



★ **Camp Dance/Kick Series/Pep Rally/ Marching**

**Line Camp Dance – “Release Me” by: Various Artist – Time: 1:59** – The line camp dance is a fun but technical dance. The dance does repeat and this year, the girls will switch lines before the repeat. In the dance, there is a right leg leap or a switch leap, a Russian or an X jump, a single or double turn or turns in second. The routine also includes a spinning disk, and a press leap. Keep in mind there are many options to the "tricks" in the dance.

**Kick Series – “Fashionista”** – This will be the kick series used at all camps this summer for all kick candidates.

**Pep Rally Routine #1 – “Bust a Move” – by: Various Artists – Time: 1:27** - Your team will love this fun, upbeat mix from the popular movie “Pitch Perfect.” They will be ready to rock their first pep rally with this stylized routine that includes intermediate technical elements as well as opportunities to show their personality and excitement for performing! This pep rally dance will be easy to clean and entertaining for your student body.

**Pep Rally Routine #2 – “Army Hip Hop” by: Various Artists – Time: 1:45** - The soldier style hip hop pep rally routine is a fun upbeat dance with lots of different parts, levels, and opposition. This dance is great for any team to perform and it is definitely a crowd pleaser. It will have all the crowd on their feet with excitement.

**Marching Drill-“Watermelon Man” – by: Chris Sharp (Jalen Publishing) - Time: 2:20**

★ **Jazz**

**Int Field Jazz – “Feel This Moment” by: Tom Wallace (Arrangers Pub.) – Time: 1:30** - Your team is sure to enjoy this arrangement to Pitbull and Christina Aguilera’s popular song “Feel This Moment.” Challenge your dancers with this fast-paced, sassy jazz routine that includes quick arm movements, section work, and direction changes. Technical elements include basic turns and leaps that can be modified for any level of dancer.

**Pop Version: “Feel this Moment” by: Pitbull (feat. Christina Aguilera) – Time: 1:37**

**Int Jazz – “Suit & Tie” by: Justin Timberlake (Jumpsmokers Mix) – Time: 1:40** - Your dancers will love this fun and upbeat jazz to Justin Timberlake’s latest number 1 hit! This dance includes lots of parts, level changes, floor work and ends up in a bowtie formation! The choreography includes a single pirouette, X jump, and a jete which can be modified to a double pirouette, Russian, and switch leap for the more advanced dancers. This dance will definitely entertain your audience and is perfect for a pep rally or basketball game!

**Adv Jazz – “Right Now” by: Rihanna – Time: 2:03** - This advanced jazz is created to feature the more advanced dancer who can easily execute leaps, turns, and extensions. This dance has lots of parts, group work, and level changes with a few sections of “freestyle” and solo parts incorporated into the choreography. Your dancers will love the music and be challenged with the fast paced and upbeat tempo. This would be a great routine for a basketball game halftime or spring show piece!

**Int/Adv Stylized Jazz – “Indestructible” by: Robyn – Time: 1:52** - This fun and sassy jazz will enlighten any crowd watching! This dance is filled with lots of visuals and fun movements that everyone can enjoy! The choreography for this dance includes turns, leaps and a few fast movement sections! This will be a great routine for pep rallies or basketball games!

### ★ Hip Hop

**Int Hip Hop – “Rollin” by: Various Artists – Time: 1:54** - “Rollin” is an intermediate hip hop routine with fun and visual choreography your dancers will love to learn! It is a mix of two songs including, “Ridin’ Dirty” by Chamillionaire and “Ice Cream Paint Job” by Dorrough, and is sure to get your team and audience pumped. The choreography includes parts, floor work, level changes, and group work with polishable and high-energy movements. This routine would be perfect for a pep rally, basketball game, or spring show!

**Int/Adv Hip Hop - “I Robot” by: Various Artists – Time: 1:54** – “Robot” is an intermediate/advanced hip hop with various tempo changes. This is a different style of hip hop that dancers will have fun with popping, pumping, and intricate movements. This style of dance incorporates parts, visual transitions, and cool robotic movement. You will not go wrong choosing “I Robot” for a pep rally or any type of performance.

**Adv Hip Hop – “Bring it Back” by: Various Artists – Time: 1:54** - This is a mix of numerous songs which include “Proud of You” by Drake, “Bring It Back” by Travis Porter and “My Homies Still” by Lil Wayne. This is a high energy dance filled with the latest dance moves in hip-hop. There are parts, levels, and numerous formation changes. This energetic crowd pleaser routine will get people up on their feet! It starts off with slow intricate movement and turns into a fast high energy routine.

### ★ Pom

**Int Field Pom – “Starships” by: Tom Wallace (Arrangers Pub.) – Time: 1:30** - WOW your audience with this fun, high energy intermediate pom routine. Intricate arm work and technical elements will challenge teams of all levels. Turns, leaps and fantastic contagions will leave your audience wanting more!

**Pop Version: “Starships” by: Megan Nicole & Lindsey Stirling – Time: 1:34**

**Int/Adv Field Pom – “Saturday Night’s Alright” – by: Tom Wallace (Arrangers Pub) – Time: 2:12** - Keep your fans in the stands with this high-energy halftime hit! This pom choreography includes visual parts and level changes with challenging arm sections along with technical elements that can fit the needs of any team. Show off your team’s sharp style with this fun and exciting routine in the upcoming football season.

**Pop Version: “Saturday Night’s Alright (for fighting)” by: Elton John – Time: 2:10**

**Int Pom – “Don’t Ya Mix” by: Various Artists – Time: 1:58** - This pom routine is a great dance that will definitely entertain your audience. The song is a mix of fun, upbeat songs and the choreography

matches it perfectly. The routine stays moving with parts, levels, visual arm sections, and pirouettes. This is a great routine for pep rallies, basketball games and special events.

**Int/Adv Pom – “Let’s Dance” by: Various Artists – Time: 2:05** - This high energy pom routine will keep your audience entertained. It is the perfect blend of intermediate level tricks such as a calypso, single pirouette, and press leap while incorporating advanced level choreography that moves across the floor to keep the crowd on their toes. Your team will love dancing to this upbeat mix of artists including Black Eyed Peas and Ke\$ha. This will undeniably be a crowd favorite!

**Adv Pom – “Look at Me Now” by: Various Artists – Time: 2:22** - “Look At Me Now” is a mix of current hits that the audience will be familiar with and enjoy. This fun routine includes fast arms and quick movements. The dance has some technical elements (triple or double pirouette, grande jeté, C-jump). The technical skills can easily be modified for polishing or perfecting purposes. This high-energy routine is sure to leave your audience captivated.

### ★ Prop

**Int Field Prop (Two Discs, can be modified with Hooplas) – “The Way You Make Me Feel” by: Dave Henning (Jalen/Matrix Pub.) - Time: 2:18** - This colorful, dynamic two-disc routine will excite and delight your audience. Lots of visual variety, fun formations and dazzling carousels will leave your fans wanting more. Perfect for teams of all levels, this routine includes leaps, turns and quick footwork. This routine will give your team a flashy halftime hit!

*Pop Version: “The Way You Make Me Feel” by: Michael Jackson – Time: 2:18*

**Int/Adv Field Prop (Chair) – “She Loves You” by: Jerry Burns (Alfred Pub.) - Time: 1:28** - The Beatles sing “She Loves You”, and your home crowd will love this exciting chair routine. Clean lines and visual use of levels makes this field prop a winner. Teams will learn to counter balance body weight with the chair as they work with, on and around it. Technical elements include basic turns and extensions as well as inversions.

*Pop Version: “She Loves You” by: The Beatles – Time: 1:29*

**Adv Field Prop (Streamer) – “Dance to the Music” by: Allen Gray (Jalen/Matrix Pub.) - Time: 2:15** - This streamer jazz will wow any audience with great skill and entertaining visuals. Dancers will be challenged with technical skills such as back leaps and turn sequences but will have plenty of time to breathe with audience pleasing contortions and levels. “Dance to the Music” will be perfect to entertain your halftime audience and could be modified to fit any teams ability.

*Pop Version: “Dance to the Music” by: Sly and the Family Stone Classic – Time: 2:14*

**Int/Adv Novelty Prop (Fan) – “Pop, Drop & Roll” by: Chonique Sneed – Time: 1:34** - This upbeat song is very energizing and will keep everyone moving! This routine has a lot of visuals and is overall fun to dance to. The choreography includes back leap, Russian, kicks, fans and lots of quick movement!

### ★ Kick

**Int Field Kick – “Scream and Shout” by: Tom Wallace (Arrangers Pub.) – Time: 1:49** - This kick routine to a very popular song, is sure to be a crowd pleaser. It is a beginner to intermediate level routine, which can easily be modified for an advanced team. It has traditional kick sequences, and formations as well as a visual kick series, and a ripple section. This kick routine will get everyone *Screaming and Shouting* in the stands.

*Pop Version: “Scream and Shout” by: Will.i.am (feat. Britney Spears) – Time: 1:53*

**Int/Adv Field Kick – “Don’t Stop the Music” by: Tom Wallace (Arrangers Pub.) – Time: 1:40** - The beautiful kicks and sassy movement in this routine will leave your audience breathless. Included are directional sequences, footwork sections and opposing parts, making for a dynamic halftime show. The smooth style of the choreography will be a hit with the crowd.

*Pop Version: “Don’t Stop the Music” by: Rhianna – Time: 1:45*

**Int/Adv Kick – “Eye On It” by: Toby Mac – Time: 2:14** - This is a fun, high-energy kick routine. It is

an intermediate to advance level routine that is great for a pep rally. While it includes upper level kick sequences, the choreography can be easily modified and polished. With contagions, parts, and levels, this routine is both visually effective and entertaining.

### ★ **Military**

**Int Field Military – “Freeze Frame” – by: Tom Wallace (Arrangers Pub.) – Time: 1:28** - An upbeat musical arrangement gives this fast paced Military a sharp edge. Lots of levels and challenging section work will give your team a crisp, polished halftime show. Perfect for teams of all sizes and skill levels.

*POP Version: “Freeze Frame” – by: The J. Geils Band – Time: 1:27*

**Int/Adv Field Military – “Gone Daddy Gone” – by: Tom Wallace (Arrangers Pub.) – Time: 1:27** - This fun and fast-paced routine will have the audience jamming in the stands! The formations lend a hand to visual parts and contagions that will wow everyone watching. Gone Daddy Gone will definitely be a hit this football season!

*POP Version: “Gone Daddy Gone” – by: Gnarlz Barkley – Time: 1:19*

**Int Military – “James Bond” – by: 007 Lovers - Time: 1:50** - This is a spy-themed routine with many visual elements to capture and keep your audience’s attention. Use it at a pep rally, basketball game, or even contest to show off something different!

**Adv Military – “Walking Dead” – by: Bear McCreary - Time: 1:47** - “Walking Dead” is a fast-paced advanced military routine with many technical and visual elements to challenge your dancers and wow the audience! The choreography includes parts, floor work, level changes, contagions, and group work. This routine is sure to be an entertaining and fresh new performance piece for basketball games, special appearances, and even competitions!

### ★ **Novelty**

**Int Novelty – “Anything Goes/Anything You Can Do” by: Glee Cast (Season 3) – Time: 2:10** - This show stopping routine is a fun, jazzy combination from two award winning musicals. Technical elements include double pirouette, coupe turn and a sauté chat with a changing spot. The syncopated rhythms and alternating tempos will challenge your dancer as the character movement wows your audience.

**Int Novelty – “Wedding Belles Mix” by: Various Artists – Time: 2:30** - Every little girl dreams of the day when she can put on that beautiful white dress and walk down the aisle to her Prince Charming! In this intermediate novelty you get to dance your dreams on the stage. A medley of songs that include “Going to the Chapel”, “Wedding Bell Blues” and “Marry you” will really get your crowd in the moment as you dance. This routine includes intermediate technical elements such as high kicks, double pirouettes, jeté leaps, sauté leaps as well as tempo changes that will really keep you on your toes.

**Adv Novelty – “Ain’t Nothing But a Kiss” by: Felicia (Memphis – A New Musical) – Time: 2:02** - This exciting and energetic routine is sure to entertain the crowd. Your team will get the opportunity to focus on technique and express many different emotions with this dance. This routine consists of pirouettes, a reverse leap, revolving second leap and many numerous acting parts. Your team will have so much fun with this routine and I know it will be an audience favorite.

### ★ **Lyrical**

**Int Lyrical – “Stay” by: Rihanna – Time: 2:09** - This lyrical routine would be perfect for any special performance. In this routine there are technical elements that will push your dancer going from beginning to end. You will see pirouettes, leaps, kicks, X jump, and a calypso. (All which can be modified) Not only is there technique to execute but motions that require strong emotion. It is definitely a routine to challenge your rookies but will keep your veterans entertained.

**Int Lyrical – “Happy” by: Leona Lewis – Time: 1:57** - This uplifting routine is very visual using different parts, formations, and levels. In this dance there is a single or double pirouette, a right leap, a tilt kick, chaine turns, a calypso, and an X jump. There are more advanced options for more advanced teams. This routine is beautiful and would be great for any special performance!

★ **Modern**

**Int Modern – “I Want to Live” by: Anberlin – Time: 2:02** - This appealing modern dance based on spirals, turns, jumps, weight shifts, and basic partnering movement would be perfect for your intermediate dancers to challenge themselves. “I Want to Live” will allow your dancers to grow and understand more in depth the basics of modern dance, while expressing their feeling as if “no one is watching them.” This is a perfect piece for a spring show venue or for special performances.

★ **Contemporary**

**Int/Adv Modern Contemporary – “A Bird’s Song” by: Ingrid Michaelson – Time: 2:20** - “A Bird’s Song” was intentionally choreographed as a perfect farewell from a dance teacher, mother, mentor or advisor to their Senior student who is ready to explore the next chapter of their lives in the outside world! With sustained movements and intensity through the routine, this piece will engage your advance dancers in the quick weight shifts, challenging technique combinations, and different sectional work including a soloist throughout the dance; at the same time, your intermediate dancer will begin to explore spirals, various weight shifts, dynamic combinations, and creative movements! Your dancers will explore different performance qualities to engage the audience while portraying the story of a beautiful farewell. Perfect for your Spring Show, or possibly a contest routine, this dance will definitely leave a lasting impression to anyone who has ever had a difficult time saying “I hope to see you again!”

**Int Contemporary – “Holding On & Letting Go” – by: Ross Copperman – Time: 1:51** - This contemporary routine would be great for a special performance or show. It will be enjoyable for a veteran dancer to get a chance to really perform and reach the audience with great emotion and also a good challenge for the rookies. Technical elements in this routine include inside pirouettes, coupe turns, grande jete’, groundwork and partner work. “Holding on and Letting Go” will give your team an opportunity to really show off their style and engage their audience with a great performance.

**Int/Adv Contemporary – “Breath of Life” by: Florence + The Machine – Time: 2:07** - “Breath of Life” is a stylized, powerful routine that incorporates expressive movement along with technical elements for intermediate to advanced dancers. This choreography is designed to reflect the dynamics of the music, as well as challenge your dancers with quick formation changes and fast technical sections including optional fouette turns, double pirouettes, extensions, and turning leaps. If you are looking for a visual, energetic dance with choreography that flows, “Breath of Life” is the perfect solution!



**“Release Me” – By: Various Artists**  
**Camp Dance - Time 1:59**



Start with R leg extended, collapsed over

8 Hold 1-4, lift arms and chest up 5-8

8 Option 1: Prep 1-2, second 3-4, 5-6, jump out 7-8 or Option 2: Prep 1-2, single or double turn 3-4, jump out 5-6, shake hips R to L 7-8

8 Option 1; Prep 1-2, high chaîné 3-4, low chaîné 5-6, spinning disk 7-8 or Option 2: Prep 1-2, high chaîné 3-4, low chaîné 5-6, roll to the ground 7-8

8 roll up 1-4, freestyle back 5-8

8 Pop cross arms 1, open 2, repeat 3-4, chug R 5, again 6, release 7, break over 8

8 Snake up 1-2, close 3-4, chassé 5-7, step 8

8 Leap or switch leap on 1-2 landing down, look up 3-4, press lunge 5-6, fan R leg 7-8

8 Roll up or cartwheel up from the ground 1-6, prep 7-8

8 Chainé 1-2, chassé 3-5, step 6, Russian or X jump 7-8,

8 Turn out of it 1-2, “Why” arms R 3, L 4, booty roll R to L 5-6, reach pull R 7-8

8 Reach pull L 1-2, pop back on R leg arms in T on 3, switch to L leg 4, ball change 5-6, turn around 7-8

8 Prep 1-2, chaîné 3-4, piqué turn 5-6, high chaîné 7-8

8 Low chaîné 1-2, calypso 3-4, chaîné 5-6, face front 7-8

8 Walk forward R 1, L 2, throw arms and jump feet apart 3-4, shake shoulders 5-8

8 Snap up 1, down 2, repeat 3-4, circle R arm 5, pop 6, L 7, pop 8

8 Press leap 1-2, land down 3-4, roll up to the back 5-8

8 Switch lines

8 Pivot front 1-4, pose 5-6, pose 7-8

REPEAT!

8 Pop cross arms 1, open 2, repeat 3-4, chug R 5, again 6, release 7, break over 8

8 Snake up 1-2, close 3-4, chassé 5-7, step 8

8 Leap or switch leap on 1-2 landing down, look up 3-4, press lunge 5-6, fan R leg 7-8

8 Roll up or cartwheel up from the ground 1-6, prep 7-8

8 Chainé 1-2, chassé 3-5, step 6, Russian or X jump 7-8,

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8 Reach pull L 1-2, pop back on R leg arms in T on 3, switch to L leg 4, ball change 5-6, turn around 7-8

8 Prep 1-2, chaîné 3-4, piqué turn 5-6, high chaîné 7-8

8 Low chaîné 1-2, calypso 3-4, chaîné 5-6, face front 7-8

8 Walk forward R 1, L 2, throw arms and jump feet apart 3-4, shake shoulders 5-8

8 Snap up 1, down 2, repeat 3-4, circle R arm 5, pop 6, L 7, pop 8

8 Press leap 1-2, land down 3-4, roll up to the back 5-8

8 Poses while walking to a straight line: Pose 1-2, shake 3-4, switch 5-6, shake 7-8

8 Pose 1-2, shake 3-4, snake 5-6-7, ending pose 8

\***Formations** have not been designated for this dance, but can be added to fit the size of the performance area once you are back home.

**“Bust A Move” – by Various Artists**  
**Pep Rally Dance – Time 1:27**

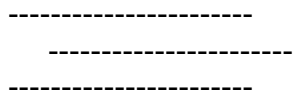


***Start in staggered block; Beginning position – second position parallel facing back, head down***

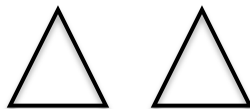
- 4 Hold 1-4
- 8 Contagion from R to L to snake head up 1-7, pop to R and look to front 8
- 8 Flick L leg w/ hands on hips 1-2, pivot to F w/ L arm coming to shoulder 3-4, step out R/swing L arm around to low V 5-6, chest pop/look LR 7-8
- 8 Kick BC R 1-2, repeat L 3-4, shoulder roll in plié to R 5-6, flat back pose w/L leg pointed 7, look up 8
- 8 Passé L & brush arm on knee 1, switch R 2, pony L 3-4, face R 5, plié &, snake roll 6-7, jump/point 8
- 8 Sassy pivot R 1-2, walk RL flicking arms 3-4, push R arm down 5, L 6, roll hips to R 7, pop front 8
- 8 Circle arms facing F 1-2, prep 3, stationary leap 4, tuck 5, kick R on ground 6, roll to back/stand 7-8
- 8 Step L 1, passé R & snap 2, step R swinging L arm around 3, dig L 4, pop L w/ arms overhead 5, switch R 6, freestyle pose 7, change pose 8
- 8 *Move to 2 triangles – roll shoulders 1-4, TD arms 5, down 6, wrap head 7, clean 8*
- 8 *Continue moving – roll shoulders 1-4; jump-step w/broken T arm to R 5-6, repeat to L 7-8*
- 88 Parts by triangle (1 or 3): Step R 1, drag to L w/ “L” arms 2, step R 3, prep & 4, chainé forward 5-6, cross arms/step L 7, pitch kick 8; pivot R 1-2, chassé to back w/ TD arms 3-4, turn to front & pop L knee w/ T arms 5, hands to hips 6, hold (or finish parts) 7-8
- 8 Prep 1-2, single or double coupé turn 3-4, step out to R w/ T arms 5, throw down to R 6, swing around and wrap facing L 7-8
- 8 Step touch R 1-2, L 3-4, relevé w/TD arms to R 5, melt down to flat back 6, snake roll up 7-8
- 8 BC to R w/T arms 1-2, BC to back w/L arm up 3-4, run RL in plié 5-6, R jeté 7, step forward 8
- 8 Prepare 1-2, chainé to R 3-4, step RL 5& passé R/snap in low V 6, step R 7, wrap R arm overhead/L on hip & face front 8
- 8 Parts by triangle (1 or 3): R pivot to B throwing R arm down 1-2, walk to back w/ T arms RL 3-4, wrap arms and face front popping L knew 5-6, hip roll 7-8
- 8 2<sup>nd</sup> group picks up hip roll 1-2, step R and plié forward 3, dig L/hands in pockets 4, pop chest 5-6, freestyle pose 7, change pose 8
- 8 *Move to staggered block (tighten up) – roll shoulders 1-4, TD arms 5, down 6, wrap head 7, clean 8*
- 8 *Continue moving – roll shoulders 1-4; step to R and clap 5-6, repeat to L 7-8*
- 8 Contagion L to R step/plié to face R side/dig L 1-4; Contagion R to L windmill arms to face L 5-8
- 8 Step forward rolling shoulders LR & 1-2, chainé forward (no arms), walk forward RL 5-6, step R 7, face back 8
- 1 Pop to front and melt to ending pose

**Formations:**

#1 – Staggered Block



#2 – 2 Triangles



#3 – Staggered Block (Tighten Up)



