 8
- 8 – step across RLR 1-3, passé L throw arms forward 4, step L and run to straight line
- 8 – **continue to run to straight line** 1-6, close 7-8
- 8 – Opposition (exact same choreography, just traveling opposite): arms in TD walk forward RL 1-2, prep 3-4, double pirouette 5-6, land 7, close 8
- 8 – (traveling back to straight line) step forward R 1, circle R arm to back step L 2, step RL 3-4, cross turn to front 5-7, arms close down 8 (should end up in straight line again)
- 8 – circle arms forward 1-2, Parts 3,5,7: circle arms forward go dn to tuck with L leg extended side 3-4, 5-6, 7-8 (should make a diag)
- 8 – close 1-2, every other girl: extend R leg 3-4, stand up in 2<sup>nd</sup> position 5-6, or 7-8
- 8 – cross L over R turn over R shoulder to back 1-2, jump out to 2<sup>nd</sup> 3-4, R arm in teapot 5-6, dip over R 7, back center 8
- 8 – body turns pop R knee R arm extends down 1, L arm extends 2, step L circle arms back 3-4, step R 5, R hand by ear point L 6, hold 7, point R 8
- 88 – Parts front to back 1,3: step R 1, passé L 2, step L 3 passe 4, chaine R 5-6, step RL 7-8. R tilt leap/jete 1-2, roll up 3-6, other group finishes 7-8
- 88 – hands on back moving to two staggered groups: walk L 1-2, walk R 3-4, walk LRLR 5-8. Continue walking every count stepping L first 1-8
- 8 – Opposition by group: Group 1: L hand slides up knee 1-2, teapot L 3-4, cross L over R and turn to back 5-6, jump to 2<sup>nd</sup> position 7-8. Group 2: R hand slides up knee 1-2, teapot R 3-4, cross R over L and turn to back 5-6, jump to 2<sup>nd</sup> position 7-8.
- 8 – circle hips to R arms snap to T 1-4, circle hips to L arms snap to High V 5-8
- 8 – Turn over R shoulder step RL 1-2, R passé arms in T 3-4, step RL 5-6, R passé arms in TD 7-8
- 8 – Step out R with R teapot 1-2, turn over R shoulder with L teapot 3-4, switch teapot R 5-6, switch teapot L 7-8
- 88 – **Move 2 staggered lines:** Turn over R shoulder in circles w/arms L diag 1-8. Turn over L shoulder w/arms R diag 1-8
- 8 – clean arms to side head nods forward 1-2, focus goes down 3-4, hands come up to face with a big smile 5, hold 6-8
- 8 – opposition by lines: (choreography is same just different directions) run LRL 1-3 hold 4, switch legs to R forward 5, switch legs to L forward 6, step R pivot towards center 7-8
- 8 – chasse R into center with arms sin L diagonal 1-2, close 3-4, front line chasses R into center 5-6, (back line has to turn forward) back line chasses L into center 5-6, close 7-8
- 8 – Jump to R arms in TD 1-2, jump to L arms in TD 3-4, jump to R arms in left L 5-6, jump to L arms in right L 7-8
- 8 – jump 1, pas de chat 2, land in tuck 3-4, stand 5-6, crazy arms 7-8
- 8 – close 1-2, parts from R to L : run forward L 3 or 4, both groups switch RL 5-6, close 7-8
- 8 – **Moving to ending triangle:** step L 1-2, step R 3-4, step LRLR 5-8 arms stay on back
- 8 – step r with teapot 1-2, turn over R shoulder with L teapot 3-4, switch teapot to R 5-6, switch teapot to L 7-8
- 8 – roll hips around L to R 1-2, pop R knee switch teapot to R 3-4, lean over 5-6, back to center 7-8
- 8 – “serve tea” at random until the music fades out. Hold ending position like a stiff doll



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

Int Jazz – Time: 2:07

Choreographed by: Brittany Watkins



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

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

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

88 – Opposition Parts by Line:

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

1 – hands hit Low V focus is forward 1

## Formations:



**“Be Reckless” by: Techno Remix**  
**Int/Adv Military – Time: 2:10**  
**Choreographed by: Meredith Walraven**



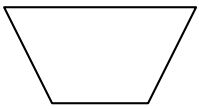
*Starting position: Start in trapezoid, stand with feet together, head down*

