

american
summer camps



2011

officer camp
feature routines

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Officer Camp Dance:

“Sassy” – by: Kat Graham – Time: 2:02 – Choreographed by: Meredith Walraven -This year's officer camp dance is sure to get your girls excited! It is fun, upbeat, and challenging. Offering both intermediate to advanced options throughout as well as formation changes will ensure a good fit for each officer group. The audience will also love the song and "sassy" style that your performers show!

Kick Series:

“Fashionista” – Time: 0:45 – Jr. Kick Series -see video and notes online @ <http://www.danceadts.com/highkick.htm>
“Bleeding Love” – Time: 1:15 – Sr. Kick Series -see video & notes online @ <http://www.danceadts.com/highkick.htm>

Jennifer Hodge:

Int Pom – “Rock of Ages” – by: Various Artist – Time: 2:28 - *Rock of Ages* is fun and high energy pom routine that offers traditional clean lines, traveling, parts and section work while incorporating a kick section and easy to follow choreography. This routine has a

single or double turn, jeté leap, and three eight counts of kicks. This will be the perfect routine for a pep rally, basketball halftime, or contest. Come on and feel the noise.... as we dance to the best of rock!

Int Hip Hop – “Win & Bring ‘Em Out” – by: Various Artist – Time: 2:18 - Your dancers will love the music and will love to bring it to the floor with this hip- hop number. Add polish and swagger to *Win and Bring Em Out* and you will have the perfect pep rally or contest routine. This routine has parts and sections and is easy to polish choreography for all levels of hip- hop dancers.

Miriam Vera:

Int/Adv Stylized Jazz – “Wicked Lil Grrls” – by: Esthero – Time: 1:50 - *Wicked Lil Grrls* is a sassy, fun and dynamic routine that will keep your dancers engaged from beginning to end. This captivating musical interpretation by Esthero will definitely catch your audience’s attention and allow your dancers to express themselves with individual styles while challenging them to keep the intriguing beat of this song. The technical combinations, individual and group parts, as well as oppositional

sequences will definitely provide visual dynamics and keep your intermediate dancers on their toes! This stylized jazz routine is perfect for a pep-rally performance, community event, or spring show!

Int/Adv Contemporary – “Raindrops” – by: BIM – Time: 2:15 – *Raindrops* is an expressive contemporary/lyrical routine that is technically challenging yet captivating for any audience. This heartfelt routine is sure to touch the souls of those who understand or have lived through an unexplainable heartbreak. The innovative movements, beautiful visuals and continuous parts will make this an easy routine to clean before any performance. Unique turns, impulsive movements, and intricate leaps will definitely please your intermediate or advance dancers, as well as leave the audience asking for more! *Raindrops* is the perfect routine for any performance venue, and it can be easily modified to teach it to your whole team!

Int/Adv Modern – “The Lonely” – by: Christina Perri – Time: 2:17 - Expressive, powerful, and dynamically captivating best describes this modern piece inspired and choreographed to depict the meaning of feeling lonely. Everyone in life, at some point, reaches a state of loneliness whether it relates to a relationship, family matters, or just life in general; but it is the passion within us that keeps us motivated to continue in the right direction. “The Lonely” will definitely inspire your dancers with the expression of emotions while executing a variety of innovative movement qualities, weight shifts, smooth transitions, and powerful partnering! This modern piece will captivate your audience, and it is perfect for any special performance, your spring show, and contest!

Natasha Newbrough:

Int Pom – “Party Rock Anthem” – by: Various Artist – Time: 2:06 - This routine is full of fun and visual dance moves that everyone will enjoy. There are bursts of advanced choreography and optional advanced technique, which is perfect if you want to challenge your officers. You can perform this energetic crowd favorite at pep rallies, basketball games, and spring show. It will definitely get any audience pumped up!

Int/Adv Hip Hop – “Money Mix” – by: Various Artist – Time: 1:55 - This hip hop dance is upbeat and full innovative movements, parts, and levels. It is sure to get everyone moving in no time! This routine is exciting for every dancer to learn and perform. You can even bring it back to teach your team! Perfect for a basketball game, pep rally, or contest piece.

Int/Adv Jazz – “Who’s That Chick” – by: David Guetta (feat. Rihanna) – Time: 1:53 - 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. This routine is definitely going to impress the crowds and make them want to dance!

Brittany Watkins:

Int Lyrical – “Firework” – by: Kaitlyn Rosenblum – Time: 2:03 - A cover of the hit single by Katy Perry, *Firework* will leave you breathless. The choreography will challenge your intermediate dancers to express themselves through dancing and allow them to reach a whole new level! This routine is easy to polish and offers technique to highlight each dancer throughout the routine. Make your officers shine with “Firework”!

Int/Adv Jazz – “Seven Nation Army” – by: Vyvienne Long – Time: 2:03 - This routine is one your dancers are sure to love! The music is a cover of the original song from the ‘*White Stripes*’ and flows so eloquently with the choreography to create an exciting, visual performance. It offers clean lines and technique that will challenge your intermediate dancers and highlight your advanced dancers. Make the audience cheer with your Seven Nation Army!

Adv Pom – “Here We Go” – by: Lemonade Mouth – Time: 2:05 – “Here We Go” is one the crowd will rave over! This routine is a fast, intricate pom that will challenge your advanced dancers not only with fast paced, visual arm-work, but with technique as well! It contains fouettes, toe-touches, switch

leaps and double/triple pirouettes. An easy-to-clean routine, ‘*Here We Go*’ will keep the crowd cheering for more!

Kayla Kenney-Norman:

Int Modern – “Someone Like You” – by: Adele – Time: 1:58 - Your officers and team will love this emotional modern routine. The dancers will have the opportunity to experience a new way of dancing while also focusing on technique. This routine consists of sautés, triple/double pirouettes, revolving tilt leaps, and big body movements. This routine would be great for any special performances or competition.

Int/Adv Novelty – “Funky Monkey” – by: Various Artists (RIO Soundtrack) – Time: 2:05 - Your officers will love this fun and upbeat novelty from the new movie Rio. This energetic routine is sure to keep the audience entertained. This routine consists of never ending movement, leap combinations, triple/double pirouettes and some acting parts that will win over the crowd. I know that this dance will be an audience favorite, with the mix of jazz and hip hop styles.

Int/Adv Kick – “Bang, Bang” – by: K’naan (feat. Adam Levine) – Time: 2:00 - Watch your officers shine with this energetic, non-stop kick routine. This kick routine requires all the right kick technique to be able to demonstrate it correctly. The routine will keep you on your toes and will always keep you wondering what’s next. This routine consists of multiple kicks, triple/double pirouettes, turning C-jump, leaps, and advanced footwork. I know that this dance will be a crowd favorite.

Katie Harwood:

Int/Adv Lyrical - “Take It All” – by: Adele – Time: 2:04 - This lyrical dance is a stylized piece with lots of movements utilizing extension. This routine will challenge the dancer as well as encourage them to add their own style. This is a technical number with jetés, double and triple pirouettes, and second leaps to ensure each dancer has the opportunity to stand out. There are group parts, pick up sections, and floor work to ensure an eye catching routine!

Alice Henrichsen:

Social Officer Dance – “Getting Over You” – by: David Guetta (feat. Fergie) – Time: 2:21 -Social officers are known for their fun ideas and games, but they can DANCE TOO! This fun pep rally or spring show routine is a great way to showcase your socials at different points throughout the year. This high energy jazz routine is a great intermediate level dance that is fast paced yet is great for any dancer on your team. Your crowd will be “WOW’d” by your social officers off the field and ON!

“Sassy” – by: Kat Graham
Officer Camp Dance – Time: 2:02
Choreographed by: Meredith Walraven



Beginning position: Feet in second position with hinged right leg head down to the left

8 hold 1-8

8 look front 1-2 R rond de jambe 3-4 step R 5 passé 6 step L, R 7-8

8 jump feet together 1 prepare 2 double pirouette 3-4 land out to R 5 hold 6 drag to L 7 step R 8

8 push through, low release 1 prepare 2 single inside pirouette 3 land in fourth arms touchdown 4 hold 5 rond de jambe L 6 rond de jambe R 7 sit, L knee popped 8

8 step back on L, pop R knee 1-2 look front, then R with hand as mirror 3-4 roll down 5-6 snake up to R 7-8

8 step R 1, passé R 2, stagger lines 3-6, hip to R 7-8

8 drag to R 1, pencil turn 2 prep 3 saut de basque & 4 prepare 5-6 chainé 7-8

8 jeté or x-jump 1-2 turn out 3-4 walk back to center 5-8

8 prissy walk arms flick over head R, L 1-2 circle arms down 3-4 scoop hands behind hips 5-6 cha cha walk 7 & 8

8 swing arms L, R 1-2 look L 3 look front 4 R leg popped, R hand on L shoulder, L hand on R hip 5 switch 6 switch up and down 7 & 8

8 circle hips pop L leg 1-2 step L 3 tap R foot 4 walk R, L 5-6 pivot R 7-8

8 chasse R to back 1-2 step L 3 reverse leap 4 ball change 5-6 step L 7 dig R 8

8 touch R foot out in out 1 & 2 cha cha to right with shoulders 3 & 4 step L 5 together 6 step L 7 R battement 8

8 turn out of kick 1-2 throw arms R, L 3-4 ball change R 5-6 fan kick 7 foot down 8

8 step L to back dig R 1-2 chasse R to back wall 3-4 step L 5 leap in second 6 ball change L 7-8

8 walk back to center 1-8

8 prepare 1-2 option 1: 3 turns in a la seconde 3-8 option 2: two chainés to front 3-6 prepare 7-8

8 double pirouette 1-2 jump out to second and together 3-4 choose two poses to hit 5-6 and 7-8

8 step R 1 flick L leg behind to R 2 triplet to L 3 & 4 throw R, then L arm back 5-6 shimmey to R 7-8

8 point L foot across to R 1 point L foot out to L 2 pas de bourrée 3 & 4 passé R leg, R arm circle above head 5-6 cha cha step to L, roll shoulders 7 & 8

8 slide L leg to floor 1-2 turn to R wall, legs out 3-4 push hips up 5-6 lean on L hip 7 kick R leg 8

8 come up to knees 1-2 R arm T 3 L arm T 4 wrap arms, circle head to R 5-6 flick R leg 7-8

8 roll up to L wall 1-4 chasse R 5-6 step L 7 LA leap to front 8

8 walk L, R opposition arms 1-2 pop R 3 pop L 4 step L 5 tilt kick 6 turn out of kick 7-8

8 circle hips pop L leg 1-2 step L 3 tap R foot 4 walk R, L 5-6 pivot R 7-8

8 chasse R to back 1-2 step L 3 reverse leap 4 ball change 5-6 step L 7 dig R 8

8 touch R foot out in out 1 & 2 cha cha to right with shoulders 3 & 4 step L 5 together 6 step L 7 R battement 8

8 turn out of kick 1-2 throw arms R, L 3-4 ball change R 5-6 fan kick 7 foot down 8

8 walk R, L 1-2 R pivot, arms scoop through L 3-4 pencil turn 5-6 pop L knee, hands on shoulders 7 pop R knee, arms touchdown 8

8 prepare 1-2 double coupe pirouette 3-4 step out to R 5 step out to L 6 hands on chest “me” 7-8

8 step R double flick 1-2 ball change R to L angle 3-4 développé R 5-6 inside single pirouette 7-8

8 prepare to back 1-2 chainé 3-4 walk around R, L 5-6 ending pose of choice 7-8

Optional Formations:

1. “V” Formation



2. Two Lines



3. Triangle or Block





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

“Rock of Ages” – by: Various Artist
Intermediate Pom – Time: 2:28
Choreographed by: Jennifer Hodge



“For Those About To Rock We Salute You”

8 wave contagion from right to left

8 reverse wave left to right

8 (3parts) number off down line (1/3/5) stepping out to make box drag punch front 1-2 step 3&4 drag punch up 5-6 walk 7&8

8 cont. parts drag 1-2 step 3&4 group #1 tuck 5-6 low knees 7-8 #2 high knees #3 standing

88 pick up across formation (1/5/1) check right 1 left 2 double 3-4 check left 5 right 6 double 7-8 pick up right 1 left 2 double 3-4 stand 5-8

8 every other line move in opposition triplet right or left 1&2 punch high V or low V/side/low V or high V 3&4&5 hold 6 pulse 7-8

8 reverse triplet and punches

8 prep 1-2 single turn 3-4 arms up to right side 5 left 6 down right 7 over to left foot 8

8 snake up by lines (1/2/3) circle right 5-6 left 7-8

8 parts by lines (1/3/5) chainé 1-2 chassé 3-4 step 5 leap 6 land to ground 7-8

8 cont. parts 1-4 roll 5-6 stand 7-8

8 move to triangle shake poms

8 cont. moving pony 1-2 needle 3-4 close 4 cross 5 switch 6 circle 7 over 8

4 outside shoot poms out in levels inside shoot out front 1-2 clean 3-4

8 circle arm 1 ½ T 2 hold 3 left leg back 4 turn 5-6 T-7 cross left leg 8

8 punch rt. 1-2 left 3-4 muscle 5 hold 6 pulse 7-8

8 parts front ½ and back ½ (1/3) poms to left chest 1 rt. 2 run 3-4 left pocket 5 up 6 circle poms 7-8

8 cont. parts pump ½ T 1-2 swing 3-4 stand ½ T 5 cont. stand 7-8.