**“Army Hip Hop” – By: Various Artists**  
**Pep Rally Dance – Time: 1:45**



Start in 2 blocks – standing facing front

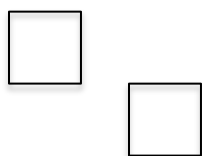
- 8- Hold 1-4, one person on either group stands and pivot turns on 5-8 with arms alternating at chest.
- 8- Next sections check on 1 switch it 2 salute with right arm 3-4 opposite groups repeats check on 5 switch 6 salute 7-8
- 8- Everyone goes to straight line holds hands up 1-2 go down 3-4 up 5-6 down 7-8
- 8- Pinwheel first line 1-4 second line 5-8 to face each other
- 4- First line clip turns 1-2 second group 3-4
- 8- Everyone pony in circle with arms switching diagonals 1-8
- 8- Continue pony around 1-8
- 8- Run to two lines stand straight up on 8
- 8- Circle to the right with body 1-3 crisscross 4-5 circle opposite way 6-8
- 8- Step L arms by face in X on 1 switch 2 drop circle around 3 stand 4 hold 5-6 pop back 7-8
- 8- Punch over R arm 1 under 2 snake around 3 up 4 hold 5 pull arms down with R leg popped 6-8
- 8- Circle arm above head with L leg up 1-4 arms push down with R leg up 5-8
- 8- Contagion circle arms hold down 1-8
- Voice over* – One person acts out the words
- 8- Pony arms cross and down going to block 1-8
- 8- Step together L 1 step together R 2 cross arms 3 chest roll 4 repeat 5-8
- 8- Up down 1 head nod 2 switch up down 3 head nod 4 head 5 chest 6 bottom 7 down and up 8
- 3- Step back right 1 left 2 hold 3
- 8- Cross kick 1 together 2 back 3 and 4 cross kick 5 together 6 forward 7-8
- 8- Back L 1 Back R 2 back L 3 swing arms 4 switch 5 drop and switch sides 6-7 up 8
- 8- First group goes 1-2 second group 3-4 snake up 5-6 hip 7 release 8
- 6- Walk to tight triangle
- 8- Continue walking 1-2 pop back 3-4 and 5-6 walk again 7-8
- 8- (Parts 1,5, 1) lunge R arms scoop out 1-4, second group repeats 5-8
- 8- Third group repeats 1-4 roll down together 5-8
- 8- Diagonal 1 switch 2 high V 3 low V 4 circle around 5-8
- 8- (Groups starting 1,2, 3) R arm up 1 L arm up 2 both arms up 3 circle around 4, continue parts 5-6, everyone circles arms 7-8
- 8- High knees 1-2 fall to the ground 3-4 push back 5-6 stand up 7-8
- 8- Roll head around 1-4 reach out 5-6 close and hold 7-8
- 4- Hold
- 8- Walk to straight line with marching arms 1-8
- 8- Pivot to back 1-2 pivot to front 3-4 check R 5 check L 6 salute 7-8

Formations:

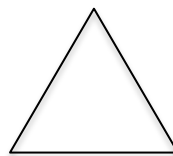
#1 – 2 blocks



#2 – Staggered block



#3 – Triangle





## “Feel This Moment”

by: Tom Wallace (Arrangers Publishing)

Intermediate Field Jazz – Time 1:30

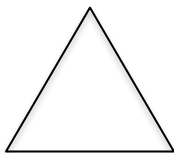


**Beginning position – Triangle with dancers in 3 levels by chevron, heads down**

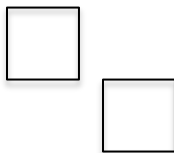
- 8 Hold 1-4, Contagion F to B circling arms around to a low V 5-8
- 8 Chaser contagion F to B slicing R arm to TD, then breakthrough down 1-8
- 8 Pose by chevron: outside low V 1, middle T 2, inside high V 3, hold 4, wrap arms while standing up w/ L leg 5-7, close 8
- 8 Step-point L with L high V arm 1-2, repeat on R 3-4, flick arms to L 5-6, switch to R 7-8
- 8 Pivot L 1-2, *transition to block* walking to back 3-4, R arm T 5, L arm T 6, wrap head 7, clean 8
- 8 *Continue moving to block* – turn to front w/ arms down 1-4, repeat moving arms 5-8
- 8 Chassé in opposition by line 1-2, BC 3-4, chaîné turn back to center w/ hands on hips 5-8
- 8 Step R/cross arms 1, passé L/low V arms 2, step L 3, kick R w/“L” arms 4, step 5, dig L 6, hip roll 7-8
- 8 Parts by line (starting 1 or 3) – BC to L/low V arms 1-2, step to face back 3, flick R leg/R arm circles over to T level 4, step R 5, pose to front 6 hold (or continue parts) 7-8
- 8 Prep 1, stationary leap 2, land in tuck 3-4, roll to stand facing L 5-8
- 8 Contagion L to R circling R arm around 1-4; step touch L 5-6, R 7-8
- 8 Prepare 1-2, single or double pirouette 3-4, BC to R pushing arms down 5-6, cross 7, wrap/point L 8
- 88 *Repeat moving arms to 3 groups*: Arms down 1-4, R arm T 5, L arm T 6, wrap head 7, clean 8
- 8 Contagion L to R: R arm up & switch to L arm ending in L dig 1-4; Contagion R to L swinging L arm down ending in low V with R leg popped
- 8 Contagion from center out – R soutenu turn pushing arms down side 1-4; everyone pose to L 5-6, switch to R 7-8
- 88 Parts by group (starting 1, 3, 5) – BC back w/ L leg 1-2, cross point R/low V arms 3-4, cross point L/high V arms 5-6, pivot L to back 7-8, pivot to front 1-2, head pop 3-4, hold (or continue parts) 5-8
- 8 Parts by group (starting 1, 3, 5) – BC to R/T arms 1-2, R fan kick 3-4, chaîné to R 5-6, pose w/ flat back, L leg pointed to side 7-8
- 8 Hold (or continue parts) 1-4, step to L and close w/ T arms 5-6, step to R and close w/ TD arms 7-8
- 88 *Repeat moving arms to triangle*: Arms down 1-4, R arm T 5, L arm T 6, wrap head 7, clean 8
- 8 Step L 1, R pitch kick 2, close to front 3-4, cross arms 5, pop L knee/low V arms 6, hip roll 7-8
- 8 Step R/pull R arm across 1, flick L leg back w/ “L” arms 2, prepare 3-4, chaîné in plié to R 5-6, X-jump 7-8 (*ADVANCED OPTION* – could be Calypso instead of X-jump)
- 8 Step R 1, drag to L 2, chassé to L 3-4, step front/cross arms 5, R jeté/high V arms 6, close to front 7-8
- 8 Circle arms above head to R 1-2, switch L 3-4, push R arm down 5, L 6, pop L knee/R arm up 7-8

### **Formations:**

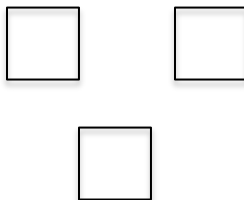
#1 – Triangle



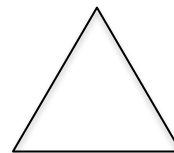
#2 – Staggered Block



#3 – 3 Groups



#4 – Back to Triangle



# “Suit and Tie” Remix – By: Justin Timberlake

## Intermediate Jazz – Time 1:40



**Begin in tight staggered block facing back**

8 Hold 4, **3 groups every 4 counts** - Soutenu L over R straightening tie 5-7, step out R 8  
8 Group 2 1-4, Group 3 5-8

8 **Spread out block every 4 counts front to back** – drag R 1, L 3, jazz walk with arms up to V 5-8  
8 Lasso down neck 1-4, jazz walk with hands on hips 5-8  
8 Drag R 1-2, step R 3, L 4, passé 5-6, V arms step R 7  
7 Pivot R to side 1-2, R chassé 3-4, step L 5, X jump to front 6, close 7

8 **3 groups across every 2 cts** – step L, kick R with L arms 1-2, release 3, tuck 4, roll 5, pose 6, lean back 7, kick R 8  
8 Continue in groups  
8 Contagion leaning R 1-7, grab tie 8  
4 Roll over and stand

16 **Move to Triangle** – R low V 1, L low V, cross your body R 3, cross body L 4, R hip 5, L hip 6, roll shoulder 7-8 (do step twice)  
8 Jump out 1-2, prep 3, flick L arm with R foot 4, step back R w/ arms down and up 5-8  
8 Lunge to back 1-2, snake L 3-4, down to floor 5-6, snake R 7-8

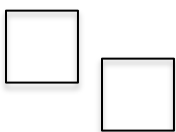
8 Sit and grab jacket 1-2, prep 3-4, double pirouette 5-6, jump out 7-8  
8 **2 groups within triangle every 2 counts** (front & sides) pivot 1-2, pivot 3-4, chassé 5-6, prep 7, jeté 8  
8 Continue in groups 1-4, lay back contagion front to back 5-7, look up 8  
8 Roll over R shoulder and fan 1-6, through R 7, overhead 8

8 Step dig R 1-2, reverse 3-4 (hold jackets and pop shoulders), step R point L 5-6, reverse 7-8  
8 Ball change RL 1-2, sassy walk 3-4, chug to back grabbing jacket 5-8  
16 **Move to Bow-tie Formation** (same arm movements used to get into Triangle)

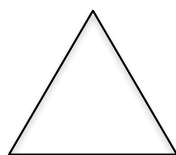
8 Chainé (in opposition) 1-2, lunge 3-4, triplet 5-6, reach up 7, together 8  
8 Walk R L 1-2, drag 3-4, pivot 5-6, walk 7-8 (every other row in opposition)  
8 Right side of bow-tie throw out 1-2, shake index finger 3-4, L side repeats step  
8 Tighten bowtie formation 1-7, jump out 8  
1 Grab tie or jacket in levels

### Formations:

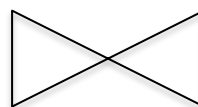
1 Staggered Block



2 Triangle



3 Bow-tie



**“Right Now” – by: Rihanna**  
**Advanced Jazz – Time 2:03**



**Begin in staggered block – R side of block facing in, center forward,  
L side facing in.**

**Move out into 3 separate blocks every 8 count**

8 **R side – Step 1** - Drag forward R 1-2, L 3, jump out 4, chainé R w/ arms at chest 5-6, windmill L 7-8  
8 Throw R forward 1, prepare 2-3, triple pirouette 4-6, lunge 7-8  
8 Pose and hold 1-8  
8 Hold 1-4; slide down R leg 5-6, grab waist 7, contract 8

**8 Middle - Step 1 – Hold 1-8**

8 T 1, lunge R 2, body roll 3-4, step R 5, prep 6, reverse leap 7, turn out of it 8  
8 Jazz walk to back 1-4, turn front 5-6, reach down 7-8  
8 Hold 1-4, slide down R leg 5-6, grab waist 7, contract 8

**8 L side – Step 1 – Hold 1-8**

8 Hold 1-8  
8 Lunge R 1, drag 2, cross R 3, step L 4, R fan 5-6, chainé R 7, arms up 8  
8 Step back 1-2, step point 3-4, slide down R leg 5-6, grab waist 7, contract 8

**Chorus (Groups every 2 cts across)** Walk R, L 1-2, cross wrists 3, step out L 4, press R out and L at chest on 5, hold 6, roll down over left shoulder 7-8

8 R kick 1, roll up over L shoulder 2-4, continue in groups 5-8  
8 Drag R 1-2, chassé 3-4, R passé over L shoulder 5-6, run R, L 7-8  
8 R jeté 1, land 2, prepare 3-4, R double pirouette 5-6, straddle 7-8

8 Close legs 1-2, pull back 3, attitude R leg 4, roll into R split 5-6, roll out of splits 7-8

8 Stand to back corner 1-4, prepare 5-6, R jeté 7-8

8 Plié 1-2, step back L 3, R kick to the back 4, walk around to front 5-8

8 Reach down 1-2, out 3-4, freestyle 5-8

8 **Move to Triangle** – press down R 1, press down L 2, R hip 3, L hip 4, pop shoulder 5-6, head roll 7-8

8 Reach low V R 1, low V L 2, wrap 3, low V 4, R jazz hand 5, left jazz hand 6, fists 7, pull down 8

8 **Outside of Triangle (inside holds)** – shake R 1-2, L 3-4, body roll 5-6, go down to R 7-8

8 **Inside of Triangle (outside holds)** – step R 1, throw 2, step L 3, stomp 4, slide down R leg 5, pull in 6, chest roll 7-8

8 Group 1 of Triangle (Diamond) – Prep 1-2, double pirouette 3-4, attitude 5-6, land 7, hips 8

8 Group 2 rond de jambe R 1, dig 2, step L 3, R kick 4, passé 5, cross 6, snap 7, down 8

8 Group 3 scuff 1, plié 2, pull into R lunge 3-4, step L kick 5-6, reach up 7, drop back 8

8 Reach up 1, plié 2, roll up 3-4, prep & 5, triple pirouette 6-8

**Repeat Chorus all together in Triangle (add in reach R 5, L 6, rebound 7-8 on 2nd 8 ct)**

88 **Move back to beginning staggered block** – same moving arms

8 **Group 1** – prepare 1-2, fouette 3-8 (**group 2** – chainé R 1-2, lunge R 3-4, reverse L 5-8)

8 **Group 1** – Fouette 1-4, double pirouette 5-6, jump out 7-8 (**group 2** – piqué 1-2, prepare 3-4, double turn 5-6, jump out 7-8)

8 **3 groups every 2 counts** – reach across

8 **3 groups every 2 counts** - knee slide

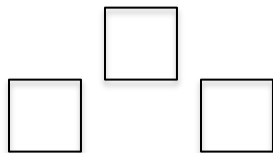
8 Roll up to the back 1-4, drag R to front 5-6, tighten staggered block 7-8

8 Move in tighter 1-6, front 7, back 8

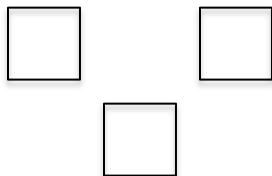
1 Melt into different levels

### Formations:

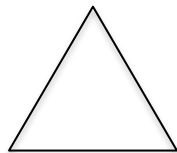
1. Staggered Block



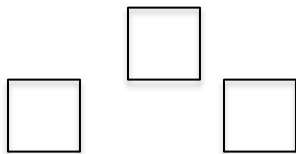
2. 3 Staggered Blocks (middle back)



3. Triangle



4. Back to Staggered Block



**“Indestructible”- by: Robyn**  
**Intermediate/Advanced Stylized Jazz – Time: 1:52**



**Beginning formation is a clump-#1**

8 Hold 1-4, everyone reach into center 5-8

8 **Walk to block (#2)** starting with L foot arms by your side 1-8 (sassy shoulders)

8 Walk 1-6 roll down 7-8 arms pushing down body (wrap arms around head)

8 Press leap in parts from L to R (arms in touchdown)

*1<sup>st</sup> group:* prep 1 leap 2 down 3 hold 4-8

*2<sup>nd</sup> group:* hold 1-2 prep 3 leap 4 down 5 hold 6-8

*3<sup>rd</sup> group:* hold 1-4 prep 5 leap 6 down 7 hold 8

8 (*Everyone*) snake up 1-2 on R foot prep to the back on 3-4 high chainé 5-6 low chainé 7-8

8 Calypso on 1-2 roll to the ground on 3-4 stand up 5-6 with L foot, cross legs over with L arm on face  
R arm up by head 7 shimmy 8&

8 **Walk (back to files)** on L 1, 2 chassé L 3&4 walk 5, 6 push jump 7, 8

**All in Files #3**

8 (*Parts by rows*)

*1<sup>st</sup> Line:* step L, R coupé turn towards center inside arm up in 5<sup>th</sup> 1 down in shin drop  
position 2 L leg is out, hold 3-8

*2<sup>nd</sup> Line:* hold 1-2 step R, L coupé w/ R arm in 5<sup>th</sup> on 3, shin drop R leg on 4, hold 5-8

*3<sup>rd</sup> Line:* hold 1-4 R coupé turn L arm up in 5<sup>th</sup> on 5, shin drop L leg out on 6 hold 7-8

*4<sup>th</sup> Line:* hold 1-6 L coupé turn R arm in 5<sup>th</sup> on 7, shin drop R leg out on 8

*Lines for 1-4 columns 5-8*

8 *1<sup>st</sup> and 3<sup>rd</sup> Lines:* roll to the R on 1-2 get up 3-4

*2<sup>nd</sup> and 4<sup>th</sup> lines:* roll to the L on 1-2 get up 3-4

*Every other column will split forward or back #4*

*Forward:* chassé 5&6 leap 7-8 (arms in touchdown)

*Back:* chassé 5&6 step 7 back leap 8 (arms in touchdown)

8 *Forward:* step L 1& drag 2 triplet 3 &4 arms coming up body step left 5 penché hit on 6 step back 7  
snap together 8

*Back:* step R on 1 drag R&2 triplet on R 3&4 step L 5 penché hit 6 step back 7 snap together 8

8- **Move to Triangle (#5)** 1-8 (arms come up body press to T)

8- **Move to Triangle** 1-8 (arms come to touchdown, break down in front)

8- Prep 1, 2 turn in second 3-4 through first 5 hit to arabesque on 6 in flat tabletop position ball change  
to back arms in touchdown on 7 down on & 8

8 Step left 1 side kick 2 arms in diagonal ball change with left behind 3-4 step R 5 L 6 tap around 7,8  
with arms flipped up in T

**(3 parts (splits the triangle) two sides go right or left and the center group comes forward)**

8 *Front:* 3 turns in second into a double on 7-8

*Right side:* prep &1 turn in second 2-3 down in R lunge on 4 roll face right wall 5-6, stand up on 7-8

*Left Side:* prep 1 turn in second 2-3 down in R lunge on 4 roll to face the left wall 5-6 stand up on 7-8

8 *Front:* prep 1, 2 high chainé 3, 4 low chainé 5-6 turning disc on 7-8

*Right side:* walk 1, 2, 3, R chassé on 4&5 L 6, R leap in second or X jump 7-8

*Left side:* hold 1 L walk 2, 3 L chassé 4&5 R 6, L leap in second or x jump 7-8

8 *Front:* roll to the ground 1, 2 get up 3-4 right arms slides down 5,6,7,8

*Right side:* turn out of it 1-2 walk in 3-4 right arms slides down on 5,6,7,8

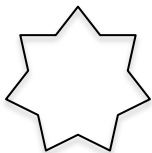
*Left side:* turn out of it 1, 2 walk into center 3-4 right arm slides down on 5,6,7,8

8 *Front:* Chainé to the back with arms wrapped around chest 1-2 slide to ground with R leg out 3-4 leg  
around to the back 5 put it down on 6 (looking at it) roll 7-8 (all going to the back)

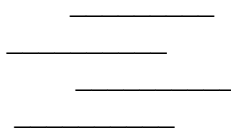
- Right side:* Chainé R facing back with arms wrapped around chest 1-2 slide to ground with R leg out 3-4 leg around towards the center 5 body facing front, put it down on 6, roll 7-8
- Left Side:* Chainé L facing back with arms wrapped around chest 1-2 slide to ground with L leg out 3-4 leg around towards center 5 body facing front, put it down on 6 roll 7-8
- 8 *Front:* roll to plank with head roll 1-2 roll out of it 3-4 leg jump to back on 5-6 L leg in lunge position arms come in front and cross leaning into it on 7-8
- Right side:* roll to plank with head roll 1-2 (facing front) roll out of it 3-4 leg jump on 5-6 L leg in lunge position arms come in front and cross leaning into leg on 7-8
- Left Side:* roll to plank with head roll 1-2 (facing front) roll out of it 3-4 leg jump on 5-6 R leg lunge position arms come in front and cross leaning into leg on 7-8
- 8 *Front:* kick L 1-2, roll to the front on 3-4, **walk back to triangle** on 5,6,7,8
- Right side:* kick L 1-2, roll L on 3-4 (facing back), **walk back to triangle** 5,6,7,8
- Left Side:* kick R 1-2, roll R on 3-4 (facing back), **walk back to triangle** 5,6,7,8
- 8 2 body rolls 1-2, 3-4 arms coming up body, pivot 5-6 arms by face run 7-8
- 8 Peter pan leap on 1-2, turn around 3-4, step 5, cross arms pick up in passé 6 with arms in V, step 7, pop shoulders on &8
- 8 Step R 1, Flick L leg across on 2 arms in L (left arm up right in T), step 3, arabesque hit on 4 arms on knee, step back on 5,6, wrap and hips on 7,8
- 8 Throw 1, cut 2, walk 3-4, brush jump to right 5-6, walk 7-8
- 8 Chassé 1-2 chassé 3-4 (arms coming up through body then over head) walk 5,6,7,8 with arms coming down in any way (**moving towards clump**)
- 8- Triplet 1&2 triplet 3&4 **away from clump** (arms coming up to chest and down) walk back to clump 5,6,7,8 and pose in levels **back to clump**

### Formations:

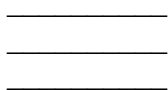
#1 Clump



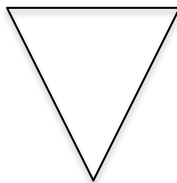
#2 Staggered Block



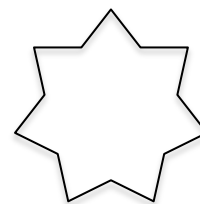
3. Files \_\_\_\_\_



#4 Triangle



5. Clump



**“Rollin” – by: Various Artists**  
**Intermediate Hip Hop – Time: 1:54**



Begin in two groups, random poses

8- hold 1-4, pulse 5-8

8- switch poses 1, talking part 3-8

8- everyone faces side 1, talking part 3-8

8- hold 12, ball change front 34, scoop front 56, body roll 78

8- snake L 12, snake R 34, flex L foot with running arms 56, L foot to second and scoop 78

8- sit into R hip 12, alternate lean and throw 3-8

8- (moving to 3 lines) whip L 12, whip R 34, run back with jazz hands 5-8

8- step out R 1, step L 2, body roll 3, lean R 4, scuff R foot 56, look to audience 7, hold 8

