



American Dance/Drill Team®

2012

officer routines



Officer Camp Dance

“Where Have You Been” by: Rihanna – Time: 2:03 - Watch your officers push themselves with this sassy and entertaining routine. This routine requires a lot of stamina and technique to be able to execute correctly. This routine consists of leaps/switch leaps, double/triple pirouettes, turning combinations, fouettés, and fast weight shifts. Your officers will have an awesome time performing this while also strengthening their technique.



Social Officer Dance (Alice Henrichsen)

“Too Much In Love” by: Chris Willis – Time: 2:12 - Ready to get your audience rocking?? Our social officer pep rally routine has a taste of rock and techno beats that will really get your crowd excited! This routine is an intermediate jazz routine that will get your social officers excited about their fabulous year. This routine offers fun choreography for all levels of dancers that includes jeté leaps, pirouette turns, soutés and more that can allow for options for your social officers. Let's get these ladies from behind the glitter to the front of the stage with this fun pep rally or spring show ensemble.

Kick Series (Kara Guinn) See video footage on our web site to learn online (www.DanceADTS.com/summercamps.htm)

“Fashionista” – Time: 0:45 – Int. Kick Series- This is the same routine that we have used for several years now that has all the basic kicks included. It will be used for all private camp kick offs and some line camp kick offs for Kick Company and Miss High Kick.

“Bleeding Love” – Time: 1:15 – Adv. Kick Series- This is the same routine that we have used for several years now that has all the basic kicks included. It will be used for the first round for the high school kick offs for Kick Company and Miss High Kick at managed camps.



Amy Tidwell:

Int Lyrical – “Every Breath You Take” by: Melanie Safka – Time: 2:08 - This intermediate lyrical is a soft and beautiful routine that will take the audience’s breath away. It has many movements that mirror the lyrics to help the intermediate dancer with expression and performance quality. Technical elements include kicks, calypso, jeté, Russian, double pirouettes, coupe turn, fouetté, knee drop, and an arabesque into a front roll. Many of these elements can be modified to fit the technical ability of your officers. This lyrical will challenge the intermediate dancer in their sense of style and their use of expression.

Int/Adv Jazz – “Some Nights” by: Fun – Time: 1:30 - This officer jazz is an exciting routine to the hit band, *Fun*, and is sure to captivate the audience. It would be fabulous for a pep rally, special

performance, or show. Technical elements include left pirouette, right extension, illusion, double or triple pirouette, pencil turn, double coupe turn, reverse leap, jeté, calypso, and fouettés into a small ronde verse. Many technical elements may be modified to fit the technical abilities of the officers.

Adv Pom – “Call Your Girlfriend” by: Robyn (Feed Me Remix) – Time: 1:38 - This high-energy officer pom would be fabulous for a pep rally, special performance, or show. It has many fast weight shifts, quick arm movements, and challenging technical elements that make it an advanced level. Technical elements include triple pirouette into a jeté, switch leap into a right split, reverse leap, pitch kick, knee drop, rainbow jump, and a fouetté turning sequence. This fun pom will challenge your dancers but they will enjoy performing such a powerful routine.



Kayla Norman:

Int/Adv Novelty – “How Bad Can it Be” by: Dr. Seuss’ The Lorax – Time: 1:59 - Your officers will love this fun and upbeat novelty. 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 using multiple formations and musical cues to make the dance very intriguing.

Int Modern – “Somebody That I Used to Know” by: Madilyn Bailey & Jake Coco – Time: 1:57 - Your officers will love this emotional

modern routine. The dancers will have the opportunity to experience and push themselves with this different but exciting routine. Your officers will gain more knowledge of free flow movement and will also be able to focus on technique. This routine consists of sautés, triple/double pirouettes, stag leaps, and big body movements. This routine would be great for any special performances or competition.

Int/Adv Kick – “What Makes You Beautiful” by: Dubstep Kings – Time: 1:58 - Watch your officers shine with this energetic, non-stop kick routine. This kick routine requires all the right kick technique and stamina 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, tilt leap, and advanced footwork. This dance is sure to be a crowd favorite.



Jennifer Hodge:

Int Pom – “Super Pom” by: Various Artist – Time: 2:06 - “Super Pom Mix” is a fun and energetic pom routine that offers traditional clean lines, traveling parts and section work. This pom mix will incorporate technical skills along with easy to follow choreography. “Super Pom” has a single or double turn, jeté leap, and chaîné turns. This number will be the perfect routine for a pep rally, basketball halftime, or contest. Everybody put your hands in the air and say Yeah Yeah Yeah!!!

Int Hip Hop – “Shake That” by: Various Artist – Time: 2:16 - Your dancers will love the music the explosive and energetic hip-hop style. The choreography of “Shake That” mixed with the hottest music makes this number perfect for a pep rally or contest number. This routine has parts and sections and easy to polish choreography for all levels of hip- hop dancers.

Int Novelty Jazz – “20th Century Fox Mambo” by The Smash TV cast– Time: 2:06 - Release your Broadway style with “20th Century Fox Mambo.” This piece is a jazz that’s clean, sharp, dramatic and sassy. Think sequins, beads, feathers and the kinds of moves that make jazz pop. “20th Century Fox Mambo” will stress lines, turns, leaps, musicality, purity of movement and will be the perfect dance for contest or spring show. JAZZ IT UP, you belong in LIGHTS!



Natasha Newbrough:

Int Jazz – “Call Me” by: Haley Reinhart (American Idol Soundtrack)

– Time: 1:55 - *Call Me* is a fun and dynamic routine full of technical combinations, group parts, and levels to create an exciting, visual performance. Your dancers will enjoy the sassy choreography in this dance and it will encourage them to add their own style. The choreography is intended for an intermediate level but you can add extra turns and sequencing for your more advanced dancers. *Call Me* would be great for any special performances or competitions. This routine is definitely going to impress the crowds and be an audience favorite!

Int Pom – “Girls Mix” by: Various Artist – Time: 2:03 - This routine is a fun and upbeat dance your girls are sure to love! *Girls Mix* includes new, high-energy songs and is full of visual arms and dance moves that everyone will enjoy. It contains pirouettes, leaps, and a toe touch and it is very easy to clean. This routine is exciting for every dancer to learn and perform. You can even bring it back to teach your team! You can perform this energetic crowd favorite at pep rallies, basketball games, and contest. It will definitely get any crowd cheering for more!

Int/Adv Hip Hop – “Nicki’s Mix” by: Nicki Minaj – Time: 2:04 – Your girls will love the music and choreography to *Nicki’s Mix*. It includes a mix of songs by Nicki Minaj and the routine is full of intricate movements and style. It is sure to get everyone moving in no time! This routine is easy to polish and is fun for all levels of hip hop dancers. Perfect for a basketball game, pep rally, or spring show. This routine is definitely going to pump up the audience and make them want to dance!



Miriam Vera:

Adv Stylized Jazz – “Glam” by: Christina Aguilera – Time: 2:00 –

Fun, upbeat and with a twist of pop movements, this stylized jazz routine can be easily adapted for your entire team, and it is perfect for pep-rallies, spring show, or special performances. “Glam” will allow your dancers to be sassy and powerful while executing technical elements and stylized movements. Some skills include: reverse leap, calypso, illusion, X-jump, pirouette, a la second turn, etc. While precision, expression and style is expected, this dance becomes more fun and exciting as all dancers express themselves with their individual personalities. So get ready to have fun, and “Let’s get Glam!”

Int Contemporary Lyrical – “Killing Me Softly” by: Colbie Caillat – Time: 2:30 - While using the lyrics to carry out the storyline of this dance, the dynamic and smooth choreography will definitely captivate the

audience from beginning to end. The fluidity, continuity and sharp movements of this dance will challenge your intermediate dancers, while allowing your upper intermediate dancers to use the timing to transition from one step to the next! Filled with technical elements such as a couple of grand jetés, 2 a la second turns, extensions and tilt kicks, pirouettes and diverse turns, as well as a calypso; any dancer will learn something new or get to perfect these challenging skills! Allow your dancers to fall in love with this contemporary lyrical routine that would be perfect for special performances, contest or your spring show!

Adv Contemporary Modern – “Dare to Believe” by: Boyce Avenue – Time: 2:40 - This routine is filled with audacious movements and genuine expressions that will touch people’s hearts as this dance reminds us all to never forget to forgive, and to embrace life with infinite love! Expect quick weight shifts, continuous movement and dynamic motions that flow in the never-ending sixes of the music! Your upper intermediate and advance dancers will be pushed to the limit while learning how to interpret the story of this dance with intricate technical combinations including, but not limited to, inverted fans, backwards sauté, turns and jumps in different levels and directions, as well as a section of graceful and supportive partnering. In addition, using the “blindfold”, which is optional, will emphasize the story line of this dance and create another level of challenge for your dancers. If your dancers are daring, prepare them for the experience that will inspire them to believe, and a dance that they’ll never forget!

“Where Have You Been” – by: Rhianna
Officer Camp Dance - Time: 2:03
Choreographed by Kayla Norman



SECTION A:

- 8 Hold 1-4, cross R over L to front 5-6, walk forward RL 7-8
- 8 Step together passé 1-2, ball change 3-4, pencil turn 5-6, body roll down 7-8
- 8 Raise up flat back 1-2, ball change to side RL arms in T 3-4, prepare to back 5, chaîné 6-7, calypso 8 or run run grand jeté 6-8
- 8 Step LR 1-2, step L throw arms 3-4, step back RL with arms wrapping waist 5-6, rond de jambe 7-8
- 8 Coupé turn 1-2, step R step L to R side 3-4, second leap or x jump 5-6, ball change LR 7-8
- 8 Cross turn pushing hands down 1-2, prepare 3-4, double or triple pirouette 5-7, jump out 8
- 8 Ball change RL &1, second kick 2, ball change &3, tilt kick 4, R pivot turn to front 5-6, chasse 7-8
- 8 Step L 1, R grand jeté 2, or step L 1, step R 2, switch leap 3-4, roll to stand 5-8

SECTION B:

- 8 Present R arm to front 1-2, push R arm down ball change LR 3-4, chaîné L 5-6, step L 7, jump together arms above head 8
- 8 Chaîné R 1-2, coupé 3-4, développé R leg out to second position 5-6, step R drag L with head back 7-8
- 8 Chassé L 1-2, R high kick 3, step R 4, three step turn to L 5-8
- 8 R shoulder roll 1-2, layover R knee 3-4, body roll up 5-6, shake to L twice 7-8

SECTION C:

- 8 Step out R with R arm out 1, step out L with L arm out 2, upper body roll 3-6, prepare 7-8
- 8 R fouettés 1-2, 3-4, 5-6 double pirouette 7-8 or R chaîné 1-2, L chaîné 3-4, prepare 5-6, double pirouette 7-8
- 8 Jump out to second 1, jump together 2, chasse R 3-4, ball change LR arms above head 5-6, step L 7, attitude layout turn 8
- 8 Continue attitude turn 1-2, land 3-4, back ball change LRL 5-6, back ball change RLR 7-8
- 8 Point L leg across body 1, point L leg out to side 2, back ball change LRL 3&4, passé R 5-6, step down 7-8
- 8 Ball change LR &1, shoulder pop 2, ball change RL &3, shoulder pop 4, step L jump together arms up 5-6, step R Jump together arms down 7-8
- 8 Step R drag L reaching R arm 1-2, step L drag R reaching L arm 3-4, ball change looking over shoulder 5-6, cross turn 7-8
- 8 Cont. turning 1-2, pivot turn to back 3-4, walk to back RLRL 5-8

SECTION A:

- 8 Dig R ft. 1, hold 2-4, cross R over L to front 5-6, walk forward RL 7-8
- 8 Step together passé 1-2, ball change 3-4, pencil turn 5-6, body roll down 7-8
- 8 Raise up flat back 1-2, ball change to side RL arms in T 3-4, prepare to back 5, chaîné 6-7, calypso or run run grand jeté 6-8
- 8 Step LR 1-2, step L throw arms 3-4, or run run RL 8-1, leap 2, step L throw 3-4, step back RL with arms wrapping waist 5-6, rond de jambe 7-8
- 8 Coupé turn 1-2, step R step L to R side 3-4, second leap or x jump 5-6, ball change LR 7-8
- 8 Cross turn pushing hands down 1-2, prepare 3-4, double or triple pirouette 5-7, jump out 8
- 8 Ball change RL &1, second kick 2, ball change &3, tilt kick 4, R pivot turn to front 5-6, chasse 7-8
- 8 Step L 1, R grand jeté 2, or step L 1, step R 2, switch leap 3-4, roll to stand 5-8

SECTION B:

- 8 Present R arm to front 1-2, push R arm down ball change LR 3-4, chaîné L 5-6, step L 7, jump together arms above head 8
- 8 Chaîné R 1-2, coupe 3-4, développé R leg out to second position 5-6, step R drag L 7-8
- 8 Chassé L 1-2, R high kick 3, step R 4, three step turn to L 5-8
- 8 R shoulder roll 1-2, layover R knee 3-4, body roll up 5-6, drag L leg into R shake to L twice 7-8

“Too Much in love” – by: Chris Willis
Social Officer Dance – Time: 2:12
Choreographed by Alice Henrichsen

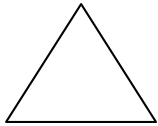


Beginning Formation – Triangle facing back in 2nd position

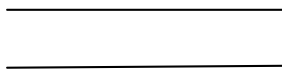
- 8 Hold (1-4), arms in touchdown to L w/hips R 5, switch arms R with hips to L 6, circle arms overhead L – R 7, throw arms down to L diagonal 8
- 8 Cross feet L over R arms in T 12, arms break down to side and turn to front 34, step L cross arms at chest 5, R high kick arms in high V 6, release head back 7, tuck to floor 8
- 8 Jump out to 2nd position bending over legs 12, swoop arms overhead to touchdown 34, lean L with R knee popped arms in T 5, switch legs with L arm overhead 6, jump R foot over L and turn around while bringing L arm down to side 8
- 8 Move to form #2 – staggered lines
- 8 Push R arm across at chest level stepping out with R ball change 1, step L 2, step back with R behind L ball change 3, step L 4, step R 5, passé L and accent R shoulder to audience 6, step L to side 7, prepare to back 8
- 8 R chainé 12, R chainé 34, step R to side wall 5, flick kick L to front 6, cross L over R arms at side 7, dig R 8
- 8 Step out R with hips and arms out with wrists crossed 1, hips L with hands at pockets 2, prep & 3, R tilt kick 4, tuck to floor facing L wall 56, release back while wiping at eyes 7, hands to floor behind you 8
- 8 Sit up 1, kick R leg from floor 2, cross R leg over L 3 stand up to face back wall 4 – 6, snake to face front 7, sit into hip 8
- 8 3 groups (1, 3, 5) - chasse to R 123, leap in 2nd (or X jump) 4, step R 5, L ball change behind R 6 7, step on L looking down 8
- 8 Continue parts 1 – 4, step R 5, L back ball change 6 7, step L arms cross at chest 8
- 8 R high kick to L wall 1, step down R 2, pirouette to face front 3, step L open to 2nd 4, hips to R hands at pocket 5, hips L 6, close feet to R look up 7, look to audience 8
- 8 Move to staggered lines 1 – 8
- 8 Prep 12, double pirouette 34, jump out to 2nd position 5, jump together arms in touchdown 6, R low kick arms hugging at chest with head release 7, land out over leg with arms tucked 8
- 8 Snake back to L 1, sit into L hip 2, step R arms crossed at chest 3, coupe turn over R &, low R arabesque arms in low V 4, step out L 5, dig R 6, switch to L dig with R arm in front looking down 7, switch to R dig with L arm in front with head release 8
- 8 Step forward and roll R hip and roll wrists 1, close feet with L dig 2, step R forward and snake to audience 3, close to front 4, jump out to L lunge with R leg out with R arm in front and L in back circling overhead 5, arms overhead 6, break arms down looking up 7, look front 8
- 8 R ball change forward hugging body 12, R back ball change 34, cross R over L with arms crossed at chest 5, point out L 6, cross L over R arms in low V 7, point out R with R arm overhead on back and L arm at small of back 8
- 8 3 groups (1, 3, 5) – snake through R arm 1, sit into R hip 2, jump to L and flick R behind while circling R arm overhead 3, step R 4, Step L 5, turn to back with arms in rocket overhead 6, slide out R foot to floor 78
- 8 Sit with R leg out and L bent 12, continue parts 3 – 6, head release back 7 look forward 8
- 8 Tuck knees in and lean over R hip 1, L kick 2, roll to face back 34, roll to L hip 5, R kick 6, roll to back 7, leap R from floor 8
- 8 Roll up to L wall 1 – 6, step forward R and circle arm overhead and snap 7, step back L 8
- 8 Shift weight to R and look over L shoulder to audience 12, switch to L 34, turn and cut forward over R with L leg out 5, cross L over R 6, hips to R with check arms at waist 7, switch to L 8
- 8 Close feet 12, 3 groups (3, 5, 7) – step forward with R and throw R arm at audience 3, face back 4, chasse to back 5&6, step L to R wall 7, R directional jete leap 8
- 8 Land down to floor 12, roll to face back 34, step L 5, kick R 6, leg down to floor straight 7 hold 8
- 8 Push over to a L lunge looking at floor 12, snake back to stand with R leg popped in front 3, snap out R 4, continue parts 5 – 8
- 8 Jump to L with R arm circling out and R leg out 12, switch to L with L hand circling front to cross wrists in

- front 3-4, step forward L 5, L passe with arms overhead 6, step back L arms at side 7, prepare 8
- 8 Chaine 12, axle 34, land out 56, step back L 7, touch turn and snap overhead 8
- 8 Move to form #3
- 8 Ripple L – R step out R and circle R arm around overhead to side 1 – 8
- 8 Prep back 1, souté to audience 2, land to floor 34, slide out L leg 56, roll over to stomach 78
- 8 Roll up to stand 1 – 4, pose to the L 56, pose to R 78
- 8 Prep 12, double pirouette 34, jump out to 2nd position 5, jump together arms in touchdown 6, R low kick arms hugging at chest with head release 7, land out over leg with arms tucked 8
- 8 Snake back to L 1, sit into L hip 2, step R arms crossed at chest 3, coupe turn over R &, low R arabesque arms in low V 4, step out L 5, dig R 6, switch to L dig with R arm in front looking down 7, switch to R dig with L arm in front with head release 8
- 8 Step forward and roll R hip and roll wrists 1, close feet with L dig 2, step R forward and snake to audience 3, close to front 4, jump out to L lunge with R leg out with R arm in front and L in back circling overhead 5, arms overhead 6, break arms down looking up 7, look front 8
- 8 R ball change forward hugging body 12, R back ball change 34, cross R over L with arms crossed at chest 5, point out L 6, cross L over R arms in low V 7, point out R with R arm overhead on back and L arm at small of back 8
- 1 Snake through arm and pose

#1



#2



#3





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

“Every Breath You Take” – by: Melanie Safka

Int Officer Lyrical – Time: 2:08

Choreographed by Amy Tidwell



Dancers begin in 2 staggered lines on knees with body over

8 Hold 1-8

8 Body up and arms reach across chest and release head 1-2, down 3-4, body up and arms front 5-6, down 7, thread R arm through L and roll 8

8 Finish rolling to L knee with R leg out 1, arms out to T 2, spiral body to L 3-4, un-twist and R arm up 5, roll to recover up 6-8

8 Finish recovery 1-2, lean back and L heel up and twine R arm back 3-4, walk to back diagonal 5-7, passé and hands on knee & 8

8 Spoke leg to front diagonal and turn with L hand on mouth & 1, contagion L-R releasing hand off mouth and contract middle with plié 2-4, kick ball change and circle L arm 5-6, step L 7, R battement 8

8 Step across 1, snake head and prep to back 2, high chaîné 3-4, low chaîné 5-6, calypso 7-8

8 Land and roll to floor to end in low knees to front 1-2, push up to stand 3-4, rond de jambe R with head release 5, pas de bourrée 6&, R chassé 7-8

8 Step L 1, X jump or Russian 2, cross turn 3-4, relevé and lasso head 5-6, step L out and open arms 7-8

8 Close to R with L arm across face 1, R arm across face 2, open arms &, slowly drop arms and release head up 3-4, 2 groups on 5 or 7: 1st group: prep 5-6, double turn 7-8. 2nd group: continue dropping arms 5-6, prep 7-8

8 Finish groups: 1st group: soutenu turn with arms unfolding up & 1, step R out and arms push out to open down 2-6, drag to L with ‘L’ arms 7-8. 2nd group: double turn 1-2, soutenu turn with arms unfolding up & 3, step R out and arms push out to open down 4-6, drag to L with ‘L’ arms 7-8

8 Prep 1-2, two chaînés 1-6, knee drop to side with L leg out front 7-8

8 Lift and reach 1, down 2, open to front 3-4, lean over and kick L 5-6, sit and roll to recover up to back 7-8

Moving to formation #2:

8 Contagion L-R snake head and reach L arm front 1-2, back line run to first line 3-4, jump out and L hand on hip and R arm reach across 5-6, arms out to T 7&, collapse down 8

Moving to formation #3:

8 Coupé turn to L side 1-2, R chassé 3-4, R jeté and push arms down 5-6, land down 7-8

8 Snake head up and L arabesque 1-2, step L 3, pivot and three step turn to R 4-5, arms up 5-6, L arm arcs over to L and grab 7-8

8 Prep 1-2, fouetté 3-6, drop to back with R leg out 7-8

8 Pike to front 1-2, lean L 3-4, lean 5-6, head roll 7-8

8 Roll to tummy and recover up to R 1-4, ball change R and arms reach side 5-6, repeat to L 7-8

Moving to formation #4:

4 walk 1-4

Moving to formation #5:

8 R arm out from hip and look R 1, repeat 2, hands shake and reach out 3-4, peel off front to back to move out to line 5-8

8 Prep 1-2, double turn 3-4, land 5-6, L hand points down and up 7-8

8 Finish point 1-2, throw arm down and look L 3, contagion R-L make L dig and R arm reach to R 4-7, R arm melt down through elbow 8

Moving to formation #6:

8 Ball change front on R and arms reach and throw across body 1-2, walk to formation off center 3-7, face front and prep 8

8 R chaîné 1-2, arabesque 3-6, penchée 7-8

8 Forward roll 1-2, R hand on back 3-4, twine hand and roll head to turn and face front 5-8

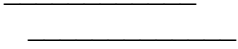
8 R arm circle 1, L knee 2, R knee 3, L arm circle 4, R knee 5, L knee 6, arms push down and melt over 7-8

8 Contagion F-B jump up with straight leg and heads back and land back over 1-4, two groups on 5 or 7: 1st group: L leg slide through to floor 5-6, lift up 7-8. 2nd group: hold 5-6, L leg slide through to floor 7-8

8 Finish groups: 1st group: sit 1, R kick 2, R kick over hip 3-4, roll to back 5-6, hold 7-8. 2nd group: Lift up 1-2,

- sit 3, R kick 4, R kick over hip 5-6, roll to back 7-8
- 8 Everyone lift arms up 1-2, release 3-4, roll up 5-6, turn and push hands through body 7-8
- 8 R chassé and circle arms 1-2, step L 3, ball change R and arms break through to T 4-5, step R 6, spiral and turn to floor 7-8
- 1 Sit Indian style and head melt over and look R 1

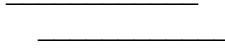
Formation #1



Formation #2



Formation #3



Formation #4



Formation #5



Formation #6



“Some Nights” – by: Fun.