8 outside 1-2 inside 3-4 over sit 3-4 or 5-6 rt. side 7 left 8

8 sit to back 1-2 leg out 3-4 ripple over to push up 5-8

8 front to back flat back 1/2/3/4 hands on knees 5/6/7/8

8 stand 1-2 face back 3-4 pop box arms 5-6 shake to front 7-8

8 move three groups

8 cont. moving 1-4 ripple from side to side cross arms at chest 5-8

8 hips and shoulder pops 1&2 swim arm BC 3-4 fold in 5 left pocket 6 swings 7-8

8 turn to middle 1-2 run 3-4 pass thru 5-8

8 step rt. 1 clap over head 2 swing down 3 left to rt. 4 clap left 5 turn around self 6-8

8 parts side to side (1/2/3/4) rt. foot back 1 plié 2-3 arms over 4 hands on back lean 5 cont. 6,7,8

8888 groups (front right, middle, back left) **ft right:** jazz walk traveling across floor 1-4 chainé turn 5-6 7-8 chasse

1-2 step leap 3-4 land 5-6 hold 7-8 hold 1-8 stand toe touch 1-4 hold 5-8 **middle:** hold 1-8 hold 1-8 stand 1-2 pose

3-4 high V 3 prep 4 leap 5-6 land dn 7-8 hold 1-2 stand toe touch 3-6 **bk left:** jazz walk traveling across floor 1-4

chainé turn 5-6 7-8 chasse 1-2 step leap 3-4 land 5-6 hold 7-8 hold 1-8 hold 1-4 stand toe touch 5-8

88 move to mid back high kick line

8 around world right leg prep 1 kick 2 prep 3 kick front 4 prep 5 kick 6 hold 7-8

8 around world left leg prep 1 kick 2 prep 3 kick front 4 prep 5 kick 6 hold 7-8

8 right leg out ripple down the line

8 over to ankle and up ripple down the line

8 three groups (1/3/5) every other person step up or back poms roll down body 1-2 circle arms back 3-4 flat back 5-6 sit 7-8

8 cont. parts 1-4 head 5-6 stand 7-8

8 roll 1-4 knees 5-6 look back 7 front 8

Formations:

#1 line shoulder-to-shoulder

#2 four lines in windows

#3 triangle

#4 three groups front right, middle, left back

#5 mid back high kick line

“Win/Bring ‘em Out” - by: Various Artists
Intermediate Hip Hop – Time 2:18
Choreographed by: Jennifer Hodge



Start in tight triangle not looking at audience

“Be Cool” on the words pop up from front to back looking at the audience

88 3 groups front to back (1/3/5) 1st group swing rt 1 left 2 around 3-4 move out 5-8 cont moving next 8 count

2nd group rt 1 left 2 around 3-4 snake rt 5 snake left 6 around 5-8 move out 1-8

3rd group rt 1 left 2 around 3-4 snake rt 5 snake left 6 around 5-8 swing rt 1 left 2 around 3-4 move out 5-8

Hit pose on pause in the music

8 facing left cross wrist 1 roll & box arms feet together 2 turning front stepping rt/left, rt arm point & 3 skate left 4 skate rt & snake back 5 rt hand on chest lift up to front 6 swing rt leg 7 step right & turn side close feet 8

8 rt arm swings back 1 step left/ rt arm punch down 2 dig & shoulder pop side to side 3&4 hit levels hands up 5 hold 6,7,8

88 in levels pulse 1-4 3 groups (5/7/1 clap before your group and after your group) T 5 indian 6 box 7 over 8 step left 1 kick & hand behind head 2 roll up 3-4 clap 5-8

8 2nd position facing left scoop 1 tap rt leg back & rt arm 2 hand on forehead 3 lean 4 step right & swivel hip 6 punch left & circle arm and hip 7 clap & 8

8 step rt 1 turn back 2 re-step 3-4 shift hips 5,6,7 clean 8

8 rt shuffle 1 left 2 repeat 3-6 ball change left/ rt & 7 2 fingers high V & low 8

8 snake around self 1 close 2 drop wrap head 3 up 4 pulse down box arms 5-6 circle 7-8

8 slice 1&2 roll down 3&4 sit 5-6 spin 7-8

8 shoulder stand 1-4 knees 5-6 stand 7-8

8 8 moving to block formation slide rt 1 left 2 run 3&4 slide rt 5 left 6 run 7&8 continue moving 1-8

8 3 parts 1/3/5 lean left rt arm front -1 switch 2 switch 3 over to left 4 switch 5 circle rt arm and hip & 6 step rt back 7 face back 8

8 facing left hand on back left foot dig 1 hip & 2 hold 3 group #2 hip & 4 hold 5 group #3 hip & 6 drag rt arm up rt leg 7 snap over head dig 8

8 rt punch back 1 left & rt front 2 left & snake rt 3 dig left foot & punch arm rt 4 pull to hips and look front & legs up left 5 rt 6 left 7 rt 8

8 switch lines run 1-4 scuff rt 5 jump out 6 punch high V sit 7 clean 8

8 circle shoulder 1 step out rt arm 2 hop around box arms jazz hands 3&4 BC rt arm up & 5 close 6 shoulders 7-8

8 step rt drag left turn 1 jump out 2 drag left/left arm up to rt 3 hit pose 4 hold 5-8

8 peel off moving free style to three groups

8 snake left 1-2 rt 3-4 point down to ground 5-6 snap 7-8

8 stand up 1-2 roll rt ankle 3 left & 4 daggers box to left 5-6 swing arms wrap waist to left 7 look front 8

8 step touch meshing groups swing arm rt 1-2 switch 3-4 rt foot turn in 5 roll out 6 snap rt look down 7 hold 8

8 drag rt leg 1-2 rt arm down left up 3-4 step rt roll fingers 5 clap under left leg 6 left ½ T 7 circle rt to punch out 8

8 circle rt arm 1 box facing rt 2 kick left leg with shoulder 3-4 tighten formation 5-8

1 hit levels and poses

Formations:

#1 Triangle

#2 four lines in windows

#3 three groups (block or triangles)

“Raindrops” - by: BIM
Intermediate/Advance Contemporary Lyrical – Time 2:15
Choreographed by: Miriam Vera

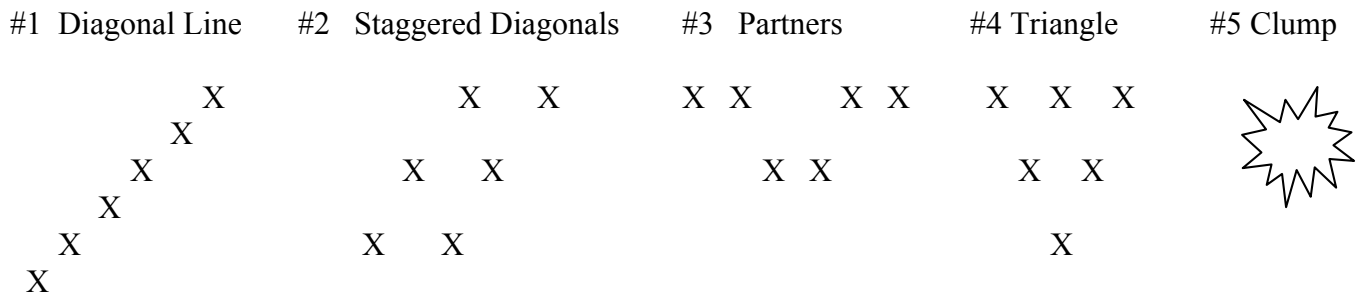


Beginning Position: Diagonal Line—facing back with R tendu, arms wrapped around body, and looking down

- 8 hold 1, look up 2, step R and look front over R shoulder while reaching with R arm 3, twist back to face the back with L arm up 4, melt arm 5-6, step forward R/L and reach with arms R/L 7&, tendu R and push arms down then to T while looking down 8
- 8 cross R over L/wrap body with R arm 1, tendu L and lift L arm up &, melt L arm 2, (*3 Groups—start on 3, 4, or 5*) coupe turn over L shoulder 3, step L/R/L &4&, wrap body and lift to a tilt extension 5, 2nd group joins 6, 3rd group joins 7, everyone circle arms and relevé 8, coupe L and reach with both arms to the R side &
- 8 tendu L behind/arms push down/release head 1, hands reach to R side as fingers squeeze 2, **Shift Formation to #2 (Staggered Diagonals)**—step L/R 3&, developpé to arabesque with T arms 4, turn over L shoulder with wrapped arms &5, jump out to straddle with T arms and release head 6, wrap body with R arm and shift body to L side 7, wrap with L and shift to R &, push arms down as body follows and look up to the diagonal 8
- 8 L coupe turn/arms lift up &1, step L and kick R with arms down &2, step R and throw arms over with L passé &3, L chasse to the diagonal &4, pas de chat with T arms and looking down &5&, turn around to start inside turns in a plié as R arm lifts up and melts in 6&7&, land facing to R side as hands press down/looking down 8
- 8 *3 Groups (start on 1, 2, or 3)*—step L and break R arm to T 1, break L arm to T &, cross arms/lean back 2, step L as R arm circles up and over 3, step R and turn with coupe L as R hand passes thru face 4, step L and reach with R arm 5, R fan kick as R arm melts 6, R left crosses behind L with “L” arms 7, relevé and twist 8
- 8 roll to the floor &1, fan R leg/lift hips/release head 2, roll to stand 3-4, cross with R and step L as arms reach to L side &5, 2nd group finishes &6, 3rd group finishes &7, step forward R as arms scoop behind body R/L 8&
- 8 coupe L/arms reach forward/look down 1, L chasse back 2&, reverse leap 3, land and twist over L shoulder &4, R low chaîné to the front &5, axel 6, low chaîné to the side and calypso to the side 7-8
- 8 turn around and reach to R side 1&2, *2 Groups (3 or 4)*—drag over to L side and turn around 3-4, **Formation Change to #3 (Partners)**—step L/R as arms reach forward R/L 5&, throw arms down 6, step L/R as arms wrap body R/L 7&, throw arms down 8
- 8 lift R knee 1, touch knee with L hand/release head &, step down with R/collapse body 2, pencil turn over L shoulder with R fingers pointing up &3, (*create 2 levels*) break elbow in as you drop to your knees or stay standing/then drop your R arm and look down &4, present R arm as you roll upper body to the R side and finish leaning to the R side 5&6, tendu L as arms present 7&8
- 8 (*High Level*) coupe turn over L shoulder/jump out to straddle with box arms/contract and touch stomach 1&2, quick steps back R/L as R arm scoops behind body &3, repeat quick steps as L arm scoops behind body &4, step R and throw arms to T position 5, contract over to R side and wrap body &, body roll to L side to stand and continue 6&, contract center as hands slide on legs 7, recover to standing 8
- 8 step R/break R arm to T &, break L arm up 1, hold &, pirouette as R arm wraps stomach 2-3, knee drop 4, press arms down then to T/lift upper body and look center &5, close knees to L side as R arm lifts up &6, melt arm &7, flip over &8
- 8 finish flip and tuck in &1, toe lift and twist over R side &2, roll over to stand 3-4, reach forward &5, **Formation Change to #4 (Triangle)**—walk 6&7&, jump to straddle with R arm up 8