8- slice to half T 12, step L to R 34, dip to back 56, lean to L 78

8- lean R 12, crazy knees 34, turn to front 5, step R 6, pop hands and chest 78

8- (2 groups starting on 1 or 3) step left facing back 1, step R 2, dip 3, jump to 2<sup>nd</sup> 4, group 1 holds 5, group 2 continues movement 6, lean head back 7, drop/ release head 8

8- invert R knee 1, L 2, lean R 34, windmill to L knee 56, pop R hip 78

8- R foot across/arms in low V 1, step back 2, circle arms and body to R 34, walk and lean forward 5-8

8- drive, leaning low L 12, drive, leaning low R 34, drive, leaning low L 56, drive high, snake R 7, drive high, snake L 8

8- snap and cross arms back/ pony 1-4, walk around yourself 5-8

8- (moving to triangle) drag and pull R arm to half T 12, L 34, cat daddy to L 56, cat daddy R 78

8- snap to L 12, snap R 34, three step turn 5-7, jump to second 8

4- (contagion front to back) lean back and drop 1-4

8- (3 parts inside to outside 1-3-5) group 1 - pop and 12, hold 3-6, group 2 - pop and 34, hold 5-6, group 3- pop and 56, throw R arm with L knee up 7, throw L arm with R knee up 8

8- lean forward R 1, lean back 2, repeat 34, snake to R diagonal 56, roll shoulders 78

8- kick R leg 1, close and tuck 2, scoop out to R 3, close 4, step L/ muscle arms 5, step R/ muscle arms 6, pop around to L 78

8- (3 parts starting on 1, 3, or 5) Box arms to R 1, low V left 2, pick up 3-6, pop and point 78

8- twist to R 1, R arm to ground 2, down on L knee 3, turn 45, sit 6, fan R leg 7, fan L leg and R arm 8

8- look to audience and body roll (slow) 12, body roll (fast) 34, stand to L 56, snake to front 7, throw R leg 8

8- step and pull L arm to R 1, pull L 2, swim R 3, swim L 4, T to R 5, box to front 6, (3 groups starting 7, 8, or 1) twist and 7, and 8

8- twist continues and 1, step back R and roll 23, drop 4, pickup and roll R hip (3 groups starting on 5, 6, or 7) 5-8

8- (move to block) slice L arm to R 12, L 34, box snake R 5, L 6, run 7 and jump to second/facing side 8

8- cover face 1, drive car 2, roll and step back LR 34, low V to back 5, body roll to front 6, step R 7, jump to second and hand through hair 8

8- (move to clump) shaking shoulders 1-4, run 5 and 6 and 7, pose 8

8- talking part 1-8

1- turn over left shoulder and hit ending pose 1

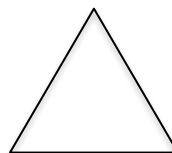
**Formations: 1. Two groups**



**2. Three Lines**



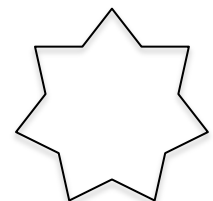
**3. Triangle**



**4. Block**



**5. Clump**








**“I Robot” – by: Various Artists**  
**Intermediate/Advanced Hip-Hop – Time: 1:54**



**Beginning position in a clump.**

- 8 Hold 1-4 turn to front 5-6, hit Robot pose 7, hold 8
- 8 Body roll up 1-4, move forward and back 5-7, face front 8
- 8 Move forward and isolate body and head right/ left 1-8
- 8 Bounce right 1-2, lift left leg 3-4, reverse 5-8
- 8 **Move to Block** walk forward 1-4 (slow), walk forward 5-8 (fast)
- 8 Crazy footwork: Step right 1, dig right 2, step left 3, dig left 4, dig right 5, pop 6, hold 7-8
- 8 **Opposition** Lean back and invert right knee 1-4, lean forward and invert right knee 5-8
- 8 Scoop arms right/ left 1-4, turn to front 5-7, rock baby 8
- 8 Turn to the back 1-4, move shoulders right 5, left 6, backbend to the right on 7-8
- 8 Floor work: Switch left 1-2, kick right leg 3-4, roll up 5-8
- 8 Snake to the front 1-2, jump to the front 3-4, shoulder pop right, left, right, left 5-8
- 8 Body roll 1-2, cross back 3, point/ pose 4, right hand out 5, left hand out 6, grab stomach 7-8
- 8 Pop chest 1-4, walk back point 5-8
- 8 Poses from right to left 1-3-5, contract 7-8
- 88 (**files will make a box around each other**) Slide and drag arms 1-8
- 8 (**lines in opposition**) Pose 1-2, switch pose 3-4, head looks around 5-7, close front 8
- 8 **Move to triangle** pushing through the body 1-8
- 8 (**continue moving to triangle**) Repeat moving step/ pushing through the body 1-8
- 8 Jump and cross feet/ lean right 1-4, reverse 5-8
- 8 Shoulder jerks left 1-2, shoulder jerks right 3-4, Shake and melt to ground 5-8
- 8 (**Groups: V's outside in 1-3-5**) snake body and roll pick- up 1-7, close to front 8
- 8 Pull left to right 1-2, close 3-4, crazy feet and arms 5-7, right knee pulses 8
- 8 Snake 1-2, hold 3-4, body roll down to ground 5-8
- 8 Drop right knee down 1-2, left knee turn 3-4, swing right leg around 5-6, body roll 7-8
- 8 Right foot in bow and arrow arms 1-2, drop to ground 3-4, roll up 5-8
- 8 (**Group pickup from front to back 1 or 5**) Beyonce shake to front 1-8
- 8 Crazy jump back 1-4, lunge 5-6, kick right 7-8
- 8 (**Outside to inside triangle work**) jump to second 1-2 or 3-4, mime hands right 5-6, switch left 7-8
- 8 Grab collar 1-2, close feet and lift up 3-4, pivot turn 5-6, face back 7-8
- 8 **Moving to two groups** lean right, left, right 1-8
- 8 Repeat in opposition: Left, right, left 1-8
- 8 Shimmy around to front 1-4, throw arms out 5-8
- 8 Step kick left 1-4, step kicks right 5-8
- 8 **1<sup>st</sup> group:** Snake w/right foot in F 1-2, punch both arms F 3&4, roll foot in, out 5-6, pop t-shirt 7-8
- 8 **2<sup>nd</sup> group:** Swipe outside right leg 1-2, left leg 3-4, wrap left arm around head and snake body towards the back 5-6, step to the back 7, pose to the right 8
- 8 Groups Freestyle: 1<sup>st</sup> group- freestyle 1-4, 2<sup>nd</sup> group- freestyle 5-8
- 8 **Move to clump** shimmy 1-8
- 8 Spirit fingers down the body 1-4, muscle arms to the left 5-8
- 4 Melt down to ending pose 1-4

**FORMATIONS:**

- 1. CLUMP  

- 2. BLOCK  

- 3. TRIANGLE  

- 4. 2 BLOCKS  

- 5. CLUMP  




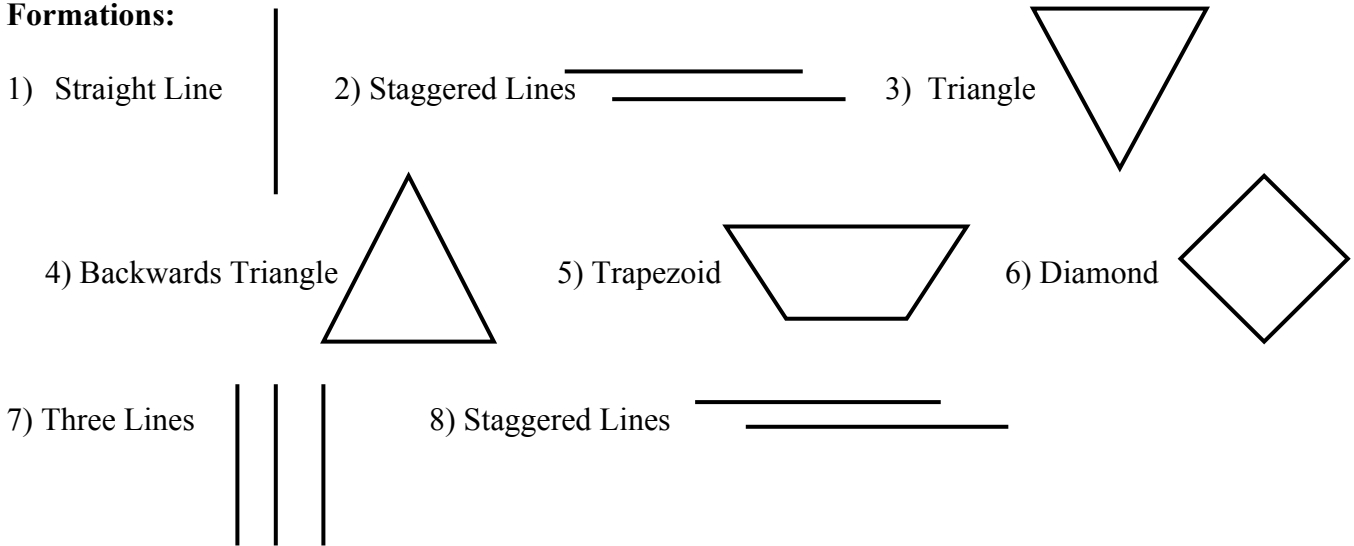
## “Bring it Back” Various Artists Advanced Hip Hop – Time: 1:53



- 8 **Straight line** Hold 1-3 parts: Middle - pop and 4 shoulders RLRL 5-8  
Inside- step out 3-4 pop down 5-6 hold 7-8 Outside- step out 3-4 pop down  
5-6 step out 7-8 (moves to **staggered lines**)
- 8 Around 1-2 look 3 hold 4 hand 5 switch 6 low V close 7 hold 8 L-R  
opposite
- 8 Walk 1-4 around 5-7 hit front 8
- 8 Chug 1-2 head 3-4 parts: even lines- around 5-6 hold 7-8 odd lines- hold 5-6 around 7-8
- 8 Parts: even lines - close and out 1 roll 2-4 odd lines- around 1-2 close out 3 roll 4 R arm 5-6 L arm 7-8
- 8 **Triangle** Arms 1-2 round about 3-8
- 4 Parts: middle - pop out 1 broken T inside - pop out 2 broken T outside - pop out 3 everyone close 4
- 8 R hand 1 L hand face and 2 roll 3-4 Parts: 1-3 lines - pop out look 5 front 6 pop out look 7 front 8
- 8 R grab 1 L grab 2 jump 3-4 booty 5-6 R arm and 7
- 8 Parts: A - reach 8 close 1 turn to back 2 hold 3-4 booty 5-6 L hand 7 R 8 B - reach 1 close 2 turn 3 hold  
4 booty 5-6 L hand 7 R 8 C - reach 2 close 3 turn 4 booty 5-6 L hand 7 R 8
- 8 **Backwards Triangle** new formation 1-6 Parts: A - punch 7-8 B - bend 7 up 8
- 8 Parts: odd lines - roll 1-4 hop around 5-8 even lines - arms back 1-2 over head 3-4 clap 5-6 roll 7-8
- 8 Parts: odd lines - arms back 1-2 over head 3-4 clap 5-6 back 7 front 8 even lines - roll 1-2 hop around 3-  
6 back 7 front 8
- 8 Parts: Roll up A - 1-6 B-3-6 C-5-6 everyone roll 7-8
- 8 Parts: 1-3 lines walk 1-4 up 5-6 lean back 7-8 back lines- kick 1-2 ballchange 3-4 arms out 5-6 close 7-8
- 8 **Trapezoid** move to new formation doing the dougie
- 8 Parts: outside - high plié 1-4 up 5-8 inside - low plié 1-4 down 5-8
- 8 Parts: 1<sup>st</sup> line - arms down body 1-2, 2<sup>nd</sup> line- pickup arms behind head 3-4, 3<sup>rd</sup> line pickup - throw arms  
back R 5-6 L 7-8
- 8 Head stand parts: A- down 1 sit 2 head 3-4 tripods 5-8 B- arms out 1 down 2 head roll 3-4 hold 5-6  
cartwheel 7-8
- 8 Everyone's legs up 1 out 2 in 3 down 4 roll up body 5-7 arms hit T 8
- 8 Arms pump down 1-2 pump R 3-4 Pump down 5-6 pump L 7-8
- 7 Walk around self 1-4 head R5 L6 R7
- 8 Reach 1 close 2 around 3-4 arms and knee open 5-6 chug L 7-8
- 8 Step L 1 close 2 step R 3 close front 4 Parts: inside - reach while standing 5 arms box 6 shoulders 7-8  
outside - squat and reach 5 up arms box 6 shoulders 7-8
- 8 R knee raise 1-2 L knee raise 3-4 cross arms and kick R 5-6 kick L 7-8
- 8 Squat reach arms out 1-2 up 3-4 body x2 5-8
- 8 R arm out 1-2 L arm out 3-4 half T in 5-6 7-8
- 8 R arm broken T out 1-2 L arm 2 swivel hands 3 hit behind head 4 arms role down 5-6 body roll 7-8
- 8 Body roll 1-3 hit up 4 head nod RLRL 5-8 outside V sits on knees 7-8
- 8 Parts: outside V- hand pushes head 1-3 close arms 4 head bang 5-6 close 8 inside V- RL arms out 1-2  
switch face in 3 hold 4 arm bang 5-8 middle V- arms up 1-4 arm bang 5-8
- 8 Parts: outside- arms cross 1 throw and kick 2 roll out 5-7 up 98 inside and middle - hop L leg 1-4 hop R  
leg 5-8
- 8 **Diamond** step back RL 1-2 booty roll 3-4 squat down reach arms out 5-6 up 7-8
- 8 Step out R arms in T 1 in 2 up 3 down 4 L arm in R arm 6 turn around jump out 7-8
- 8 Push out 1 tie 2 zips up 3-4 RL shoulder 5-6 head isolation 7-8
- 8 Zip up 1-2 push out facing side 3-4 booty roll 5-6 punch R arm up 7 middle “and” down 8
- 8 Pop 1-3 hit back throwing away R arm 4 go to **Three Lines** 5-8

- 8 Parts: contagion front to back - jump out R arm over head snake up 1-3 B 2-4 C 3-5 everyone step out R or L 5-6 heads 5-8 (moves to **staggered lines**)
- 8 R arm grab hat 1-2 pop L arm up 3 switch R arm up 4 drive 5-6 hit R leg in attitude 8
- 8 Turn around 1-3 jump out arms field goal 4 arms slowly down body 5-7 hit L arm by ear R leg up 8
- 8 Walk back R arm on hip L 1-2 R 3-4 L 5-6 bend over slowly 5-8 hit pose 1

**Formations:**



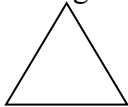
**“Starships” - by: Tom Wallace (Arrangers Pub.)**  
**Intermediate Field Pom – Time 1:30**



Beginning formation – filled in triangle

- 8 Hold 1-4; levels: low knee 5, high knee 6, standing 7, hold 8
- 8 Rocket 1, in 2, out & stand 3-4; down circle around 5-6, 7-8
- 8 “K” arms to left 1-2, turn 3-4, step back pop left; arms to high “V” (back to front), 5, 6, 7, close 8
- 8 3-step turn (opposition by lines) 1,2,3, drag 4, lines 1&3 – Ball change 5-6, passé 7, down 8
- 8 Lines 2&4 – drag 4-5, hold 6, passé 7, down 8
- 8 Step touch left, dig right with punch arms 1-2, step touch right, dig left with punch arms 3-4, pop back right, left, right – arms low V, middle, high V, 5, 6, 7, chest 8
- 8 Move to filled staggered block 1-4, R arm up 5, R arm in, L arm down 6, L in 7, both to chest 8
- 88 3 sections: Ball change side pop leg 1-2 (3-4,5-6), ball change back with “L” arms 3-4 (5-6, 7-8), walk 5-6 (7-8,1-2), jeté to ground 7-8 (1-2,3-4), roll to back to standing contagion 5-8
- 8 Continue contagion 1-4; rocket arms up, R leg to passé 5, pop L on 6, left broken T arms 7, dig R with left arm to side 8
- 8 Pivot 1-2, levels 3-4, wrap 5, broken T arms 6, right up 7, switch 8
- 8 Shake around 1-3, break to back 4, diagonal 5, switch 6, punch 7, low “V” 8
- 8 Contagion L to R up down arms 1-6; stand 7-8
- 8 3 step turn opposition 1-3, “V” 4, reverse turn 5-7, “V” 8
- 8 Close 1-2, back ball change 3-4, step R, L 5-6, kick with arms in “L” 7, front 8
- 8 Move to one straight line or 2 straight lines depending on size of team
- 8 Continue 1-2, tuck 3-4, adjust hands to grab poms 5-8
- 8 Contagion roller coaster 1-8
- 8 Let go of poms 1-2, grab your own poms 3-4, roll up to standing 5-6, poms to chest on 7, hold 8
- 88 Move to back to triangle 1-4; arms – R up 5, in 6, L up 7, in 8 Continue moving 1-4; arms down and around twice 5-6, 7-8
- 8 Prep 1-2, turn 3-4, out to second 5, together 6, knee pops R, L 7-8
- 88 Contagion arm up down front to back 1-4, turn to back contagion 5-8 Contagion to tuck 1-4, levels 5-6, 7-8
- 8 Low “V” &1, middle &2, high “V” &3, in 4, punch R to L diagonal, open to R diagonal 5-6, switch L to R diagonal, open to L diagonal 7-8
- 1 Pose – right arm up on 1

1. Triangle



2. Staggered block



3. Straight line



4. Triangle



**“Saturday Night’s Alright” – by: Tom Wallace (Arrangers)**  
**Intermediate/Advanced Field Pom – Time 2:12**



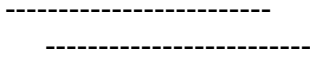
***Beginning position – 2 tight staggered lines, facing back, poms at sides***

- 8 Contagion center-out: Windmill arms (start w/ R) to front tuck 1-8
- 8 Contagion center-out: Popcorn jump w/ rocket arms back to tuck 1-8
- 8 Contagion R to L: Front line high knee/back line standing w/ V's in opposition 1-8
- 8 Contagion L to R: Switch V's and shake poms 1-6, close to chest 7, down 8
- 8 1<sup>st</sup> group starts pick-up section: Broken T to R 1, down 2, broken T to L 3, down 4, broken T to R 5, TD 6, broken T to L 7, close 8
- 8 2<sup>nd</sup> group picks up arms 1-8
- 8 3<sup>rd</sup> group picks up arms 1-8
- 8 Shake at chest/front line stands w/ L leg 1-4, front line high V/back line low V 5, close to chest 6, switch V's 7, close to chest 8
- 88 *Move to Triangle – Shake 1-4, R arm up 5, switch L 6, slice to T 7, close to chest 8*
- 8 Wiper arms in opp. by line 1&2, switch 3&4, prep 5-6, single or double pirouette 7-8
- 8 Prep 1, stationary leap 2, tuck 3-4, hit levels w/ arms – outside low V 5, middle T 6, inside high V 7, close to chest 8
- 888 Parts by chevron (1, 3, 5): “K” arms 1, chest 2, switch “K” 3, chest 4, rocket 5, chest 6, low V 7&8; Cheerio arms down 1-2, switch up 3-4, circle around 5-6, T 7, chest 8; R arm up 1, switch L 2, slice to T 3, chest 4, high V 5, chest 6, low V 7, chest 8
- 8 Hold (or finish parts) 1-4; Rocket contagion front to back 5-8
- 8 Punch R arm up 1-2, slice to T/stand up w/L leg 3-4, slice L arm up/finish standing 5-6, close/head down 7, pop head up/poms at chest 8
- 88 *Move to files – Shake 1-4, high V 5, T 6, low V 7, close to chest 8*
- 8 Flower arms (1, 2, 3): Rocket 1, high V 2, T 3, low V 4, close down 5, chest 6, hold (or continue) 7-8
- 8 Contagion F to B: Rocket arms and circle around 1-4; Opp. V's 5, chest 6, switch V's, 7, chest 8
- 8 Contagion F to B: Diagonal arms 1-4; Everyone switch diagonal 5-6, V's by files 7, close to chest 8
- 88 *Move to 3 groups – Shake 1-4, circle clap 5-6, repeat 7-8*
- 8 Continue moving 1-4, pose by group – low V 5, T 6, high V 7, close 8
- 8 Parts by group: Jump-step to R/break through to R high V 1-2, repeat on L 3-4, run forward RL in plié 5-6, right jeté 7, land in tuck 8
- 8 2<sup>nd</sup> group starts on 1; 1<sup>st</sup> group rolls to stand facing back 1-4, hold 5-8
- 8 3<sup>rd</sup> group starts on 1; 2<sup>nd</sup> group rolls to stand facing back 1-4, hold 5-8 (1<sup>st</sup> group hold 1-8)
- 8 3<sup>rd</sup> group rolls to stand facing back 1-4 (1<sup>st</sup> and 2<sup>nd</sup> group hold 1-4); all step touch R to F 5-6, L 7-8
- 88 Parts by group (1, 3, 5): BC to L w/T arms 1-2, chaîné to R/poms at chest 3-4, chassé facing side 5-6, arms cross/step to face front 7, X-jump 8, BC to back 1-2, close to front/TD arms 3, chest 4; hold 5-8 (or continue parts 5-8)
- 88 *Move to staggered block – Shake 1-4, high V 5, T 6, low V 7, close to chest 8*
- 888 Parts by line (1, 3, 5, 7): Step back R punch arms to R 1, face back with L “L” 2, switch to R “L” 3, close to L side 4, BC back shaking poms 5-6, step across R 7, touch L out with low V 8; step across L 1, tilt kick R w/ diagonal arms 2, R pivot to back 3-4, turn to front 5-6, cross arms overhead 7, pop L knee/low V arms 8; hip roll 1-2, hold (or continue parts) 3-8
- 8 Contagion center out: circle arms around and down to tuck 1-6, set up levels 7-8
- 88 Parts by line (1, 2, 3, 4): Arms down to L diagonal 1, pull R arm 2, switch 3, push up to R diagonal 4, open to high V 5-6, circle down to low V 7-8, shake at chest 1-2, circle poms clockwise 3-4, hold (or continue) 5-6, everyone circle poms 7-8
- 8 Contagion R to L: Wrap L arm/R arm in high V 1-8
- 8 Contagion L to: Circle arms up/everyone close to tuck position 1-8