Int/Adv Officer Jazz – Time: 1:30

Choreographed by Amy Tidwell



Dancers begin in a triangle on L knee with R leg straight out to side

- 8 Hold 1-2, reach R arm up 3, reach L arm up 4, body up 5-6, throw and look R 7, hold 8
- 8 Sit and fan R leg around 1-2, stand up 3-4, reach arms up and extend R leg out 5-6, center to front 7-8
- 8 Prep 1, pretzel jump 2, land down to floor 3-4, snake head up to stand 5-6, R passé swivel open and arms brush chin 7-8
- 8 L pirouette turn with arms pushing L 1, down 2, hands on mouth 3, throw and snake head R 4, walk around in circle and arms melt down by side 5-8
- 8 R ball change front and arms reach front 1-2, R ball change back and arms push and look R 3-4, R chassé front 5-6, R leap 7-8
- 8 Land down to floor 1-2, contagion L-R circling R arm over and stretch over and extend R leg 3-4, leg in 5, tuck 6, roll up to stand and arms slice up 7-8
- 8 Small sauté back and arms circle over 1-2, ball change R and arms melt 3-4, prep 5-6, double or triple pirouette 7-8
- 8 Jump out and arms up 1, arms and focus down slowly 2-4, contagion R-L step out to side and R arm windmill over to look R 5-8

Moving to formation #2:

- 8 Sassy walk 1-4, tendu L leg side and pop chest 5-6, repeat R 7-8
- 8 Contagion L-R parallel pas de chat and arms up R-L and land with body over 1-4, close to R and face back 5-6, R chassé to back 7-8
- 8 Reverse leap 1-2, step L 3, pitch kick 4, tighten line in 5-6, jump to second and grab hands 7-8
- 8 R leg extension 1-4, illusion over arms 5-6, arms down pencil turn to clean front 7-8. (Modification: contagion to make pose 1-4, ball change &5, R kick with arms in ‘L’ 6, step R 7, passé L in forced arch and look R 8)

Moving to formation #3:

- 8 Walk L 1-2, split into 2 lines: drag or stay in place with ‘L’ arm 3-4, scuff R heel and hands twine at hips 5-6, jump out 7-8
- 8 2 groups on 1 or 2: 1st group: prep 1, pretzel jump 2, land 3, hold 4, snake up 5-6, push arm and turn R 7, face back 8. 2nd group: Hold 1, prep 2, pretzel jump 3, land 4, snake up 5-6, push arm and turn R 7, face back 8
- 8 Snake front over R shoulder in plié and arms unfold out 1-2, step out and arms melt down 3-4, body over to L 5-6, body up and windmill arms while stretching over and extend R leg up 7-8
- 8 Face side 1-2, fish swim through body 3-4, tilt body and flip to back and kick &5, step 6-7, tuck jump to front and wrap arms 8
- 8 Land down 1-2, reach any direction 3-4, shoulder push and look R 5-6, shoulder open to front 7-8

Moving to formation #4:

- 8 Walk and arms slice up and focus up 1-3, hands pull down through chest 4-6, prep to L side and look F 7-8
- 8 High chainé 1-2, low chainé 3-4, calypso, or turning ‘C’ or turning disc to front 5-6, land and roll to floor 7-8
- 8 Kick L over hip 1, roll to back and recover up 2-4, snake front 5-6, prep 7-8
- 8 Fouetté 1-4, fouetté and jump and arm reach forward 5-6, land in lunge 7, lean back 8 (Modification: double pirouette 1-2, land 3-4, reach any direction 5-6, repeat reach 7-8)
- 8 Inside pencil turn 1-2, prep 3-4, double coupé turn 5-6, continue turning and land to floor 7-8 (Modification: after coupé turn 5-6, jump out and arms throw up 7, melt down to floor 8)

**Formation #1
Triangle**

**Formation #2
One straight line**

**Formation #3
Two staggered lines**

**Formation #4
Triangle**

“Call Your Girlfriend (Feed Me Remix)” – by: Robyn

Adv Officer Pom – Time: 1:38

Choreographed by Amy Tidwell



Dancers begin in a triangle with poms on the floor. Dancers are standing facing back with R foot up and arms down by side.

8 Hold 1-8

8 Lean R 1-2, look R 3-4, turn to front 5, ball change &6, R pitch kick 7, step R 8

8 Jump out to 2nd and arms lift up 1-2, drop to floor on knees 3-4, up on high knees and arms in ‘T’ 5, grab R elbow with R arm behind head 6, throw arms to L 7, begin rolling 8

8 Finish rolling front 1-2, flick kick R and arms throw up 3, sit and roll to poms 4-6, grab poms 7-8

8 Opposition by line: Snake up L or R by line 1-2, throw L or R 3-4, throw R or L by line 5-6, tuck 7-8

8 Contagion front to back: ‘C’ jump and land in plié with poms on knees 1-4, snake up R 5-6, drag to L with ‘L’ arms 7, step R 8

8 Step L 1, R fan kick 2-3, step L 4, inside pirouette 5, R flick kick and arms throw up 6, walk L 7-8

8 Walk R with L arm out and R arm on hip 1-2, walk and circle L arm 3&, point L foot out and throw L arm down 4, shake poms and move back 5-7, prep 8

8 High chainé 1-2, low chainé 3-4, turning ‘C’ 5-6, land to floor in Z-sit 7-8

8 Circle body up to R 1-2, repeat 3-4, repeat and windmill arms 5-6, turn and sit on knees to L side 7-8

8 Lift off floor and release back 1-2, land down 3-4, jump to stand with poms on knees 5-6, snake front 7, close with poms at chest 8

Tighten in triangle:

8 Shake poms 1-4, poms shake up and down 5-8

8 Jump out 1, look up 2, punch R back 3, punch L back 4, punch R arm front 5, punch L arm front 6, tick tock to R 7, tick tock L 8

8 Body roll and break arms down 1-2, punch poms to L 3, open to ‘T’ 4, plié and circle arms to R to half ‘T’ 5-6, repeat to L 7-8

8 Break elbows down 1-2, jump with poms punching up 3, land over 4, pencil turn and windmill arms 5-6, nod head 7-8

Moving to formation #2:

8 Shake poms 1-4, pivot turn to back and throw arms through ‘T’ 5-6, close to back 7-8

8 Parts by L side or R side: Slice L or R arm to side 1-2, break both arms to L or R side &3-4, cross arms to back 5, open to R or L side 6, punch and cross &, punch and look front 7, hold 8

8 Snake head and open arms to turn front 1-2, prep 3-4, triple pirouette 5-7, land in 2nd 8

8 Plié with poms on knees 1-2, cross turn and punch arms up 3-4, parts L-R: knee drop on R knee on 5, 6, or 7, everyone hold 8

8 Sit and fan L to back 1-2, attitude R leg over 3-4, tuck in with knees to L 5, knees in 6, roll up 7-8

8 Parts by line: punch L or R across and ball change out 1-2, pas de bourrée turn and arms clean down 3-4, L chassé 5-6, switch leap 7-8

8 Land down in R split 1-2, punch arms up 3, punch to low V 4, Z-sit 5, high knees 6, sit and roll to back over R shoulder 7, begin rainbow jump 8

8 Finish rainbow jump to L 1, roll to recover up 2-4, prep to front 5-6, fouetté 7-8

8 Fouetté 1-2, double turn 3-4, Parts by line: 1st line: arms by side and pivot turn to back 5-6, chassé 7-8; 2nd line: jump out with low V 5, close 6, R chassé to front 7-8

Moving to formation #3:

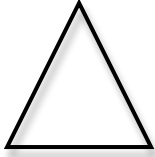
8 Everyone reverse leap to switch direction to front or back 1-2, land and ball change 3-4, walk and shake poms 5-8

8 Prep 1-2, double turn 3-4, R jeté to floor 5-6, land 7, hit low knees 8

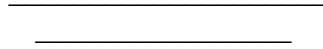
8 Punch R with L arm behind head 1, switch arms 2, circle L arm with both poms behind head 3-4, close arms in 5, over to floor 6, 3 groups on 7, 8, or 1: 1st group: high V and high knees 7, low V and low knees 8; 2nd group: hold 7, high V with high knees 8; 3rd group: hold 7-8

- 8 Continue groups: 1st group: R diagonal with high knees 1, L diagonal with low knees 2, punch both front with high knees 3, low V with low knees 4, stay on low knees and tilt R 5, tilt L 6, TD arms up 7, hold 8; 2nd group: low V with low knees 1, R diagonal with high knees 2, L diagonal with low knees 3, punch both front with high knees 4, low V with low knees 5, stay on low knees and tilt R 6, tilt L 7, TD arms up 8; 3rd group: high knees 1, low V and low knees 2, R diagonal with high knees 3, L diagonal with low knees 4, punch both front with high knees 5, low V with low knees 6, stay on low knees and tilt R 7, tilt L 8
- 4 Finish groups: 1st and 2nd group: hold 1, shake poms down 2-3, break arms and hit high or low V 4 3rd group: TD arms up 1, shake poms down 2-3, break and hit high or low V 4

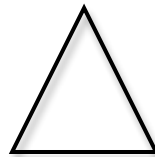
Formation #1



Formation #2



Formation #3



“How Bad Can it Be” – from Dr. Seuss’ The Lorax

Int/Adv Officer Novelty - Time: 1:59

Choreographed by Kayla Norman



*Begin in two staggered lines facing the back

- 8 Hold 1-4, shake opposite directions 5-6, other direction 7-8
- 8 1st line: look forward over R shoulder 1, hold 2, jump together with table top hands 3, hold 4, 2nd line: hold 1, look over L shoulder 2, hold 3, jump together with table top hands 4, All lines: shimmy forward 5-8
- 8 Step out to second position RL with arms out to a T 1-2, big shake with R shoulder 3-4, step L touch R 5-6, step R touch L 7-8
- 8 Contagion arms over head 1-4, arms on hips step RL looking RL 5-6, step together passé 7-8
- 8 Prepare 1-2, double/triple pirouette 3-4, jump out 5-6, shimmy forward 7-8
- 8 Move to formation #2: step RL passé with shoulder roll 1-2, repeat 3-4, repeat 5-6, step RL jump together with hands on hips 7&8
- 8 Step ball change R with hands on hips 1&2, step ball change L with arms on hips 3&4, step RLRL pointing everywhere 5-8
- 8 R passé turn to back 1-2, slide to ground 3-4, roll to stand up 5-8
- 8 Everyone three step turn to R 1&2, 2 Groups: 1st – three step turn punch R arm across body and down 3&4, hold 5-6, 2nd – hold 3-4, three step turn punch R arm across body and down 5&6, everyone – swing R arm down and step L 7, punch R arm forward 8
- 8 Step together passé 1&2, step together passé 3&4, chaîné 5-6, ball change RL 7-8
- 8 Step out to R in second position hands on hips shake upper body around to R 1-4, poses: step R with R arm out 5, step L with L arm out & step R with R arm 6, step L with L arm & step L forward with both arms in high V 7, head looks up 8
- 8 Step together passé 1-2, step together high kick 3&4, step together jump together 5&6, step forward RL chug forward with R hand hitting forward 7-8
- 8 3 Groups: 1st – chaîné 1-2, chasse 3-4, step 5, grand jeté 6, step L 7, turn to front with pose 8
- 8 Pivot L ft. arms to a T 1-2, chasse L 3-4, rond de jambe turn to front 5, land 6, hold 7-8
- 8 2nd – start 3-4, end 7-8, 3rd – start 5-6, end 1-2, everyone – rond de jambe R leg around 3-4, step together passé 5-6, step R 7, step L to front with arms shaking over head 8
- 8 Moving to formation #3: folding arms step together step to R with shoulders RLR 1&2, step together step to L with shoulders LRL 3&4, step R with R arm up 5, step L with arm up 6, arms around 7, jump together fingers in ears 8
- 8 Step together step sliding L hand on R 1&2, or 3&4, step L prepare 5, coupé turn 6, reach up 7, over R leg 8
- 8 Three step turn with arms above head 1&2, or 3&4, three step turn jump together hand on hips 5&6, head roll to R 7-8
- 8 Pivot R to front 1-2, chasse R 3-4, step L 5, step R to front thumbs on chest 6, sit into R hip 7, sit into L hip 8
- 8 Grab forward 1-3, moving to formation #4: turn to face the back 4, hop around to R 5&6, hop around to L 7&8
- 8 Step tour turn 1&2, or 3&4, double attitude jump 5&6, or 7&8
- 8 Step RL with finger 1-2, chasse R 3-4, step L 5, second leap or x jump 6, ball change LR 7-8
- 8 Jump together 1, jump turn to back 2, step R step L 3-4, shimmy to the front 5-6, prepare 7-8
- 8 Double/triple pirouette 1-2, step R 3, flick R to back 4, walk to back RL 5-6, back ball change to face front 7&8
- 1 End with L hand on R knee and head look up on 1

Formations:

1.) X X X
X X

2.) X X
X X
X

3.) X X
X X X

4.)