- 8 spiral R and drop arm &, push arms down between legs 1, 2 *Groups (2 or 3)*—step back R/L at a diagonal as arms circle down and up 2&, step R 3, passé L/throw R arm over to L side &, step L/R 4&, step L facing the R side as hands push over to the side 5, step back to center R/L &6, 2nd group finishes &7, prep together &8
- 8 4 a la seconds &1, &2, &3, &4, double “knee to knee turn” with “L” arms 5-6, turn around yourself &7, contract center as hands reach forward and fingers squeeze &8
- 8 lift body to standing 1, collapse &, snake up 2, step back with R as R arm presses down 3, step L/R 4&, relevé with L passé/T arms/look up 5, L chasse 6&, R grand jeté to the side 7, land and hug body &8
- 8 souttenu turn over L shoulder as arms slide down &1, pique turn &2, prepare &3, R pencil turn with L diagonal arm and R hand by face &4, circle L arm and then reach to R side 5&6, step back L/R and touch stomach with hands L/R 7&, tendu L and open arms to T/release head 8
- 8 3 *Groups (1, 2, or 3)*—step L/R/L &1&, jump with R passé as arms circle overhead 2, step R/L and prep 3&, tilt jump 4, land and step R/L as L arm reaches &5, step with L and wrap body &6, 2nd group finishes &7, 3rd group finishes &8
- 8 *Ripple*—reach with R arm 1&2, turn over L shoulder 3&4, R rond de jambe 5, L rond de jambe 6, step back L/R/L as arms wrap body and then throw arms up 7&8
- 4 (*Group*) contract body 1, slide arms up and throw them to the sides &2, squeeze hands and look down 3-4
 (*Soloist*) face the front over R shoulder 1, start facing the back 2, face back 3, wrap body and melt to a tuck 4

Formations:



“The Lonely” – by: Christina Perri
Intermediate/Advance Modern – Time 2:17
Choreographed by: Miriam Vera



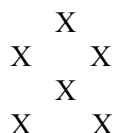
Beginning Position: Soloist is in the middle standing as arms wrap his/her back, and everyone else spread out facing different directions while standing looking down with arms down

- 8 *Soloist:* hold 1-2, walk back R/L/R/L as hands slide off your back 3-6, contract and squeeze hands 7-8
Group: hold 1-2, walk R/L 3-4, step R/throw arms &, collapse 5, turn over L shoulder/R hand on L shoulder/L arm behind back &6-7, contract upper body and look down 8
- 8 *Soloist:* face the front over your L shoulder 1-2, look around 3-4, contract and hug body 5-6, hinge/release head and twist knees L/R &7, relevé/stand and hug body while looking down 8
Group: walk over R shoulder R/L 1-2, quick steps R/L/R 3&4, quick steps back R/L as hands scoop behind &5, lift arms above head 6, drop arms L/R and collapse &7, roll up 8
- 8 *Soloist:* recover/look front 1, collapse/L tendu with arms in low V 2, relevé/stand with arms covering face 3, step R/L to face the back &4, R rond de jambe with “Indian arms” &5, step forward R &, step forward L and open to T arms 6, turn over R shoulder and release head &7, passé L/contract body and throw arms over &8
Group: stand 1, passé L and turn to face front as arms circle above head 2, land to L side with arms over to the L side 3, touch R knee and circle knee up and over to R side 4, step R 5, collapse and look down as hands touch shoulders 6, drop arms R/L &7, look forward 8
- 8 *Soloist:* step back L/R while facing back &1, relevé and grab head 2, throw arms to T position 3, step back L/R and hug body &4, drop/tuck and turn around to face front 5-6, reach front R/L 7&, look down and squeeze hands 8
Group: turn over L shoulder/R hand on L shoulder/L arm behind back 1-2, twist knees to L side 3, R hand switches to R shoulder &, release head as R arm extends out 4, L chaîné in place &5, tendu L with T arms facing front 6, elbows in R/L &7, small R kick as you jump back on L foot and circle arms down and over &8
- 8 *Soloist:* turn over R shoulder 1&2, *Group:* land and turn over R shoulder 1&2, *Together:* cover lips with R finger 3, grab finger with L hand &, throw arms down and collapse 4, *Ripple*—ball change R/L to scoot over to L side 5&6&7, L pirouette turn with L arm up/R arm wrapping stomach 8
- 8 step down with L/melt L arm/look up &1, look forward 2, flick R leg to side as arms open to T 3, collapse and touch knees &, look forward 4, **Formation Change to #2 (2 Triangles)**—step R/slice R arm to T 5, step L/break L arm up &, step R/arms down 6, step L/take R hand to L cheek &, step R/take L hand to L cheek 7, step L/throw arms to broken T/release head &, step R/look forward/arms down 8
- 8 **Opposition Part (Right or Left)**—*Groups cross over to switch triangles Formation #3 (Triangles Switch)*—twist heels R 1, melt back/arms wrapping body &, flick R leg/throw R arm over 2, step R/L/R 3&4, scoot over with L tendu to face diagonal/arms circle in &, step L/prep R 5&, double L inside turn 6-7, extend L leg to L side/T arms/leaning forward in a relevé/looking down 8
- 8 **Continue Opposition Part**—sway L/R while hugging body 1-2, turn over L shoulder with L tendu &3, step L facing R side 4, passé R and extend to arabesque with T arms &5, step R and tour over R shoulder &6, slide to the floor with R leg 7-8
- 8 **Finish Opposition**—roll on your knees to finish sitting on L hip or roll on your knees to finish sitting on low knees 1&2, *Together*—R tilt kick/bend R leg/arch 3&4, take L arm under R arm/spiral and finish laying on the floor w/ bent knees and T arms &5&6, sit up/grab clothes/look front 7, throw arms down to low V 8
- 8 turn over R shoulder/circle R leg up 1&, bend leg and drop to the floor 2, roll up to standing 3-4, **Formation Change to #4 (Triangle)**—triplets to the R as hands shake 5&6, triplets to the L as hands shake 7&8
- 8 step R/cover face with R arm 1, cover face with L arm &, twist over to L side/recover 2&, step back with R/arms swing down 3, jump with passé L as arms lift up to high V &, inverted pas de chat over L shoulder &5, step to the back with R foot/arms open up 6, step L and drag back as arms hug body 7, step R and drag back as hands slide behind back &8
- 8 turn over L shoulder while hugging body 1-2, slide hands on stomach &, release head as arms open “statue pose” 3, tuck down 4, R fan kick 5-6, face R side/throw arms and release head &7, contract/touch knees 8
- 2 **Formation Change to #5 (Horizontal Line)**—walk fast to the line &1&2&

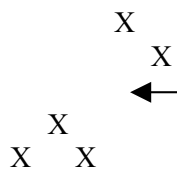
- 8 Pick-Up Groups **Formation begins to Shift to #6 (Hexagon or Diamond)**—1st Group: flick jump R/L and then step at a diagonal with R foot 1&2, turn over R shoulder as arms open up 3, step R/L &4, reverse fan and hold at a tilt position with “Indian arms” 5-6, twist upper body then step R &7, push arms down twice &8
- 8 Pick-Up Groups **Formation continues to Shift**—1st and 2nd Group: rond de jambe L and end with a tendu to the front as arms circle in &1, passé thru to flick L leg back with T arms/look up &2, step at a diagonal with L foot and turn over R shoulder as hands slide up thru your stomach 3-4, step R/L/R as you present R arm out 5&6, passé L/twist body to L side/R hand touches L hand by hip &7, step down with L 8
- 8 Pick-Up Groups **Formation is complete**—All Groups: throw R leg and R arm to contract &1, step back w/ R and double flick jump going backwards R/L &2&3, inside turn with L leg extended as R arm reaches up/then lean over to R side &4&5, three step turn over L shoulder/wrapping body 6&7, throw arms up/look down 8
- 8 **Partnering**—run to partner 1&2, lift 3-4, roll off 5-6, continue rolling 7&8
- 4 **Partnering**—one partner collapse &1, lift up &2, **Formation Change to #7 (Pentagon or Diagonals w/ Soloist in Center)**—run to formation facing back &3&4
- 8 sauté jump &1, (*Low level*) roll to the floor 2-4, reach front R/L and slap the floor 5&6, roll up to stand 7-8 (*High level*) R coupe/souttenu turn and face front 2-4, reach front R/L then slap knees 5&6, roll up 7-8
- 8 step R/passé L and turn as R arm curves overhead &1, finish to face front 2, flick R leg/extend arms out 3&, flick L leg and hug body 4, step L to L side to prep &, reverse tilt kick around 5-6, contract and reach forward as hands squeeze 7-8
- 8 **Diagonal Parts (2 Groups going to opposite direction—F/B diagonal)**—breathe up &, R “grand plié slide” at a diagonal 1, relevé while twisting over as hands slide up your stomach &2, circle L leg and L arm over L shoulder &3&, step L 4, kick R leg/contract 5, step back with R &, circle arms overhead with a L arabesque in plié 6, step L and turn over L shoulder/step R/reach with R arm at a diagonal 7-8
- 8 elbow in/step L &1, turn over L shoulder/step R and reach with R arm 2, brush kick L foot and lift L knee &3, push knee down and collapse &4, **Formation Change to #8 (Clump w/ Soloist in Center)**—run to a clump &5&6, hands slide behind your back and melt to different directions &7&8
- 4 **Group:** (*at different tempos/timing*) look at the soloist and slowly walk away from the soloist 1-4
Soloist: turn to face the front and reach forward with any arm &1-2, arm melts in as body contracts 3-4
(Soloist finishes standing there alone while breathing deeply without music)

Formations:

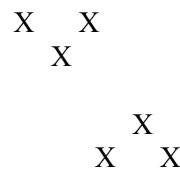
#1 Pentagon/Soloist in Center



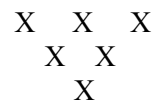
#2 Two Triangles



#3 Triangles Switch



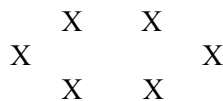
#4 Triangle



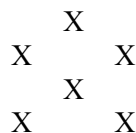
#5 Horizontal Line



#6 Hexagon



#7 Pentagon/Soloist in Center



#8 Clump



“Wicked Lil Grrls” - by Esthero
Intermediate/Advance Stylized Jazz – Time: 1:50
Choreographed by: Miriam Vera

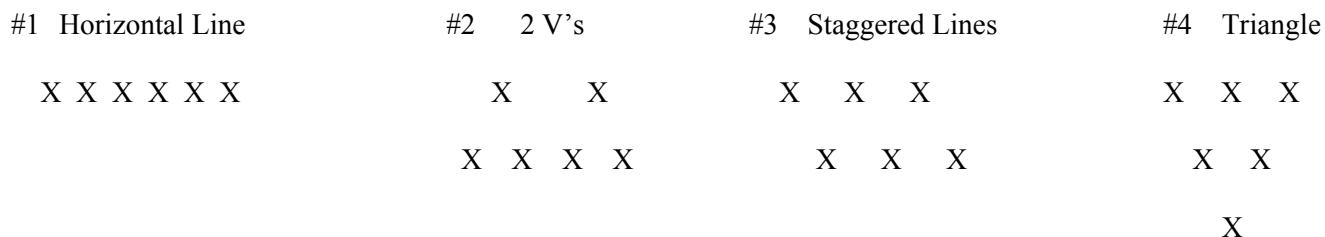


Beginning Position: One Horizontal Line—choose your individual pose, facing and looking to different directions

