



★ **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 Dorrrough, 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: Brad Pearson (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!

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