“Somebody That I Used to Know” – by: Marilyn Bailey and Jake Coco

Int Officer Modern - Time: 1:57

Choreographed by Kayla Norman



* Start sitting cross legged laying over or standing

8 Hold 1-8

8 2 Parts: standing walk R 1-2, walk L 3-4, elbow reach 5-8, sitting: raise up 1-4, elbow reach 5-6, back 7-8

8 Continue parts: standing repeat 1-8, sitting big body roll to R 1-4, elbow reach 5-6, back 7-8

8 Continue parts: standing walk R 1-2, walk L 3-4, elbow reach turning 5-8, sitting R hand on ground 1-2, stand up RL 3-4, elbow reach turning 5-8 moving to formation #2

8 Flip R hand up stepping R ft. forward 1-2, body roll from head 3-4, step back RL 5-6, arabesque jump to side 7-8

8 Pass through second position 1-2, unfold R hand to R side 3-4, reach R hand up flex R ft. 5-6, lunge 7, reach R hand to R side 8

8 Reach around 1-2, to stand step back L ft. 3, jump with fist at stomache 4, step RL 5-6, jump back with arms over head 7-8

8 Head roll to back 1-2, step L 3, inverted fan 4-5, body roll out of it 6-8

8 Reach down RL & 1, hold 2, jump up with arms around 3-4, pas de bourrée 5-7, chaîné 8

8 Continue chaîné 1, double stag leap 2, roll to ground and stand up 3-6, body toll from head 7-8

8 Step back RL 1-2, step prepare 3-4, coupé turn to front 5-6, step L to L side 7, reach R leg in second R arm reaching over 8

8 Continue reaching 1, step R leg down 2, chest roll to R 3-4, move to formation #3 run 5-8

8 R sauté 1-2, coupe 3, pas de bourrée LRL 4-6, rond de jambe jump 7-8

8 Continue 1, step R 2, pencil turn with elbow up 3-4, reach LRLR grabbing 5-8

8 Body roll from head 1-2, step back R 3, step facing back 4, 3 Groups: 1) chaine 5-6, chasse no arms 7-8

8 Leap 1-2, step L 3-4, ball change to second position 5-6, ball change shoulder roll to front 7-8

8 Second kick with head down 1, down 2, lower to squat 3-6, hold 7-8, 2) start 7-8, squat 5-8, 3) start 1-2, squat 7-8

8 Continue squat 1-2, everyone cover mouth RL 3-4, throw hands out to side and raise up 5-8

8 Inverted coupé 1-2, swivel out to second 3-4, throw R hand over pt. R ft. 5-6, head roll arms out to side 7-8

8 Balance off center R moving to formation #4 1-4, and balance off center L moving to formation #4 5-8

6 Look at R elbow and pull wrist 1-2, unfold left arm to sky 3-4, left arm through R 5-6

8 Step L 1-2, throw R arabesque over 3-4, step LR 5-6, L chaîné 7-8

8 Chasse L 1-2, tilt jump 3-4, land on R leg 5-6, rebound to front 7-8

8 Face front on hands and knees 1-2, extend R leg behind 3-4, out to side 5-6, roll to L to stand 7-8

8 Continue rolling to stand 1-2, body roll with head 3-4, step back RL 5-6, step R prepare 7-8

8 Coupé turn to front 1-2, Step L to L side reach leg in second R arm reaching over 3-4, chest roll to R 5-6, R hand on head 7, L hand on head 8

8 Push head down 1-2, come up flat back 3-4, walk forward R 5-6, L 7-8

8 Chainé R 1-2, rond de jambe around to lunge 3-6, passé R leg to L side 7-8

8 Reach out in arabesque 1-2, step RL over R shoulder 3-4, elbow reach behind yourself 5-6, back face front 7-8

8 Lower 1-4, R hand over mouth 5, L hand over mouth 6, throw hand out to side and raise up 7-8

Formations:

1) X	X		2) X	X	X	3) X		4) X	X
X	X	X		X	X		X		X
						X		X	X

“What Makes You Beautiful” – by: Dubstep Kings

Int./Adv. Officer Kick - Time: 1:58

Choreographed by Kayla Norman

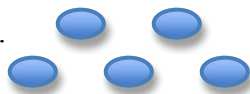


- * Begin in pose R leg out with R arm up L arm over head.
- 8 Hold 1-4, shake R hip two times 5-6, and 7-8
- 8 R cross turn contagion arms pushing down 1-4, step R touch L 5-6, Step L touch R 7-8
- 8 Prepare 1-2, double pirouette 3-4, land to R 5-6, step L drag R 7-8
- 8 Ball change across body 1&, passé R head back 2, pivot R to front 3-4, chasse to back 5-6, step 7, leap 8 or tilt leap 8
- 8 Land 1-2, roll 3-6, head look forward 7-8
- 8 Step back on R foot wrapping arms over head contagion 1-4, walk to formation #2 5-8
- 8 Hook up and prep to L side 1, pt. R on ground 2, prep R waist kick 3-4, prep pt. L to R side 5-6, prep L waist kick 7-8
- 8 Prep pt. R on ground forward 1-2, L high kick 3-4, R high kick 5-6, close 7-8
- 8 Prep R passé looking to R 1-2, chasse R 3-4, 2 Groups: 1) step L 5, R fan kick 6, land in second 7, turn to face R corner 8
- 8 Flat back around 1-4, R fan kick 5-6, R fan kick 7-8, or 2) hold 5-6, step R fan 7-8, land to R corner 1-2, flat back 3-6, R fan kick 7-8
- 8 Two jump fans L 1-4, close 5-6, bow 7-8
- 8 Up pose L leg in front 1-2, moving to formation #3 close arms and walk LR 3-4, walk LR with arms wrapping over head 5-6, step L 7, R tilt kick 8
- 8 Hook up on 1 straight eight RLRL 1-8
- 8 Two R jump kicks to L 1-4, prep pt. L toe on ground to front 5-6, jump R kick to R 7-8
- 8 Two L jump kicks to R 1-4, prep pt. R on ground to front 5-6, jump L kick to L 7-8
- 8 Close 1-2, rond de jambe R leg around to R 3-4, ball change back 5-6, R high kick to R side 7, down 8
- 8 Step L 1, R high kick 2, R chasse 3-4, pose with L leg out looking L 5-6, or 7-8
- 8 Close feet and arms facing L side 1-2, contagion wrapping arms over head to tuck 3-8
- 8 Put feet on back 1-2, raise up 3-6, looking forward 7-8
- 8 Come down 1-4, knee roll forward or backward 5-8 moving to formation #4
- 8 Stand up 1-2, ball change RL pushing R arm down 3-4, R fan kick arms opening 5-6, ball change RL 7-8
- 8 3 Groups: 1) chaine 1-2, step R 3-4, passé R leg lay over to L 5-6, chasse R 7-8
- 8 R jump kick with hand on hips to front 1-2, R jump kick with hands on hips to back 3-4, step R 5, roll head to front 6, hold 7-8
- 8 Hold 1-2, Group 2) start 3-4, end 7-8, hold 1-2, Group 3) start 5-6, end 1-2, everyone shake hips to R with arms 3&4, to L 5&6, to R arms in front 7, pose L leg out to side 8
- 8 Moving to formation #6 arms wrapping over head 1-4, continue walking 5-7, hook up 8
- 8 Straight eight RLRL 1-8 facing front or back
- 8 Close or pivot 1-2, jump kick R 3-4, jump kick R 5-6, jump kick L 7-8
- 8 Prep pt. L to R 1-2, prep pt. R to L 3-4, prep waist L to R 5-6, prep waist R to L 7-8
- 8 Double jump kick L to R 1-4, jump kick R to L 5-6, close 7-8
- 8 Step fan contagion 1-8
- 8 Continue contagion 1-4, sit up 5-6, z-sit 7-8
- 8 Step up LR 1-4, hook up pose with L leg looking forward 5-6, shake R hip two times 7-8
- 8 Straight eight RLRL 1-8
- 8 Jump kick R 1-2, 3-4, 5-6, 7-8
- 8 Jump kick L 1-2, 3-4, close 5-6, slide split or jump split 7-8
- Ending pose 1-2

Formations: 1.



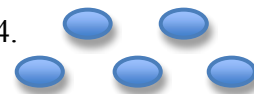
2.



3. & 5.



4.



“Super Pom Mix” – by: Various Artists
Int Officer Pom – Time: 2:06
Choreographed by Jennifer Hodge