- 8 hold 1-2, look 3, twist shoulders &4, switch pose 5-6, shake hips or twist shoulders &7&8
- 8 switch pose 1-2, repeat twist/shake &3&4, souttenu turn to face front 5-6, passé to tendu &7, twist &8 bring R foot in &
- 8 **Shift Formation to #2 (2 V's)**—souttenu turn 1-2, step R 3, L tendu with L arm up 4, L arm down 5, R arm passes thru and then sit on R hip &6, rond de jambe to sit back and release head 7-8
- 8 **3 Groups (1, 2, or 3)**—step back with R 1, flick R leg and throw arm forward 2, step R 3, sit on L hip &4, 2nd group joins &5, 3rd group joins &6, inside turn with T arms 7, step front with L 8
- 8 **Together**—jazz drag to the R with “L” arms 1, step L 2, turn over L shoulder 3-4, (*1st Group*) step out with R and dip for “curves” &5, (*2nd Group*) step out with R and blow kiss for “kisses” &6, (*Together*) R fingers pass thru face and sit on R hip 7-8
- 8 look front/touch shoulder/push away 1&2, step R 3, inside turn &4, **Formation Change to #3 (Staggered Lines)**—walk L and look L 5, walk R and look R 6, walk L and look front 7, feet together and look down 8, step back with R &
- 4 2 dancers improvise 1-4, everyone else pose in a low level looking down 1-2, look front 3, stand 4
- 8 (*Opposition*)—**Group A:** step out with R with R arm out 1, close feet with “L” arms &, push arms down 2, souttenu turn with wrapped arms 3-4, step back L/R 5-6, step L as arms press down L/R &7, high kick 8
Group B: reverse everything 1-8
- 8 (*Opposition*)—**Group A:** step R 1, inside turn 2-3, chasse L 4-5, Russian 6, turn around 7, circle arms to touch hips/dig L/look front &8
Group B: reverse everything 1-8
- 8 (*Opposition*)—**Group A:** L tendu out/in &1, tendu and drag arms 2-3, recover 4, souttenu over L shoulder as R hand slides thru L arm 5-6, step L and illusion 7-8
Group B: reverse everything 1-8
- 8 **Together**—R ball change back 1-2, pivot/throw arms up 3-4, sassy walk to the back 5-6, grand jete 7, land 8
- 8 **Solo**—L step forward 1-2, walk R/L & snap fingers 3-4, walk R/L as hands slide thru body 5-6, point back 7-8
Group—cross arms and step back with L &1, look front 2, pop chest twice 3-4, tuck facing the back and jump out to straddle 5-6, twist over R shoulder and pop 7&8
- 8 **Solo**—R fan 1-2, inside turn 3-4, bend body forward as L hand touches L foot 5, snake up 6, shake twice 7-8
Group—Ripple reach out and pose 1-3, look front and feet together &4, flick R leg with “L” arms 5-6, snap fingers twice 7-8
- 8 **Solo**—step L 1, high kick with “L” arms 2, step R & flick kick R 3-4, walk around yourself 5-6, shake hips and point with fingers &7&8
Group—switch pose to R side 1, switch weight and flick kick R 2, walk back 3-4, R rond de jambe 5-6, shake hips and point with fingers &7&8
- 8 **Together**—prep &1, double or triple pirouette 2-3, step R 4, L tilt kick 5, step forward 6, walk back R/L 7-8
- 8 **Formation Change to #4 (Triangle)**—walk R/L/R/L while clapping hands 1-4, opposite triplets R or L 5&6, repeat triplets L or R 7&8
- 8 circle R arm and step back 1-2, prep 3-4, a la second 5-6, a la second or 180° turn/pencil turn 7-8
- 8 pirouette or finish pencil turn 1, step R 2, L Russian &3, turn around to face the front 4, fast prep &5, fouetté turn into double pirouette 6-8
- 8 step R and inside turn 1-2, step L and developpé kick R 3-4, step R 5, L grand jeté 6, turn over R shoulder to face back 7-8
- 4 snap fingers and shake 1&2&, souttenu turn to face the front 3-4
- 8 R ball change/push arms forward and look R 1-2, kick R with “L” arms 3, step R 4, lean to L side and touch L shoulder then L hip 5&, drop arms to knee and collapse 6, circle arm and step back with R 7-8
- 8 L ball change with T arms 1-2, prep 3, low chaîné turn 4-5, axel 6, calypso 7-8
- 8 R ball change side and look R 1-2, step R with T arms and release head 3, step L 4, R fan kick with arms down 5-6, ball change and pose &7, hips up and down &8

- 8 (2 Groups—1 or 2)—step L and passé L as arms cross down to break to T arms &1, step L 2, pivot and slap hips 3, 2nd group joins 4, contract upper body &5&6, shake hips R/L/R then look front &7&8
- 8 Pick Up Groups (1st Group)—jazz drag with “L” arms and step R 1-2, step L and turn over R shoulder 3-4, step L/R while arms wrap body & switch 5-6, pop chest twice 7-8
- 8 Pick Up 2nd Group (1st and 2nd Group)—jazz drag with T arms and drop 1-2, head roll and turn around 3&4, step R and snap fingers 5, step L & wrap body 6, pop chest twice 7-8
- 8 Pick Up 3rd Group (All Groups)—drop to side tuck with “L” arms 1-2, R ball change and push arms 3-4, feet together and place R arm behind head 5, place L arm behind back 6, lean over and look down 7, pop out 8
- 4 snap fingers 1&2&, snake and pose 3-4, look front &

Formations:



“Money Mix” - by: Various Artists
Intermediate/Advance Hip Hop – Time 1:56
Choreographed by: Natasha Newbrough



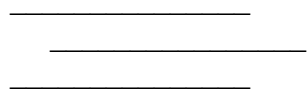
Start in tight 2-3 staggered lines facing bk in second position with head down

- 8 hold 1-2, look up 3-4, knees and shoulders pop bk 5, hold 6, repeat 7-8
- 8 lean to R 1-2, lean to L 3-4, step bk with R leg leaning fwd 5-6, step bk with L leg leaning fwd 7-8
- 8 spread out: step R 1-2, step L 3-4, step R 5-6, step L 7-8
- 8 face ft 1-2, or 3-4, contagion L to R elbows to knees 5-8
- 8 arms out 1, stomp/cross arms 2, hips up/arms half T 3, hips down/arms fwd 4, R hand to R hip 5, arms fwd 6, kick L leg to R/L hand across face 7, step L/L arm half T 8
- 8 step out R/punch L arm down 1, punch R arm down 2, arms out 3, down 4, step bk R 5, cross L 6, kick to bk/arms throw up 7, step 8
- 8 slide L leg around 1-2, slide R leg around 3-4, repeat going lower 5-8
- 8 slide R leg around 1, slide L leg around 2, repeat 3-4, turn 5-6, step L/throw R arm out 7, chin lift 8
- 8 hold 1-2, arms push down/knees swivel to face ft 3-4, step bk circle arms 5-6, reverse 7-8
- 8 push R arm down/R leg out 1, push L arm down/R leg in 2, push R arm down/R leg out 3, hold 4, roll arms up to ears 5, roll arms down 6, low V 7, contract 8
- 8 ball change/arms half T 1-2, step out 3, drop over 4, circle hips 5, bend R leg 6, circle hips 7, bend L leg 8
- 8 tuck 1, jump out 2, hips fwd/arms bk 3, contract/arms fwd, motorcycle arms/roll shoulders 5-6, repeat 7-8
- 8 walk to 2 groups: throw L arm/step R 1-2, throw R arm/step L 3-4, three step turn 5-7, close 8
- 8 continue walking: repeat
- 8 kick/T arms 1, cross 2, step out/motorcycle arms 3, hold 4, R hand to L knee 5, R knee 6, jump together/hands by shoulders 7-8
- 8 step bk/arms push down 1, close/arms bk up 2, R arm out 3, L arm out 4, arms up 5, sit 6, or 7-8
- 8 body roll 1-2, body roll with arm 3-4, reverse 5-8
- 8 step bk 1, turn to face outward 2, point side/look ft 3, look side 4, body roll bk/lean 5-6, repeat lower 7-8
- 8 snake ft 1-2, elbows in 3, hands to hip/contract 4, jump together 5, contract 6, hands to eyes lean 7-8
- 8 run 1-3, push knee 4-5, second position facing in 6, push/contract 7, chest out/hands to hips &, contract 8
- 8 slide out 1-2, body roll 3-4, roll arms face in 5-6, repeat 7-8
- 8 step with ft leg/hands to face 1-2, step/low V arms 3-4, repeat 5-8
- 8 walk to triangle: dougie 1-2, dougie 3-4, three step turn 5-7, close 8
- 8 continue walking: throw R arm to L 1-2, point to R 3, close 4, circle body/clap hands 5-8
- 8 step R/cross arms 1, step L/arms out 2, step R/scoop arms up 3, step L/scoop arms up 4, R arm down to R/L arm half T 5, R arm down to L 6, close 7, R arm up 8
- 8 R arm down 1, up 2, L arm down/R arm rains 3-4, jump out/T arms 5, cross/arms up 6, arms down 7, jump out/chin lift 8
- 8 kick R/swoop arms 1, switch 2, step 3, drop over 4, step out L 5, snake 6, clap hands to L 7, R leg up/clap hands to R 8
- 8 body roll facing R/swivel arms 1-2, repeat 3-4, body roll facing L/hands on hips 5-6, repeat 7-8
- 8 lean 1-2, close 3-4, snake 5-6, knees/head 7-8
- 8 close feet/body lean L to R 1-4, step out/L arm fwd, R arm slowly comes to ft 5, sit 6, sit 7, sit 8
- 8 arms out 1-2, close 3-4, swivel head 5-6, swivel head 7-8
- 8 step R/arms up 1-2, turn 3, jump out 4, swivel hips/monkey arms 5-7, R arm slice up 8

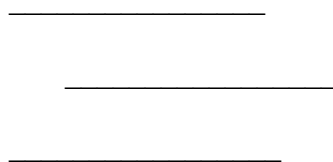
8 walk in to clump: arms up facing L 1-3, close 4, arms up facing R 5-7, close 8
8 continue walking: R shoulder and R arm down 1-2, repeat 3, jump out 4, throw arms up 5-6, freestyle
clap 7-8
2 chin lift
5 R knee in 1, L knee in 2, head down 3, twist &, sit 4, lay bk with legs and arms out 5

Formations:

1. Tight 2-3 lines



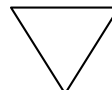
2. Spread Out 2-3 lines



3. Two groups



4. Triangle



5. Clump



“Party Rock Anthem” – by: Various Artists
Intermediate/Advance Pom – Time 2:06
Choreographed by: Natasha Newbrough



Start in triangle in a tuck with heads down

- 8 hold 1-2, 2 groups (every other line): group 1- jump to 2nd position 3, stand/poms to stomach 4, group 2- repeat 5-6, everyone- hips to L 7, hips to R 8
- 8 ball change to L 1-2, ball change back throwing poms forward 3-4, prep 5, double pirouette 6-7, prep 8
- 8 press leap 1, land 2, roll to high knees 3-4, poms pop back low V 5, T 6, high V 7, touchdown 8
- 8 arms to R 1, L 2, circle to R 3-4, arms to L 5, R 6, circle to L 7-8
- 8 roll up to back 1-4, half Ts to R 5-6, reverse 7-8
- 8 half high Vs to R 1-2, reverse 3-4, poms pop back low V 5, T 6, high V 7, touchdown 8
- 2 jump together/prep 1, toe touch 2
- 8 land 1-2, middle girl- toe prep 3, toe touch 4, land 5-6, everyone else- shimmy 3, drop out 4, hold 5-6, everyone- shuffle feet 7-8
- 8 soutennue &1, chaîné 2-3, turning disc (or X jump) 4, roll 5-6, R arm up &, down 7, L arm up &, down 8
- 8 walk to one line: R arm check/L arm on hip 1, switch 2, chest 3, rocket 4, shake poms out 5, down 6, shake 7-8
- 8 continue walking: repeat 1-6, R arm up &, L arm up 7, tuck 8
- 8 contagion L to R jump circling arms out 1-8
- 8 jump to 2nd position 1, stand/poms to stomach 2, hips to R 3, L 4, half high Vs or low Vs to R 5-6, switch 7-8
- 8 step/punch R arm down 1, touch/R arm high V 2, step L/punch L arm down 3, touch/L arm high V 4, head roll 5-6 or 7-8
- 8 drop 1, contagion release jump 2-4, R arm high V 5, R arm to L 6, repeat 7-8
- 8 step to R/T arms 1, clap 2, step to L/T arms 3, clap 4, repeat 5-8
- 8 clap up/down to R 1, clap up/down to L 2, clap down/up to R 3, clap down/up to L 4, checks to R 5-6, checks to L 7-8
- 8 walk to 2-3 lines: shake 1-2, low V 3, T 4, high V 5, wrap arms around head 6-7, down 8
- 8 continue walking: shake 1-2, low V 3, close 4, shake 5, drop 6, or 6-7, or 7-8
- 8 prep 1, ring leap or C jump 2, land 3-4, chasse to R 5-6, prep to front 7, leap front 8
- 8 land 1-2, roll to back 3-4, put L pom between feet 5, lay back 6, legs up 7, open legs/catch pom 8
- 8 legs together/poms to chest 1, roll to bug 2-4, T 5 or 6, elbows 7, kick 8
- 8 circle arms 1-4, roll up to back 5-6, step R 7, tuck facing front 8
- 8 middle split 1-2, legs together 3-4, roll up to L 5-8
- 8 punch 1 L arm 1, punch R arm 2, contract 3, contract 4, half touchdowns to L 5-6, reverse 7-8
- 8 slide to R 1, muscle 2, reverse 3-4, prep 5, X jump/clap hands over head 6, land 7-8
- 8 low V on knees 1, high V 2, pick up circle arms by line 3-8, middle girl- tuck 7-8
- 8 middle girl- prep 1, toe touch or tilt jump 2, land 3-4, everyone else- drop 1-2, tuck 3-4, walk to triangle: shake poms 5-8
- 8 continue walking: swing R arm down to L 1, swing down to R 2, up to L 3, up to R 4, circle R arm overhead 5-7, close 8
- 8 cross 1, sit/low V 2, reverse 3-4, circle L arm 5, L 6, reverse 7-8
- 8 chug L arm/hips 1-4, high V 5, circle arms in 6, jump together/high V 7, poms to chest 8
- 8 jump out/throw R arm 1, close 2, ball change RL &3, muscle arms &4, jump out/T 5, ball change RL &6, drop 7, look up 8