- 8- hold 1-4 jump out 5 check mark low R 5 switch to L 6 both arms low V 7 close 8
- 8- chaser arms 1-4 R “T” 5 switch 6 switch 7 close 8
- 8- parts 1 or 3 rocket arms jump feet apart 1 high V 2 broken high V 3 cross arms down in front 4 low V 5 close 6 head down 7 up 8 if you start on 3, there is no head
- 8- R diagonal 1 push R to low left V and L arm grab R shoulder 2 low V 3 close 4 L broken “T” R in “T” 5 rocket & R broken “T” L in “T” 6 close 7-8
- 8- walk to 3 lines low check R 1 switch to L 2 circle 3-4 repeat 5-8
- 8- continue walking low V 1 slap legs 2 low V 3 slap legs 4 L broken “T” R “T” 5 switch 6 both arms “T” 7 close 8
- 8- prepare 1-2 double turn 3-4 jump out 5 close together 6 head down and up 7-8
- 8- parts 1 or 3 bow over 1-2 knees 3-4 hold 5-6 head look to R or L 7-8
- 8- parts 1 or 3 crazy arms start in Indian pose 1-8
- 8- 2<sup>nd</sup> part finishes on 1-2 get up 3-6 jump feet apart, arms high V 7 arms low V 8
- 8- parts 1, 2 or 3 Indian 1 both arms broken “T” 2 both arms “T” 3 both broken “T” & both arms “T” 4 rocket 5-6 drop 7-8
- 8- hold 1-2 stand 3-4 pivot R arms in low V 5-6 pivot R arms in high V 7-8
- 8- walk to files- L arm broken “T” R arm “T” 1 switch 2 both arms “T” 3 high V 4 low V 5 high V 6 breakdown arms 7-8
- 8- continue walking using same arms
- 8- get dn with L leg 1-2 right leg 3-4 sit low knees or high knees 5-6 every other person look L or R 7-8
- 8- parts on 1,3 or 5 diagonal chaser arms 1-4 low V 5-6 circle arms up 7-8
- 8- continue circling arms 1-2, 3-4 arms in broken “T” 5 cross down in front 6 low V 7 close 8
- 8- drop back contagion 1-4 push back up contagion arms at front diagonal 5-8
- 8- close everything up to high knees 1-2 get up L leg 3 step up R leg 4 every other person opposite way- ball change out to R or L, arms in “T” 5-6 everyone back ball change, arms push down by side 7-8
- 8- parts 1 or 3 clock work- push to L wall, both arms out 1-2 arms in L to face front 3-4 switch L, still facing front 5-6 push to R wall, both arms out 7-8
- 8- continue ball change out to L, arms in T, head looks L 1-2 rocket arms up 3-4 down 5-6 hold 7-8 every other person needs to step out to L on 7-8 as closing arms.
- 8- contagion from R to L, arms in low check mark to the L, legs in a lunge 1-4 contagion L to R, rocket arms up, dn 5-8
- 8- opposite ways- hands flexed both arms in low L diagonal 1 open to low V, facing front 2 switch to R diagonal 3 open to low V 4 “T” 5 high V 6 rocket 7 close 8
- 8- step to R, R arm in L low diagonal 1 L dig to R foot, R arm in high V 2 repeat L 3-4 circle both arms to low V, ball change to R 5-6 close together 7-8
- 8- walking to 2 staggered lines- L arm broken “T” R arm “T” 1-2 switch 3-4 T 5 high V 6 rocket 7 close 8
- 8- continue walking- repeat arms
- 8- get down L leg then R leg 1-2 sit either low front row or high knees second row 3-4 front row high V and come up on high knees 5 second row low V and sit on low knees 5 both lines switch ways 6 both lines switch again 7 close arms 8
- 8- contagion- front line sits on low knees, second line comes up on high knees- arms are L broken “T” and R “T” 1-4 contagion back the other way, switching arms and lines switch high or low knees 5-8
- 8- rocket front of chest 1-2 roll opposite ways 3-4 hit “T” 5-6 roll back other way 7-8
- 8- hit high V 1-2 close to front 3-4 get up 5-6 head down and up 7-8
- 8- chasse R 1-2 step L 3 leap R 4 land 5-6 stand with arms high V 7 arms low V 8