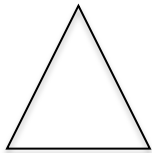
8 Everyone roll to stand 1-4, pivot R to back/low V arms 5-6, pivot R to front/high V arms 7-8  
5 Rocket arms 1, circle down to close 2-3, head down 4, ending pose L knee popped/arm levels 5

**Formations:**

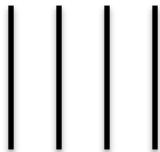
#1 – 2 Staggered Lines



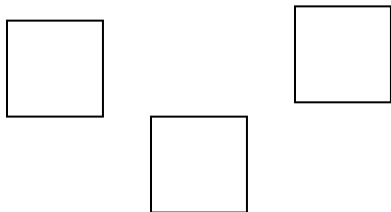
#2 – Triangle



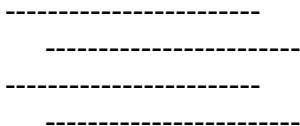
#3 – Files



#4 – 3 Groups



#5 – Staggered Block



**“Don’t Ya Mix” – by: Various Artists**  
**Intermediate Pom – Time 1:58**

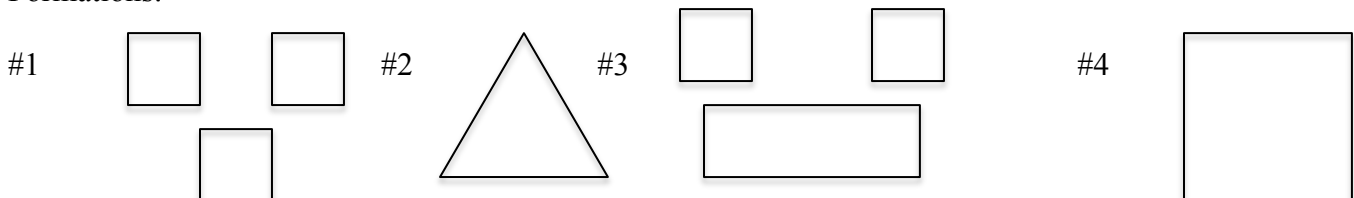


Start in 3 groups – posed out or front

- 8 Contagion: windmill facing in
- 8 Run/walk forward 1-4, swing to outside 5-6, touch back with “K” arms 7, close 8
- 8 2 groups (halves) 1 or 3: step forward 1, drag to back, rocket arms 2, step out and open to low V 3-4 or 5-6, turn in to face front 7-8
- 8 Walk forward with snaps in/out 1-4, wrap head, hip roll 5-6, wrap and look L 7, pull arms and close 8
- 888 2 groups 1-3: arms up and down, step touch to R 1&2, step L, wrap L 3, close 4, push back 5-6, hip bounce 2xs 7-8, bounce down and out 1-2, pull back to diagonal, snap up 3-4, ball change back with L 5-6, tilt kick with R 7-8, tuck to face L 1-2 or 3-4, snake up with body L 5-8
- 8 Pick up – lean out R with scoop 1-2, bounce L with scoop 3-4, pick up and repeat 5-8
- 8 Slide L, pull across face 1-2, slide R, pull across face 3-4, body roll 5-6, muscle arms & 7&8
- 8 Contagion (R to L): to ground, push R leg out 1-6, scoop R,L to stand 7-8
- 8 Run forward or back with throw arms 1-4, reverse 5-8
- 8 Move to triangle: R down and up 1-2, L down and up 3-4, shake 5-8
- 8 Step touch L, throw R out 1-2, step touch R, throw L out 3-4, (R or L by files) step touch, roll to box 5-6, reverse 7-8
- 88 R to L parts 1-3-5: ½ box arms R,L 1-2, low “4” arms L, R 3-4, roll R in 5-7 close facing R diagonal, hands by ears 8, continue 1-4, step forward L, low V 5, turn over R shoulder to tuck 6-8
- 8 Hit levels, arms up or down by lines: ½ T, rocket, ½ T, rocket, ½ T, around 1-6, chest and shake 7-8
- 4 Rocket up or down 1-2, snap R around to roll 3-4
- 8 Continue to roll in level 1-3, shake to front 4, roll back to level 5-8
- 8 1-3 by files: R diagonal 1, L diagonal 2, R meet L up 3, pull to chest 4, circle 5-6 pick up 7-8
- 88 Move to two front clumps and 1 long block in back: pull from level L 1-2, pull R 3-4, 3 step turn 5-7, snap up 8, shake down walking 1-4, pull and wrap head L, R 5-8
- 8 Pick up – jump forward, circle arm 1-2, pick up 3-4, pivot turn going out from center 5-6, again 7-8
- 8 Continue halves: step in with swing arm 1-2, swoop body in 3-4, step touch turn to back 5-6, grab poms in L hand 7, “shhh” to front over R shoulder 8
- 888 Grab poms 1-2, Parts 3-5-7: step together facing L, throw arms down 3-4, step bk RL passé R with T 5-7, wrap out R 8, pull in and snap up 1-2, prep 3-4, double pirouette 5-6, out 7-8, continue 1-2, 3-4, snap L, open R 5-6, 6-7, 7-8
- 8 Move to filed block: pony 1-2, 3-4, punch up R, L, forward, down 5-8
- 8 By files: Up and down ball changes circling arms 1-2 switch 3-4, switch 5-6, switch 7-8 (or continue moving)
- 8 Up and push snap R, L 1-2 or 3-4, kick R through 5, back 6, step R, swing arms R 7, tuck 8
- 8 Contagion (R to L): step out L, wrap R over head 1-6, snap L up and close 7-8
- 8 Lines switch: drag R or L with T 1-2, front or back with throw 3-4, R or L with T 5-6, front or back with throw 7-8 (end up in staggers)
- 8 Step back L, pop R with circle arms 1-2, step back R, pop L with circle arms 3-4, jump out 5, hold 6, turn 7-8

1 land in Z sit, body over 1

Formations:



**“Let’s Dance” - by: Various Artists**  
**Intermediate/Advanced Pom – Time: 2:05**



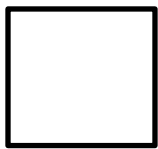
Begin in a block facing the back standing

- 4 Hold
- 8 Contagion back to front: Punch up to touchdown, turn over R shoulder in plié shaking poms in low V 1-4, roll over R shoulder to stand and face side, R toe pointed behind 5-8
- 88 Parts R to L 1,3,5: step across R with T arm 1-2, plié on L with arms in low V 3-4, chaîné turn with arms cheerio 5-6, chassé R 7-8, step L 1, R jeté 2, clean arms and step across L 3, point R toe and hit levels with arms Low V, T, High V 4,6,8
- 88 **Move to Triangle:** clean and move 1-2, shake poms at chest 3-4, punch across R and break through to low 5-6, punch across L and break through to low V 7-8. Continue moving with clean arms 1-2, shake poms at chest 3-4, punch across R and break through to low V 5-6, punch across L and break through to low V 7-8
- 8 Prep 1-2, single/double pirouette 3-4, jump out to 2<sup>nd</sup> clean 5-6, outside groups: outside arm over punch out to T, center: punch both arms forward from shoulders and lunge forward 7, all clean to center 8
- 8 Step back L prep to side 1-2, chaîné in relevé 3-4, chaîné in plié 5-6, calypso to front 7-8
- 8 Plié forward with low V arm 1-2, break through and drag to back 3-4, step to back RL 5-6, punch arms level back and release head 7-8
- 88 Parts L to R 1,3,5: Chainé turn over L shoulder to front with clean arms 1-2, step LR 3-4, step L and cross arms at chest 5, R tilt leap with focus down to left 6, ball change back R punch arms level 7-8. Small chassé into R passé 1, step R 2, jump together with hands in touchdown 3-4, parts finish 5-6, 7-8
- 88 **Move to three staggered triangles:** clean and move 1-2, shake poms at chest 3-4, punch across R and through to low V 5-6, punch across L and break through to low V 7-8. Continue moving clean arms 1-2, shake poms at chest 3-4, punch across R and break through to low V 5-6, punch across L and break through to low V 7-8
- 8 Step R touch L pull R arm around to half T 1-2, step L touch R pull L arm around to half T 3-4, step R punch arms down to R 5, step L punch arms down to L 6, R arm up to high V 7, R arm breaks thru down to low V 8
- 8 Press leap 1-2, land in tuck 3-4, roll over R shoulder into three levels: low knees, high knees, standing 5-8
- 88 Parts by level: R diagonal 1-2, break thru to L diagonal 3-4, R check arms 5-6, L check arms 7-8. arms up rocket 1-2, come into bug position, then tuck 3-4, parts finish 5-6, 7-8
- 8 Triangles jump up and sunshine arms out 1-2, middle triangle jump up and sunshine arms out 3-4, step back LRLR popping poms 4 times from high V to low V 5-8
- 8 Punch arms level to the back 1-2, snake head to front 3 close feet 4, circle R arm back and jump 5-6, circle R arm back and step forward on R 7-8
- 88 **Move to staggered block:** clean 1-2, shake poms at chest 3-4, punch across R and break through to low V 5-6, punch across L and break through to low V 7-8. Continue moving clean arms 1-2, shake poms at chest 3-4, punch across R and break through to low V 5-6, punch across L and break through to low V 7-8
- 8 Contagion from L to R: fan arms RL to face right side with L arm out level, L toe pointed behind 1-4, step L and sway hips to L with hands on hips 5-6, sway hips to the R 7-8
- 8 Rond de jambe L leg with arms in T 1-2, step back L clean arms 3, pop R knee with hands on pockets 4, punch arms out level and roll poms and hips 5-6, repeat 7-8

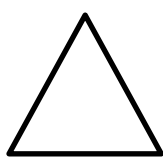
- 8 Step R cross arms at chest 1, touch L open arms to high or low V 2, step L cross arms at chest 3, touch R open arms to high or low V 4, ball change forward on R cross arms at level position 5-6, ball change back on R with arms open to high V 7-8
- 8 (Same choreography facing front or back): prep 1-2, chainé to side 3-4, step RL 5-6, X-Jump 7, step back L 8
- 8 Walk back to home facing center 1-2, continue walking and shake poms at chest 3-6, face front open arms to T, close arms at chest 8
- 8 Parts by line: 1<sup>st</sup> line: clap up to R 1-2, up to L 3-4, down to R, 5-6, down to L 7-8. 2<sup>nd</sup> line: clap down to L 1-2, down to R 3-4, up to L 5-6, up to R 7-8
- 8 Touchdown arms up to R 1, touchdown arms up to L 2, touchdown arms down to R 3, touchdown arms down to L 4, step R with R arm by ear 5, touch L clean R arm to side 6, step L with L arm by ear 7, touch R clean L arm to side 8
- 8 Arms to chest in broken T 1, turn to L extend arms out straight 2, open arms to K position with L arm up and R arm down 3, close back to level position 4, bring arms back to broken T at chest 5, turn to R extend arms out straight 6, open arms to K position with R arm up and L arm down 7, close back to level position 8.
- 8 Contagion R to L: circle arms around R to L keeping them level and go down to tuck 1-6, roll up 7-8
- 88 **Move to Triangle:** clean and move 1-2, shake poms at chest 3-4, punch across R and break through to low V 5-6, punch across L and break through to low V 7-8. Continue moving clean arms 1-2, shake poms at chest 3-4, punch across R and break through to low V 5-6, punch across L and break through to low V 7-8
- 8 Ball change forward R with arms in T 1-2, close and clean arms 3-4. Tuck 5-6, hit three levels: low knees, high knees, standing 7-8
- 8 Clock arms: R arm across to L side 1, open arms to left "L" position 2, switch to right "L" position 3, close L arm to R arm keeping arms level 4, break L arm across chest 5, open to T 6, close arms and look down 7-8
- 1 Release head and punch arms forward

**Formations:**

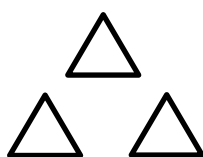
**1. Block**



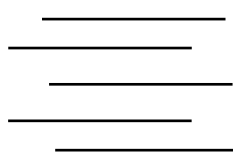
**2. Triangle**



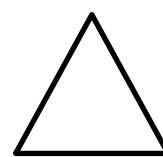
**3. Staggered triangles**



**4. Staggered lines**



**5. Triangle**





## “Look At Me Now” - by: Various Artists Advanced Pom - Time 2:22



Beginning Position –Triangle with head down

8 Hold

8 Ripple (front to back) R arm high V sit back on L dig R 1-4 parts step R 5 prep or tuck 6 C-jump 7 tuck 8 group two preps 8

8 Group two C-jump 1 tuck 2 group three prep 2 C-jump 3 tuck 4 contagion (L to R) cross over turn to face front

8 Step R 1 touch together 2 step L 3 touch together 4 circle arms above head 5,6 repeat arms 7,8

8 Step R L arm up 1 step L R arm up 2 step L 3 slide to R dig 4 popcorn jump arms above head 5 tuck 6 hit levels 7 (low-knees, high-knees, standing) hold 8

8 (Low-knees) low V 1&2 T &3 high V &4 high V 5&6 T &7 low V &8  
(High-knees) T 1&2 high V &3 low V &4 T 5&6 low V &7 high V &8  
(Standing) high V 1&2 T &3 low V &4 low V 5&6 T &7 high V &8

8 Chest 1 T 2 chest 3 high V 4 chest 5 T 6 roll down 7,8

8 Group one (L half of triangle) arms up to L 1 broken arrow 2 diagonal 3 broken arrow down 4 arms down to R 5 broken arrow 6 diagonal 7 high V 8

group two (R half of triangle) arms up to R 1 broken arrow 2 diagonal 3 broken arrow down 4 to L 5 broken arrow 6 diagonal 7 close 8

8 Contagion L to R windmill arms 1-4 look front 5 hold 6 low knees and high knees step up with L foot 7 together 8 standing group step L 7 together 8

8 Roll sit 1 switch 2 step L 3 pull feet together to face back 4 walk R 5 L 6 swing arms up to hips step out R 7,8

8 **Move to files** - shake up 1-4 shake down 5-8

8 Triplet 1&2 triplet 3&4 twist walks arms in opposition 5,6 step L 7 feet together facing L diagonal 8

8 Rows in opposition pull 1,2 windmill 3,4 pull 5,6 windmill 7,8

8 Reach forward R 1,2 turn over L shoulder in plié 3 jump in second 4 file (one and three move forward; file two and four move back) gettin' silly 5-8

8 Cross pull step L 1,2 R 3,4 walk roll shoulders 5-8

8 Drop sit arms swing back above head to face R 1-4 step out L circle to the L 5-7 feet together 8

8 **Move to one file** - shake up 1-4 shake down 5-8

8 Triplet 1&2 triplet 3&4 twist walks arms in opposition 5,6 step L 7 feet together facing L diagonal 8

8 Popcorn contagion swing arms above head tuck to ground (front to back) 1-8

8 Tick tock step out R foot tuck to left 1-8

8 Jump out 1,2 body roll up 3,4 (front half of line jump to face R; back half jump to face L over R shoulder) **move file to 4 rows** - with arms on hips connected to neighbor 5-8

8 Continue moving 1-4 cross turn with R foot 5,6 everyone turns over L shoulder to face the front 7,8

8 Chaser windmill R arm step back R foot 1-4 lean back 5,6 lean upright 7,8

8 Tuck 1,2 connect poms to the right 3,4 contagion (L to R) arms move above head back to tuck position 5-8

8 Continue contagion 1,2 unhook poms 3,4 hold in tuck and adjust 5,6 stand up 7,8

8 **Move to block** - step L 1 jump together R arm high V 2 step R 3 jump together L arm high V 4 wrap arms down 5-8

8 Repeat moving arms

8 “Freeze” step out L right arm with flexed hand 1 hold 2,3,4 individual poses on 5,6 and 7,8

8 Prep for R double or triple pirouette 1,2 turn 3,4 run R 5 run L 6 leap to front high V arms 7 turn out of it 8

8 Swing R arm across L on hip ball change R 1,2 touch turn R arm lasso above head 3 step R 4 (three

- groups R to L) group one step L 5 kick R 6 group two step L 7 kick R 8
- 8 Group three step L 1 kick L 2 everyone holds 3,4 three step turn 5,6,7 dig R 8
- 8 Chug circle R arm 1 chug circle both arms 2 chug broken T arms 3 chug low V 4 turn **move to three groups** - walk R, L, R, L swinging and shaking arms head 5-8
- 8 Prissy walk around yourself while still moving to groups 1-3 face R 4 look to front arms in broken arrow with flexed hands 5 pop down 6,7,8
- 8 R triplet R arm high V 1 broken T & low V 2 drag L to back 3 step R 4 step L 5 R kick 6 step R 7 step L with L arm low V 8
- 8 (Three groups) group 1 step R with R arm high V 1 step L 2 step R 3 step L arms in T 4 turn over R shoulder wrap arms 5; group 2 starts on count 2 finishes on count 6; group 3 starts on count 3 finishes on count 7 everyone holds 8
- 8 Step R 1 swing into R passé arms break to low V 2 touch turn over L 3,4 walk R 5 L6 shake to L 7&8
- 8 Step out L R arm across body 1 wrap 2 roll R arm down 3 L punch 4 turn over R shoulder 5 step R 6 walk and shake arms LRL in low V 7&8
- 8 Shake arms RLR in high V 1&2 body roll up 3&4 tuck 5 jump in second breaking arms in low V 6 lean R with L foot popped 7 repeat 8
- 8 **Move to tight block** - shake up 1-4 shake down 5-8
- 8 Triplet 1&2 triplet 3&4 twist walks arms in opposition 5,6 pivot to face front 7,8 face front throw poms up above head ending pose facing front 1

### Formations

#1—triangle



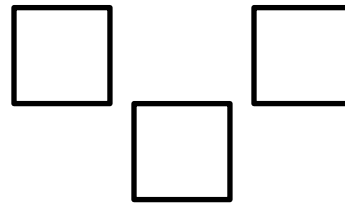
#5—block



#2—files



#6—three groups



#3—one long file



#7—one large tight block



#4—horizontal line



## “The Way You Make Me Feel”

by: **Dave Henning (Jalen/Matrix Pub.)**

**Intermediate Field Prop (Two Discs) – Time 2:18**

**\*(Can be adapted to use double-sided hoops)**



*Begin in one line, facing the back with arms down to sides*

- 8 Overhead Ripple over right shoulder to the front with discs in front of the body
- 8 **Separate into staggered lines** – walking LRLR w/wiper arms 1-4, Windmill arms 5-6-7-8
  
- 8 Levels: Kneel or Step left w/ left arm parallel on 1, right arm to low left diagonal 2, flip disc (LRLR) 3-4-5-6, Recover 7-8
- 8 Parts (every 2 cts) Step 1, passe' 2, step out 3, hold 4, flip discs 5-6 and 7-8
- 8 Close 1-2, discs to Chest 3-4, circle disc to left twice 5-6, and 7-8
- 8 Three step turns in opposite directions 1-3 hold 4 oppositional lunges 5-6, switch 7-8
  
- 8 Close 1-2, **travel to partner** & open discs in low V 3-4, close & continue traveling 5-6, turn back to back w/ partner 7-8
- 8 Extend arm (opposition w/ partner) 1-2, other arm 3-4, flip discs (top, bottom, top, bottom) 5-6-7-8
- 8 Windmill switches (4 times) 1-2, 3-4, 5-6, 7-8
- 8 Flip discs (top, bottom, top, bottom) 1-2-3-4, bring to chest 5-6, close & turn to front 7-8
  
- 8 **Move to diagonals** 1-2-3-4 (arms to chest 3-4), open arms to diagonal 5-6, close 7-8
- 8 Right pas de bourrée & right arm extends 1&2, left pas de bourrée & left arm extends 3&4, bring discs to chest & step 5, bring discs up over head & kick 6, close feet 7, pull arms down to chest 8
- 8 Shoot arms to side & ball-change right 1-2, bring discs to chest & pencil turn 3-4, push discs down w/ head pop 5-6, back to chest 7-8
- 8 Parts (every 2 cts): chassé 1&2, step 3, leap w/ discs over head 4, land 5, bring discs to chest 6, & 7-8
  
- 8 Step w/ right & low V 1-2, pivot to back & bring to chest 3-4, **move to columns** 5-6-7-8 (push discs over head 7-8)
- 8 Cont moving 1-2-3-4-5-6 (bring discs to chest 1-2, out to “T” 3-4, back to chest 5-6), clip turn w/ arms up 7-8
- 8 Parts (every 4 cts): melt down 1-2-3-4 or 5-6-7-8
- 8 Opposition low V & high V 1-2, bring to chest 3-4, switch 5-6, back to chest 7-8
  
- 8 Opposition in lines: chassé w/ T arms 1&2, ball-change w/ L arms & flip bottom disc 3-4, repeat on other side 5&6, 7-8
- 8 Opposition in columns (zigzag): discs to chest 1-2, up or down diagonal 3-4, other diagonal 5-6, chest 7-8
- 8 Switch diagonals: up or down 1-2, other diagonal 3-4, back to chest 5-6, shoot up or down 7-8
- 8 Back to chest 1-2, close 3-4, **move to circles** 5-6-7-8
  
- 8 Clip turn to face out 1-2-3-4, shoot arms straight out 5-6, tilt to make carousel 7-8
- 8 Carousel to the left 1-8
- 8 Flip discs (RLRL) 1-2-3-4, flip both 5-6, flip back 7-8
- 8 Carousel to the right 1-8

- 8 Flatten the circle (arms straight out) 1-2, "wilt" ripple 3-4-5-6-7-8
- 8 **Close and travel to triangle** 1-2-3-4, broken "T" to right 5, arms up 6, broken "T" to left 7, close 8
- 8 Low V 1-2, close 3-4, clockwork 5-6-7-8
- 8 Clockwork cont 1-2-3-4, switch diagonal arms 5-6, bring to chest 7-8
  