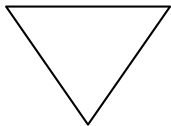
8 tuck/roll arms 1, jump to 2nd position/low V 2, pop back to R 3, pop back to L 4, circle upper body to R 5-6, plié L to R/elbows to knees 7-8

8 tuck 1-2, low V on knees 3, high V 4, L arm behind head/R arm down to L 5, switch 6, half high V to L 7, switch 8

8 close 1, T by line 2, 3, or 4, low V 5, high V 6, close/head down 7, pose R arm by ear releasing head 8

Formations:

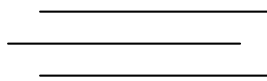
1. Triangle



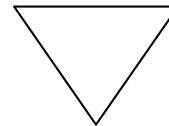
2. One line



3. 2-3 staggered lines



4. Triangle



“Who’s That Chick” - by: Rihanna
Intermediate/Advance Jazz – Time: 1:53
Choreographed by: Natasha Newbrough

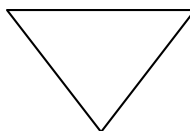
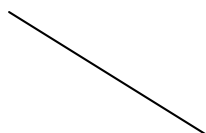


Start in diagonal facing bk with L leg popped, R hand on hip, and L hand on bk

- 8 hold 1-2, L arm to hip 3, hip up &, hip dn 4, L leg to right turning to ft 5-6, step R/cross arms 7, jump to R arms in touchdown 8
- 8 step R/R arm dn 1-2, step L/L arm dn 3, fan kick 4-5, illusion 6, pitch 7-8
- 8 throw L arm overhead 1, sit 2, roll 3, legs out 4, roll to high knees 5-6, R arm on top of L 7, sit/R arm goes to shoulder/L arm diagonal/look L 8
- 8 walk hands around RLR 1-3, head roll 4-5, knees together/L arm up 6, windmill/sit 7-8
- 8 prep 1, calypso on floor 2, roll to prep 3-6, double pirouette 7-8
- 8 split/L arm up 1-2, legs together 3-4, roll to L 5-6, stand/circle arms overhead 7-8
- 8 hands to R hip 1, switch 2, pose arms overhead 3, hip up &, hip dn 4, arms dn/switch weight to L 5, chaine with arms circling overhead 6-7, step R/throw arms out 8
- 8 chasse L to right diagonal 1-2, R leg leap to ft 3, land 4, turn 5, chainé 6-7, turning disc 8
- 8 roll 1-2, R leg split/L arm up 3-4, roll up 5-8
- 8 chasse to bk 1-3, R leg leap to side 4, turn 5-6, throw arms in L 7-8
- 8 walk to block: shoulders 1-8
- 8 ball change/arms in low V 1-2, fan kick 3-4, cross arms 5, T 6, flick 7-8
- 8 step R 1-2, L shoulder in 3, R 4, arms up 5, dn 6, prep 7-8
- 8 double or triple pirouette 1-3, land/R arm out/L hand on hip 4, scoop 5-6, feet together 7, snap 8
- 8 pivot to bk/step L 1, R 2, prep 3, layout 4-5, step R 6, step L 7, passé to ft/T arms 8
- 8 step R/arms dn 1, step L/L arm up 2, windmill 3, pose 4, scoop hand around 5, face R 6, dip 7, straighten legs/hands on hips 8
- 8 walk L/scoop R arm 1-2, walk R/scoop L arm 3-4, step L to bk 5, chainé 6-7, calypso 8
- 8 roll 1-2, leg out 3, circle arms 4, elbow cartwheel 5-7, stand L 8
- 8 Roll up 1-4, prep 5, scorpion 6, step 7, pitch 8
- 8 walk to triangle: shoulders 1-8
- 8 prep 1-2, second 3-4, double attitude ft 5-8 (or pose 1-2, shake 3-4, repeat 5-8)
- 8 second 1-2, second 3, double pirouette 4-5, prep 6, ring leap 7, land 8 (or circle arms to prep 1-3, double pirouette 4-5, prep 6, right leap 7, land 8)
- 8 chasse to bk 1-3, Russian to ft 4, turn 5-6, walk to ft pushing arms dn 7-8
- 8 walk to ft/hands on hips 1-2, hips 3-4, soutenu 5-6, prep 7-8
- 8 attitude turn 1-2, extension 3-4, step L 5, ball change/throw R arm 6-7, turn to bk 8
- 8 chainé 1-2, turning C jump 3-4, roll to ground 5-6, stand 7-8
- 8 pop bk/hands on hips 1-2, touchdown 3, release 4, pop bk/hands on hips 5-6, ball change &7, kick 8
- 8 pivot to bk 1-2, walk R 3, walk L 4, throw R arm 5, L arm 6, pop arms 7-8
- 8 chasse to bk 1-3, R leg leap to side 4, land 5, ball change/push arms bk 6-7, circle arms 8
- 8 continue circling arms 1-2, walk R/arms dn 3, arms up/dig 4, step L/release arms bk 5, drop 6, windmill 7, pose 8

Formations:

- 1. Diagonal
- 2. Block
- 3. Triangle



“Firework” - by: Kaitlyn Rosenblum
Intermediate Lyrical - Time: 2:03
Choreographed by: Brittany Watkins



Begin in a triangle facing the back left diagonal with hands on shoulders of front people

8 – hold 1-4, roll around from R to L 5-6, plié and bend over at waist 7-8

8 – stand with hands in TD 1, clean 2, step R 3, step L 4, roll to ground and up to standing to **spread out formation to a staggered block** and face front 5-8

8 – plié and scoop up 1, clean 2, ball change R 3-4, single outside pirouette with hands wrapped 5-6, chainé R 7-8

8 – ball change out R and release R arm to T 1-2, circle R arm over towards L and plié extending R leg in arabesque 3-4, chainé to R 5-6, step R and T releasing head 7, clean and look dn 8

8 – step R 1, jump onto L with R leg in passé with arms in L 2, prep across RL 3-4, chainé in releve 5-6, chainé in plié 7-8

8 – calypso leap 1-2, continue to turn over r shoulder and press into r leg 3-4, rond de jambe R leg and collapse torso 5-6, step RL 7-8

8 – single/double pirouette in coupe 1-2, step out R in 2nd position 3-4, push down sides and fall on L knee 5-6, bring knees in and push arms down sides 7-8

8 – bug position 1-2, roll over R shoulder and pop legs open to 2nd position 3-4, continue rolling up 5-6, sit all the way up 7-8

8 – sway to L 1-2, lean over onto R hand 3, extend L leg out and circle L arm over head 4, bring legs into tuck 5-6, roll up over L shoulder 7-8

8 – face front and slice arms to face the front 1-2, continue rolling up over L shoulder to face L side 3-6, passé R leg and circle both arms over head R to L 7-8

8 – step back RL 1-2, face front and rond de jambe L leg extending L arm 3-4, chasse across with L 5-6, step R 7 with arms in 5th position 7, face back placing weight on L leg arms slice down to low V 8

8 – Chasse R with arms in T 1-2, turn over R shoulder to face front and jump with L leg in passé 3-4, land on L 5, bring R leg back and slide R arm up to L shoulder 6-8

8 - Reach and grab with hands 1-2, prep 3-4, single/ double pirouette 5-6, step out R with arms raising up to high V 7-8

8 – **move to two staggered lines walking** swiftly 1-4, continue stepping into place L 5, tendu back with R leg 6, step back RL 7-8

88 – turn over R shoulder and chasse to side 1-2, step L 3, R jeté 4, step L 5, turn to front and chassé R 6-7, step L 8, switch leap/pump leap & 1-2, land on ground 3-4, come to high knees and circle both arms L to R 5-6, bring arms in and wrap stomach 7-8

8 – lean on L side and kick R leg up 1-2, roll up over R shoulder to face the back 3-6, pivot turn on R to face the front 7-8

8 – balance R 1-2, balance L 3-4, sway RL 5-6, jump onto R and coupe the L 7, jump onto L and coupe the R 8

88 – run forward RL 1-2, jump up into 2nd position and release body down 3-4, snake up center and push arms down sides 5-6, Front line: pique to back 7-8, chainé 1-2, pivot turn on R to front 3-4, chasse R to front 5-6, step L 7, R jeté/ Tilt leap 8. Back Line: chasse forward R 7-8 step L 1, R jeté 2, land in tuck 3-4, fan R leg to the back 5-6, roll to standing 7-8

88 – (both groups do the exact same thing, facing different ways) step R 1, passé L 2, circle arms over head LR and step L 3-4, drag L arm thru to R side 5-6, chasse L 7-8, turn over R shoulder and ball change R 1-2, chasse R 3-4, step L 5, R jeté 6, land in tuck 7-8

8 – roll up to face the back 1-4, step L and push arms thru to T 5-6, step R 7, place weight on L and release R leg and L arm arching back 8

8 – step R 1, face front wrap stomach and look down 2, look up 3-4, step across R 5, jump onto L and rond de jambe R circling L arm over head 6, turn over R shoulder to face the bk and prep across RL 7-8
8 – pique 1-2, single inside pirouette 3-4, step fwd on L 5-6, step bk RL and bring hands down 7-8
8 – chainé to R with arms clean by side 1-2, chasse R 3-4, step L 5, X-jump/Russian leap 6, bring L leg back and lay onto ground 7-8
8 – extend arms above head in high V 1-4, bring legs into tuck 5-6, begin standing up 7-8
8 – arms slice into TD 1, and slowly begin falling down as group disperses around floor 2-8

Formations

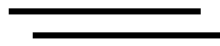
1.



2.



3.