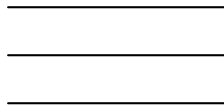
8- front line pivot 1-2 walk back 3-6 pivot 7-8 back line walk forward 1-4 pivot 5-8  
 8- toe touch 1-4 land 5-6 stand 7-8  
 8- cross hands at wrist 1 switch 2 L arm "T", R arm down 3 switch 4 arms in "T", cross R leg over L 5-6 arms come down, pencil turn 7-8  
 8- walk to triangle, L arm low V right arm on right hip 1-2 switch 3-4 both arms low v 5 slap legs 6 both arms come to hips 7 arms go down 8  
 8- continue walking 1-8  
 8- ball change bk 1-2 high V 3 low V 4 parts 5,6 or 7- wrap arms at waist, face bk 5 turn ft, low V 6 hold 7-8  
 8- everyone closes 1-2 hit levels 3-8  
 8- diagonals in opposition 1-2 opposition, both arms down to L diagonal or arms both up R diagonal 3 high V/low V 5 rocket 6 switch rocket 7-8  
 8- slow circle arms either up or down 1-4 close 5-6 ending pose 7

**Formations:**

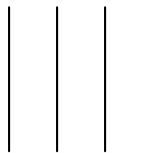
#1 – Trapezoid



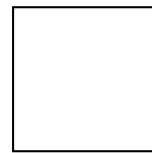
#2 – Three Lines



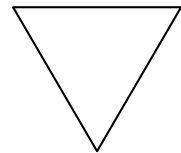
#3 – Files



#4 – Block



#5 Triangle





**“Cowboy Casanova” by: Carrie Underwood**  
**Int/Adv Kick – Time: 2:02**  
**Choreographed by: Meredith Walraven**

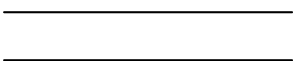


***Starting position: Two lines, feet together head down***

- 8- hold (1-4) shake (5-8)
- 8- cross R toe over L foot (1) R heel out (2) pas de bourree (3-4) step L arm T (5) chug passé (6) hook up (7-8)
- 8- R develop contagion (1-4) bow (5-8)
- 8- up (1-4) L chasse (5-6) R ballchange (7-8)
- 8- step R (1) flick kick L (2) step L (3) R passé to L (4) step (5) together (6) point R (7) point L (8)
- 8- R angle kicks (1-6) back l diagonal point twice (7-8)
- 8- step L (1) flick kick R (2) head drop L step R (3) turn to back hook up (4) grapevine (5-8)
- 8- Ran de jambe (1-2) step R (3) L passe (4) pivot to front (5-6) passé (7) close (8)
- 8- walk to 1 line, R arm cross down to high V (1-2) repeat L (3-4) lower both to low V (5-6) close (7-8)
- 8- pivot R in PARTS (1 or 3) continue parts (2-6) hook up (7-8)
- 8- cowboy kicks R (1-4) cowboy kicks L (5-8)
- 8- run run run kick R (1-4) repeat to L (5-8)
- 8- step R cross L step R L heel out (1-2) repeat other way (3-4) jump (5) Kick R (6) close (7-8)
- 8- R star kicks (1-8)
- 8- L star kicks (1-6) close (7)
- 8- R fan (1-2) L fan (3-4) to knee point out contagion (7-8)
- 8- continue (1-4) stand 5-6 close (7)
- 8- jump kick R (1-2) passé R (3) kick R (4) repeat L (5-8)
- 8- 2 straight kicks (1-4) kick R (5-6) R passé (7) point R out (8)
- 8- kick L (1-2) passé L (3) point L out (4) step L (5) together (6) chasse (7-8)
- 8- step L (1) leap R (2) land (3-4) stand (5-6) walk (7-8)
- 8- walk (1-8) to triangle
- 8- step R (1) together (2) prepare (3-4) double pirouette (5-6) jump out (7) together (8)
- 8- hips R then L (1-2) toe heel (3-4) straighten line (5-6) hook up (7-8)
- 8- straight kick (1-2) R angle (3-4) R behind (5-6) popcorn (7-8)
- 8- pas de bourree (1&2) ballchange out to L (3-4) pas de bourree (5&6) kick R (7) close (8)
- 8- two R fan kicks (1-4) two L fan kicks (5-8)
- 8- graduated kicks (1-8)
- 8- 2 straight kicks R then L(1-4) jump splits(5-8)
- 8- bow over leg (1-4) roll up (5-8)
- 8- z-sit (1) high knees (2) step up L (3) step up R (4) walk to ending position (5-8)
- 1 hit ending pose

***Formations:***

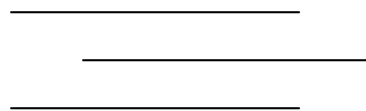
#1 – Two Lines



#2 – One Line



#3 – Three Staggered Lines



**“What Do I Know of Holy” by: Addison Road**  
**Int/Adv Lyrical – Time: 2:14**  
**Choreographed by: Meredith Walraven**