- 8 Hit levels 1-2-3-4, chaser 5-6-7-8
- 8 Chaser to other side 1-2-3-4, bring to chest 5, high V 6, chest 7, low V 8
- 3 Bring to chest 1-2, hit level 3

**Formations:**

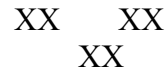
**#1 – Straight Line**



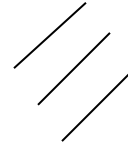
**#2 – Staggered Lines**



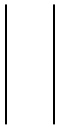
**#3 – Partners**



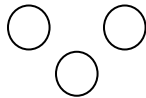
**#4 – Diagonals**



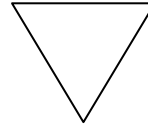
**#5 – Columns**



**#6 – Circles**



**#7 – Triangle**



**“She Loves You” – by: Jerry Burns (Arrangers Pub.)**  
**Intermediate/Advanced Field Prop (Chair) – Time: 1:28**



Beginning in a block formation

- 2 Hold, sitting in chair, R leg extended
- 8 Contagion R to L, pulling legs together to stage L
- 8 Hold 1-2, stand in 3 groups on 3-4, 5-6 or 7-8 to R w/diagonal arms
- 6 Step L on chair 1-2, facing back, T arms to front 3-4, step down R 5-6,
- 8 Step up in groups- R passé and “L” arms on 1, 3 or 5, all step down facing back 7-8
- 8 Step L 1-2, turn over R shoulder and drag back 3-4, step L 5, fan R leg 6, step R 7, point L 8
- 8 Contagion turning to sit facing L 1-8
- 8 Open R arm leaning back 1-4, close 5-6, stand 7-8
- 8 Walk around 1-4, bend and grab 5-6, stand 7-8
- 88 Walk to 2 staggered lines 1-8
- 8 Contagion chair overhead turning over R shoulder 1-8
- 8 R leg over chair 1-2, L leg 3-4, stand 5-6, pose 7-8
- 8 Back row bow 1-2, up 3-4, front row bow 3-4, up 5-6, all hip roll 7-8
- 8 Tuck contagion from R to L facing L 1-8
- 8 Contagion standing circling arms to diag. 1-8
- 8 3 groups R to L on 1, 3 or 5: extend R leg and layout stepping down from chair on 1-2, land 3-4, continue 5-6, last group lands 7-8
- 8 Chainé L 1-4, drag to L w/ T arms 5-6, back bc 7-8
- 8 Soutenu turn 1-2, clean 3-4, walk to back of chair 5-8
- 8 Bend 1-2, contagion from opposite ends planking up 3-8
- 8 Close 1-2, grab seat 3-4, close chair 5-6, pick up 7-8
- 2 Move to triangle 1-2
- 8 Continue moving to triangle 1-8
- 8 Continue moving 1-4, contagion front to back picking up and lowering chair 5-8
- 6 Chair down 1-2, open 3-4, stand 5-6
- 8 Drag to R grabbing and leaning chair 1-4, walk around 5-8
- 8 Face chair 1-2, scale 3-4, close 5-6, sit 7-8
- 7 Fan contagion 1-6, pose facing front 7

**Formation:**

#1 – Block



#2 – 2 staggered lines



#3 – Triangle



**“Dance to the Music” – by: Allen Gray (Jalen/Matrix Pub.)**  
**Advanced Field Prop (Streamer) – Time: 2:15**



**Begin in triangle facing the front head down arms to the side**

8 Hold 1-8

8 Contagion stepping L pop R arms sunshine over head ending by side 1-8

8 Walk L 1, Walk R w/ low v arms 2, Triple step LRL touchdown to “L” arms 3-4, double turn 5-6, Press leap to the ground 7-8

8 Hold 1-2, Stand and Windmill contagion from R-L 3-8

88 **Move to Block formation:** Transition R arm cross break through to V 1-2, Repeat w/ L arm 3-4, Wrap around head 5-8

8 Facing R both arms shoot out chest level ball change LR &1, Look front 2, passé breaking arms down to the left 3-4, “L” arms drag L 5-6, Ball change RL 7-8

8 Chassé R 1-2, Step L 3, Jete’ 4, “L” arms step L 5, Step R 6, Passé R 7, step L front 8

8 Ball change LR arms in T 1-2, Ball change RL wrap arms around waist &3-4, Step R arms at chest 5-6, Step L and L arms to the back 7-8

8 Punch L arm step R 1-2, turn around 3-4, Step L Kick R 5-6, close 7-8

8 Contagion R-L Windmill arms looking over left shoulder 1-8

8 Contagion L-R break through R arm T L arm next to ear 1-8

8 **(Parts by line 1,3)** chaîné 1& arm “L” 2, Step RL around yourself 3-4, Coupé 5, Fan w/ ballet arms 6, step R 7, cut L “L” arms 8

8 Circle “L” arms rond de jambe around 1-2, walk LR 3-4, doe leap 5-6. over 7-8

8 Contagion R-L Step L T arms wrap prep tour jeté arms over head landing in plié with L leg pointed to the side 1-8

88 **Transition to three groups** walking with arms down by side 1-8

8 (Parts 1,3, or 5) L w/ L arm up 1, Switch arms cross L leg over R looking over L shoulder 2, Look over right shoulder 3, Front 4, Step R 5, Drag L w/ R arm up 6, R cross turn wrapping 7-8

8 (Continue parts) Step R 1, Passé L V arms 2, Ball change RL sunshine arm 3&4, Ball change 5-6, W/ wrapping arms around waist ball change w/ released head arms down 7-8

8 Continue parts 1-4; everyone together looks up 5, (Parts 6, 7, or 8) Jump with feet together and touch down arm ending in a tuck

8 All together roll and stand up to the R 1-4, Touch down arms cross turn 5-8

8 Contagion R arm punch forward ending in low V facing the back 1-8

8 Contagion back to front R arm swings over head and ends by side 1-8

8 (Parts 1,5,or 1) Step R and T R arm 1, Break through L arm R inside pencil turn 2, Step L 3, dig together low V arms 4, Chassé L and touch down arms 5&6, walk RL 7-8

8 Back leap 1-2, Ball change 3-4; Continue parts 5-8

8 (Continue 1-4) everyone together T arms 5, Wrap around waist 6, T arms 7, Wrap L around head and R behind back 8

88 **Transition to three lines** walking with arms down by side 1-8

8 (Parts 1, 3, or 5) Step R 1 arabesque L w/ arms in T squared off to the front 2, Roll to the floor sitting L toward the front then finish roll kneeling on R L foot pointed out to the side 3-4, Break through R arm next to ear 5, Switch L 6, switch R 7, V L arm and kick L foot at 45 degree angle while sitting on right side 8

8 (Continue Parts) Roll to get up and face the R side 1-4, Drag back on L foot while wrapping L arm around waist and R arm swings up over head 5-6, Step L to face the front and low v arms 7-8

8 (Continue Parts) Break through arms up next to ears then release forward 1-2, continue 3-6, all together slice L arm across to face the R side feet parallel in relevé 7-8

8 Step R touch turn 1-2, Run R L 3-4 jeté 5-6, Step out L R and low V arms 7, Look front 8

88 **Transition to triangle** walking with arms down by side 1-8

5 Touchdown contagion front-back ending in tuck 1-4, Ending pose R arm up head released 5

**Formations:** #1 – Triangle #2 – Block #3 – 3 groups #4 – 3 lines #5 – Return to Triangle

## “Pop, Drop and Roll” - By: Chonique Sneed Intermediate/Advanced Prop (Fan) –Time 1:34



Start in a line facing the back

4 Hold 4

8 Fan contagion (different poses and different levels)

8 move to clump

8 Fan 1-4 different poses for 5-8

8 Move to block (arms fanning)

8 step L 1, fan R 2 down 3 over 4 up 5,6 (right arms coming up) lean back fanning yourself 7,8

8 step L 1 R Kick 2 (arms in L) Step R 3, Step L 4, R Leap 5 down 6 ball change 7,8 (fan coming over face)

8 cross behind 1&2 (facing the back) walk 3,4 ball change with right arm out to side 5,6 come to dig in front 7,8(fan under face)

8 Right arm comes up and over 1-4 pivot front over right shoulder 5,6 (arms by chest) hold 7,8

**(3 parts from right to left)**

8 1<sup>st</sup> group: prep 1,2 double 3,4 step out 5 with R arm in T, hold 6, come through second on 7,8 (fan over face)

2<sup>nd</sup> group: hold 1,2 prep 3,4 double 5,6 step out 7 hold 8

3<sup>rd</sup> group: hold 1-4 prep 5,6 double 7,8

8 1<sup>st</sup> group: push R arm up in diagonal L arm down 1,2 switch to hold fan position for 3,4,5,6,7,8

2<sup>nd</sup> group: come through second position 1,2 push 3,4 hold fan position 5,6,7,8

3<sup>rd</sup> group: step out 1 with R arm in T, hold 2, come through second on 3,4 push 5,6 hold fan position 7,8

8 push through second facing the back 1,2 (arms coming down and up by ear) step 3 turn around 4,5 low chainé 6,7 calypso 8

8 turn out of it 1,2 step 3 throw 4 (arm in front) squat 5, alternating arms from shoulder out L,R,L 6,7,8 (different levels)

8 move to triangle 1-8 (walk 1-4 arms out 5-8)

8 move to triangle (walk 1-4, fan 5-7, fan at face 8)

8 (split triangle in half) chugs to the outside (right arm fanning self) 1-4, pivot R foot to the front 5,6 drop sit 7,8 (arms above head)

8 (parts from left to right)

1<sup>st</sup> group: slide down 1,2 hold 3,4,5,6 flip over in plank position 7,8

2<sup>nd</sup> group: hold 1,2 slide down 3,4 hold 5,6, flip over in plank position 7,8

3<sup>rd</sup> group: hold 1-4 slide down 5,6 flip over in plank position 7,8

8 roll R 1,2 get up 3,4 body roll contagion fanning L to R 5-8

8 Lasso Contagion back L to R 1-6 prep 7-8

8 inside turn 1,2 arabesque 3,4 (R arm by ear and L arm on hip) step R 5, step L 6, back leap 7, down 8

8 Ball change 1,2 (R arm coming across face L arm on hip) chainé 3,4, piqué 5,6 (R arm lassos over head L is on hip) Step R 7, Step L 8

8 Russian 1 down 2 ball change 3,4 (R arm across face L on hip) **PARTS:** split triangle in 3 groups

L: step L 5, R pitch kick 6, pose **UP** 7,8

Middle: hold 5,6, step L 7, R pitch kick 8

R: hold 5-8

8 L: hold **up** pose 1-6, switch to a **down** pose 7,8

Middle: pose **down** 1-2, hold 3-6, switch to an **up** pose on 7,8

R: step L 1, R pitch kick 2, pose **up** 3,4 hold 5,6, switch to a **down** pose 7,8

8 (Everyone) stand up on 1,2 walk to clump on 3,4,5,6,7,8

8 press fan in any direction 1-4 poses in levels 5-8

8 fan self-contagioning down to levels

**Formations:** #1 Line #2 Clump #3 Block #4 triangle #5 Clump

**“Scream and Shout” -- Arranged by: Tom Wallace**  
**Intermediate Field Kick – Time: 1:49**



Begin in three groups, of staggered lines with head down.

8 Hold 1-4, Parts into levels (5-6-7) wrap arms to rt. and look left, with right leg pointed out to side.

8 Recover to stand 1-4, ball change to side in opposition with arms wrapped at waist 5-6, close and hook up arms 7-8.

8 Around the world kicks to Right: JKR across to lt. diagonal 1-2, JKR to center 3-4, JKR to rt. diagonal 5-6, head down 7, head up 8.

8 Around the world kicks to Left: JKL across to rt. diagonal 1-2, JKL to center 3-4, JKL to lt. diagonal 5-6, head down 7 head up 8.

8 Cowboy kicks in opposition right or left (cross feet 1, second position 2, prep 3, kick 4, repeat in to opposite direction)

8 Straight kicks: JKR 1-2, JKL 3-4, JKR 5-6, close with arms down 7-8.

8 Move to 2 staggered straight lines (two blocks on the side move forward to center block) with arms: low V arms 1, wrap arms at waist with right in front 2, high V arms 3, wrap arms at waist with left in front 4, high 5-6, wrap R 7-8

8 Repeat arms while moving 1-6, hook up 7-8.

8 Inside/ Outside kicks Right: JKR to lt. diagonal 1-2, JKL to rt. diagonal 3-4, JK Fan with right 5-6, hold 7-8

8 Inside/ Outside kicks Left: JKL to rt. diagonal 1-2, JKR to lt. diagonal 3-4, JK Fan with left 5-6, hold 7-8.

8 Envelope Kicks: JKR 1-2, passé rt. 3, point to rt. side and head to right 4, JKL 5-6, passé lt. 3, point to lt. side and head left 8.

8 Point rt. to side 1, point to lt. side 2, step forward lt. 3, passé rt. facing lt. diagonal with head to left 4, step rt. 5, passé lt. and look left 6, step lt. 7, close 8.

8 Single graduated kicks: JKR to floor 1-2, JKL waist 3-4, JKR high 5-6, close and 7-8.

8 Tuck Ripple (M-O): tuck to stand 1-6, close and recover arms 7-8.

8 Move to triangle with arms: low rt. diagonal 1&2, low lt. diagonal 3&4, wrap arms around head 5-6, arms clean 7-8.

8 Continue moving to triangle and repeat arms: 1-6, hook up 7-8.

8 Step out rt./lt. to second position &1, close &2, jump up with head down/up &3, hold 4, repeat 5-8.

8 New Yorker Kicks in opposition (every other line kick either right or left): Right-JKR across to lt. diagonal 1-2, passé rt. 3, point back 4, repeat to left 5-8. Or Left- JKL across to rt. diagonal 1-2, passé lt. 3, point back 4, repeat to right 5-8.

8 Straight kicks: 1-6, close feet and hold 7-8.

8 Ripple Bow (F-B)- stay hooked up

8 Ripple to levels and unhook arms (F-B)

8 Ripple touchdown arms straight up with palms facing in (F-B) 1-4, Ripple (F-B) wrap arms at waist with right arm in front and look left 5-8.

8 Low V 1-2, wrap arms at waist- right in front 3-4, high V 5-6, wrap arms at waist- left arm in front 7-8.

4 Recover to stand 1-4

8 Move to Diamond and two small triangles (spread out) with arms: Low V 1-2, wrap arms at waist- right in front 3-4, high V 5-6, wrap arms at waist- left arm in front 7-8.

8 Continue moving and repeat arms 1-6, hook up 7-8.

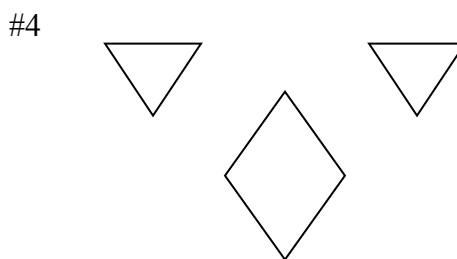
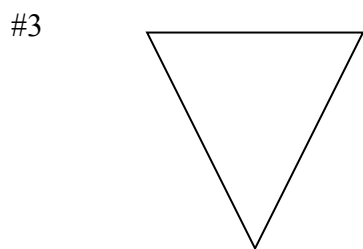
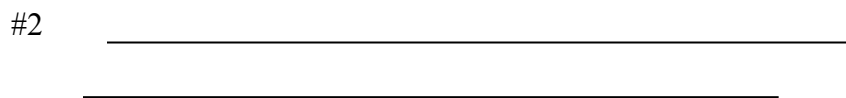
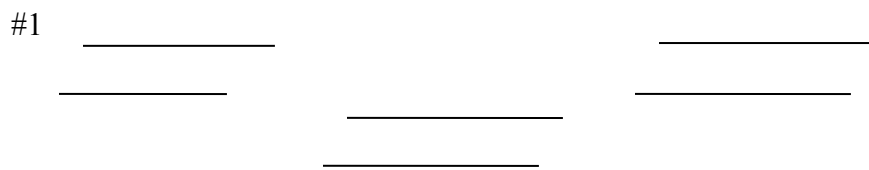
8 Star Kicks: JKR to lt. diagonal 1-2, JKR to center 3-4, JKL center 5-6, JKR to lt. diagonal 7-8.



8 Star Kicks continued: JKL to lt. diagonal 1-2, JKL center 3-4, JKR center 5-6, close and recover arms 7-8.

8 Ball change to left and wrap arms at waist with right in front 1-2, step forward and prep lt. 3, rt. pirouette turn 4, tuck 5-6, levels (high knees or standing) 7, wrap arms to right and look left 8.

**Formations:**



**“Don’t Stop the Music” – by: Tom Wallace (Arrangers Pub.)**  
**Intermediate/Advanced Field Kick – Time: 1:40**



**Beginning formation** – Three triangles, Center Triangle Pulled Forward

- 6 All groups hold facing the back 1-2, L arm break thru to ear and L foot points to side 3 or 4 or 5, **outside groups** step on L foot and **center group** hold 6
- 8 **Outside groups start count 1 center group start count 3** turn to front over L shoulder R arm cuts across chest R ball change side 1-2 or 3-4, R step front 3 or 5, cut L foot underneath with R passé T arms break thru chest 4 or 6, arms close and R foot step front to pivot back 5-6 or 7-8, cut R foot underneath to face front over L shoulder L leg extends to low 45° with chin to chest and arms overlap front 7 or 1, step and sit back into L leg pop R leg arms break thru shoulders to low V with flexed hands &8 or &2
- 8 **Outside groups** pop R hip up 1 down 2, **both groups** pop R hip up 3 down 4, **all** step front R close arms 5, touch L foot side arms break thru to touchdown 6, step front L 7, touch R foot side arms break thru to close 8
- 8 Pas de bourrée R-L-R 1&2, step front L in plié 3, R arm slice to ear and drag to face back R 4, close arm and transition to THREE STAGGERED LINES 5-8
- 8 Continue to transition 1-4, clip turn to front over L shoulder 5-6, hook-up 7-8
- 8 Two jump points R-L 1-4, two jump waist kicks R-L 5-8
- 8 Three full jump kicks R-L-R 1-6, close 7, hold 8
- 8 Swivel L knee across 1, switch to R 2, traveling to the L step R flex kick L 3-4, step L flex kick R 5-6, step R 7, close feet front 8
- 8 Jump kick R front 1-2, jump together 3, jump to second 4, jump kick L front 5-6, jump together 7, popcorn jump with chin to chest &8
- 8 **Opposition line-by-line** Two jump fans R or L 1-4, close feet together plié 5, twist to face R or L on relevé 6, plié and return to front 7, hold 8
- 8 Repeat previous 8-count to the opposite direction
- 8 Head roll contagion R end to L end 1-8
- 8 Grapevine traveling to R step open R on relevé 1, cross behind with L in plié 2, step open R on relevé 3, cross in front with L in plié 4, point R-L in plié to R corner 5-6, drop chin to chest and close feet front 7, head up 8
- 8 R passé 1-2, grab ankle in Y-scale 3-4, contagion R end to L end drop R leg to small lunge behind 5-8
- 8 Continue contagion 1-2, close feet front 3-4, bow contagion center out 5-8
- 8 R around the world 1-6, close 7, hold 8
- 8 L around the world 1-6, close 7, hold 8
- 8 Arms close 1-2, transition to FILLED IN TRIANGLE: R arm break thru shoulder with flexed hand 3, to low V 4, L arm break thru shoulder 5, to low V 6, arms wrap head 7, close 8
- 8 Continue transition hold 1-2, repeat arms from previous 8-count 3-8
- 8 **Opposition line-by-line** chaîné R, step R, dig L with L hand on hip and R arm by ear OR chaîné L, step L, point R foot side with R hand on hip and R arm across chest 1-4, switch parts/directions 5-8
- 8 **All** close front 1, jump to forced arch arms break thru touchdown 2, step R front and throw arms forward 3, step back on L foot 4, move to high kick spacing 5-6, R arm slice to ear 7, hook up 8
- 8 R jump point across 1-2, L jump waist front 3-4, R full jump kick open 5-6, close 7, hold 8
- 8 L jump point across 1-2, R jump waist front 3-4, L full jump kick open 5-6, close 7, hold 8
- 8 Three jump kicks to front R-L-R 1-6, close 7, hold 8
- 8 Jump R open développé kick 1-2, step R 3, close feet 4, jump L open développé kick 5-6, step L 7, close feet 8

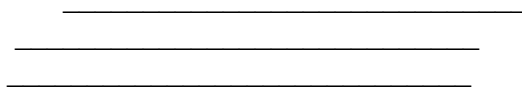
- 8 Every other line jump R fan to R knee 1-3, hold 4 or 5-7, hold 8
- 8 Contagion R end to L end push L leg straight to side and look L 1-4, recover to knees close arms 5-6, front section sit on feet, middle section hold, back section stand L-R 7-8
- 2 End pose 1-2 in levels

**Formations:**

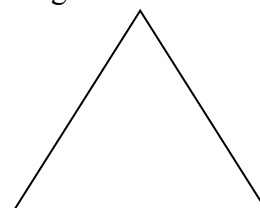
#1 Three Triangles



#2 Three staggered lines



#3 Triangle



**“Eye On It” - by: Toby Mac**  
**Intermediate/Advanced Kick - Time 2:14**



**Beginning Position—Triangle facing the front with head down**

8 hold 1-8

8 Ripple (front to back) 1-4 L 5 kick R 6 release head 7 close 8

8 **move to two lines** moving arms 1 R, 2 L, up down, T 3, wrap across chest 4, wrap over head 5 down 6 step L 7, step R 8

8 repeat counts 1- 6 hook up 7,8

8 around the world kick R, L, R, L

8 R kick 2 passé 3 kick waist 4 jump kick L fan 5,6 jump kick R fan 7,8

8 coupé R 1 R kick 2 switch hips 3 switch hips 4 prep 5 R kick 6 head pop 7&8

8 chassé left 1 & 2 prep 3 kick left 4 flick 5,6 twisty hips 7,8

8 step back left 1 chassé R 2&3 step back L 4 step back 5 drop head to leg bow 6,7,8 (front and back line opposition bow)