“Here We Go”- by: Lemonade Mouth
Advance Pom – Time: 2:05
Choreographed by: Brittany Watkins



Begin in two staggered lines in a tuck, heads down

4 – hold 1-2, front center girl preps 3, toe touch 4

8 – (toe touch lands 1-2) Parts from L to R: first group 2nd position with arms in high V 1-2, middle group high knees with arms in T 3-4, last group low knees with arms in low V 5-6, bring arms to low V and circle up and out to low V 7-8

8 – Parts from R to L 1,2,3: slice R arm up by ear 1, hold 2,3,4, R diagonal 5, break arms in 6, switch to L elbow up 7, open out to L diagonal &, break arms in 8

8 – Parts from R to L: clasp at chest 1, push out rocket forward 2, open to T 3, circle both arms in and down to low rocket 4, open to high V 5,6,7, hold 8

8 – Parts from L to R 1, 2, 3: come to bug, hold, roll over R shoulder up to standing to face the back 5-8

8 – turn to front over R shoulder chasse R with arms breaking twice thru T 1&2, soutenu turn over L shoulder 3-4, step out R and throw R arm 5, step out L and throw L 6, punch arms up to TD 7, put hands on knees and bend/prep 8

88 – C-Jump 1-2, land back down with elbows on knees 3-4, step forward on R and slice R arm up and around 5, turn over L shoulder and step L 6, chasse R to back 7-8, step L 1, R jeté to the front 2, land on R and turn over L shoulder to face the R side 3-6, lines chasse thru each other breaking arms thru twice to a low V 7&8

8 – clasp with arms at chest 1-2, (*both sides do the same choreography facing different ways*) step out R with arms breaking thru to R diagonal 3&4, circle R arm down and around 5-6, switch arms to L diagonal 7, close to face R side with arms clasp at chest 8

8 – *front row*: chaîné back with arms clasp at chest 1-2, step RL and throw arms RL 3-4, ball change R with arms in T 5-6, half- inside pirouette 7-8; *Back row*: chaîné forward with arms clasp at chest 1-2, step RL and throw arms RL 3-4, ball change R with arms in T 5-6, inside pirouette 7-8

8 – jump out to 2nd position with arms in high V 1, prep 2, sauté leap 3, land in tuck 4, roll over R shoulder into levels from R to L (low knees, high knees, standing) 5-8

8 – break thru low V twice 1&2, opposition cheerio up/down 3-4, L K arm 5, R K arm 6, circle L arm down and up to make high V 7-8

8 – Rocket arms up 1, bring to chest 2, R arm out to side with L arm clean 3, switch to L arm out with R arm clean 4, come up to high knees with arms in T 5-6, slice forward to rocket and release head stepping up on L foot 7, stand up and clean 8

8 – **Move to staggered block**: low V 1, circle poms out 2, shake at chest 3-4, bow & arrow R 5, bow & arrow L 6, TD 7, close at chest 8

8 – Wrap L arm over stomach and R arm to diagonal 1,3,5, R arm wrap over stomach with L arm to T 7, L arm wrap over stomach with R arm down to diagonal 8

8 – step R 1, face L and dig L 2, chasse L 3-4, step R 5, Russian leap 6, ball change back with R 7-8

8 – chaîné R 1-2, low checks RL 3-4, plié 5, circle up and out 6, step back on L pop R knee with arms in low V 7, heap pops L to center &8

8 – Parts from R to L: sauté leap 1-2, land 3-4,5-6,7-8

8 – Lean on L elbow and kick R 1-2, roll up to face back 3-6, pivot to front on R 7-8

8 – Prep 1-2, double/triple pirouette 3-4, jump out to 2nd position 5, pretzel jump 6, land in deep plié 7, hands on knees 8

8 – Straighten knees and rocket down 1, roll arms up to cheerio 2-4, TD by ears RL 5-6, cheerio on hip RL 7-8

88 – Parts from L to R 1,2,3,4,5: Throw R 1, throw L 2, close feet with arms in TD 3, tuck 4, cheerio L to R 5, bug 6, parts continue 7-2, clasp at chest 3-4, muscle man forward 5, open to muscle man 6, R/L diagonal 7, R/L diagonal 8

8 – bend elbows in diagonal 1, switch to opposite elbow up 2, hit R/L diagonal twice 3&4, bend elbows 5, switch to opposite elbow up 6, hit R/L diagonal twice 7&8

8 – T arm coming up to high knees 1,2,3, hold 4, step L to stand up with arms in high V 5-6, stand with arms in low V 7, close at chest 8

8 – **Move to three staggered groups:** low V 1, circle poms out 2, shake at chest 3-4, bow & arrow R 5, bow & arrow L 6, TD 7, close at chest 8

8 – First Group: toe-touch 1-4, pull RL 5-8

8 – Second Group: prep 1-2, turns a la seconde 3-4, 5-6, double pirouette 7-8

8 – Third Group: chasse forward R 1-2, step L 3, switch leap & 4, ball change forward R 5-6, punch R 7, punch L arm up by ear 8

8 – **Move to V formation:** low V 1, circle poms out 2, shake at chest 3-4, bow & arrow R 5, bow & arrow L 6, TD 7, close at chest 8

8 – Parts going down to low knees: go down on L knee and break arms thru to L check 1, go down on R knee and switch to R check 2, bend and circle R arm around and back up to R diagonal 3-4, continue 5-6, continue 7-8

8 – shake poms at chest 1-2, bow & arrow LRL/RLR 3&4, shake poms at chest 5-6, bow & arrow LRL/RLR 7&8

8 – push off ground to begin standing 1, extend knees straight 2, break thru to low V 3, stand up with arms in high V 4, walk forward RL with arms alternating in checks RL 5-6, step right and alternate check R 7, pivot to back and close poms to chest 8

8 – chasse to back 1-2, step L 3, R jeté 4, land in tuck 5-6, fan R leg 7-8

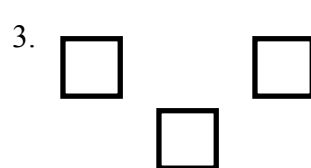
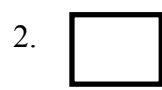
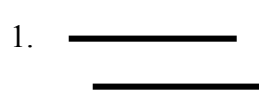
8 – roll to high knees 1, break thru to T 2, continue rolling up to standing facing the L side 3-6, face front and break arms up and down RL 7-8

8 – **Move to ending triangle:** low V 1, circle poms out 2, shake at chest 3-4, bow & arrow R 5, bow & arrow L 6, TD 7, close at chest 8

8 – step R 1, roll to low knees 2-4, bow & arrow R 5, TD up 6, bow & arrow L 7, cross hands over chest 8

1 – release head and hands back and look up 1

Formations:



“Seven Nation Army” by: Vyvienne Long
Intermediate/Advance Jazz – Time: 2:03
Choreographed by: Brittany Watkins



Begin in clump with arms draped on each other, heads down

8 – hold 1-2, look u 3,4,&, hold 5-6, lean back and release head 7-8

8 – snap head up 1-2, **move out to two staggered lines** walking with R hand on hip 3-8

8 – step L and circle R arm over head with R leg in arabesque 1-2, face r side and continue circling R arm up to R ear and step R 3, prep forward on the L 4, single/double pirouette 5-6, land in 2nd position with arms in TD above head 7-8

8 – prep across RL 1-2, chaîné t the back in plié 3-4, calypso leap 5, land on ground and roll to bug position 6-8

88 – toe raise 1-2, land back in bug 3-4, flick R leg forward 5-6, roll up over R shoulder to face the back 7-2, step back R and scoop R hand back 3, step back L and scoop L hand back 4, rond de jambe L leg to front with arms in bow & arrow 5, step across L 6, single coupe turn breaking arms thru to a T 7, clean arms 8

88 – Parts 1,2,3: step R 1, break R arm across to L diagonal 2, step R 3, step across L 4, wrap hands around shoulders with R leg in passé 5, step RL 6-7, R jeté to face the front 8, land in tuck 1-2, 2-3, 3-4, extend legs onto floor and look at audience 5-6, bring legs back into bug 7-8

8 – roll body around R to L 1-2, bug 3-4, L arm slices up to ear 5-6, lean onto L arm and extend R arm up with R leg stretched out to R side 7, go into side push up position with arms extended 8

8 – slide R arm underneath and roll onto floor with arms in T 1-4, pull legs up to chest and wrap 5-6, shoot legs out straight and circle arms up and out to low v 7-8

8 - roll up to face back 1-4, turn over R shoulder and **tuck and run into tight triangle** 5-8

8 – connect hands on shoulders 1-2, roll around R to L 3-4, plié and bring hands down 5-6, scoop hands up to TD 7-8

8 – (**spreading triangle out**) step R 1, jump onto L and tendu R leg with arms in diagonal bow & arrow 2, ball change back R 3-4, inverted fan on the R with arms circling in 5-6, put R foot down to face the L side with hands on ground 7-8

8 – Parts by Line: fall onto L hip and extend R leg into air 1-2, 3-4, flex foot and bring down to ground while bringing body up 5-6, point toe and look forward 7-8

8 – Attitude R leg around with R arm in port de bras 1-2, roll over R shoulder to standing facing the back 3-6, ball change R and extend R arm 7-8

8 – R passé/ R fan 1-2, chaîné 3-4, chaîné 5-6, step R with arms in T 7, flick R with arms in TD 8

8 - step R with arms in T 1, flick R with arms in TD 2, step RL 3-4, kick R leg to nose 5-6, release 7-8

8 – keep knees straight and bend over bringing arms down 1-2, slice arms up to TD 3-4, slice arms to T and release head 5-6, look center 7-8

8 – push R arm down and lean into R hip 1-2, push L arm down and lean into L hip 3-4, développé R leg to L diagonal 5-6, single coupe turn 7-8

8 – run to R diagonal RLR 1-3, pretzel jump with L leg on top 4, land RL &5, step out R 6, hinge R knee in and break R arm up to ear 7, clean 8

8 – **Move to staggered block** walking with R hand on hip 1-8

88 – Parts 1,3,5: slice both arms to L side keeping them level 1, open to T 2, close L arm to R 3, bend L arm in and push back to R side &4, circle L arm back and release head 5-6, 7-8, 1-2, step R to L and bring arms in 3, step back with L and push arms back out to R side 4, kick ball change R 5&6 (prepping to back), single/ double pirouette 7-8

8 – land out 1-2, ball change R to face L side with arms in TD 3-4, ball change R and face the front 5-6, run to R diagonal RL 7-8

8 – stag Leap 1-2, turn over R shoulder to face the front 3-4, step out to 2nd position with arms in T 5-6, bring R arm in and circle at waist level 7-8

88 – push arms back out to T 1-2, collapse over and bring arms in 3-4, turn over R shoulder to face the back and chasse R 5-6, step across L 7, X-jump/ Russian 8, land with L leg behind 1-2, turn over L shoulder to face front and circle arms around LR 3-6, step R and bend R elbow up 7, step across L and bend L elbow up 8

8 – bring both elbows up 1-2, release head and arms 3-4, look up 5, step R 6, tuck 7-8

8 – Parts 1, 3: sunshine leap over shoulder 1-2, roll up to standing to face the L side 3-6, or 7-8

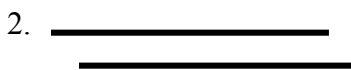
88 – chasse R to the ground circling arms above head and down to sides 1-4, close L leg to face R side 5-6, begin rolling over R shoulder 7-8, extend R leg and bend L knee 1-2, go into push up position with L leg behind in attitude 3-4, bring L leg into passé while still in push up 5-6, pop both legs out into push up and look up 7-8

8 – walk hands in LRL 1-3, stand up 4, step LRL 5-7, R jeté to R side 8

8 – land R and turn over R shoulder to face the front 1-4, tuck and run in to tighten block formation 5-8

8 – turn over L shoulder and slice arms up to TD 1-2, arms fade down 3-4, snake head to front and bend to different levels as music fades 5-8

Formations



“Bang Bang” – K’naan (feat. Adam Levine)
Intermediate/Advance Kick - Time: 2:00
Choreographed by: Kayla Norman



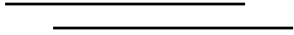
**Begin in two staggered lines facing the back with R foot in dig and hands on back*