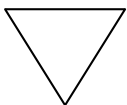


**Starting position: Triangle, Right Z sit on the ground looking down**

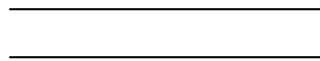
- 8- look up (1-2) hold (3-4) head roll (5-6) ran de jambe R leg (7-8)
- 8- R tilt kick on L knee (1) roll up to back wall (2-4) come to front (5) arms circle (6) around (7) down (8)
- 8- plie L, R foot out (1) step R (2) step L (3) pike jump, arms bk (4) step bk (5-6) prepare (&7) double coupe (&8)
- 8- ran de jambe R leg to back (&1) step R (2) step L (&) R arm out and up (3-4) R then L arm up in touchdown (5-6) coupe to front, arms to mouth and down by side (7-8)
- 8- drop to R knee, L leg out (1-2) L leg straight as you roll to R wall (3-4) body roll to L (5-6) toe roll (or step up) to standing (7-8)
- 8- run ft L, R, L (1&2) step to bk R, L (3&) reverse leap (4) pull bk (5-6) swing arms to hips and in to R (7-8)
- 8- passé R leg, touch face (1-2) swing R arm back (3-4) step R to L to R diagonal (5-6) cross turn to left (7-8)
- 8- rock R, L (1-2) step back (3) prepare (&4) triple pirouette (5&6) walk to two lines (7-8)
- 8- continue walking (1-2) prepare (&3) chaine to R (&4) pique to back wall (&5) chaine to L wall (&6) pique front (&7) plie chaine to front (&8)
- 8- calypso to ground (1) roll and stand up (2-4) PARTS (Start 5 or 6): step R, dig L arm out and to hip (5-6) chug in arabesque, arms over head (7-8)
- 8- continue parts ran de jambe (1) step (2) x jump (3) over (4) inverted fan (5-6) R arm ft, R leg to coupe (7-8)
- 8- hold (1) ran de jambe L back (2) ran de jambe R back (3) run forward R, L (4&) R tilt jump (5) finish parts (6) ball change (7-8)
- 2- push through to back R diagonal R, L (1-2)
- 8- release head and arms to T on releve (1-2) prepare (&3) chaine (&4) fan (5) land (6) push through to R passé (7-8)
- 8- walk to three lines (1-4) face R wall arms out (5) to back arms come down (6) 3 step turn to front (7&8)
- 8- heel bounce (1-2) flick arms out down (&3) body roll to R (&4) up (5) throw R arm (6) throw L arm (7) prepare (&8)
- 8- turns a la second (&1, &2, &3, &4) pull in for double (5&) chaine (6) jete (7) turn out (8)
- 8- face L wall grab R arm with L in plie (1-2) step kick on releve (3&) step R (4) flick jump (5&6) snake L arm to R wall dragging L foot (7-8)
- 8- step R, L (1&) pas de chat (2) release back arms opening (3-4) attitude turn (5-6) bounce (7&) prepare (&8)
- 8- double coupe (&1) L leg out plie to ground R arm up (2-3) arms curve up then around to ground (4-7) R attitude over (8)
- 8- continue to roll and stand (1-4) step out R, L arm push (5) turn around step R, L (6-7) R jete front (8)
- 8- turn around yourself (1) fall to ground on knees (2-4) body roll R (3-4) roll to L wall arms opening (5-6) ran de jambe leg (7-8)
- 5- roll back to R wall (1-4) look up (5)

**Formations:**

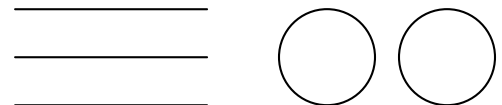
#1 – Triangle



#2 – Two Lines



#3 – Three Lines or Two Groups



**“Let Me Think About It” by: Ida Corr vs. Fedde le Grand**  
**Int Social Officer Pep Rally – Time: 2:10**  
**Choreographed by: Alice Henrichsen**



***Beginning formation – 2 staggered lines – left foot pointed to side***

8 – hold

8 – shift weight L w/arms up in touchdown 1-2, shift weight R w/arms in low V 3-4, shift weight to L w/arms in T 5-6, step R 7, sit back and face audience 8

8 – step L 1, jump together with touchdown arms 2, step out R w/ arms in T 3, prep back 4, chaîné R 5-6, step R 7, passé L w/arms in low V 8

8 – body roll and step back L 1, sit 2, body roll and step back R 3, sit 4, step L 5, ball change R w/arms in T 6 - 7, close to face L wall hugging body 8

8 – Parts (1, 5) – rond de jambe w/ arms in T 1-2, cross w/ L 3, R tilt kick 4, cross R and turn around self 5-6, back R ball change presenting R arm 7 – 8

8 – chassé 1-2, R jeté 3-4, step R 5, L ball change forward 6-7, dig L and look R 8

8 – continue parts 1-4, swing L arm out 5, swing R arm out 6, L pivot 7 – 8

8 – switch lines – Front line – walk R1 L2 R3 dig L & look 4, walk L 5, R pivot to face front 6 7, close 8

Back line – pivot 1-2, step L 3, dig R & look 4, walk R 5, L 6, R 7, close 8.