Beginning formation tight triangle

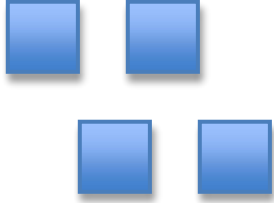
- 8 Front to back ripple arms over head high V wrap waist facing left
- 8 Side-to-side ripple arms out front shoulder level V wrap waist facing right
- 88 Front to back (1/5/1) punch left arm up 1, rt up 2, left down 3, rt down 4, group #2 5-8
group #3 1-4, touchdown 5-6-7, tuck 8
- 88 Pick up 1/3/5 high V 1, chest 2, low V 3, chest 4, pick up group #2 punch rt arm up and look left 5, chest 6,
punch 7, chest 8, pick up group #3 high V 1, chest 2, low V 3, chest 4, punch rt arm up and look left 5, chest
6, punch 7, chest 8
- 8 Moving to spread out triangle “circles” down 1, chest 2, down 3, chest 4, shake poms 5-8
- 8 Cont repeat circles 1-4, levels outside on low knees inside high knees 5-8
- 8 Front ½ rt arm to left /left arm at ear 1, switch and front 2, switch to the right 3, over 4, back ½ rt arm to
left/left arm at ear 5, switch and front 6, switch to the right 7, over 8
- 8 “Diamonds” inside up 1-2, down 3-4, up 5-6, down 7-8, outside down 1-2, up 3-4, down 5-6, down 7-8
- 8 Rt arm ½ T , out 2, left arm ½ T 3, out 4, touch down 5-6, down and all sit low knees 7-8
- 88 ripple front to back arms back release head
- 8 Recover standing
- 8 Center section: walk to back rt 1, walk to back left 2, chassé rt 3-4, step left 5, reverse jeté 6, land rt leg
popped side section: walk 1, walk 2, chasse 3-4, step 5, jete´6, land down 7-8
- 8 Center: touchdown and close feet 1-2, down 3-4, front 5-6, down 7-8, sides: extend outside leg and arm 1-2,
recover high knees 3-4, front 5-6, down 7-8
- 8 Center: step left 1, pencil turn 2, step left 3, kick 4, wrap release head 5-6, close 7-8
sides side 1-2, hold 3, kick outside leg 4, circle poms over head 5-6, sit opp. side 7-8
- 8 Center rt arm whip 1-2, left 3-4, sides recover standing 1-4, shake poms moving to windows 5-8
- 8 Cont. moving to block in windows whip rt 1-2, left 3-4, arms up to high V 5,6,7, close 8
- 8 Groups by diagonal 1/2/3 punch lft 1, pull to rt knee 2, cont 3-4, wrap head 5, low V to left 6, cont groups 7-8
- 8 Every other line up to right 1, up to left 2, or down on left knee 1, down on rt knee 2, switch 3-4, repeat 5-8
- 8 Sliding thru lines slide right 1-2, or slide back 1-2, slide front 3-4, or slide side 3-4, cont to return to
starting window
- 8 Low V to right side 1, cross at chest 2, low V to left side 3, chest 4, close feet 5, fast circle 6,7,8
- 8 Side to side parts 1/3/5 cross arms front 1, turn right 2nd post. 2, punch right 3, switch & punch right and look
front 4, cont parts 5-8
- 8 Front to back 1/2/3 ½ T roll down 1-2, 2-3, 3-4, back to front 5/6/7 T face front 5, close 6,
cont. 6-7, 7-8
- 88 Moving to one line swing poms 1-2, shake 3-4, swing 5-6, shake 7-8, swing 1-2, shake 3-4, tuck 5-6,
grab poms 7-8
- 8 Wave ripple (reverse for smaller teams)
- 8 Poms front 1-2, stand 3-4, make two lines shake poms 5-8
- 8 Three groups right to left 1/3/5 wrap head to right 1, left 2, circle poms to knees 3-4, cont. parts 5-6, 7-8
- 8 Front line left arm ½ T right diagonal 1, switch 2, “4” arm to left 3, switch 4, up 5, switch 6, close 7-8, back
line right arm ½ T left diagonal 1, switch 2, “4” arm to right up 3, switch 4, down 5, switch 6 close 7-8
- 8 Scuff right leg 1&2, hips and pump arms 3&4, pull to right 5-6, pencil turn 7-8
- 8 Pick up three groups T to right lean front 1, ½ T lean back 2, circle 3, touch left knee 4, pick up group #2 T to
left lean front 5, ½ T lean back 6, circle 7, touch left knee 8
- 8 Group #3 T to rt lean front 1, ½ T lean back 2, circle 3, touch left knee 4, run 5, run 6, run 7 run 8 (getting
tighter)
- 8 Make levels 1-4, high V 5, chest 6, low V 7, chest 8
- 1 Punch rt arm up look left 1

Formations:

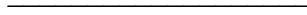
#1 tight triangle



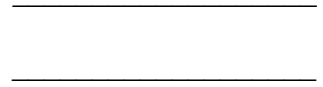
#2 block windows



#3 one line



#4 Two lines



“Shake That” – by: Various Artist
Int Hip-Hop – Time: 2:16
Choreographed by Jennifer Hodge



Beginning formation is tight clump in different poses

“Are you ready” dancers throw hands up

- 8 Group #1 head 1, hands 2, clap 3&4, group two head 5, clap hands 6, clap 7&8
- 8 Group #3 head 1, hands 2, clap 3&4, stand and move out to block in windows 5-8
- 8 Cross left leg 1, step back 2, push 3 &, open leg 4, step back 5, side 6, drop 7, back 8
- 8 Shake around 1-2, snap hands back 3, front 4, drop to left 5, up 6, slide left leg front 7, ball change back &8
“stop” pose “reverse the tape” circle body
- 8 Walk front or back changing lines R/L/R 1-3, close 4, push back / front R 5, L 6, back 7, drag hand to front 8
- 8 Down 1, turn 2, pump arms L leg out 3, cross step 4, wipe 5-6, pull 7, pull 8
- 8 To side opposites by lines 1-2, change 3-4, walk back 5-8
- 4 R arms down 1-2, pulse 3-4
- 4 Arms up 1-2, pulse 3-4
- 4 Swing to R 1, L 2, R 3, close 4
- 8 Pull into tight triangle
- 8 Kick R 1, back ball change &2, kick L 3, back ball change &4, kick front run arm 5, L leg back 6, arms overhead 7, waist 8
- 8 Parts 1/3 scoop 1, cross legs 2, turn back 3-4, monkey L 5, R 6, double 7-8
- 8 Group #1 and #2 monkey R 1, L 2, double 3&4, pony to front 5-8
- 8 Spread back triangle out
- 8 Pull arms to box 1, step back 2, pull arms to box 3, step back 4, punch right 5, left 6, right 7, right arm up close feet 8
- 8 Parts 1/3/5 left heel front 1, rt 2, left to side 3, right 4, step rt front 5, leg up 6, right arm 7, left & rt 8
- 8 Cont parts 1-4, all together pump to left 5-6, right 7-8
- 8 Wipe shoulders rt to left 1, switch 2, switch 3, switch 4, groups circle clap 5-6, circle clap side 7-8
- 8 Cont parts 1-4, pump and walk back 5-8
- 8 Jump out lasso 1-2, step together step lasso 3&4, lean 5, lean 6, knees 7-8
- 8 Two groups 1/3 whip 1-2, rt foot back turn 3, snap over head 4, drag 5, snap out 6, or snap out 7-8
- 8 Right arm out 1, left 2, shake it back 3&4, right arm 5, left 6, shake it back 7&8
- 8 Punch rt arm 1, left 2, right back 3, left 4, circle jazz hands 5, land on knees 6, shoulders to rt 7, left 8
- 8 Parts 1/3/5 arms overhead to left 1, down 2, circle with heel scuff 3&4, step rt 5-6, back 7-8
- 8 Cont parts 1-4, snake front 5-6, left foot 7, step out 8
- 8 Cross arms 1, down 2, cross 3, down 4, peace 5, Indian 6, hands on hips 7, hit 8
- 88 Slow style walk move hold pant legs back to block in windows or two lines
- 8 Up on toes 1, down 2, low V left 3, right 4, roll arms right 5-6, left 7-8
- 8 Pull right arm 1, touch back 2, pull left arm 3, touch back 4, over head 5-6, over head 7-8
“drop it low” hit poses
- 8 Stand 1-2, parts 3/5/7 cross 3, turn back 4, 2nd post. 5-6, back ball change finger point down &7, head 8
- 8 Cont parts 1-4, wrap head 5-6, stand on knees 7-8
- 8 Rt arm ½ T push 1, left 2, both 3-4, circle overhead 5-6, circle 7-8
- 8 Circle 1-2, roll 3-4, stand up 5-6, right arm 7, left 8
- 1 Look front

Formations

- #1 tight clump
- #2 block in windows
- #3 triangle
- #4 block or two lines

“20th Century Fox Mambo” - by: Smash TV cast
Int Officer Novelty Jazz – Time 2:06
Choreographed by Jennifer Hodge



Starting formation: triangle facing back in various poses

- 8 Arms float to high V 1-3, left grab right wrist 4, open jazz hands 5, left hand moves down right arm 5,6,7 wrap head and melt &8
- 4 Turn to left flex wrist to shoulder level 1-2, look front left hand travel up right hand 3&4
- 7 Flex wrist push back and pop right leg 1, push arms front pop left leg 2, switch 3, switch 4, step left 5, kick 6, right leg extends right hand on ground left hand on hip 7
- 4 Lift head and right arm travels up left leg
- 7 Grapevine right 1&2, throw arms low V 3, hold 4, chanié turn left 5&6, throw arms low V 7
- 8 Hips right left right 1&2, cross left leg pencil turn 3-4, pose 5-6, shake hips 7&, arms up 8
- 8 Walk left 1, rt 2, left 3, dig rt arms in T/snap 4, (making three lines) pivot turn rt 5-6, left 7-8
- 8 3 parts 1/3/5 push arms right 1, left 2, passé to left 3, leg extension 4, roll to right 5-6, open arms to right press fingers down left 1&2 right
- 8 Cont. parts 1-4, left leg 5, stand dig right 6, cha cha right/left/right 7&8
- 2 Passé to left arms pressed back 1, switch to right side in relevé press arms down 2
- 8 Step rt 1, jazz hands pop rt leg 2, switch 3&4, travel to left jazz hands 5, switch 6, fast 7&8
- 8 Swing arms to right 1, left 2, over head right /left /right 3&4, fan 5&6, step 7, \$\$\$ fingers 8
- 8 Move 1-4, hit pose 5,6,7,8
- 8 Triplets rt 1&2, left 3&4, pique turn right 5&, pique turn right 6&, open arms overhead 7-8
- 8 Triplet left 1&2, right 3&4, chainé left 5&, chainé left 6&, open right arm 7-8
- 8 Move to partner 1-6, arm up outside leg out, look away 7, bring leg in, look to partner 8
- 8 Sassy walk around partner 1-4, turn and walk back to spot
- 8 3 groups (two side groups) step 1, prep 2, double turn 3&, pose facing center group 4, center group step 5, prep 6, double turn 7&8
- 4 Fouetté turns 1& 2&, pose 3, hold 4
- 8 Move to circle 1-4, travel around circle triplet right arm 5& 6, triplet left arm 7&8
- 4 Triplet both arms 1&2, turn 3&4
(while dancers are moving in a circle one dancer can be center posing or for larger groups a T stunt)
- 4 Move 2 or lines (must be an even number of lines)
- 8 Swing right arm to right 1, left 2, over head 3&4, step left 5, fan 6& 7, pose 8
- 8 Step 1, prep 2, coupé turn 3 nose 4 snaps 5-6, open arms 7-8
- 88 Traveling in opposite directions by lines even lines step left 1, flick kick 2, step right/left/right to the left 3&4, chainé front 5-6, pose up 7, down 8, a (reverse) step right 1, flick kick 2, step left/right/left to the right 3&4, chainé back 5-6, pose down 7, pose 8, up odd lines: step right 1, flick kick 2, step left/right/left to the right 3&4, chainé back 5-6, pose down 7, pose up 8, (reverse) step left 1, flick kick 2, step right/left/right to the left 3&4, chainé front 5-6, pose up 7, pose down 8
- 8 Sassy walk to diamond
- 4 Front center section traveling front high chainé 1& low chainé 2&, center disk 3 roll on ground 4 side traveling to right or left side
- 8 High chainé to sides 1& low chainé 2& calypso leap 3 land and roll 4 all roll back to center 5-8
- 1 Arms throw up

Formations:

#1 triangle #2 3 lines #3 2 or 4 lines #4 diamond

“Call Me” – by: Haley Reinhart
Int Officer Jazz – Time: 1:55
Choreographed by Natasha Newbrough