8 bow contagion from center out

8 **move to 4 rows** moving arms R arm across L shoulder 1 slide open across body 2 switch 3 left arm high V R arm on hip 4 reverse on R 5,6,7,8

8 repeat 1-4 walk 5,6 hook up 7,8

8 (File formation) line 1 step L 1 fan R 2

line 2 step L 3 fan R 4

line 3 step L 5 fan R 6

line 4 step L 7 fan R 8

8 hold 1,2 look left 3 front 4 rond de jambe 5,6 step up with L head down 7 bring R to L 8

8 pivot L 1,2 step L 3 bring R to L and hook up 4 prep 5 kick R 6 prep 7 kick L 8

8 prep 1 kick R 2 prep 3 kick L 4 prep 5 kick R 6 hold 7,8

8 cross passé step R 1 cross passé step L 2 prep R diagonal 3 kick L 4 prep front 5 kick R 6 prep L diagonal 7 kick L 8

8 prep front 1 kick R 2 cross 3 jump in second 4 prep 5 kick R 6 prep 7 kick L 8

8 close 1 hold 2 drop sit contagion and place right leg on neighbor's back (left to right) 3-8

8 bow over 1-4 hold 5 look at audience 6 pull upper body upright 7,8

8 bring R leg down parallel sous-sus 1 shoot L leg out 2 cross turn 3,4 triplet R 5&6 triplet L 7&8

8 **move to 3 staggered lines** jazz walk 1-8

8 ball change R 1,2 R passé turn 3 step L 4 chassé R 5&6 prep to side for regular (or switch leap) 7 leap 8

8 land 1 hold 2 group one (line 1 and 3) fan L 3,4 extend R leg 5 peak 6 roll up to the R 7,8 group two (line 2) drag L 3 step R 4 step L 5 tilt jump 6 land in coupé 7 step out R 8

8 group one roll up 1,2 group two drag L with R arm 1,2 cross turn L with R arm on top 3,4 step L 5 prepare for double 6 pirouette turn 7,8

8 **move to 1 line** moving arms 1 R, 2 L, up down, T 3, wrap across chest 4, wrap over head 5 down 6 step L 7, step R 8

8 walk 1-2 hook-up 3-4 cross flick R 5 open flick 6 pas de bourrée 7&8

8 cross flick L 1 open flick 2 pas de bourrée 3&4 prep 5 kick R 6 prep 7 kick L 8

8 R New Yorker 1-4 prep 5 fan R 6 pop jump 7&8

8 L New York 1-4 prep 5 fan L 6 pop jump 7&8

8 prep 1 point R 2 prep 3 kick waist L 4 prep 5 kick high R 6 prep 7 jump split 8

8 land in split 1 hold 2-4 z-sit 5,6 (three levels) lows knees sit on knees 7 high knees move to knees 7 standing step up L 7 together look at audience 8

8 hit ending formation R arm above head L hand on hip 1

**Formations:**

**#1—1 triangle**



**#2—two lines**



**#3—four rows**



**#4—3 staggered lines**



**#5—1 line**





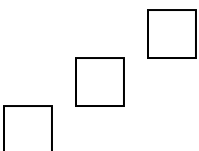
**“Freeze Frame”- by: Tom Wallace (Arrangers Pub.)**  
**Intermediate Field Military – Time 1:28**

*Begin in 3 groups in block formation in different levels*

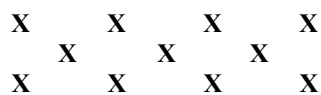
- 8 Hold 1-2, ripple from Right to Left “L” arms 3-4, 5-6, 7-8
- 8 Ripple back box to extend Right arm 1-2, 3-4, 5-6, circle around to close 7-8
- 8 Right arm to high V 1, Left arm 2, break in 3, open 4, break in 5, shoot down & cross wrists 6, low V 7, close 8
- 8 Low level groups: high knees 1-2, stand up & extend Left arm out 3-4, cont. standing up & extend Right 5-6, sit into hip w/ low V 7-8
  
- 8 Parts (every 2 cts.): pivot turn w/ “wiper” switches 1-2, 3-4, 5-6, 7-8
- 8 Cont. pivots 1-2, diagonal switches 3 & 4, parallel arms 5-6, bring to chest in “touchdown” 7, close 8
- 8 Step Right w/ arms crossed at wrists 1-2, cut w/ low V & Right foot dig 3-4, step 5-6, cut w/ passé 7-8
- 8 Cross Left arm across body 1-2, step Left over w/ arm up 3-4, step out w/ arms in “T” 5-6, lift turn 7-8
  
- 8 **Travel to staggered block:** Right pocket 1-2, left pocket 3-4, both 5, down w/ crossed wrists 6, low V 7, close 8
- 8 Repeat moving step 1-8
- 8 Parts (every 2 cts.): lean 1-2, kneel 3-4, open “T” 5-6, tuck 7-8
- 8 Continue parts 1-4, section work by lines: pop out to leaning pose 5 or 6 or 7 hold 8
  
- 8 Ripple roll to back and stand up 1-8
- 8 Cont. ripple 1-4, step 5-6, pivot to face front and sit into hip 7-8
- 8 Step Right side & pull Right arm up 1-4, repeat on Left 5-8
- 8 Break down 1-2, arms down w/ crossed wrists 3, low V 4, cross up switches 5-6, low V 7, pockets 8
  
- 8 Parts (every 2 cts. in 3 sections): arms straight out w/ flexed hands 1-2, broken “T” 3-4, up 5-6, other broken “T” 7-8,
- 8 Push straight out 1-2, broken “T” 3-4, up 5-6, other broken “T” 7-8
- 8 Continue parts 1-4, close w/ head down 5-6, head up 7-8
- 8 **Travel to columns:** Right pocket 1-2, left pocket 3-4, both 5, down w/ crossed wrists 6, low V 7, close 8
  
- 8 Parts (by every other line): “robot” flat back to Left corner OR Left arm to Right corner 1-2, both switch corners 3-4, switch parts 5-8
- 8 Continue “robot” 1-8
- 8 Ripple “T” arm from Right to Left 1-8
  
- 8 **Travel to triangle:** pull Right arm up from Left diagonal 1-4, Left arm 5-8
- 8 Break in 1-2, arms down w/ crossed wrists 3, low V 4, cross up switches 5-6, low V 7, close 8
- 8 “Zipper”: Right arm blade to chest 1-2, extend Right arm up & Left blade to chest 3-4, switch arms 5-6, switch again 7-8
- 8 Switch again 1-2, close 3-4, **go to levels** 5-8
  
- 8 “Box” arms 1-2, open to frame face 3-4, open to zigzag arms 5-6, switch 7-8
- 8 Frame face 1-2, close back to “box” 3-4, open 5-6 OR 7-8
  
- 8 Shoot arms out w/ Left hand on top 1, open hands 2, close 3, back to “box” 4, flex wrists 5, close 6, flex wrists to make a box 7, close 8
- 8 Windmill arms in a ripple 1-4, switch diagonal 5-6, “pray” hands 7-8
  
- 8 Rocket arms 1-2, high V 3-4, circle to low V 5-6, close 7-8
- 1 Hit poses by levels 1

**Formations:**

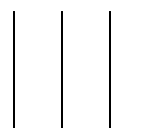
**#1 – Blocks**



**#2 – Staggered Block**



**#3 – Columns**



**#4 – Triangle**



**“Gone Daddy Gone” – by: Tom Wallace (Arrangers)**  
**Intermediate/Advanced Field Military – Time: 1:27**



Begin in three staggered blocks

8 Hold 1-2, three groups L-R: relevé and rocket up 3-4, or 5-6, or 7-8

8 Contagion back to front: break arms to LV and step back on R foot 1-8

88 Three groups R-L: step down on L foot slicing R arm up 1-2, pivot switching arms 3-4, clean arms close feet and bow 5-6, stand looking R with R arm at shoulder level to side 7, switch to L 8, middle group goes 3-2, L group goes 5-4, hit levels 5-8

8 HV or LV 1, bend elbows 2, shoot up or down crossing wrists 3, open to V 4, rocket 5, arms go around to opposite rocket 6, pray 7, flex T 8

8 R or L hand comes to chest 1, switch 2, T 3, clean 4, stand 5-8

88 Three groups R-L: Superman up L 1, pull R elbow down 2, switch arms down 3, L arm down to Superman 4, LV 5, R arm over to Superman 6, pull R elbow up 7, switch arms up 8, Superman up R 1, HV 2, circle arms down 3, clean 4, M group 3-6, L group 5-8

88 Move to three staggered lines: R arm slice up to ear 1, R arm to chest L arm slice to ear 2, R arm clean L arm to chest 3, L arm clean 4, LV 5, clean 6, LV 7, clean 8, repeat 1-8

8 Contagion from opposite ends: step out pushing arms to side then pulling though to T then turning to push to opposite side 1-8

8 Return contagion: windmill arms closing to opposite wall 1-8

8 Line by line front to back: step back on R foot hitting LV 1-2, or T 3-4, or HV 5-6, close 7-8

8 Contagion L-R: jump split 1-8

8 Z sit 1-2, high knees 3-4, stand L foot 5-6, R foot 7-8

8 Chassé opposite directions arms in T 1-2, ball change back swinging arms front 3-4, three step turn arms in T 5, broken T 6, T 7, clean 8

88 Three groups L-R: box with L arm on top 1, switch box 2, clean L arm R arm out to side 3, back to box 4, shoot R arm across 5, swing arm to L side 6, open to R diagonal 7, switch to L diagonal 8, M group 3-2, R group 5-4, F-B: switch to R diagonal 5, pop diagonal & 6, middle line 6-7, back line 7-8

88 Clean head down 1, head up 2, three groups R-L: chassé front leading with R foot arms in LV 3-4, step L arms in broken T 5, turn body to L diagonal and passé R arms in T 6, step down R to front and clean arms 7, close L foot 8, middle group 5-2, L group 7-4, check up or down R 5, L 6, open HV or LV 7, clean 8

88 Move to trapezoid: half T R 1, rotate up 2, switch arms 3, rotate L 4, L arm in 5, push forward crossing wrists 6, T 7, clean 8, repeat 1-8

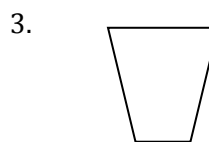
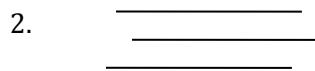
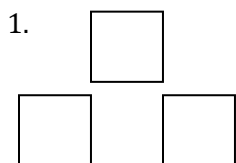
8 Three groups front to back: Bow 1-2, low knees 3-4, or high knees 5-6, or standing 7-8

88 Three groups R-L: R arm out 1, switch to L 2, L arm across body 3, L arm to ear R out to side 4, switch arms 5, R across body 6, clean head down 7, head up 8, or 3-2, or 5-4, stand 5-8

8 Contagion front-back: relevé and circle arms back and tuck 1-8

8 Hit levels HV or LV 1, bend elbows 2, shoot up or down crossing wrists 3, open to V 4, rocket 5, arms go around to opposite rocket 6, pray 7, flex T 8

1 R side has R arm up to diagonal and look, L goes to L side, middle to HV 1



**“James Bond” – by: 007 Lovers**  
**Intermediate Military – Time 1:50**



Begin in bow-tie formation

88 Hold 1-4, L side pushes up 5-6, L side down and R side pushes up 7-

8, R side down 1-2, all elbows out 3, push up 4, circle opposite directions 5-8

8 Bug 1-2, three groups outside to inside: pike up 3-4, or 5-6, or 7-8

8 Bug 1-2, high knees 3-4, stand 5-8

88 Three groups R-L: step back R and push arms to R side 1-2, open T to back 3-4, close to R wall and push arms 5-6, step out R and open T to front 7-8, close L to R and rocket up 1-2, clean 3-4, middle group 3-6, L group 5-8

8 Walk side R: step out R half T 1, close L to R rocket up 2, step out R half T 3, clean 4, L side repeats going L 5-8

8 Step in and bow circling body 1-3, clean 4, step in and circle in plié 5-7, clean 8

88 Two groups front to back; walk forward arms in Indian with R arm up 1, switch arms 2, Indian 3, open arms &, Indian 4, box 5, Indian 6, rocket front 7, bow 8, back group repeats 1-8

88 Move to T: R arm in front L in back in jazz hands and plié 1-4, three step turn over L shoulder 5-8, repeat 1-8

88 Head down 1, up 2, four groups counter clockwise: step out with half T 3-4, close feet rocketing front 5-6, repeat 7-2, or 5-4, or 7-6, or 1-8

88 Inside to outside: step back R slicing R arm up 1-2, turn R with R arm by ear and L straight out from shoulder 3-4, switch arms 5-6, turn R with L arm slicing 7-8, clean 1, tuck 2, or 3-4, or 5-6, or 7-8

2 Hold (no music) 1-2

8 Pose 1-4, pose 5-8

4 Tuck 1-2, hold 3-4

8 Rotate to X: bow 1-4, stand 5-8

88 L diagonal: Half diagonal up R 1, rotate down L 2, rotate up L 3, rotate down R 4, rotate up R 5, L arm opens to diagonal 6, HV 7, clean 8, R diagonal: hold 1-4, repeat 5-8, continue 1-4, R diagonal break LV 5, break HV 6, L diagonal repeats 6-7, roll arms and clean & 8

8 Pray down 1, cross wrists 2, box in 3, switch box out 4, waitress 5, hands together over head 6, circle down 7, pray 8

88 Move to block: flex half T L 1-2, R 3-4, T 5-6, clean 7-8, repeat 1-8

88 Three groups L-R: tuck 1-2, jump out 3-4, reach back with l hand 5-6, stand with jazz hand 7, roll fingers 8, close L to R 1-2, tuck 3-4, or 3-6, or 5-8

8 Contagion L-R: roll to levels 1-8

8 R arm in front of face 1, L 2, cross hands 3&, broken T 4, shoot out in levels with wrists crosses 5, open to levels 6, rocket up 7, clean 8

8 Pray 1, flip hands and head down 2, pray 3, flip R hand up and look L 4, switch hands and head 5, pray 6, T 7, clean 8

8 Shoot different directions 1-2, arms in to chest 3-4, stand 5-8

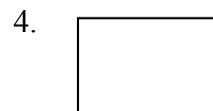
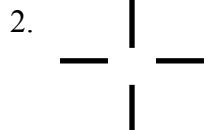
8 Three groups L-R: pivot L arms in LV 1, clean facing back 2, repeat 3-4, or 3-6, or 5-8

8 Three groups front to back: check down L 1, up L 2, up R 3, down R 4, or 3-6, or 5-8

8 Check L 1, R 2, double to L 3-4, repeat to R 5-8

8 Three groups L-R: LV 1, close 2, middle group to HV 3-4, R group to LV 5-6, all tuck 7-8

1 Shoot arms out and hit levels 1







## “Walking Dead” – by: Bear McCreary Advanced Military – Time: 1:47

Start in 3 staggered blocks, left block facing front, middle block facing back, right block facing right, standing with feet together, arms by side, looking straight ahead

8 hold 1-2, pick up: left block – rocket 3, step out with L foot, arms to chest &, plié, rocket down 4, low v &, close 5, R arm forward &, L arm forward 6, swing L arm to ear, face back 7-8

8 middle block joins – step out with L foot, drop arm 1, L arm to low V 2, R arm to low V 3, circle arms 4, R diagonal &, L diagonal 5, plié to R, push L arm to R 6, windmill to L to face R side 7, right block joins – look front 8

8 step back with L foot, plié, arms to R low V 1, open to front, low V &, close 2, R check 3, L check &, high V 4, side blocks – circle arms to high V 5, middle block – circle arms to low V 5, hold 6, half T &, cross 7, prep & 8

8 double pirouette 1-2, jump to second, rocket arms down 3, close feet, arms to low V &, close arms 4, move to one block – L arm to R shoulder 5, R arm to L shoulder &, L arm to R elbow 6, R arm up 7, switch kicking L foot out &, close 8

8 two groups (every other line): group 1 – flat back 1, R arm forward &, slice to R 2, circle arm 3-4, repeat 5-8, group 2 – hold 1, flat back 2, repeat 3-4, R arm forward &, slice to R 5, hold 6, circle arm 7-8

8 drop to R knee facing L side, swing arm to L 1, knees together, T arms 2, 3 groups: group 1 – bug 3, low knees 4, arms to low V &, close 5, hold 6-8, group 2 – bug 4, high knees 5, arms to low V &, close 6, hold 7-8, group 3 – bug 5, stand 6, arms to low V &, close 7, hold 8

8 R arm up to L 1, high V &, L arm up to R 2, high V &, arms to head 3, elbows in &, out 4, T 5, arms forward &, arms to face 6, T, stand, R arm to ear 7, circle L arm to ear &, close 8

8 move to 3 diagonal lines: half T 1, cross &, T 2, circle arms 3, low V 4, high V 5, half T 6, cross 7, T &, close, facing opposite diagonals by line 8

8 zipper contagion – melt to a tuck 1-4, zipper contagion – needle, turn, slide to R leg split 5-8

8 continue contagion 1-8

8 two groups (every other line): group 1 – swing L leg to R leg 1-2, group 2 – repeat 3-4, push upper body forward 5, lay back 6, R arm by ear 7, L arm by ear 8

8 roll to stomach 1-2, push up 3-4, tuck 5-6, stand to files 7, close 8

8 move to triangle: R diagonal 1, L diagonal 2, break L arm down to R 3&, low V 4, circle R arm 5, L 6, low V 7, close 8

8 continue moving to triangle: half T 1, cross &, T 2, circle arms 3, low V 4, high V 5, half T 6, cross 7, T &, close 8

8 lean to R, L arm to R shoulder 1, R arm to R shoulder &, close 2, R arm to ear 3, circle L arm to ear 4, swing L arm to down and back to ear, face back 5-6, rocket 7, chest &, rocket 8

8 three groups (by V's, outside to inside): group 1 – break arms down to L knee facing front 1-2, sit to low knees 3, hold 4-8, group 2 – hold 1-2, break arms down to L knee facing front 3-4, high knees 5, hold 6-8, group 3 – hold 1-4, break arms down to L knee facing front 5-6, stand 7, hold 8

8 group 1 – box 1, open R arm up &, open arms clockwise 2, switch arms &, switch 3, switch &, close arms clockwise 4, box 5, T &, close 6, hold 7-8; group 2 – hold 1-2, repeat 3-8; group 3 – hold 1-4, repeat 5-8

8 continue group work 1-2, head roll R to L 3-4, group 1 – low V 5, group 2 – T 6, group 3 – high V 7, break arms in &, arms back to levels 8

8 tuck 1, jump to second 2, head to R 3, head to L &, back to center 4, R arm to L knee 5, cross L arm to R knee &, low V 6, R toe in 7, R heel in &, close 8

8 prep &, leap 1, land 2, roll to L 3-4, twist, arms in a half T 5, roll to low knees 6-8

1 cross arms to shoulders, release head

**Formations:** 1. Staggered Blocks    2. Block    3. Three diagonal lines    4. Triangle

# “Anything Goes/Anything You Can Do”

by: Glee Cast (Season 3)

Intermediate Novelty – Time 2:10



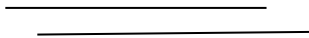
- 4 Hold beginning in 2 lines, tightly staggered  
8 moving into triangle: first group step L w/arm 1-2, step R 3-4, step L 5, coupé turn 6-7 step R 8  
8 second group picks up: step L pulling arms fwd 1-2, step R pushing hands down body 3-4, step L 5-6, fan R 7-8  
8 third group picks up: sit to L leg 1-2, roll 3-4, stand L 5-6, jump to 2<sup>nd</sup> scooping “L” arms 7-8  
8 step R w/arms down 1-2, step L reaching R 3, passé R to face back 4, ball change RL 5-6, chassé R to stage R 7-8  
8 step to front 1, pull R leg through to leap 2, land sitting 3-4, arms to low V and head up 5-6, look front 7-8  
8 contagion front to back rocking to L hand 1-8  
8 R leg out 1-2, arms up 3-4, roll over L shoulder to stand facing stage L 5-6-7, dig R foot 8  
8\* step back R drag L foot 1-4, step back L drag R foot 5-8  
8 contagion stage R to stage L stepping out R, circling R arm overhead 1-7, clean R to L 8  
8\* move to staggered block, jazz hands at chest  
8 cont. moving triplet L 1-4, triplet R 5-8  
8 cont. move walk swinging arms side to side  
8 3 step turn to back R 1-2, L 3-4, R 5-6, pose 7-8  
8\* Opposing lines Charleston, odd lines face stage R, evens stage L: step R 1-2, point L 3-4, step back L 5-6, point R 7-8  
8 even lines repeat 1-4; odd lines step 1-2, turn and arabesque 3-4, all step back L 5-6, lunge 7-8  
8 sit to right leg and roll to sit facing stage L 1-4, drop knees to front and look 5-6, to elbows 7-8  
88 groups 1-3-5: kick R 1-2(3-4, 5-6), kick L 3-4(5-6, 7-8), close legs 5-6(7-8, 1-2) hold 7-8. All legs up 1-2, circle clockwise 3-4, up 5-6, sit up 7-8  
88 2 groups: Group 1 - lay to R side 1-2, kick L 3-4, roll to back 5-8, stand 1-2, turn over L shoulder to front with hands on hips 3-4, hold 5-8  
Group 2 - hold 1-4, lay to R side 5-6, kick 7-8, roll to back 1-4, stand 5-6, turn to front 7-8  
8 throw arms back 1-2, jazz walk fwd stepping L 3-4, R 5-6, L 7-8 bringing arms up from side  
8\* step dig to R 1-2, repeat 3-4, reverse to L 5-8 all while splitting into 2 blocks  
8 scissors to inside 1-4 w/low V arms, reverse to outside 5-8 arms in high V  
8 back bc w/inside foot arms down to outside 1-4, relevé feet together 5-6, prep 7-8  
8 double pirouette 1-4, land out to 2<sup>nd</sup> 5-6, jump together 7-8  
8 opposing pivots (L group steps R, R group steps L), step 1-2, turn to back 3-4, step 5-6, turn to face inside 7-8  
8 kick upstage foot 1-2, back bc 3-4, repeat 5-8  
8 step 1-2, chug 3-4, step 5-6, chug 7-8 moving toward center  
8 quick steps backing up 1-7, clean front 8  
8 L group arms down R 1-2, L 3-4, up R 5-6, up L 7-8 (right group is opposite)  
8 L group poses 1-4, R group poses 5-8  
8 move to 1 line: jazz hands at chest  
8\* cont. moving triplet L 1-4, R 5-8  
8 clean 1-2, hook up 3-4, bevel R leg 5-6, switch 7-8  
8 passé-point contagion stage R to stage L 1-8  
8 reverse 1-8  
88 from L to R- soutenu turn contagion to pose facing stage L  
8 point R foot 1-2, passé 3-4, repeat 5-8

- 8 hip to front 1-2, back 3-4, front 5-6, circle to face front 7-8
- 8 opposition low V/high V arms every other one: 1-4, switch 5-8
- 88 run to triangle
- 8 contagion front to back soutenu turn with sunshine arms
- 8 high V 1-4, switch 5-8
- 8 roll to levels 1-8
- 6 slice arms up 1-5, release 6

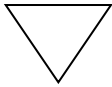
\* denotes major tempo changes

**Formations:**

#1- Two staggered lines



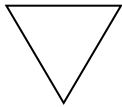
#2- Triangle



#3- Single line



#4- Triangle



**“Wedding Belles Mix” – by: Various Artists**  
**Intermediate Novelty – Time: 2:30**



Beginning Formation – 2 columns facing audience with R dig holding flower bouquet at stomach

8 Hold 1 – 4, drop head R 5-6, drop head L 7-8

8 Step R 1, dig L foot 2, step L 3, dig R foot 4, pony on R with head pop to R 5-6, pony on L with head pop to L 7-8

8 R 3-step turn towards audience 1-3, close feet 4, step L 5, dig R foot 6, step R 7, dig L foot 8

8 Move to formation #2 – arms circle up overhead 1-4, pull down to chest level 5-8

8 Continue moving to formation – wave bouquet overhead with R hand 1-4, bring down to chest level 5-6, push bouquet out at chest level 7, pull back in to chest 8

8 R pivot 1-4, plie with bouquet at knees 5-6, throw bouquet back 7-8

8 Ripple from L-R into 4 lines. Odd lines – Chainé R to form a new line and pose with R leg out and R arm at high angle.

Even lines – R pencil turn around self and pose with R leg out and R arm at low angle.