8 – step L in relevé 1-2, step R in relevé w/hands at “pockets” 3-4, roll L shoulder and step out L 5, R shoulder and shift weight to R 6, roll both shoulders back 7, bend over to touch floor 8

8 – cut leg through to floor 1-2, lean down to elbows 3-4, 2 parts (5, 6) – kick R leg 5, sit up 6, continue 7, throw R arm across body 8

8 – roll up to face back wall 1 – 4, ripple to face audience snaking over R shoulder w/ R knee popped 5- 8

8 – close feet 1, step L and prep 2, double pirouette 3-4, step out R w/ touchdown arms 5, step back on L 6, move hands across eyes to low V & releasing head back 7-8

8 – transition to triangle

8 – continue moving

8 – in opposition R & L – grapevine step out 1, cross in front 2, step out 3, sit into hip 4, grapevine back to spot step out 5, cross in front 6, step out 7, sit into hip 8

8 – R pivot to face back 1- 2, passé R & step out R 3, passé L & step out L 4, shift weight R and look over L shoulder 5-6, roll hips out R to L 7, sit into L hip and look over R shoulder 8

8 – pulse shoulder 1, pulse 2, L rond de jambe w/ R arm up and L hand touching R elbow overhead 3-4, roll R arm through and lean over w/ flat back 5-6, pulse up and look at audience 7, back to flat back and look down 8

8 – ripple L – R stand up and swing R arm overhead w/ L hand at “pocket” sitting into R hip 1-4, ripple to close feet R – L and hug body 5 – 8

8 – 3 groups (1,3,5) – jump out to 2<sup>nd</sup> position crossing hands in front 1, jump together 2, prep 3, souté R 4, land down 5-6, continue parts 7 – 8

8 – continue parts 1 – 2, levels (low knees, high knees, standing) 3-4, L arm across at chest level 5, switch to R 6, circle R arm out 7, pockets 8

8 – Roll R shoulder 1, roll L shoulder 2, tuck 3, legs out to 2<sup>nd</sup> position 4, snake up to R 5-7, sit into L hip 8

8 – cross and step w/ L foot 1, R kick 2, step R 3, dig L 4, step back L and pop R knee 5, step back R and pop L knee 6, jump into forced arch and swing R arm across body to face L wall 7 8

8 – step to audience w/ R leg presenting arm overhead 1-2, cut R arm at chest level to face back wall 3-4, step to R and coupé L w/ arms in low V and release head 5-6, step L 7, close feet 8

8 – transition to diagonal (or trapezoid)

8 – continue transition

8 – in opposition – ball change R or L 1-2, chaîné R 3 4, step R 5 dig L w/ R arm overhead 6, step L 7, dig R w/ touchdown arms 8

8 – pivot R and “sunshine” arms out 1 2, chassé R 3 & 4, R jeté leap 5 6, land down to floor 7 8

8 – roll up 1 – 4, step R 5, R hitch kick & 6 w/ arms in low V, step R 7, dig L 8

8 – L pivot 1 – 2, adjust formation 3 – 8

8 – ripple L – R – windmill arms and stepping out to R leg 1 – 4, ripple body roll to shift weight to L and sit 5-8

8 – windmill arms chest level and turn to face L wall 1-2, step R to audience 3, cross in ft w/L and prep 4, R axle turn 5-8

8 – jump together 1, flick R foot 2, step out R 3, step out L 4, roll L shoulder and step out L 5, R shoulder and shift weight to R 6, roll both shoulders back 7, bend over to touch floor 8

8 – cut leg through to floor 1-2, lean down to elbows 3 4, 2 parts (5, 6) – kick R leg 5, sit up 6, continue 7, throw R arm across body 8

8 – roll up to face back wall 1-4, ripple to face audience snaking over R shoulder w/ R knee popped 5- 8

8 – close feet 1, step L and prep 2, double pirouette 3-4, step out R w/ touchdown arms 5, step back on L 6, move hands across eyes to low V & releasing head back 7-8

**Formations –**