Start in a tight triangle in a tuck with head down

- 4 Hold 1-4
- 8 Pose 1, 2, or 3, drop arms 4, hip roll 5-6, repeat 7-8
- 8 Throw R arm L 1, R 2, touchdown 3, release 4, spread out 5-8
- 8 Drag 1-2, walk 3-4, pose 5, dig 6, L leg out/look L 7, dig/look front 8
- 8 Rond de jambe 1-2, step 3, passé 4, step 5, flick 6, step 7, dig 8
- 8 Hip roll 1-4, step 5, turn 6, pitch kick 7-8
- 8 Pivot 1-2, attitude 3-4, turn 5-6, drag 7-8
- 8 **Walk to 2 staggered lines: release arms down 1-4, reach arms up 5-8**
- 8 Ball change/drop arms 1-2, prep 3-4, low chainé 5-6, low chainé 7-8
- 8 Axle/split 1-2, up 3-4, push back 5-6, or slide through 3-6, roll 7-8
- 8 Leg out 1-2, 2 groups: group 1 - lunge 3-4, roll 5-8, group 2 - hold 3-4, lunge 5-6, roll 7-8
- 8 Group 1 - reach 1, bug 2, hold 3-4, group 2 – continue rolling 1-2, reach 3, bug 4, everyone - toe raise or release 5, bug 6, throw 7-8
- 8 Roll up 1-4, reach up to front 5-6, or 7-8
- 8 Step R/shake hips/drop R arm 1-2, step L/shake hips/drop L arm 3-4, drop over 5, or 6, snake up 7-8
- 8 **Walk to block: jazz walk 1-4, drag/L arms 5-6, walk 7-8**
- 8 Slide to ground 1-4, roll with head roll 5-8
- 8 Cat roll 1-2, prep 3-4, rainbow 5-6, roll 7-8
- 8 Continue rolling 1-2, R leg slides in 3-4, **walk to diagonal line: R arm down 5, L arm down 6, wrap L arm/R arm high V 7, switch 7**
- 8 **Continue walking to diagonal line: wrap arms around head 1-2, close 3-4, circle arms over head 5-6, throw left arm 7, R 8**
- 4 Shake shoulders 1-4
- 8 Slide to ground 1-2, sit 3-4, push up 5-6, reach 7-8
- 8 Fish roll 1-4, kick 5-6, kick front 7, fan leg 8
- 8 Roll up 1-4, **walk to three groups: reach R arm out 5-6, down 7-8**
- 8 **Continue walking to three groups: head roll 1-2, down 3-4, 2 groups (outside and inside): group 1 – chainé 5-6, low chainé 7-8; group 2 - roll to ground 5-6, stand 7-8**
- 8 Group 1 - turning disc or X jump 1-2, roll 3-5, wrap 6, drop R arm 7, L 8; group 2 - drop upper body to circle out 1-2, release 3-4, reach 5-6, release 7-8
- 8 Group 1 - touch down 1, release 2, bug 3-4, roll up 5-8; group 2 - reach up 1-2, push down 3-4, chainé 5-6, low chainé 7-8
- 8 Group 2 - turning disc or X jump 1-2, roll 3-5, wrap 6, drop R arm 7, L 8; group 1 - drop upper body to circle out 1-2, release 3-4, reach 5-6, release 7-8
- 8 Group 2 - touch down 1, release 2, bug 3-4, roll up 5-8; group 1 - reach up 1-2, push down 3-4, roll to ground 5-6, stand 7-8
- 8 Jump/flick 1-2, ball change 3-4, three step turn 5-7, pose 8
- 8 **Walk to block: freestyle 1-8**
- 8 Prep 1-4, double or single pirouette 5-6, land/high V 7, close 8
- 8 Leap 1-2, land 3-4, roll up to L 5-8
- 8 Shoulder roll 1-2, or 3-4, contagion: roll to bug with L leg out 5-8
- 8 Continue contagion 1-2, push up 3, down 4, roll up 5-8
- 7 Reach L arm down 1-2, reach up 3-6, release 7

- Formations: 1. Triangle 2. 2 Staggered Lines 3. Block
 4. Diagonal Line 5. Three Groups 6. Block

“Girls Mix” – by: Various Artists
Int Officer Pom – Time: 2:03
Choreographed by Natasha Newbrough



Start in staggered lines in a tuck with head down

- 8 Hold talking parts (optional solo parts)
- 8 Hold talking parts (optional solo parts)
- 8 Punch in levels (low knees/low V, knees/T, standing/high V) 1-2, poms in 3, T 4, arms up to R 5, L 6, circle arms over head 7-8
- 8 Poms in 1, L arms to R 2, circle L arm 3, repeat 4, stand/poms in 5, L arms to L 6, pop poms back to R 7, L 8
- 8 Ball change/release arms down 1-2, prep 3-4, double or single pirouette 5-6, land/low V 7, close/poms in 8
- 8 2 groups (every other line):
 - group 1 – arms high V 1, low V 2, pivot/arms high V 3, low V 4, prep 5, press leap 6, hold 7-8,
 - group 2 – hold 1-2, arms high V 3, low V 4, pivot/ arms high V 5, low V 6, prep 7, press leap 8
- 8 Snake up to L 1-2, cross arms 3, low V 4, shake poms down 5-8
- 8 Wrap 1, pivot 2, touch down 3, down 4, step R 5, prep 6, layout 7-8
- 8 Close 1-2, reach poms up 3-4, roll R arm down 5-6, roll L arm down 7-8
- 8 Clockwork (3 parts):
 - group 1 – broken T to R 1, touchdown 2, broken T to L 3, close 4, hold 5-6
 - group 2 – hold 1, clockwork 2-5, hold 6;
 - group 3- hold 1-2, clockwork 3-6
 - everyone – throw poms out 7, close 8
- 8 Move to triangle: chassé/arms up to R 1-2, chassé/arms up to L 3-4, circle R arm 5, L 6, repeat 7-8**
- 8 Continue moving to triangle: repeat 1-8**
- 8 Poms up to R 1, poms up to L 2, poms down to R 3, poms down to L 4, circle R arm 5, close 6, repeat 7-8
- 8 Contagion: step out R/ arms in a T, pencil turn/touchdown arms, tuck
- 8 2 groups (outside V and inside):
 - group 1 – jump out 1, stand/poms in 2
 - group 2 – repeat 3-4
 - everyone – prep 5-6, double or single pirouette 7-8
- 8 Press leap 1-2, land 3-4, roll up to back 5-8
- 8 Prep/circle R pom 1-2, chainé 3-4, low chainé 5-6, axle 7-8
- 8 Middle split 1-2, close feet 3-4, roll up to back 5-8
- 8 Shake R pom down 1-3, R pom in &, R pom low V 4, 2 groups (outside V and inside): group 1 –wrap to back 5, high V to front 6, group 2 – repeat 7-8
- 8 Circle poms over head 1-2, close 3-4, throw R arm back 5-6, L arm 7-8
- 8 Throw both arms back 1-2, punch L arm 3, R 4, invert R knee/poms down to R 5, invert L knee/poms down to L 6, low V 7, close 8
- 8 Move to three groups: shake 1-3, low V &, close 4, repeat 5-8**
- 8 3 groups: group 1 – circle poms down to R 1, repeat 2, circle poms overhead 3, close 4, group 2 – repeat 5-8
- 8 Group 3 – repeat 1-2, everyone – repeat 5-8
- 8 Hips to R 1, L 2, step touch R 3, muscle R 4, step touch L 5, muscle L 6, hips to R 7, hips to L 8
- 8 3 groups: group 1 – tuck 1, group 2 – repeat 2, group 3 – repeat 3, everyone – hold 4, group 1 – jump to L side/punch R arm to front 5, group 2 – repeat 6, group 3 – repeat 7, everyone – pose with L arm overhead and R arm on hip 8
- 8 3 groups: group 1 – L arm to low V 1, group 2 – repeat 2, group 3 – repeat 3, everyone – hold 4, group 1 – bounce/circle L arm 5-8; group 2 – pick up 6-8; group 3- pick up 7-8
- 8 Move to staggered lines: run/shake poms 1-4, run/throw arms down 5-8**
- 2 Close 1-2
- 8 Pony/circle poms 1-2, pump R arm 3-4, repeat 5-8
- 8 Circle poms 1, jump out 2, shake to R 3-4, circle poms 5, jump out 6, shake to L 7-8
- 8 Roll shoulders 1-4, close/poms in 5, touch down 6, prep 7, toe touch or X jump 8

- 8 Land 1-2, low V to R 3, repeat 4, flick 5, step R 6, prep 7, kick R leg 8
- 8 Close 1-2, 2 groups (every other line):
 - group 1 – face back/arms swing to R, close to front 4, swing arms RLR 5-7, close to back 8,
 - group 2 – hold 3-4, face back/swing arms RLR 5-7, close to front 8
- 8 Continue with 2 groups:
 - group 1 – swing arms RLR 1-3, close to front 4
 - group 2 – hold 1-4,
 - everyone – roll to front 5-8
- 4 High knees 1-2, touchdown 3, release/low V arms 4

Formations:

- 1. Staggered Lines 2. Triangle 3. 3 Groups 4. Staggered Lines**

“Nicki’s Mix” – by: Nicki Minaj
Int/Adv Officer Hip Hop – Time: 2:04
Choreographed by Natasha Newbrough



- 8 **Start in triangle in a half-tuck with head down-** hold 1-4, pop shoulders up 5-8
- 8 Shoulders 1-4, turn 5-8
- 8 Body roll back 1-4, R leg up 5-6, L leg up 7-8
- 8 Wrap arms around head/walk forward 1-4, chin lift 5-6, lean to R/pop shoulders back 7, lean to L/pop shoulders back 8
- 8 Stomp R foot front/cross arms 1, stomp R foot side/low V arms 2, swipe R shoe 3, stomp R foot to front/arms in 4, step L/half T arms 5, feet together 6, step out R/arms out 7, hold 8
- 8 Chassé to L/scoop arms 1-2, low V 3-4, jump/look to R 5-6, jump/look to L 7-8
- 8 Stomp R/roll arms 1-2, close 3-4, repeat to L 5-8
- 8 Arms to L knee 1, arms to R knee 2, arms in front of face 3, hold 4, pony back/swivel arms 5-6, drop arms 7, hold 8
- 8 Arms up facing L 1-3, close to front 4, arms up facing R 5, close to front 6, broken T 7, hold 8
- 8 Body roll to R 1-2, body roll to L 3-4, body roll back 5-6, release 7, drop over 8
- 8 Three step turn to L 1-3, hold 4, three step turn to R 5-6, arms out 7, hold 8
- 8 Turn 1-2, throw arms back/jump to 2nd 3-4, close in to L 5-6, step R/arms out 7, hold 8
- 8 Step R/punch down 1-2, close/crunch 3-4, repeat to L 5-8
- 8 Step R/slice L arm around 1-2, turn to back/snap R arm 3-4, turn to front 5-6, arms out 7, hold 8
- 8 **Move to one horizontal line: pony/circle arms 1-2, crunch 3-4, repeat 5-8**
- 8 Step R/R arm low V 1, close with L foot 2, L arm to R elbow/ R arm box up 3, hold 4, repeat to L 5-8
- 8 Body roll down 1-4, contagion body roll up to touchdown 5-8
- 8 **Move to trapezoid: run with flat back 1-4, run/roll up 5-8**
- 4 Lean to R facing L 1, lean to L facing R 2, body roll 3-4
- 8 Shoulders/drop to a tuck 1-4, reverse 5-8
- 8 Grab L &, hips 1, grab R &, hips 2, arms to head 3, roll arms down & 4, R arms to chest 5, L &, hands to knees 6, chug to L side with motorcycle arms 7-8
- 8 Chug to L w/ chicken arms 1-2, turn to front 3-4, snap arms to T 5, arms down 6, head roll 7, repeat 8
- 8 Circle body to R/monster arm 1, repeat 2, jump to L/kick R leg out 3, repeat, close 5, head nod & 6, pull back/L arm up 7, pull back/R arm up 8
- 8 Ball change/scoop L arm 1-2, step R/reach forward 3, close &, jump to second/R arm up 4, chassé to R/scoop R arm down 5-6, L arm down 7, R &, arms out 8, down &
- 8 Pulse 1-2, 2 groups (every other line): group 1 – step back R/circle arms back 3, close 4, step back L/circle arms back 5, close 6, step back R/circle arms back 7, close 8; group 2 – hold 3-4, pick up 5-8
- 4 Snake up to L 1-4
- 8 **Move to staggered lines: slide R 1-2, L 3-4, R 5, dig L foot 6, L foot out 7, dig L foot 8**
- 8 **Continue moving to staggered lines: repeat to L 1-8**
- 8 Repeat to R 1-8
- 8 Three step turn to L 1-2, R arm up with “2” fingers 3-4, snake down to R 5-6, crunch with L leg 7, repeat 8
- 8 Face R side/body roll 1-2, repeat 3-4, chug to R/shake hands 5-8
- 8 Throw arms 1-2, jump to front 3-4, kick L leg 5-6, drop to R knee facing L side 7-8
- 8 Leg out 1-2, bring L leg in heel toe/arms come up 3-8
- 8 Contagion: stand, pencil turn, arms come down 1-4, scuff R leg 5-6, invert L knee/drop over to R 7-8
- 8 Snake up to L 1-4, roll shoulders 5-8
- 8 **Move to clump: slide R 1-2, L 3-4, repeat 5-8**
- 8 **Continue moving to clump: step R/roll head 1-4, repeat to L 5-8**
- 8 Three step turn to front 1-2, jump out to second/R arm up with “2” fingers 3-4, circle upper body to R 5-6, release back 7, drop over to L 8

