



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!