- 8 – hold 1-2 shake hips RLRL 3-6 chaîné forward 7-8
- 8 – prepare 1-2 double pirouette 3-4 chasse 5-6 leap arms in high V 7-8
- 8 – step L 1 hook up 2 jump kick LR 3-6 step back with R leg and twist hips 7-8
- 8 – 2 parts: front line - jump kick R leg to L side 1-2 jump kick R to front 3-4 jump kick R to L side 5-6 jump kick L to front 7-8; back line – jump kick L leg to R side 1-2 jump kick L to front 3-4 jump kick L to R side 5-6 jump kick R to front 7-8
- 8 – everyone: jump kick to front RLRL 1-8
- 8 – 2 Parts: front line – jump kick L leg to R side 1-2 jump kick L to front 3-4 jump kick L to R side 5-6 jump kick R to front 7-8; back line – jump kick R leg to L side 1-2 jump kick R to front 3-4 jump kick R to L side 5-6 jump kick L to front 7-8
- 8 – prep 1 passé R leg to L side 2 chasse forward with R hip forward 3-4 step back ball change RLR 5-7 kick R to R side 8
- 8 – jump fan R 1-2 jump fan L 3-4 prep 5 step out RL to second & 6 prep 7 kick R to R side 8
- 8 – step back R 1 step L side 2 ball change RL 3-4 close feet and twist LR 5-6 prep 7 kick R to R side 8
- 8 – chasse R 1&2 chasse L 3&4 passé walk forward RLRL 5-8
- 8 – close to the front with arms 1-2 move to formation #2: walk walk with R hand reaching across body 3-4 walk walk with L hand reaching across body 5-6 bring arms up above head 7-8
- 8 - walk walk presenting arms open 1-4 R arm out to low diag. 5 L arm out to low diag. 6 close arms down 7 hook up 8
- 8 – prep kick R to the R 1-2 passé 3 point behind yourself 4 prep to R side 5 kick R behind R arm 6 prep to the front 7 kick R 8
- 8 – prep kick L to the L 1-2 passé 3 point behind yourself 4 prep to L side 5 kick L behind L arm 6 prep to the front 7 kick L 8
- 8 – prep kick R to the front 1-2 prep passé L leg to R side 3-4 prep kick L to the front 5-6 prep passé R leg to L side 7-8
- 8 – jump kick two fans to the R or L 1-4 jump kick L or R 5-6 jump kick L or R 7-8
- 8 – jump kick two fans to the R or L 1-4 jump kick L or R 5-6 jump kick L or R 7-8
- 8 – close arms and feet 1-2 move to formation #3: walk walk 3-4 walk walk with R arm out to diag. 5-6 L arms out to diag. 7-8
- 8 – step L ball change 1&2 passé R leg around with arms going around over head 3-4 prepare RL 5-6 double pencil pirouette 7-8
- 8 – high chaîné 1-2 low chaîné 3-4 calipso 5-6 turn out of it 7-8
- 8 – 3 Groups (1,3,5): step L drag R leg to L side 1-2 walk walk 3-4 step L touch turn over R shoulder 5-6 chasse to L side 7-8
- 8 – leap 1-2 step LR to second position 3-4 sway LR with hands over heart 5-8
- 8 – continue swaying 1-2 (group 2 sways 7-2) (group 3 sways 1-2) everyone steps back on their L foot 3 prepare with R leg to front 4 low chaîné 5-6 turning c-jump 7-8
- 8 – roll to ground and stand up 1-4 move to formation #4: walk 5-7 hook up 8
- 8 – jump kick R to L side 1-8
- 8 – jump fan kick RLRL 1-8
- 8 – jump kick L to R side 1-8
- 8 – jump kick forward 1-6 twist RL 7-8
- 2 – close feet 1-2

- 8 – step L fan R to split contagion 1-8
- 8 – 3 Parts: (1,3,5) R hand goes across body with L hand on hip; everyone z-sit 7-8
- 8 – up on knees 1-2 stand up LR 3-4 reach back with R leg and hands reaching forward 5-6 step R sit into R hip and with R hand reaching back 7-8
- 8 – step L drag R 1-2 hook up 3-4 step jump kick RL 5-8
- 8 – jump kick R to L side 1-2 jump kick R to front 3-4 jump kick L to front 5-6 jump kick L to R side 7-8
- 8 – jump kick L to R side 1-2 jump kick L to front 3-4 jump kick R to front 5-6 jump kick R to L side 7-8
- 8 – jump kick RLRL 1-8
- 8 – jump kick R 1-2 jump split or slide to split 3-6 hit ending pose on 7-8

Formations:

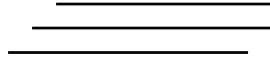
#1: 2 staggered lines



#2: one line



#3: 3 staggered lines



#4: one line



“Funky Monkey” – by: Various Artists (RIO Soundtrack)
Intermediate/Advance Novelty – Time: 2:05
Choreographed by: Kayla Norman

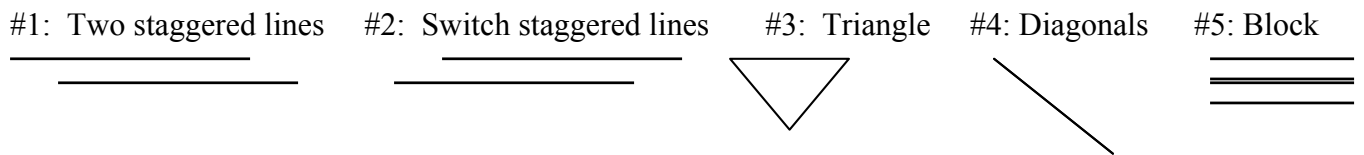


Begin with R leg in dig facing the back

- 8 – 2 Groups: (3 or 5) hold 1-2 ball change close R 3&4 ball change close 5&6 walk back RL 7-8
8 – Turn over R shoulder to front with arms wrapping above head 1-2 hold 3-4 (2nd group finishes) everyone together big pony step 5-8
8 – Continue pony step while pushing arms up to L diagonal 1-2 pony step pushing arms down to R diagonal 3-4 step out R foot push forward 5-6 turn over L shoulder with arms wrapping over head 7-8
8 – Ball change LR arms to R & 1 ball change RL arms to L & 2 ball change LR arms in front of body & 3 turn R heel and look to R & 4 step R swing R arm around to R side 5-6 two pops forward 7-8
8 – Prepare 1-2 double pirouette 3-4 walk walk RL 5& passé R leg 6 walk walk RL 7-8
8 – Inverted R kick 1 land down 2 passé turn over L shoulder 3 touch R foot 4 run run 5-6 second leap or X leap 7 ball change 8
8 – Continue ball change 1 swing LRL 2&3 relevé up down & 4 kick R leg behind 5 land 6 shimmy to L side 7-8
8 – 3 Parts: (1,2,3) Cross L over R turn rolling upper body with arms straight over head 1 facing front or back with arms down by side 2 hold 3-4 (groups 2 and 3 finishing) everyone step out RL with hands on hips jump forward or back chug to straight line 7-8
8 – Cross L over R turn 1-2 run run forwards or back 3-4 leap 5 land 6 everyone to front snap R snap L land and snap up 7 & 8
8 – Move to formation #3 three step turn to L 1-2 walk RL with arms going RL 3-4 three step turn to R 5-6 walk LR with arms going LR 7-8
8 – 3 Groups: (1,2,3) relevé turn over R shoulder 1 land on hands to the back 2 kick out R leg landing on L shin 3-4 R leg to roll around to R side 5-6 inversion 7 -8
8 – Continue to standing over R shoulder 1-2 step back RL contracting chest in and in 3-4 three step turn RLR over R shoulder 5-7 hold 8
8 – Twist hips on relevé RLR with arms going opposite directions 1&2 hold 3-4 (Groups 2,3 finishing) everyone step ball change R flicking wrist 5&6 step ball change L flicking wrist 7&8
8 – Tuck down to front 1 jump to second position 2 reach arms forward 3 jump together 4 roll arms RLR 5&6 arms hit up to L diagonal LRL 7&8
8 – Step out with R leg with big monkey arms L arm up first 1-2 switch stepping L with R arm up 3-4 switch R side 5 switch L side 6 step together step to R side hitting L arm up 7&8
8 – double step R with arms doubling to R 1-2 double step L with arms doubling to L 3-4 swing arms above head RLR or low LRL 5&6 swing arms down hips LRL or up above head RLR 7&8
8 – step R step L with shoulders rolling back 1-2 step L drag R foot 3 step RL & 4 hit hips 5 step RL & 6 roll R leg two times inward 7-8
8 – step R ball change across body 1&2 step L ball change across body 3&4 roll upper body around to R side 5-6 roll upper body around to L side 7-8
8 – chainé to R 1-2 step R 3 step L drag R leg 4 step step RL 5& passé 6 step step RL 7-8
8 – fan kick R to front with arms presenting 1-2 double attitude jump 3-4 shake R hip two times 5-6 rond de jambe R leg around 7 land on R leg 8
8 – relevé L leg with R leg out to second position 1 passé R leg 2 step R look R 3 step L look L 4 back ball change RLR 5&6 step L hitting hips 7 collapse over 8
8 – 3 Groups: (1,2,3) C-Jump 1 or 2 or 3 hold 4 three step turn to formation #4 RLRL 5-8
8 – prepare 1 sauté 2 land in tuck to R side 3-4 roll to stand 5-8

8 – 3 Groups: (1,3,5) push into relevé on L leg 1-2 prepare 3-4 double pirouette to front 5-6 push jump 7 land over 8
 8 – Roll to ground 1-2 get up 3-5 a la seconde kick 6 chasse 7-8
 8 – hold 1-4 (Groups 3, 5 finishing) everyone step out to second with L foot popping chest RLRL 5-8
 8 – body roll upper body over to the front 1-2 walk walk RL 3-4 swing forward with arms over head 5-6 pop forward two times 7-8
 8 – chaîné to R 1-2 ball change RL 3-4 flick r leg through passé 5 chasse 6-7 step L 8
 8 – leap 1 step L 2 chaîné forward 3-4 revolving tilt 5-6 coupe turn out of it 7-8 (mod.) – chaîné inverted kick coupe turn
 8 – Move to formation #5 step touch clap 1-2 step touch clap 3-4 step touch clap 5-6 step touch clap 7-8
 8 – ball change RL forward with arms mocking feet 1-2 ball change RL to side with arms mocking feet 3-4 R leg trips out from underneath you 5 feet come back together & 6 L foot pops out and sit RL 7-8
 8 – sway R with arms straight in front of you 1 sway L with arms straight in front of you 2 sway in a circle to the R stepping RLR 3&4 big sway in a circle to the L with head back 5-7 hit ending pose 8

Formations:



“Someone Like You” – by: Adele
Intermediate Modern - Time: 1:58
Choreographed by: Kayla Norman



Everyone begins sitting on the ground facing different directions and hands on knees

- 8 – everyone hold 1-4 push R knee down 5 push L knee down 6 follow through 7-8
- 8 – back up to sitting 1-2 push L knee down to side 3-4 leg contraction 5-6 R head roll to sitting 7-8
- 8 – push R knee down to side 1-2 leg contraction 3-4 L head roll to sitting 5-6 stand with R leg 7-8
- 6 – continue to stand 1-2 (some people will have to cheat standing leg) run to the front LRL 3-4 jump out with arm in T position 5-6
- 8 – present arms RL 1-2 step R attitude turn L leg 3-6 step LR circling R arm and upper body 7-8
- 8 – step step LR circling body again 1-2 step L half pencil turn 3-4 step R 5-6 elbows up RL 7-8
- 8 – melt down 1-2 sauté R leg back around 3-4 land in lunge 5-6 step L 7 R a la second kick 8
- 8 – cross over 1-2 step out L with arms reaching out to front RL 3& pull into stomach 4 jump forward LR with R arm circling under and up 5-6 R arm around to R side 7-8
- 8 – 3 Groups (1,3,5): step L fan R to back 1-2 land 3-4 step LR with LR arms hitting out to a T position 5-6 passé up L with hands at chest 7-8
- 8 – step together step LRL circling body 1-4 outside R passé turn to front 5-6 step R to front 7-8
- 8 – inversion L leg up 1-2 up and lay back 3 step out R 4 step out L with R hand extended forward head down swaying L 5-6 sway R 7-8
- 8 – cont. all groups until 1-4 moving to formation #3: back three step turn 5-8
- 8 – step forward swing arms back 1 forward 2 big swing to R or L 3-4 swing opposite side 5-6 step forward swing arms back 7 forward 8
- 8 – prepare 1 small sauté to L side 2 land 3 throw R arm over head 4 go down to ground in check mark position on floor 5-8
- 8 – tuck 1-2 reach R hand forward 3-4 throw R hand behind body 5-6 throw R hand over to the L side over head to lay down with R leg flexed in front 7-8
- 8 – roll up to back 1-4 R elbow reaches up to front 5-6 prepare 7-8
- 8 – double to triple pirouette 1-3 moving to formation #4: step ball change with R arm RLR 4-6 step ball change with L arm LRL 7-8
- 8 – cont. moving 1 big sauté to R side 2 land 3-4 jump back throwing R arm over and R leg extended in degage to the front 5 prepare step RLR to R side 6-8
- 8 – front attitude turn 1-2 chasse 3-4 run 5 run 6 second leap 7 land 8
- 8 – land on ground 1-2 reach forward RL 3-4 put R hand down to R side 5-6 step up on L foot and R slides through 7-8
- 8 – passé L foot over R leg 1-2 land in lunge 3-4 rise up and release head 5-6 run RLR 7&8
- 8 – swing across body step step RL 1-2 step L 3-4 parallel turn with R arm across body 5-6 step step with R arm reaching forward 7-8
- 8 – invert R leg bring R arm in and out & 1-2 grab to fist 3-4 step on R leg two chugs with arms circling 5-6 swing L through 7-8
- 8 – 3 Groups (1,3,5): step together step swing upper body LRL 1-2 attitude jump to front 3-4 roll to ground 5-8
- 8 – passé R leg turn to the front 1-2 developpé R leg to front with R hand out 3-4 swing down to the back 5-6 up on relevé 7-8
- 8 – elbow to R side 1 R hand over head 2 collapse over 3 step step LR and bring body up & 4 run run RL to front 5-6 leap 7 land 8
- 8 – R elbow and L elbow 1-2 tuck 3-4 push back on ground 5-6 push up position 7-8
- 8 – sit on knees 1-2 reach over with R hand 3-4 reach over with L hand 5-6 roll around 7-8