Formations: 1. Triangle 2. Horizontal Line 3. Trapezoid 4. Staggered Lines 5. Clump

“Glam” – by: Christina Aguilera
Adv Officer Stylized Jazz – Time 2:00
Choreographed by Miriam Vera



Beginning Position: Triangle or a “V”—start in different poses, front dancer in a R tendu with hands on hips and looking down

(Introduction with words)

Front Dancer: (Solo)

“Fashion is a lifestyle”—Snake head to look front

“It’s a choice”—Look to the Left side

All Dancers:

“It’s a freedom of expression”—Snap and pivot

“You have to live it”—R tilt hold

“You have to love it”—Land stepping forward with a small snake

“You have to breathe it”—Turn over Left shoulder to face the back with hands on hips and looking down

- 2 Snake to face front over R shoulder 1-2
- 8 Step R and snap to T 1-2, step L and snap to T 3-4, rond de jambe and turn around 5-8
- 8 Tilt kick with T arms 1-2, prep &3, double coupé turn with wrapped arms 4-6, jump out to second with T arms 7, release and drop body 8

- 8 Pivot with T arms 1, wrap body 2, flick and extend arms to T 3, step R 4, step L 5, reverse leap 6, land and recover to face the back 7-8
- 8 Hip roll to the R with hands on hips 1-2, pop hips and drop hands R/L 3-4, swivel R arm 5, jump to second facing the front 6, hinge R knee and snap 7, recover 8
- 8 Step R with jazz hands by face 1, step L 2, R fan in a L hinge 3&, step R 4, flick L leg with arms up 5, step L 6, R passé and twist to L side with T arms 7, step R 8
- 8 Step L as R hand slides through face 1-2, rond de jambe and drag as arms push down 3-4, wrap body 5, slide arms 6, hip scoop 7-8

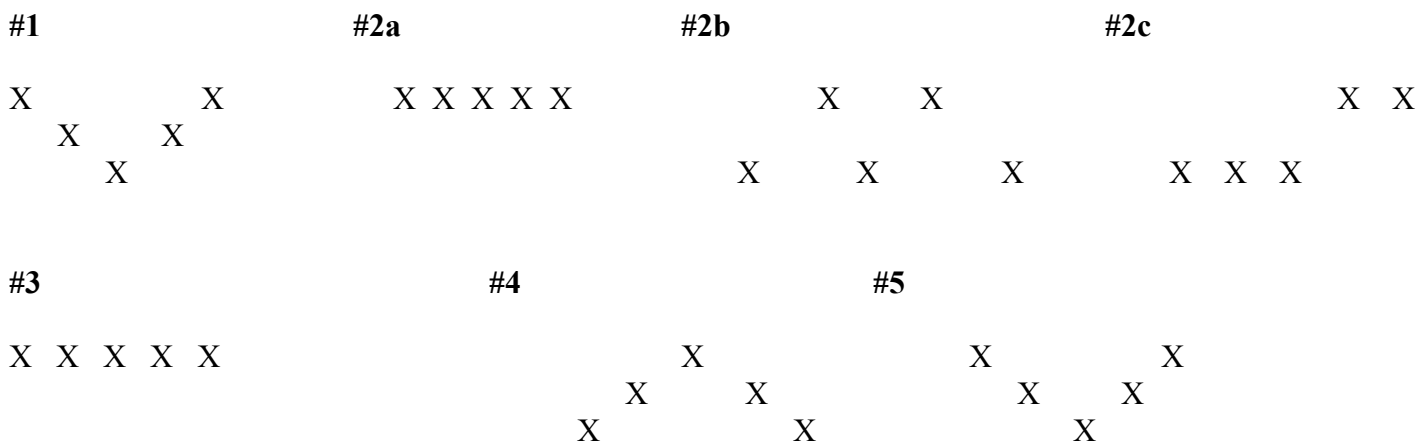
- 8 2 groups—1st group pivot with T arms 1-2, relevé with R passé and L arms 3-4, X-jump 5-6, reach up and down while facing the back 7-8
- 2nd group—hold 1-2, pivot w/ T arms 3-4, relevé with R passé and L arms 5-6, turn and reach up/down 7-8
- 8 Inside turn 1&, step down with R 2, cross arms in front and step L 3, L passé in a R hinge and T arms 4, step forward as hand circles 5-6, frame face 7, flick “knee to knee” and L arms 8
- 8 Step L 1, R high kick with L arms 2, arch 3, contract body with hands on hips 4, **Formation Change to #2 (Horizontal Line)**—walk 5-8
- 8 Finish moving 1-2, whip R hand 3-4, swivel arms R/L 5-6, hip scoop 7-8

- 8 1st group—step R and lift R arm 1, snap down 2, 2nd group joins—step L and lift L arm 3, snap down 4, touch heart and lean back 5, recover 6, ball change to second position in relevé with T arms 7, pose R or L 8
- 8 *Opposition*—soutenu turn and slide one arm down 1-2, step and snap 3-4, walk in a circle 5-7, prep feet 8

- 8 *Travel front/back*—*Formation Shifts to #2b*—low chainé 1-2, axel 3-4, illusion 5-6, recover to standing 7-8
- 8 *Travel in Opposition*—*Formation Shifts to #2c*—high chainé 1-2, low chainé 3-4, calypso 5-6, land leap 7-8
- 8 **Formation Change to #3 (Horizontal Line)**—three step turn diagonally to end facing front 1-3, slide down to the floor 4-6, stand up 7-8
- 8 Slice R arm and pivot turn 1-2, R chassé at a diagonal 3-4, step L 5, grand jeté 6, step L and cross arms 7, lift to L passé and snap hands to low V 8

- 8 1st group—step to second position facing back and snap hands to low V 1-2, 2nd group joins 3-4, **Formation Change to #4 (Triangle with point in the back)**—walk 5-8
- 8 Flick R 1, développ  kick 2, piqu  turn 3-4, step R with L pass  and drag suspend 5, walk around L/R/L 6-8
- 8 Scoop R 1, scoop L 2, pass  through 3, shake shoulders &4, snap up and close with R dig 5, melt arm 6-8
- 8 Three step turn to the front 1-3, prep 4, inside 180 or tilt hold 5-6, land to the front 7-8
- 8 **Formation Change to #5 (Triangle point in the front)**—walk 1-4, whip R hand 5-6, melt arm 7, head pop 8
- 8 2 groups—start 1 or 3—snap and reach with R and release head 1, T arms 2, hinge L leg and break arms 3, T arms 4, jump feet together with low V arms 5, walk forward 6, close 7, 2nd group finishes 8
- 8 *Opposition*—clap in a circular motion 1-4, opposite way 5-8
- 8 Shake and close feet 1-2, prep 3-4, 2 a la seconde turns 5-8
- 8 Tilt kick 1-2, step R/dig L facing back 3-4, step L/dig R facing front 5-6, step R/L to prep for russian 7-8
- 8 Russian leap 1-2, land facing back while touching L hip 3, hip roll &4, step R/drag and point with R finger 5-6, drop 7, jump up 8
- 8 Pop chest twice with hands on hips 1-2, step back with R and cover face with R 3, tendu L and cover face with L 4, break to T and look R 5, melts arms down and look front 6, snake 7-8
- 8 Step L 1, tilt jump 2, roll and stand 3-4, pivot with R as arms press down through body 5-6, walk back R/L as arms lift and snap up 7-8
- 8 Tendu R as arms break to T and look R 1, arms down 2, contract 3-4, *Squeeze Formation*—walk 5-8
- 8 Improvized snapping 1-8
- 8 Together—body lean forward with hands on hips 1-4, snake body 5-6, look to R side 7-8
- 2 Pose and look front 1-2

Formations:



“Killing Me Softly” – by: Colbie Caillat
Int Officer Contemporary Lyrical – Time 2:30
Choreographed by Miriam Vera



Beginning Position: Dice formation or a Block—standing facing the back and looking down

- 2 Hold 1-2
- 8 1st dancer—swing arms over head and step back 1-2, contract 3-4, reach to the front with R 5, clasp 6, turn over L shoulder 7, squeeze hands and look down 8
- 8 2nd dancer or group joins—slice R arm and lift L arm 1&, break elbows 2, step L 3, reverse fan kick with diagonal arms &, step R/L 4&, turn over R shoulder and cover face 5, low chaîné 6, turning jeté with wrapped arms 7, land &, snake body 8&
- 8 Step R and reach with R 1, step L and reach with L 2, drag as you pull arms in and look up 3&, step around as you circle R arm 4-5, body roll 6, drop body 7, recover and look front 8
- 8 **Formation Change to #2 (Horizontal Line)**—step back R and slice R arm 1, step back L and lift L arm 2, lean back and break arms 3-4, finish walking to the line 5-6, passé through 7, snake head to look front 8
- 8 2 groups—1st group step/drag with L arms 1-2, L pirouette while hands touch stomach and back 3-4 or 2nd group step/drag with L arms 3-4, everyone arabesque in relevé with L arms 5, passé 6, melt down 7-8
- 8 R rond de jambe as L hand covers face 1-2, step L and reach with L 3, face the front and touch heart 4, **Formation Shifts to #3**—3 groups (center, R side or L side)
Center dancer—melt 5-6, drag forward with T arms 7-8
Sides in Opposition—fan 5, throw arm over head 6, drag to the outside 7-8
- 8 Center—reach front R/L 1&, pull arms in and look up 2, prep &3, double coupé turn with wrapped arms &4, tilt kick 5-6, drag with T arms 7-8
Sides in Opposition—roll to face the outside 1-2, reach R/L 3&, pull arms in and look down 4, flip over shoulder 5-7, land sitting down facing the outside 8
- 8 **Formation Shifts to #4 (Horizontal Line)**—Center dancer—low chaîné &1, turning C jump 2, roll down and up 3-4; Sides in Opposition—tilt kick and roll up 1-4
Together—L passé/T arms 5, step L 6, turn over L shoulder with hands covering face/finish facing back 7-8
- 8 Face the front while covering lips and ear 1&2, body roll to drop 3-4, Ripple—R to L—snake up 5-8
- 8 Illusion 1-2, roll to the floor or prepare for turns 3&4, stand up or turn, landing with L foot forward and R tendu back 5-6, L passé as R arm reaches side 7, switch to R passé as L arm reaches up 8
- 8 Land and twist body over R shoulder as R arm reaches down 1-2, double chaîné in place 3-4, **Formation Change to #5 (Diagonal Line)**—walk and end facing front or back 5-8
- 8 *Facing front or back*—R leg crosses over L as arms break over head &1, step R &, inverted fan &2, step to prep &3, double pirouette as R arm reaches up 4-5, roll R arm over head 6-7, L knee down as arms reach over to the side 8
- 8 Roll and stand 1-3, tendu and cross arms R/L &4, développé to arabesque with L arms and looking up 5, step to the side 6, turn over L shoulder with L passé and wrapped arms 7, finish in second facing the front 8
- 8 Piqué 1-2, fouetté turn &3-4, step R and spin into double knee-to-knee turn with L arms 5-6, step L as R arm comes down 7, step fast R/L 8&
- 8 Grand jeté with T arms 1, land standing but looking down 2, snake up 3-4, L rond de jambe 5, R rond de jambe 6, lean back 7, recover 8
- 8 Needle R arm through and lean forward facing the side 1-2, snake up 3, look front 4, step L as both arms reach 5, coupé L leg 6, knee drop 7-8
- 8 Look forward 1, roll up to stand 2-3, drag with T arms 4, **Formation Change to #6 (Triangle)**—walk 5-8

