



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

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” 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”

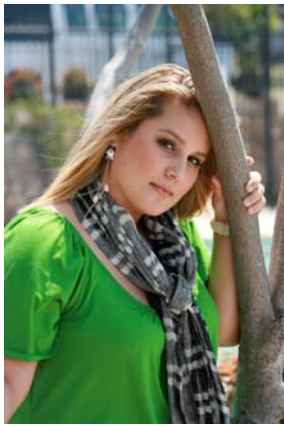
Int Hip Hop – “Crank That Thang” by: Various Artist – Time: 2:10

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 Kaye 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