8 Continue ripple 1-4, shift weight to R 5, snap 6, shift weight to L and switch levels 7, snap 8

8 Parts (1,3,5) - step forward L 1, ron de jambe R leg with hands crossed at chest 2-3, R back ball change 4-5, R high kick with L arm overhead and R arm out 6, step R 7, dig L foot 8

8 Continue parts 1-4, step out with L and swing L arm out 5, dig R 6, step out with R and swing R arm out 7, dig L 8

8 Step L prepare 1-2, double pirouette 3-4, jump out to 2<sup>nd</sup> position with low V arms 5, close feet 6, step L to L wall crossing hands at heart 7, R attitude with hands in low V 8

8 Step R across 1, dig L 2, hands at mouth 3, kiss towards audience and hands out leaning forward 4, plié with hands at knees 5, souté 6, land to ground facing R wall 7, hold 8

8 Roll to back on elbows 1-2, kick L 3, switch to kick R 4, cross right over L 5, roll to L to high knees 6-7, hands out to show “wedding ring” 8

8 Shake with hands out 1,2,3,4, throw R arm around and back 5, roll to stand facing back 6-8

8 Parts (1, 5) step forward R with both arms overhead and ball change to face audience 1-2, step R circle arms out 3, tuck down with flat back 4, group 2 continues 5-8

8 Walk forward while shaking finger at audience with L arm L 1, R 2, L 3, R 4, T arms with low L kick 5, wrap arms and face L wall with L foot in front 6, push weight back to R and look up 7, push weight back to L foot and look forward 8

8 Cross R over L 1, point L to side with R arm overhead 2, cross L over R 3, point R foot out touchdown arms 4, lean over to R 5, snap fingers overhead 6, cross R over L clip turn 7, face front 8.

8 Move to formation #3 – arms circle up overhead 1-4, pull down to chest level with pray hands 5-8

6 Continue moving to formation –Flick R hand overhead 1-4, bring down to chest level with feet closed 5-6

8 Hold 1-2, Parts (3,5,7) – R ball change to side arms in T 3-4, R fan kick with arms circling overhead 5, R back ball change 6-7, relevé on L foot while wrapping head 8

8 Sit into R hip with L knee popped and shake 1, shake 2, shift weight L with hands at heart 3, R ball change back with L arm overhead and R arm out 4-5, R chassé forward 6-7, step L 8

8 R jeté 1-2, land down to floor 3-4, roll to face back 5-8

8 Continue parts 1-4, walk back while moving arms overhead R 5, L 6, R 7, turn to face front with arms wrapped on head and L knee popped 8

\*8 R ball change out to side arms circling out from head 1-2, dig R 3, hold 4, R ron de jambe running back 5-6, L ron de jambe running back 7-8

\*8 Face L wall prepare 1-2, R chaîné to audience 3-4, close feet 5-6, Group 1 – lean R with arms overhead flicking wrists R 7, lean L flicking wrists L 8, Group 2 – lean L with arms down flicking wrists L 7, Lean R with arms down flicking wrists R 8

\*8 Cross R over L clip turn around 1-2, close feet to audience 3-4, wrap head 5-6, L dig with arms out showing off “wedding ring” shake 7, shake 8

8 Cross L over R with hands crossed at chest 1, R tilt kick 2, cross R over L 3, R ron de jambe T arms 4, R back ball change arms at side 5-6, R dig 7, hold 8

8 Parts (1,3,5) – chassé to R with T arms 1-2, L back ball change 3-4, 3-step turn to L wall 5-7, R leg pop across 8

8 Roll shoulder back 1, drop over R leg 2, continue parts 3-6, everyone rolls up 7-8

8 Move to formation #4 – arms circle up overhead 1-4, pull down to chest level with pray hands 5-8

8 Continue moving to formation –Flick R hand overhead 1-4, tuck to floor 5-6, hit levels 7, hold 8

8 R flick wrist across body 1, R hand to hip 2, L flick wrist across body 3, L hand to hip 4, move arms overhead in touchdown 5-6, pull hands to chest to pray 7-8

8 Drop head to R 1-2, drop head to L 3-4, sunburst ripple front – back 5-8

8 Opposition point across body at angle 1, middle 2, open 3, clap 4, T arms 5, hug body 6, press hands down side 7, arms down 8

8 Roll up to face back ripple 1-8

8 Step to audience facing L wall rolling shoulders back 1, close feet 2, Step to audience facing L wall rolling shoulders back 3, close feet 4, Walk forward while shaking finger at audience with R arm L 5, R 6, L 7, R 8

8 Walk backwards leaning over pulling hands up to touchdown L 1, R 2, L 3, clap hands overhead 4, lean R pulling hands to R shoulder 5-6, lean L pulling hands to L shoulder 7-8

8 Run around self R 1, L 2, R 3, prepare facing L wall 4, chaîné 5, R axle 6-7, land to face audience 8

8 Step back L with hands at chest level with broken wrists 1-2, circle arms up and out stepping out to R in 3, plie 2<sup>nd</sup> position with hands at knees 4, snake to R 5-6, snake to L 7, R dig wrap arms overhead 8

\*8 R ball change out to side arms circling out from head 1-2, dig R 3, hold 4, R ron de jambe running back 5-6, L ron de jambe running back 7-8

\*8 Face L wall prepare 1-2, R chaîné to audience 3-4, close feet 5-6, Group 1 – lean R with arms overhead flicking wrists R 7, lean L flicking wrists L 8, Group 2 – lean L with arms down flicking wrists L 7, Lean R with arms down flicking wrists R 8

\*8 Cross R over L clip turn around 1-2, close feet to audience 3-4, tuck 5-6, levels 7-8

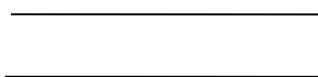
2 – Hands up showing off “wedding ring” 1, pose 2

**Formations:**

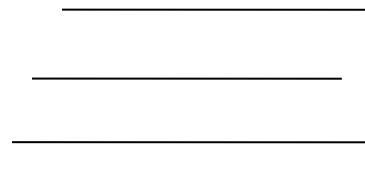
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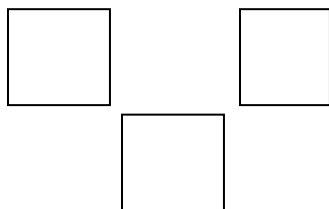
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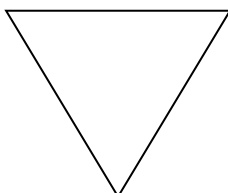
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#4



#5



# “Ain’t Nothin But a Kiss”

by: Felicia (Memphis: A New Musical)


Advanced Novelty - Time: 2:02




\*Start in clump

- 8 – Reach RL arms up to face R side 1-4 cross turn R over L 5-6 jump together 7 hold 8
- 8 – Moving to 3 staggered lines: step L passé R 1-2 step R passé L 3-4 walk out with arms up 5-8
- 8 – Continue moving: step L passé R 1-2 Step R passé L 3-4 walk with arms in low V 5-8
- 8 – 3 Groups: step drag R 1-2 step prepare 3-4 coupé turn 5 step out R 6 roll hips to L 7-8
- 8 – Continue groups: sit to L side 1 hold 3-6; group 2 starts on 3-4 ends 3 hold 4-6; group 3 starts on 5 ends on 5 hold 6 everyone shake hip & 7 pop chest out in & 8
- 8 – Prepare 1-2 triple/double pirouette 3-5 slide to second 6-7 close legs 8
- 8 – Roll to R 1-4 L leg to pencil 5 fan to side 6 slide through 7-8
- 8 – Lean back 1 kick R leg up 2 step up to R 3-4 slide L leg into R with arm circling 5-6 close 7 pop chest 8
- 8 – Step L point R 1-2 step R point L 3-4 drop over L leg 5-6 arms up to front 7 sit into R hip arms down 8
- 8 – Wrap arms R over L to the L side contagion 1-4 rond de jambe R 5-6 rond de jambe L 7-8
- 8 – Ball change LR with arms scooping forward 1-2 walk LR 3-4 put lipstick on in relevé RL 5-6 plié RL 7-8
- 8 – Moving to triangle: circle R arm 1-4 chest pop with R arm on chest 5-6 R arm on head pop 7-8
- 8 – Continue moving: R arm out in low V 1-4 check marks with arm RLRL 5-8
- 8 – Sauté in parts front to back (1,3,5) everyone in tuck 7-8
- 8 – Arms circle back to sitting position contagion L to R 1-8
- 8 – 3 Groups: roll up to the back 1-4 turn to front 5-6 roll hip to R 7-8
- 8 – Continue groups: group 2 roll up 3-4 turn to front 7-8 roll hip to R 1-2; group 3 roll up 5-6 turn to front 1-2 roll hip to R 3-4 everyone R arm out 5 L arm out 6 melt 7 pop wrist 8
- 8 – Step L turned out passé R leg 2 walk forward RL 3-4 tilt jump 5-6 step out to R 7 look front 8
- 8 – 3 Groups: Step L inverted kick 1-2 pivot to back 3&4 hold 5-8; group 2 starts on 3-4 ends 5-6 hold 7-8; group 3 starts on 5-6 ends on 7-8
- 8 - Moving to 3 staggered lines: step L passé R 1-2 step R passé L 3-4 walk out with arms up 5-8
- 8 - Continue moving: step L passé R 1-2 Step R passé L 3-4 walk with arms in low V 5-8
- 8 – 1<sup>st</sup> and 3<sup>rd</sup> lines stay forward; 2<sup>nd</sup> line turns to back: finger points around 1-4 step R step L 5-6 second leap 7-8
- 8 – Turn out of it 1-4 shimmy back to center 5-8
- 8 – 1<sup>st</sup> and 3<sup>rd</sup> lines pivot 1-2 pivot 3-4 step out RL with arms in high V 5&6 hold 7-8; 2<sup>nd</sup> line pivot 3-4 pivot 5-6 step out RL with arms in high V 7&8
- 8 – 2 Parts: prepare 1-2 fouetté 3-4, 5-6, 7-8
- 8 – Double pirouette 1-2 jump out to second 3 jump together 4; group 2: prepare 1-2 double pirouette 3-4 jump out 5 together 6 step R point L 7-8 step L point R 1-2 jump out 3 together 4; everyone step back on R scoop arms down 5-6 step back RL popping chest forward 7-8
- 8 – 3 Groups: step R kick 1-2 step flick 3-4 chaîné back 5-6 walk to side RL 7-8
- 8 – Grand jeté 1-2 reach 3 sit 4 hold 5-8; group 2 starts 3-4 sit 6 hold 7-8; group 3 starts 5-6 sit 8
- 8 – R arm wrapping contagion to random pose 1-7 clean 8
- 8 – Swivel passé 1-2 extend R leg out 3 down 4 piqué 5 arabesque L leg 6 step L turn to R 7-8
- 8 – High chaîné 1-2 low chaîné 3-4 calypso 5-6 roll to ground 7-8
- 8 – Continue rolling to ground 1-2 R leg to L swivel hips 3-4 run to beginning clump 5-8
- 4 – Continue running to clump 1-4 pose 5-6 pose 7-8
- 8 - Reach RL arms up to face R side 1-4 cross turn R over L 5-6 down to levels 7-8
- 1 – Head roll to front 1


## Formations:

- 1)  2) 

X	X	X	X
	X	X	X

 3)  4) 

X	X	X	X
	X	X	X

 5) 

**“Stay” – by: Rihanna**  
**Intermediate Lyrical – Time 2:09**



**Begin standing in staggered lines facing the front with 1 girl sitting facing the L diagonal**

- 8 (Soloist) Hold 1-4, rock back 5-6, rock forward 7-8
- 8 Extend R leg and reach R arm to the back 1-2, come back in with knees up 3-4, push off arms to stand 5-6, drop to touch floor 7, stand 8
- 8 (Entire group) Box R arm while dragging on R leg 1, face the R side 2, relevé as you grasp your head 3, down 4, pulse R leg and raise arms straight forward to stand 5-8
- 8 Ball change to the L diagonal and circle R arm forward 1-2, run RL for prep 3-4, tilt jump 5-6, roll to stand facing the front 7-8
- 8 Pickup step: beginning from R side of line & repeat at the end:(*Group 1*) Step on R leg 1, throw arm and body over with R leg raised 2, step back RL 3-4, face the front while placing R hand over forehead 5, (*Group 2 catches on*) collapse down facing the R 6, pulse L arms out twice while in lunge 7-8
- 8 Relevé while placing arms over heart and look down 1-2, drop arms down and look up 3, (*Group 3 catches on*) contract while looking to the L 4, prep for calypso 5-6, low chaîné 7-8
- 8 Calypso 1-2, roll to stand 3-6, rock forward with L hand placed on head 7-8

**Transition to Triangle**

- 8 Walk to triangle 1-4, drag back on R leg while reaching R arm out 5-6, step back on L 7, face the back 8
- 8 Rock back on R leg and arch back 1-2, relevé while reaching arms over to the R 3-4, step to the R 5, flick R arm to L diagonal 6, drop down and extend R arm out 7, snake to the L 8
- 8 Step R 1, arabesque 2, step R 3, face the front 4, \*ripple from R to L \* Contract to the L with both arms over head 5-8
- 8 Step back on L leg and raise L arm 1, step to face L diagonal on R leg and raise R arm 2, step L 3, high kick 4, step RL 5-6, rock back on R leg with hands on hip 7-8
- 8 Formation Change—walk as arms extend to T position with palms facing up 1-4, bring arms down 5-8
- 8 Group work from L to R starts 1-2, 3-4, or 5-6: Passè R knee as you circle arms up 1-2, prep for single/double pirouette 3, turn 4-5, land out with arms in T 6, swing arms in 7-8
- 8 Step back R 1, step over R shoulder to face back 2, continue group work 3-6, circle head to the R 7, look to the audience 8
- 8 Chassé back while throwing arms back in V 1-2 or 3-4 or 5, stand 6, prep for jetè RL 7-8,
- 8 Leap 1-2, throw arms forward 3-4, Formation Change--walk to diagonal 5-8
- 8 Roll head to the R with R hand over mouth 1-2, plié 3, attitude R leg 4, step R 5, prep 6, single or double coupé 7-8
- 8 Slide R leg out to floor with arms in L 1-2, snake over R shoulder to lay on stomach 3-4, bug 5-6, up on knees 7, roll to stand facing back 8
- 8 Continue rolling 1-4, Formation Change--walk to triangle 5-8
- 8 Outer triangle contracts in 1-2, inner triangle 3-4, chaîné 5-6, step RL 7-8
- 8 X jump 1-2, turn out of jump 3-4, drag forward on R leg 5-6, repeat to L 7-8
- 8 Step on R leg to face the back 1-2, out into T 3, R hand behind head and L behind back 4, sway hip to the L 5-6, step out to R 7, slide R leg in 8
- 8 Knee drop 1-2, look up 3-4, hit floor with R arm 5-6, up on knees 7, roll back 8
- 8 Continue rolling 1-4, relevé with choice of arms 5-6, prep for pirouettes 7-8
- 8 Single turn 1-2, prep for double 3-4, turn 5-6, land 7-8
- 8 Step on R leg 1, throw R arm and body over with R leg raised 2, step back RL 3-4, face the front while placing R hand over forehead 5, collapse down facing R 6, pulse L arms out twice in L lunge 7-8

8 Relevè while placing arms over heart and look down 1-2, drop arms down and look up 3, contract while looking to the L 4, prep for calypso 5-6, low chainé 7-8

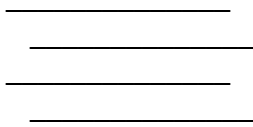
8 Calypso 1-2, roll to stand 3-6, rock forward with L hand placed on head 7-8

8 Walk starting with R leg first (arms out in T)1-3, step L for prep 4, fan kick facing the back 5-6, illusion 7-8

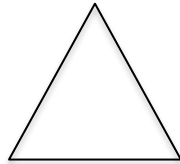
8 Roll to lay on floor 1-2, lay on stomach 3-4, push back with R arm and throw L arm forward 5-6, sit facing the back 7-8

4 Contract 1-2, wrap arms around knees 3-4

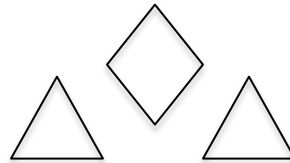
**Formation 1**  
**Staggered lines**



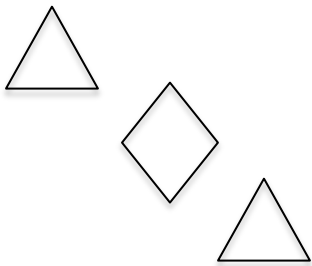
**Formation 2**  
**Triangle**



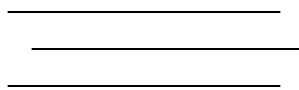
**Formation 3**  
**3 Triangles**



**Formation 4**  
**3 diagonal triangles**



**Formation 5**  
**Staggered lines**





**“Happy” – by: Leona Lewis**  
**Intermediate Lyrical - Time 1:56**



Start in two triangles in levels

8 Hold with head down 1-4, look up on 5 or 6 or 7 or 8

8 Reach 1-2, roll up 3-4 or 5-6, or 7-8

4 Walk towards the other group 1-4

8 Reach contagion in opposition 1-6, release contagion 7-8

8 Continue 1-4, push 5-6, jump to recover 7-8

8 Turn R 1, pull L 2, drag 3-4, head roll 5-7, any jump 8

8 Run to block 1-8

8 Plié 1, step L foot behind R 2, tilt kick 3, down 4, walk 5-6, arabesque turn 7-8

8 Ball change 1-2, hit front 3-4, drop contagion from R to L on 5-8

8 Continue 1-4, flick contagion from L to R 5-8

8 Finish contagion in a L lunge by 4, scoop to back arms in T 5-6, drag up 7-8

8 Parts: 1-2 or 3-4 or passé leg around 5-6, push through 7-8

8 Plank 1 drop 2, roll up 3-4, prep, 5-6, chaîné turn 7-8

8 Chainé turn 1-2, again 3-4, chassé step leap 5-8

8 Every other line lands up or down on 1-2, big head roll to the R 3-6, roll up or 3 step turn 7-8

8 Walk to 2 lines 1-8 while the solo part starts: Reach R 1, L 2, prep 3-4, double turn 5-6, R lunge 7-8

8 Stand 1-2, R kick 3-4, grab forward 5-6, recover 7-8

8 Everyone reach R 1, L 2, prep 3-4, double turn 5-6, R lunge 7-8

8 Stand 1-2, prep 3-4, high chaîné 5-6, low chaîné 7, calypso 8

8 Turn out of it 1, drag to switch direction 2, R chassé 3-4, Russian or X jump 5-6, face front 7-8

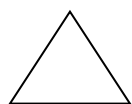
8 Chug 1,2, throw 3-4, close 5-6, run to a clump 7-8

8 Continue running 1-4, circle hands 5-6, reach 7-8

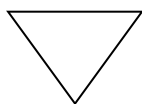
4 Fade down 1-4

**Formations:**

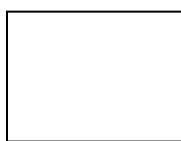
1. Triangle



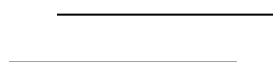
2. Inverted Triangle



3. Block



4. Staggered Lines



**“I Want to Live” – by: Anberlin**  
**Intermediate Modern – Time 2:02**



**Beginning Pose: Lay down in different directions on formation # 1 upside down triangle**

- 8 Hold 1-4 right arm up 5-6 left arm up 7-8
- 8 Oppositional twist 1-2 or 3-4 right arm down 5 left arm down 6 fix to sit 7-8
- 8 Right arm out 1 left arm touches 2 brushes 3-4 sit up R arm up on fifth position 5-6 roll up 7-8
- 8 Continue roll up 1-4 run to Formation #2 (Triangle) 5-8
- 8 Right rond de jambe, arms circle with arm around 1-4 right attitude, hands placed on knee, look away 5-7 left two step turn 8
- 8 Continue 1 parallel plié, right arm front , left arm back look audience 3-4 stand up, R arm up 5-6 body melt 7-8
- 8 Hold 1 left tilt kick 2 left three step turn 3-5 hold 6 melt 7-8
- 8 X jump, T arms 1-2 land, right hand on floor 3-4 snake up 5-6 step back right, left 7-8
- 8 Step right 1 left dégagé jump 2 cross left behind 3 lounge out preparation 4 double coupé turn 5-6 land floor 7-8
- 8 Arm rebound 1-4 pike on floor 5-6 sit 7-8
- 8 Hold 1-2 double attitude back roll 3-7
- 8 Passé roll 1-8
- 8 *Contagion left to right* – Grab arm, sit, contract 1-8
- 8 Hold 1-2 half toe lift 3-6 hold 7-8
- 8 *Contagion back right diagonal*- Circle arms around, Z sit 1-6 together left arm out, right grabs 7-8
- 8 *Contagion back right diagonal* - Right shoulder straddle 1-6 attitude back 7-8
- 8 Roll up 1-4 left rond de jambe, circle arms around 5-8
- 4 Move to formation #3 Partner staggers
- 8 *Oppositional movement*- Right, left, right, passé, arm circle around 1-4 opposite 5-8
- 8 Chassé back right, circle 1-2 passé 3-4 three step turn 5-8
- 8 Continue 1-2 right inversion 1-8
- 8 Right ball change back, reach arms forward 1-2 hold 3-4 right arm in 5 left arm in 6 both arms down 7 look up 8
- 8 *Partner work*- Run to partner 1-4 partner waist weight shift/ tilt 5-6 down 7-8
- 8 Three step turn 1-4 grab right 5 grab left 6 back arch 7-8
- 8 Continue 1-2 prepare 3-4 double attitude jump 5-6 clip turn 7-8
- 8 Run to partner 1-4 cart wheel, body contraction 5-8
- 8 Melt down/ roll up 1-8
- 8 Upside down body lift 1-8
- 8 Turn partner 1-6 bring partner down 7-8
- 8 Run to Formation # 3 Diamond 1-8
- 8 *Three parts every two counts*- Step right 1 cut behind 2 fan 3-4 Step right, left, right 5-7 left passé, right hand on shoulder, left back 8
- 8 Step left foot back 1-2 left lunge circle arms to back 3-8
- 8 Right arm up 1 left arm up 2 slap down 3-4 walk back and arch back right 5 left & close feet together, look back 6 Continue parts 7-8
- 8 Continue Parts 1-8
- 8 Right piqué turn 1-4 left lunge down, push arms down 5-6 roll front 7-8
- 8 Continue roll 1-2 side kick 3-4 back attitude, with arch 5-6 roll back 7-8
- 8 Oppositional sitting 1-4 lay back, arm up 5-8
- 8 Right arm melt 1-4 L arm melt 5-8

**Formations:** #1 Upside Down Triangle # 2 Triangle #3 Partner Stagger #4 Diamond

**“A Bird’s Song” - by Ingrid Michaelson**  
**Int/Adv Modern Contemporary - Time 2:20**

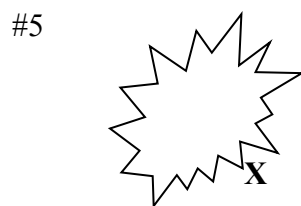
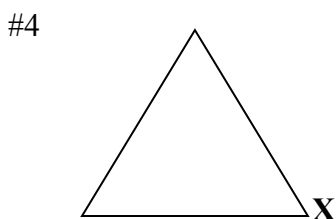
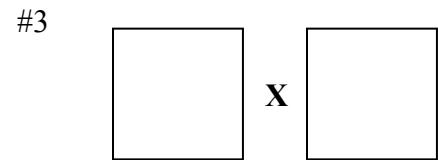
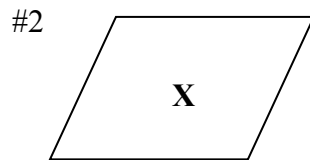
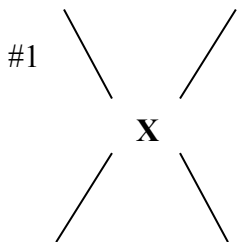


**Beginning Position—soloist in center & 4 diagonals, standing in second position looking down**

- 8 *Group*—hold 1-2, look up 3-4, walk R/L/R/L as hands lift R/L and then melt arms down  
*Soloist*—hold 1-4, look up and reach forward with R hand 5-6, melt arm down and look down 7-8
- 8 *Group*—L rond de jambe as arms swing back 1, L high kick with arms up 2, turn over to face inside the circle 3&, arms push center 4, arms pull into chest &, throw arms up 5, arms melt down 6-7, step back R/L as arms reach center and recover &8  
*Soloist*—reach with L hand &, reach with R hand 1, slice hand across &, melt arm down and contract body 2-3, step back R/L as arms circle up in front 4&, lift arms up 5, melt arms and body down 6-7, recover to standing 8
- 8 *Group*—step R and swing R arm 1, step L/R 2&, sauté jump with R passé 3, recover &4, turn over R shoulder and slice arms R/L to L &5, melt back with L tendu as arms come down slowly 6-8  
*Soloist*—step L into R arabesque as hands circle around 1-2, step back to hug body and sway side to side 3-4, R tendu as arms present to L 5-6, step R/L to the diagonal as hands push forward L/R 7-8
- 8 *Group*—lift R arm up and turn to face inside the circle 1, R hand touches the floor 2, lift L arm up as body recovers 3-4, step R with T arms 5, step L/R 6&, passé jump with L arms 7, roll on the floor 8  
*Soloist*—L fan kick &1, step back 2, step R with T arms 3, R rond de jambe as arms hug body 4, stand in second and throw arms up &5, bring arms down 6, R tilt fan kick to face the front &7, step 8
- 8 everyone recover &1, prepare &2, double/triple pirouette turn &3&, step R and flick hands 4,  
**Formation Change to #2 (Diagonal Lines)**—walk as arms melt down 5-8
- 8 lift arms as R leg cuts across 1&, R arabesque with T arms 2, turn over L shoulder as L arm reaches across 3&4, collapse body facing R side 5, **PARTS (3 Groups—start on 5, 6, or 7)** step back with R as arms lift up 6, step L as arms come down 7, step R/L 8&
- 8 tilt jump facing back 1, roll and recover 2-3, 2<sup>nd</sup> group recover on 4, 3<sup>rd</sup> group recover on 5, everyone step L/R as arms reach up 6&, step L and turn over R shoulder with R passé as arms swing to L arms 7, recover to standing 8
- 8 twist as R leg cuts across 1&, step R as L arm reaches up 2&, drop L arm down 3, windmill L arm over to face other side 4, rebound to stand 5, melt body 6, tilt kick standing or on the floor 7, roll or turn to face the back &8
- 8 recover to standing facing back 1, step R as arms follow 2, knee to knee as arms swing around 3-4, tilt kick with diagonal arms 5, **Formation Change to #3 (2 Blocks, Soloist in between Blocks)**—walk 6&7&8
- 8 *Group*—R fingers forward 1, lean to R side 2, reverse fan kick as arms circle in 3-4, L dégagé as arms swing to L arms 5, turn around 6, R coupé turn 7, slide to the floor 8  
*Soloist*—relevé with hands on hips 1-2, reach forward 3, prepare 4, low chainé 5, checkmark jump 6, recover and reach out 7&8
- 8 *Group*—windmill R leg up and over as you roll 1-2, continue rolling and sit up 3-4, prep 5, rainbow jump over R shoulder 6, recover to standing and melt over R side as arms extend to T position 7-8  
*Soloist*—face front and melt down 1, recover 2, chassé forward 3, switch tilt jump &4, roll and recover to standing 5-6, sway L/R as arms present forward 7-8
- 8 Recover 1, step and drag with T arms 2, turn around 3&, touch knees 4, stand 5, contract 6, push off as arms lift up 7&8
- 8 **Formation Change to #4 (Upside Down Triangle, Soloist on the Left Corner)**—lift R arm 1, left L arm 2, push hands down 3-4, R hand touches forehead looking over to L side 5, drop R arm on R side 6, throw arms up 7, recover 8

- 8 R hand touches L hip 1, relevé as L arm reaches up and over 2, melt 3, extend R leg up 4, swing R leg to the side and down 5&, drop to flat back with L leg up 6, reach to the back 7, reach front 8
- 8 Arch up with a head lift &1, roll up to standing 2-4, extend arms to T (*in a Ripple*) 5&6, place hands on back &, lean forward 7, lean back as hands press down 8
- 8 Step back as hands reach to T 1, step L &, R kick with T arms 2, step R/L 3&, relevé with R passé as arms swing around 4, step back R/L 5&, reverse sauté jump as R arm swings up and over 6, reach up R/L 7&, contract as R arm reaches forward and L arm reaches back 8
- 8 *Ripple (left to right)* step R and turn with T arms 1-4, *Ripple (right to left)* cover eyes/ears/etc. 5-8
- 8 *Group*—R fan kick 1, step R as arms reach up 2, turn and prep &3&4, 3 a la second turns 5&6&7&, calypso or renversé jump 8
- Soloist**—step L/R as arms reach to a diagonal 1-2, turn around to face the group as R arm pushes away 3&4, lift arms up 5-6, break arms L/R &7, lean forward and snake up &8
- 8 *Group*—roll to the floor 1-2, sway to place R leg over 3-4, swing R arm over 5, flick R hand to soloist 6&, extend R leg 7-8
- Soloist**—walk back R/L as arms reach towards the group R/L 1-2, turn over R shoulder as arms swing around 3-4, walk R 5, step L/R as L hand covers lips and R arm swings over 6-8
- 8 *Group*—release and lean to the back 1-2, R fan tilt kick 3-4, stand 5, L passé as arms swing to L arms and step L 6& step R/L 7&, releve with R passé and L arms 8
- Soloist**—windmill R hand up and down 1-2, contract and recover 3-4, reach forward 5&6, step back as hands cover lips 7-8
- 6 *Group*—step R/L 1&, jeté leap with T arms 2, **Soloist**—walk away as arms reach up 1-2, **Formation Change to #5 (Clump to Soloist)**—walk towards each other 3&4&, touch shoulders and melt back and forward 5&6

**Formations:**



**“Holding On and Letting Go”- by: Ross Copperman  
Intermediate Contemporary - Time: 1:51**



**Beginning Position: Formation #1 Tight Block in first position  
parallel head down**

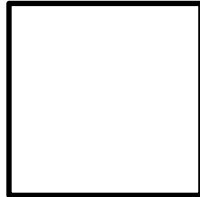
- 8 Hold 1-4, contagion R-L pressing into lunge on L foot forced arch while looking over L shoulder 5-8
- 8 Contagion L-R looking up and over to the R bringing feet back to first parallel 1-4, head roll toward the R 5-6, your own reach 7-8
- 8 Transition to spread out block formation #2: jump onto R foot rond de jambe L 1, step L 2, step R 3, Step L &, Step R 4, sauté on R with L foot in coupé while circling arms over head, drag on L foot while pulling with bent L arm 5, walk around yourself RL 6-&, reach R arm to T with jazz hand 7, Reach L arm to T with jazz hand &, collapse over 8
- 8 Roll up 1, cut R foot at 45 degree angle w/ right arm up and over 2, step R inside coupé turn 3, low 45 L arabesque arm in “L” w/R arm up and L in T 4, step L crossing in front of R 5, step out R &, Replace R w/ L to bring R into passé arms circle up and over to the R 6, step down toward the back R 7, pas de bourrée LRL &8&
- 8 Chainé calypso 1&2, roll to the ground to plank position 3-4, roll head R-L 5, continue rolling 6, fan R 7-8,
- 8 Get up and step L R hips face the front and R arm throws to the R while looking over shoulder 1-2, reach L arm T position with jazz hand 3, grab L wrist w/ R and pull into chest &-4, reach up with both arms following with head 5-6, prepare RL for coupé turn w/ “L” arms 7-8
- 8 Coupé turn 1&, deep lunge to the ground or face the back 2, reach w/ R arm up next to ear looking at it 3-4, down group switch legs L and circle arm down and over to stand while up group chassé facing back to the L side circling arms down and over stepping out w/ arms down 5-7, everyone is standing facing L side and wraps arms at chest w/ head released 8
- 8 Chassé L facing back together through deep plié reaching w/ L arm reaching out and up by the ear then R arm slices up to meet L 1-2, chug on L foot coupé R traveling L to face the front w/ L arm pulling in broken T 3&, chug on R foot rond de jambe L around arms reach out crossing in front of chest 4&, turn around yourself to face the front and pull through arms to end at side 5-6, improv arms 7-8
- 8 Move to triangle formation #3 1-7, prep for inverted fan 8&
- 8 Inverted fan or pencil turn 1-2, pull arms through at sides 3-4, step L 5, cross R leg over 6, relevé and extend R leg waist level w/ L arm up and R in T 7, step R to the back 8
- 8 Step L drag R &1, step L 2, run R L 3&, R Jeté “L” arms 4, step L 5, fan R 6, three step turn 7&8
- 8 Reach from RL w/ R arm 1, chug back contracting on R arms pulling in at waist 2, step L 3, jump onto R foot switching feet in the air w/ arms circling over from back to front &4, run R L 5&, peter pan leap 6, reach 7-8
- 8 Transition to block formation #2 1-8
- 8 Ball Change RL 1&, plié parallel w/ L arm bent at chest R arm comes up and through L 2, ball change RL out w/R arm out and over 3-4, both arms slice into broken T w/ right arm straight to cut w/ R foot and face the back 5, step R L 6&, tilt kick 7-8
- 8 Contagion R-L arms circle around to T to face the front then flat back in plié arms wrapped around waist 1-4, contagion L-R unwrapping arms ending w/ left slowly suspending down 5-8
- 8 In opposition even rows arabesque L leg odd rows R leg w/ flat back arms in T 1-2, step out of arabesque R L(odd rows L R) and reach down w/ R arm (odd rows L arm)unfolding toward the R side (Odd rows L side) &3-4, move L foot (odd rows R foot) out to second position parallel

in plié and open arms up and over slightly releasing head 5-6, reach RLR (odd rows reach LRL)7&8  
8 Reach both arms out and pull jumping forward in your direction RL &1-2, move to tight block  
formation #2 facing the back 3-8  
8 Push R arm through and turn over R shoulder to face the front 1-2 contagion L-R reaching to  
the R connecting with dancers next to you 3-6, look up and over to the left as music fades 7-8

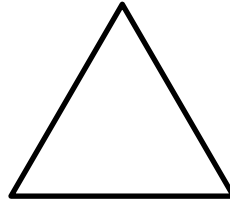
Formation#1  
Tight Block



Formation#2  
Spread out block



Formation#3  
Triangle



**“Breath of Life” - by: Florence + The Machine**  
**Intermediate/Advanced Contemporary - Time 2:07**



***Beginning Position - Formation #1- Clump: Stand with head down facing the center, posing and connected in levels***

- 8 **Outside groups:** hold 1-4, extend arms 5-8. **Center group:** hold 1-4, rise up 5-8
- 8 **Outside groups:** stand 1-4, arch collapse down 5-8. **Center group:** lean back 1-4, extension 5-8
- 8 **Outside group:** roll up 1-4, throw both arms and lean back 5-8. **Center group:** recover 1-4, contract 5-8

**Moving to Formation #2- Four Lines**

- 8 Pull toward the center 1-4, turn crouched with head down to spread formation 5-8
- 8 Head up, pushing arms down 1-4, R leg runs 5, L leg 6, jump both arms forward 7, collapse 8
- 8 Rond de jambe L arm circles 1-2, walk back R 3, left 4, extend R leg and arms 5, run 6-7, run jump 8
- 8 Crouch down 1-2, roll up 3-4, release back to the L 5-6, arms over head 7-8
- 8 Parts (L to R on 1, 3, or 5): open passé with L arms 1-2, turn clockwise to face front 3-4, or 5-6, or 7-8
- 8 Jump 1, swivel L-R arms down/bent 2&, hold 3-4, hop with R arm 5-6, extend fingers and R arm 7-8
- 8 Arabesque 1, turn/collapse in 2, walk back on L 3-4, prep 5-6, double coupé turn 7-8
- 8 **Odd Lines:** slide to ground 1-4, push up 5-6, extend L leg backwards 7-8
- 8 **Even Lines:** rond de jambe 1-2, step R 3-4, step L 5, prep 6, attitude extension 7-8
- 8 **Odd Lines:** Rolls standing to the L 1-4. **Even Lines:** Chainé 1-2, Face L 3-4. **Both groups:** Walk forward L shoulder 5-6, step R throw R arm 7-8

**Moving to Formation #3- Triangle**

- 8 Relevé with fists on hips 1-2, run walks 3-6, look R 7, look L 8
- 8 Circle head L to R 1-2, continue running to formation 3-8
- 8 X jump RL circle arms 1, plié 2, R shoulder 3, L shoulder 4, extend L leg 5-6, step L 7, prep 8
- 8 Fan kick R 1-2, lunge 3-4, groups spin outward holding heart 5-7, pose 8
- 8 **Outside groups:** press on outside leg 1-4, **Inside groups:** extend arms outward 1-4, **Both groups:** cross arms around waist in relevé 5-6, lunge with R hand in “shh” over mouth 7, throw L arm 8
- 8 Moving back closer swinging L 1-2, R arm 3-4, L arm 5-6, stand parallel 7-8
- 8 Low run to snake up 1-4, Option 1: prep 5-6, double pirouette 7-8. Option 2: prep 5-6 single flex pirouette 7-8
- 8 Option 1: reach spin 1-4, Option 2: circle head 1-4, **Both Groups:** reach both arms 5, bend elbows facing R 6, step back R 7, step L 8
- 8 S-arms 1-4, step R 5, step L cross arms 6, tilt kick 7-8
- 8 Swivel turn to the front 1-2, high chainé to the R 3-4, low chainé 5-6, calypso 7-8
- 8 Reach in diagonal levels 1-4, recover 5-7, dig with R arm 8

**Moving to Formation #4- Trapezoid**

- 8 Running 1-4, swing arm R 5-6, swing L 7-8
- 8 Lunge with L arm crossing 1-2, step back R 3, T arms in passé 4, step L 5, contract 6, step 7, forced arch arms in touch down 8
- 8 Step with L bring down arms 1-2, walk R 3-4, step L 5, swing arms in posé 6, prep 7-8
- 8 Option 1: three fouette turns hitting out on 2, 4, 6, double turn 7-8. Option 2: Chainé 1-2, piqué 3-4, step R 5, prep 6, double turn 7-8
- 8 Hit arms in pose 1-2, reach 3-4, contagion R to L contracting arms across body 5-8
- 8 Parts 1-3-5 from R to L: Step R 1, contract 2, step L 3, release back 4, arabesque 5-6, turn around 7-8 (middle group stays facing forward)
- 8 Continue parts 1-4, outside groups reach to center with inside hand 5-6, recover 7-8. Inside groups cross hands over body 5-6, recover 7-8

8 Step R 1, step L 2, arch back release R leg 3-4, pivot 5-6, walk back to formation R arm 7, L arm 8 (center faces front on 8)

8 Parts 1-3-5 from front to back: ball change R with L arms 1-2, face back T arms 3-4, slide into tuck with L leg out 5-6, roll 7-8,

8 Continue parts: Pop up on knee L arms 1-2, push L 3, collapse 4, hold 5-8. (center group use opposite arms and legs).

8 Roll 1-2, Extend L leg and right arm (or opposite) 3-4, roll 5-8

8 Stand 1-2, prep 3-4, low chaîné 5-6, axle/turning c-jump 7-8

8 Chainé/roll 1-4, développé R leg 5-8

4 Turn clockwise with L leg extended arms folded 1-4

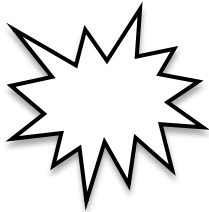
### **Moving back to Formation #1- Clump**

8 Lift L knee to hands 1, return to pose 2, drag with L arms 3-4, freestyle movement back to clump 5-8

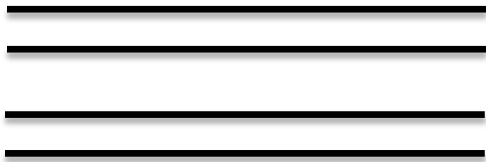
8 Continue freestyle 1-4, collapse 5-8

Formations:

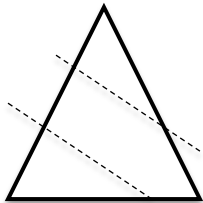
#1 (Clump)



#2 (Four Lines)



#3 (Triangle)



#4 (Trapezoid)







*2013 Staff Captains*  
*American Dance/Drill Team*  
*American Staff*



# **american competitions 2014**

- January 24-25 • Kansas Spectacular (Olathe East HS)**
- January 25 • Gussie Nell Davis Dance Classic (Kilgore College)**
- February 1 • North Houston Regionals (New Caney HS)**
- February 1 • North Texas Regionals (Rockwall Heath HS)**
- February 8 • A&M Dance Classic (College Station)**
- February 8 • Heart of Texas Classic (Ellison HS)**
- February 8 • Jr South Padre Island Festival (SPI CC)**
- February 15 • Sr South Padre Festival (So. Padre Island Conv. Ctr)**
- February 15 • Lone Star State Championship (McNeil HS-Austin)**
- February 15 • Houston Coastal Sr Classic (Morton Ranch HS)**
- February 22 • Houston Regionals (Spring, TX)**
- February 22 • Texas Dance Classic (Rowlett HS)**
- February 22 • Austin Dance Classic (Vandegrift HS)**
- March 1 • Alamo Sr Dance Classic (Karen Wagner HS)**
- March 1 • DFW Dance Classic (Duncanville HS)**
- March 7-8 • Galveston Island Festival (Moody Gardens)**
- March 15 • Santa Fe Dance Classic (New Mexico)**
- tbd • Dallas Mavericks (American Airlines Ctr)**
- March 28-29 • National/International Championship (U.N.T.)**