8 – roll to stand 1-4 hold 5-8 (other groups ending)

8 – run to formation # 5: 1-4 3 Groups up on relevé with R hand in air R leg up 5 or 6 or 7 everyone falls and L leg arabesque 8

8 – continue arabesque fall 1-2 come up 3-4 reach both hands across body while swinging legs through to the L side 5-6 lean forward 7-8

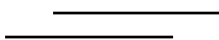
1 – lay down with knees up 1

Formations:

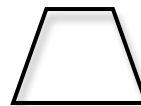
#1: Block facing different directions



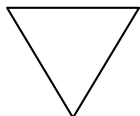
#2: Staggered Block



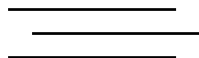
#3: Reverse Trapezoid



#4: Triangle



#5: Staggered Block



“Take It All” - by: Adele
Int. Adv. Lyrical - Time: 2:06
Choreographed by: Katie Harwood



Begin in a tight block formation facing the back with feet slightly apart.

- 8 Pick up parts from stage right to left – Rond de jambe R to face front 1-2, walk LR 3-4, piquè L 5-6, Group 2 pickup - step back LR 7-8
- 8 Arabesque L leg, arms reaching forward 1-2, walk LR 3-4, head roll L 5-6, ball change 7-8
- 8 Walk forward RL 1-2, reach arms down palms forward 3 contract 4, hold 5, roll up 6-8
- 8 Step back R 1-2, rond de jambe R 3-4, walk RL 5-6, R jeté 7, land 8
- 8 Drag R 1-3, walk LR 4-5, pas de bourree turn into prep 6-8
- 8 Triple pirouette 1-3, roll to ground 5-8
- 8 L leg forward in lunge reach arms 1-2, roll to left to stand up 3-6, step L 7 reach arms 8
- 8 Continue reaching arms 1-4, (spread formation out) walk 5-8
- 8 Continue walking 1-4, jump in place 5, R arm reaching ½ T 6, L arm reaching by ear 7-8
- 8 Lower with palm facing audience 1-3, L arm T 4, R arm by ear 5(start turning) pencil turn 6-7, three step turn RLR 8
- 8 Continue turning 1-2, face forward 3-4, walk back RL 5-6 face back and walk 7-8
- 8 Tilt jump 1-2, land 3-4, turn over L shoulder 5-6, reach R arm 7-8
- 8* Chainè 1-3, walk RL 4-5, second leap 6, land 7-8
- 8* Turn out of leap 1-2, push off and drag L 3-4, Walk RL 5-6, pencil turn 7-8
- 8* Walk RL 1-2, tilt R leg 3, down 4, ground 5-6, roll front 7-8
- 8* Fetal position 1-2, bug roll 3-4, head roll to back 5-8
- 8* Roll on stomach to stand up 1-6, stand up 7-8
- 8* Reach R leg 1, passé 2, walk 3-4, lift L leg and reach arms 5-6, walk 7-8 (triangle)
- 8 Jump in place 1-2, walk 3-4, scoot arabesque 5-6, walk 7-8
- 8 Release 1-2, (3parts 3-4, 5-6, 7-8) Group 1. Chainè 3-4, chainè pliè 5-6, calypso arms open L 7-8
- 8 Land 1-2, Group 2. Land 3-4, Group 3. Land 5-6, hold 7-8
- 8 Head roll L 1-4, (2 parts every other line 5-6, 7-8) Group 1. Inverted fan 5-6 roll to ground 7-8
- 8 Group 1. Stand 1-2, group 2. Stand 3-4, step R 5, cut 6, prep 7-8
- 8 Triple pirouette 1-3, prep 4, tour jump 5-6, land to ground R leg extended 7-8
- 8 Roll on stomach to stand up 1-8
- 8 Move to a tight triangle, laying weight on each other 1-4, back group lift and roll 5-8
- 8 Front group lift and roll 1-4, reach up 5-6, arms down 7-8 back group reach up 1-2, arms down 3-4, walk 5-6, hold 7-8 (staggered)
- 8 Turn over R shoulder 1-2, R arabesque in forced arch 3-4, release back 5-6, cross turn L 7-8
- 8 Walk forward or backward RL 1-2, R jetè 3, land 4, turn over R shoulder 5-6, reach 7-8
- 8* (In opposition) Chainè 1-3, walk RL 4-5, second leap 6, land 7-8
- 8* Turn out of leap 1-2, push off and drag L 3-4, Walk RL 5-6, pencil turn 7-8
- 8* Walk RL 1-2, tilt R leg 3, down 4, ground 5-6, roll front 7-8
- 8* Fetal position 1-2, bug roll 3-4, head roll to back 5-8
- 8* Roll on stomach to stand up 1-6, stand up 7-8
- 8* Reach R leg 1, passé 2, walk 3-4, lift L leg and reach arms 5-6, walk to center 7-8
- 6 Walk 1-2 drag 3-4, step 5, stand front with feet shoulder width apart, R hand on heart look up 6

1.



2. Spread Block Out

3.



4. Staggered Lines

“Getting Over You” – by: David Guetta (feat. Fergie)
Social Officer Dance – Time: 2:21
Choreographed by: Alice Henrichsen



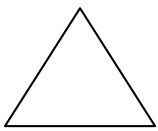
Beginning Formation – Triangle facing back with R foot in back

- 8 – Hold 1 -2, 3 groups (3, 5, 7) turn to face front w/ left “L” arms 3 – 4, group 2 5 – 6, group 3 7 – 8
8 – step back R ball change 1, step L 2, R high kick w/ touchdown arms 3, chaîné R to audience arms at side 4 – 6, step out R with R arm out at side 7, L arm up to make “L” arms 8
8 – Melt arms and plié 1 – 2, step back L 3 – 4, step back R 5 – 6, point out R foot to side 7, look L 8
8 – swing R arm overhead and out 1, swing L arm overhead and out 2, hug body 3, look up 4, circle body L – R bending over 5 – 7, sit to L hip and throw arms down 8
8 – Prepare R 1, plié step forward L 2, double pirouette with hands at knee 3 – 4, step out R with arms in “T” 5, cross L in back and bring arms to side 6, turn to face back 7, hold 8
8 – 3 groups (1, 3, 5) chasse R to back 1 & 2, step L to face side wall 3, jeté leap 4, land to floor 5 – 6, continue groups 7 – 8
8 – Continue groups 1 – 2, turn to face back 3, kick R leg 4, cross R leg over L 5 – 6, turn to stand in 2nd position 7 – 8
8 – plié and look at audience with hands at knees 1, back over to floor 2, push hands up to touchdown overhead 3 – 4, jump together 5 – 6, step L and snap at audience 7, turn and step R 8
8 – Transition to staggered lines walk L 1, R 2, L 3, dig R 4, walk R 5, L 6, R, 7, dig L 8
8 – Continue transition walk L 1, R 2, L 3, dig R 4, walk R 5, L 6, R, 7, dig L 8
8 – step to R 1, jump together and arms in touchdown 2, step to L 3, jump together and press hands down to side 4, pump chest with hands at chest 5 & 6, step back L hands at side 7, flick R foot with arms in touchdown 8
8 – R back ball change 1, step L 2, R side attitude with arms in bow & arrow 3, cross R foot in front 4, dig L 5, hold 6, step back L 7, hold 8
8 – 3 groups (1,3,5) R back ball change 1, step L 2, R high kick to diagonal 3, break leg down to lunge & 4, R windmill arm overhead to sit to floor 5 – 6, push to angle with L arm overhead 7, turn to face side 8
8 – Stand to R wall 1 2, continue groups 3 – 8
8 - Prepare over to L 1 -2, chaîné R 3 – 4, step R and push arms overhead 5 – 6, snake to push weight to L leg w/ arms at side 7 – 8
8 – Cross in front with R 1, flick kick R w/arms in “T” 2, cross in front w/ L leg arms to side 3, point R toe out w/arms in touchdown 4, push weight to R hip and bring down R arm 5 – 6, push weight to L hip and bring down L arm 7 – 8
8 – Continue parts 1–4, ripple L – R sunburst arms over head shifting weight from L–R and lean over R leg 5–8
8 – Cross L and stand up 1, point R foot out 2, cross R 3, point L foot out 4, walk forward L 5, R 6, L pivot to face back and snake head 7, sit back to L 8
8 – Chasse R to back wall 1& 2, step L 3, dig R 4, step R 5, dig L 6, L pivot to face back and snake head 7, sit back to L 8
8 – Ripple L – R pointing out R toe w/ L hand at hip and R arm out 1 – 4, R ball change back 5 – 6, R passé w/ hip to audience and arms in “T” 7 – 8
8 – Step forward R 1 – 2, L foot behind 3, clip turn around 4, prepare 5 R souté leap 6, land down to floor 7 – 8
8 – Ripple to roll up to stand 1 – 8
8 – Transition to diagonal line - L 1, R 2, L 3, dig R 4, walk R 5, L 6, R, 7, dig L 8
8 – Continue to transition – step out R pumping R fist 1, jump together 2, step out L pumping R fist 3, jump together 4, walk R 5, L 6, R, 7, dig L 8

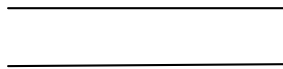
2 – Step back with R foot and look back 1 - 2
 8 – Ripple R – L – Swing arms from side to touch down slowly w/ R foot pointed out at side 1 – 8
 8 – Ripple R – L – Step L prepare and half turn to back wall to kick diagonal with arms in L diagonal arms 1 - 8
 8 – continue ripple rolling to floor to high knees facing diagonal 1 – 4, ripple swing arms from side to touch down and “S” curve down to side 5 - 8
 8 – continue ripple 1 – 6, clip turn R around 7 - 8
 8 – Transition to triangle walk L 1, R 2, L 3, dig R 4, walk R 5, L 6, R, 7, dig L 8
 8 – Continue transition walk L 1, R 2, L 3, dig R 4, walk R 5, L 6, R, 7, dig L 8
 8 – Hip R 1&2, hips L 3&4, step R 5, close to face L wall 6, step L 7, high kick w/ arms at side 8
 8 – clip turn to front 1-2, step out L swinging arms up to touchdown 3, sit back to L hip 4, shimmy ripple L – R to face back 5 - 8
 8 – step out R swinging R arm up 1 -2, step out L swinging L arm up 3 – 4, group 1 step R 5, pivot front arms to side 6, group 2- 7 - 8
 8 – step to R 1, jump together and arms in touchdown 2, step to L 3, jump together and press hands down to side 4, pump chest with hands at chest 5 & 6, step back L hands at side 7, flick R foot with arms in touchdown 8
 8 – R back ball change 1, step L 2, R side attitude with arms in bow & arrow 3, cross R foot in front 4, dig L 5, hold 6, step back L 7, hold 8
 8 – 3 groups (1,3,5) R back ball change 1, step L 2, R high kick to diagonal 3, break leg down to lunge & 4, R windmill arm overhead to sit to floor 5 – 6, push to angle with L arm overhead 7, turn to face side 8
 8 – Stand to R wall 1 2, move in to center 3 – 8
 2 – Pose in levels 1 – 2

Formations:

#1



#2



#3



#4