- 8 Body roll and drop body 1-4, stand up on 5, 6, or 7, prepare &8
- 8 2 a la second turns 1&2&, double pirouette 3-4, step R and drag as hands push down 5-6, step L and L hand reaches to the side 7, pull arm in and drag back 8
- 8 Step L 1, grand jeté to the diagonal with wrapped arms 2, land 3, look up 4, row to the L 5, row to the R 6, step and assemblé as L arm swings up and over 7-8
- 8 Land leaning forward 1, stand facing front with T arms 2, arms down and look to different directions 3&4, roll to the floor as you arch and arms open 5, keep rolling and slide L arm over to touch feet 6-8
- 8 Windmill R leg 1-2, keep rolling and lift L leg over while looking front 3&, finish roll and prep 4, tilt kick 5, step to the back L 6, open to second position while grabbing head and looking up 7, contract &, recover 8
- 8 Soutenu turn 1-2, low chaîné 3-4, calypso 5-6, land forward and body roll as hand slides through arm 7-8
- 8 Roll and lay on floor 1-2, L hand pushes hip to roll as L hand reaches 3-4, roll up 5-6, flick R leg and throw arms over head 7-8
- 2 Roll shoulders back 1-2
- 8 Repeat 1st eight count of the soloist— swing arms over head and step back 1-2, contract 3-4, reach to the front with R 5, clasp 6, turn over L shoulder 7, squeeze hands and look down 8

Formations:

#1

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X       X
  X
X       X

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#2

```

X X X X X

```

#3

```

              X
X X          X X

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#4

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X X X X X

```

#5

```

X
  X
    X
      X
        X

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#6

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X              X
              X      X
                X

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“Dare to Believe” – by: Boyce Avenue
Adv Officer Contemporary Modern – Time 2:40
Choreographed by Miriam Vera



Beginning Position: Circle and Solo inside Circle—standing facing outside of the circle looking down

- 6 Hold 1-3, look up 4-6
Solo—hold 1-6
- 6 Walk backwards R/L/R 1-3, contract and bend arms 4-6
Solo—look up 1-6
- 6 Circle arms 3 times 1-3, stand up randomly on 4, 5, or 6
Solo—walk around self 1-6
- 6 Walk around self to face inside the circle 1-6
Solo—contract and pull arms in 1-6

- 6 Dip over R shoulder to fall and roll to face outside the circle 1-6
Solo—circle arms 3 times 1-6
- 1 Contract legs in with flexed feet 1
Solo—tilt hold 1

- 6 Extend legs and reach out R/L 1-2, drop head and look down 3, pull arms in as you arch back 4-6
Solo—reach out R/L 1-2, hold 3, squeeze hands and pull in arms as you look down 4-6
- 6 Arms reach out to T on the floor R/L 1-2, hold 3, contract body and touch sides of body 4-6
Solo—snake to look forward 1-3, reach sides and prep 4-6
- 6 Flip over L shoulder and reach w/ L arm 1-3, tuck 4-6
Solo—double or triple pirouette turn 1-3, land in relevé 2nd position as upper body rolls with “T arms” 4-6
- 6 Snake/roll up 1-3, step back R/L/R as arms reach towards inside of circle R/L 4-6
Solo—contract and melt down 1-6

- 6 Jump backwards as arms swing up and over 1-3, look over L shoulder 4-6
Solo—recover to standing 1-6
- 6 **Formation Change to #2 (Diagonal Line)**—Together—look over R shoulder and continue walking 1-6

- 6 Lift R leg as arms extend to T 1-3, swing arms down and turn with R passé and arms in fifth 4-5, R foot down and jump backwards as arms swing up and over 6
- 6 Step L/R as R arm reaches out to side 1-2, L hand touches R hand 3, L hand slides on R arm twice 4-5, look to R side 6
- 6 R passé in relevé as L hand reaches up and R arm pulls into the side, slightly turning over L shoulder 1-3, tilt kick 4-6
- 6 Roll to the floor to lay flat or three step turn to face opposite side 1-3, clasp hands 4, bring arms in 5 and 6 (floor dancers sit up on 6)
- 6 Floor—snake head towards front 1-3, lunge 4, hold 5, stand and flick R leg “knee to knee” with L arms 6
Standing—snake head towards front and prep 1-3, single or double coupé turn over R shoulder 4-5, step R and flick R leg “knee to knee” with L arms & 6
- 6 Together—step L/R as arms melt down, end facing side 1-2, hands touch L hip and look down 3, snake to look up 4-6
- 6 Step R/L at a diagonal as hands cover face R/L 1-2, backwards sauté as arms break to T 3, face the back 4, circle L arm over head 5-6
- 6 Drop L arm as R arm swing up and body contracts 1-2, double L pirouette as arms break front and back twice 3-6

- 6 Land facing front in second position and snake to look front 1-3, **2 Groups—start on 4 or 1**—step R/L and degagé R as R hand covers face, then L joins and then extend arms to diagonal 4-6
- 6 Arms circle down and over as you step backwards R/L and then R backwards sauté jump 1-3, facing back—arms break front/back of head as L leg flick “knee to knee” 4-5, step L to front diagonal 6
- 6 Inverted fan kick 1-2, step and prep 3, double L pirouette with arms wrapped 4-6
- 6 Land facing front in second with T arms 1-3, roll down to the floor/land with T arms 4-6
- 6 Windmill R leg over while laying down as arms pull in 1-3, step over w/ R and kick/swing L leg over 4-6
- 6 Lunge forward with L 1-3, stand and lift arms above head with fists 4-6
- 6 2nd group finishes 1-3, rond de jambe back R/L 4-5, throw arms up 6
- 6 **Formation Change to #3 (Partners in a Triangle)**—walk or run 1-6

- 6 *Partnering Section*—standing facing each other, lift R hand 1-3, keep lifting hand, take off blindfold and look at each other 4-6
- 6 *Partnering Section*—upper body roll as L hand touches any body part 1-6
- 6 *Partnering Section*—one partner dips to be lifted (like a handstand) 1-6
- 6 *Partnering Section*—recover and hold hands 1-3, turn one partner while holding hands and release head 4-6
- 6 Partners to opposite sides—dip into a 180 extension 1-3, tuck head and roll over 4-6
- 6 **Formation Change to #4 (Triangle)**—run to formation while tucking blindfold into shorts/pants 1-6

- 6 Slice R hand, passé R and swing arms around 1-3, step R and double inside turn in plié as arms reach forward 4-6
- 6 Extend L leg to arabesque as arms swing over head 1-3, lean back and recover 4-6
- 6 Slide back with L tendu as L arm circles over 1-3, step “side/forward” R/L as arms circle back and around to contract 4-6
- 6 Snake up with R passé as arms scoop over head and down 1-3, step R/L 4-5, prep with R 6
- 6 Attitude turn as arms push down 1-3, L knee drop/fall as arms reach forward 4-6
- 6 Roll up 1-3, whip R leg to passé, step side and lean back with L tendu 4-6

- 6 **2 Groups—start 1 or 4**—step and turn L/R 1-2, L tilt kick to the back 3, step L and single R inside turn as R hand touches cheek and L hand touches hip 4-6
- 6 Slide down w/ R leg extended 1-3, roll w/ bent knees to finish facing front diagonal with extended legs 4-6
- 6 Hands reach to feet 1-3, pull arms in arch back to lay flat on the floor 4-6
- 6 Roll up over R shoulder to stand 1-6
- 6 Turn over L shoulder with L passé and arms in fifth position 1-3, land facing front as body collapses 4-6
- 6 Snake up to standing 1-3, 1st group—step forward R/L as arms circle up in front and body contracts 4-6
- 2nd group—“finishes parts” w/ body collapse 1-3, stand up stepping back as arms circle in front/look up 4-6

- 6 **Formation Change to #5 (Partners in different spots)**—walk 1-6
- 6 **Continue formation change**—walk or 1 person gets lifted with a tilt kick 1-3, keep walking or recover 4-6
- 6 **Finish formation change**—walk 1-3, finish facing front or back 4-6

- 6 1 dancer melts down to “table top” 1-3 other dancer turns w/ R coupe over R shoulder, R hand by face 1-3 cart wheel over partner 4-6
- 6 Roll to opposite sides to sit with extended legs 1-3, pull legs in and hug legs with arms 4-6
- 6 Flip-flop over shoulder with extended legs and land flat on floor 1-6
- 6 Roll up but extend R leg up as you roll up 1-3, small rainbow jump as L arm swings around 4-6
- 6 Spiral up 1-3, contract body forward 4-6
- 6 **Formation Change to #6 (Vertical Line)**—walk or run 1-6

- 6 *Continuous Ripples*—relevé and reach up with R arm 1-3, step and slide to L side as R foot drags, with broken T arms and look R 4-6

- 6 *Continuous Ripples*—swing L arm back as you step L/R 1-2, snake and dip over R shoulder 3, R lunge 4, R arm reaches up 5-6
- 6 *Continuous Ripples*—land sitting with extended legs facing side 1-3, R hand touches heart 4, snake head back to lay on floor as R hand touches stomach 5-6
- 6 *Continuous Ripples*—finish ripples 1-6
- 6 Roll over R shoulder to stand 1-6
- 6 Stand facing the diagonal 1-3, every other person steps forward or back as you circle arms and contract over or look up 4-6
- 6 **Formation Change to #7 (One Circle)**—walk 1-6
- 6 **Finish moving**—walk and finish facing the outside of the circle 1-6

Repeat beginning: starting with looking up

- 6 Look up 1-3 walk backwards R/L/R 4-6
Solo—repeat solo from beginning
- 6 Contract and bend arms 1-3, circle arms 3 times 4-6
Solo—repeat solo from beginning
- 6 Stand up randomly on 1, 2, or 3, walk around self to face inside the circle 4-6
Solo—repeat solo from beginning
- 6 Dip over R shoulder to fall and roll to face outside the circle 1-6
Solo—repeat solo from beginning
- 6 Contract legs in with flexed feet 1-3, extend legs and reach out R/L 4-5, drop head and look down 6
Solo—repeat solo from beginning
- 6 Pull arms in as you arch back 1-3, arms reach out to T on the floor R/L 4-5, hold 6
Solo—repeat solo from beginning
- 6 Contract body and touch sides of body as you flip over L shoulder and reach w/ L arm 1-3, tuck 4-6
Solo—repeat solo from beginning
- 1 Look to soloist 1
Solo—melt

Formations:

