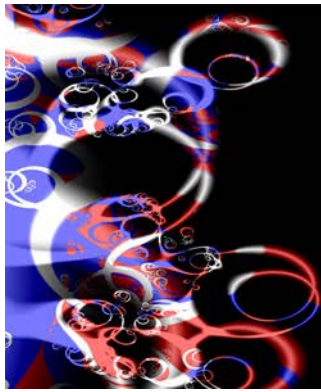


2015 Officer Routines



American Dance/Drill Team





2015 Officer Routines



Officer Camp Dance – “Fire N Gold” - by: Bea Miller – Time: 2:02 - This year, officer camp dance is a strong, powerful routine. It showcases the best of jazz technique with some contemporary elements. This routine offers several technical elements with other options to make it flexible for any officer group. Technical elements include: calypso, turning disc, X jump, pitch kick, tilt leap or tilt kick, leg extension on the floor and much more. This routine would also be perfect for an officer performance or pep rally!



Alice Henrichsen:

Social Officer Dance – “Go All Night” – by: Gorgon City (ft. Jennifer Hudson) – Time: 2:02 - Our social officers are more than just the backbone of our team and our team cheerleaders...they are dancers too! This sassy jazz will showcase their performance qualities and will be perfect for contest or spring show for your social officers. This dance has lots of attitude and technique to spotlight every officer and their abilities. From double pirouettes, kicks and jeté leaps they will shine on the floor.

Amy Tidwell:

Int Lyrical – “Closer” – by: Johnny Swim - Time: 1:51 - This soft and graceful routine is great for any level of officer group. This routine focuses on smooth transitions, fluidity, and various technical elements. For the advanced dancer, they can focus on their style. There are places to accent intermediate and advanced elements to cater to groups that have all levels. The routine can also be modified for beginner dancers as well.

Int/Adv Pom – “Hey Mama” – by: David Guetta - Time: 1:30 - This intermediate/advanced pom is fresh, sassy, upbeat, and exciting! The level of difficulty makes this style perfect for any group so that your officers can focus on having an amazing performance! Technical elements include double turn, right leap or turning disc, and more!

Adv Jazz – “Warrior” – by: Havana Brown - Time: 1:47 - This advanced routine is a high energy and fierce routine that will keep the audience on their feet! Technical elements include illusions, floor work, triple turn, rainbow jumps, reverse leap, Russian, tilt leap, fouettés, toe touch, and more. Your officers will leave this class feeling challenged and empowered!





Tasha Evans-Franklin:

Int/Adv Hip Hop – “Mega Mix” – by: Various Artists – Time: 1:40 -

Everyone loves music that gets people moving and this dance is it!!! It’s a great mix of Eminem, Snoop Dogg and Lil Jon. This 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 and intricate movements. It also incorporates parts, floor work and visual transitions. You will not go wrong choosing “Mega Mix” for a pep rally or any type of performance.

Adv Hip Hop – “Yoncé vs. Nicki” – by: Beyoncé & Nicki Minaj (Various Songs) – Time: 1:35 - These mixtures of Beyoncé and Nicki Minaj songs will be great for pep rallies and basketball games! This hip hop routine has parts, groups, and level changes. The choreography is visual and can be polished

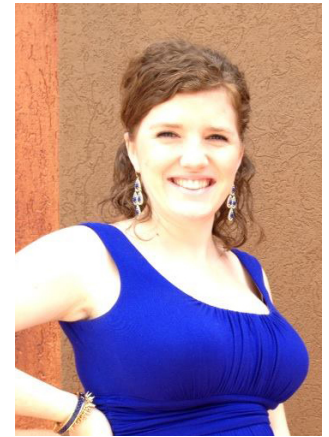
along with being fun to learn! Everyone wants to channel their inner Yoncé and Nicki and in this dance you will feel like their backup dancer! It is challenging and nonstop fun with all the current dance moves! Your audience will love the music and it will definitely get your audience fired up and ready to hit the streets!

Adv Pom – “Latch” – by: Disclosure (DJ Taj Remix) – Time: 1:36 - Everyone loves the song Latch by Disclosure featuring Sam Smith. Here is an awesome DJ Taj remix of the hit with energetic and super fun moves. Latch is such an energetic fast paced song that is super sassy with vogue moves. There are parts, levels, and numerous formation changes. It will surely highlight your advanced dancers with pirouettes, turns in second, splits, turning disc and calypsos. This energetic crowd pleaser routine will get people up on their feet!

Kayla Norman:

Int Pom – “Want to Want Me” – by: Jason Derulo – Time: 1:47 - Your officers will love this innovative and upbeat pom routine. It would make a perfect pep rally routine. Your officers will experience parts for excited visuals. This routine consists of calypsos, double pirouettes, parts in opposition, and group work. This is a clean routine that will be easy to polish!

Int Character Jazz – “Ms. Celie’s Blues” from: (Sister) The Color Purple – Time: 2:00 - Your officers will love this fun and sassy jazz dance. This routine consists of never ending movement, leap combinations, double pirouettes and some acting parts that will win over the crowd. I know that this dance will be an audience favorite using multiple formations and musical dynamics to make the dance very intriguing.



Miriam Vera:

Int Jazz – “Live a Little” – by: Florrie – Time: 1:44 - “Live a Little” is full of sass, fun movements, and some technical elements, which guarantees that your dancers will enjoy learning this routine. Your dancers will have the opportunity to perfect their straight and tilt kicks, coupe and pirouette turns, stationary jump, calypso leap, as well as their tilt jumps with this fun steady beat! If your dancer is looking for a fun routine that will give them a challenge, let them come and experience what it’s like to “Live a Little”!

Int/Adv Contemporary – “Giant in My Heart” – by: Kiesza – Time: 2:22 - “Giant in my Heart” is a technical and expressive dance piece that will challenge your dancers while inspiring them to perform their own personal story. From a variety of turns, leaps, extensions, a la



second turning combination, oppositional choreography, lifts, and improvisation, your dancers will be engaged from beginning to end. “Giant in my Heart” can be adapted for your team with some modifications, and it would be perfect for any special performance.

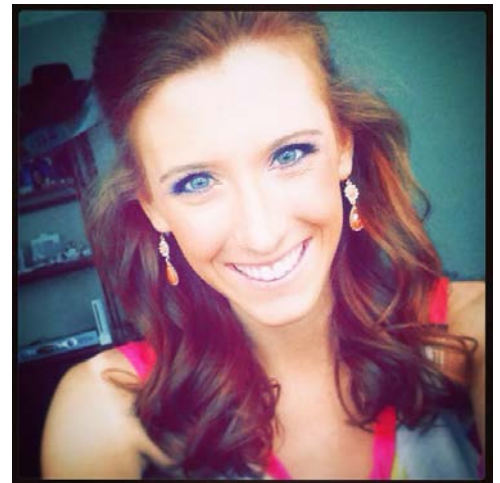
Int Modern – “Help the People” – by: Birdy – Time: 1:54 - “Help the People” is an intermediate Modern routine that was inspired by the music and the lyrics. With this piece of choreography, your dancers will learn and explore spirals, body half movement and core to distal technical elements. While this routine has some partnering integrated in the dance, your dancers shouldn’t be afraid to come and learn on their own; they will meet other dancers and learn from them as well!

Elise Smith:

Int/Adv Stylized Jazz – “Burnin’ Up” – by: Jessie J. – Time: 1:52 - “Burnin’ Up” is a fast paced, stylized jazz. The footwork as well as some of the tricks in the routine are geared more towards advanced dancers, but there are intermediate options. “Burnin’ Up” is a lot of fun to learn and perform!

Int/Adv Lyrical – “Almost Lover” – by: Jasmine Thompson – Time: 2:11 - “Almost Lover” is a very emotional lyrical piece. There is a freedom for different styles and interpretations of the music at some points in this dance which makes learning it very enjoyable.

Int Kick – “Living for Love” – by: Madonna (DJ Linuxis Remix) – Time: 1:43 - “Living for Love” is a fun, fast, kick with a little sass. The footwork and jazz section in the routine are my favorite part! This would be a great dance for officers learn and even adapt for a full team performance.



“Fire N Gold” - by: Bea Miller
Officer Camp Dance – Time 2:02



Dancers begin in second position with head down

Intro:

8 Hold 1-4 head up 5-6 ball change 7-8
8 Chainé L 1-2 forced arch 3-4 step out R L 5-6 R arm 7 L arm 8
8 Contract 1-4 reach L arm back 5 switch hips 6 flick 7 close 8

Section A:

8 Rond de jambe 1-2 jump to second position 3-4 reach L leg out 5-6 step L R 7-8
8 Prepare 1 chainé 2-3 calypso 4-5 turn out of it 6 ball change 7-8
8 R leg arabesque 1-2 prepare 3-4 double/triple pirouette 5-7 land out 8
8 Reach up R L 1& down 2 snake head to L 3-4 step L 5 inverted R kick 6 step R L 7-8
8 Tilt jump or tilt kick 1-2 throw R arm 3-4 reach L arm 5 reach L arm 6 ball change 7-8

Section B:

8 R fan to ground 1-4 push up 5-6 sit 7 R leg extend 8
8 Attitude R leg 1-2 back 3-4 rond de jambe leap 5-6 roll up 7-8
8 Continue rolling up 1-4 step R drag L 5-6 step L drag R 7-8
8 Chainé R 1-2 step drag 3-4 prepare 5-6 chainé forward 7-8

Section C:

8 Turning disc or x-jump 1-2 roll out of it to front 3-8
8 Circle R arm around 1-4 bring R leg up 5-6 extend 7-8
8 Lunge 1-2 reach up 3-4 reach L 5-6 reach R 7-8
8 Swivel R leg 1-2 extend to second 3-4 step R coupé turn L 5-6 plié 7 arabesque 8
8 Ball change L R 1-2 step L R 3-4 tuck jump 5-6 land 7-8
8 Push down 1-2 over 3-4 R arm 5 L arm 6 push up 7-8
8 Step drag L R 1-2 step drag R L 3-4 walk back 5-8
8 Step turn to back 1-2 reach R arm front 3-4 turn to back 5-6 prepare 7-8

Section A:

8 Prepare 1 chainé 2-3 calypso 4-5 turn out of it 6 ball change 7-8
8 R leg arabesque 1-2 prepare 3-4 double/triple pirouette 5-7 land out 8
8 Reach up R L 1& down 2 snake head to L 3-4 step L 5 inverted R kick 6 step R L 7-8
8 Tilt jump or tilt kick 1-2 throw R arm 3-4 reach L arm 5 reach L arm 6 ball change 7-8

Section B:

8 R fan to ground 1-4 push up 5-6 sit 7 R leg extend 8
8 Attitude R leg 1-2 back 3-4 rond de jambe leap 5-6 roll up 7-8
8 Continue rolling up 1-4 step R drag L 5-6 step L drag R 7-8
8 Chainé R 1-2 step drag 3-4 prepare 5-6 chainé forward 7-8

Section C:

8 Turning disc or x-jump 1-2 roll out of it to front 3-8
8 Circle R arm around 1-4 bring R leg up 5-6 extend 7-8
8 Lunge 1-2 reach up 3-4 reach L 5-6 R 7-8
8 Swivel R leg 1-2 extend to second 3-4 step R coupé turn L 5-6 plié 7 arabesque 8
8 Ball change L R 1-2 step L R 3-4 tuck jump 5-6 land 7-8
8 Push down 1-2 over 3-4 R arm 5 L arm 6 push up 7-8
8 Step drag L R 1-2 step drag R L 3-4 walk back 5-8
4 Step turn to back 1-2 pose 3-4



**At American,
we're not
#1...YOU are!**



KICK SERIES

“Now You’re Gone” by Basshunter--Miss High Kick Series

8 Hold 7, connect on 8

8 Around the World (right leg); close on 7

8 Around the World (left leg); close on 7

88 Kick 6X (JKR, JKL, JKR, JKL, JKR, JKL) pivot w/left foot to back (5-6); connect on 7-8

88 Repeat the Kick 6 X to the back; ending series facing front

88 Step Swings (Exercise Kicks) –step left kick right first- 4 times in place

8 Jump fanas to right 3 times closing on 7

8 Jump fans to the left 3 times, closing on 7 and end on 8



“Go All Night” – by Gorgon City (ft. Jennifer Hudson)
Social Officer Dance – Time: 2:02



Beginning Formation – staggered lines.

Facing audience with R leg crossing L with hands at hips looking down.

4 Hold 1-4

8 Look up 1-2, step out to R corner and sunburst arms 3-4, clip turn R over L to face the R diagonal 5-6, step across with L leg 7, R passé turn to L corner 8

8 R ball change pushing R arm across to low diagonal 1-2, R chaîné 3-4, step R 5, step L 6, R inside fan to face L wall 7, step R 8

8 Step back L ball change with head release 1-2, L chassé 3&4, step R 5, L dig to face front with L arm up 6, wrap head with L hand 7-8

8 L back ball change pointing with L hand to audience 1-2, L chassé forward 3&4, R pivot to face back 5-6, dig R 7, hold 8

8 Jazz walk with arms going up to touchdown R 1, L 2, R 3, L 4, push down R hand down to hip 5-6, push down L hand down to hip 7-8

8 Parts (1, 3, 5) – turn over R shoulder hugging chest with palms out 1 – 6, L knee drop with R leg out with sunburst arms overhead 7, hold 8

8 Pull in R leg 1-2, R kick 3, release back 4, roll up to face back 5-8

8 R pivot to face front 1-2, R chassé 3&4, R jeté leap with high V arms 5-6, step L 7, dig R 8

8 Pony and punch up L 1, pony and punch up R 2, turning triplet to the R with arms rotating overhead 3 – 5, jazz walk **transition to formation #2** 6 - 8

8 Continue to move to formation #2 – arms move up to high V 1 – 4, arms float down to side 5 – 8

8 Parts (1,3,5) – Jump out to 2nd position pushing hands from chest to hips 1, hands over to floor 2, L leg through to L hip wrapping head with R arm 3-4, tuck knees in 5, R leg over to face back 6, jump from floor with R leg leading 7 - 8

8 Roll up to face L wall 1 – 4, continue parts 5 – 7, prep feet together 8

8 Sauté leap R 1, land standing on R foot 2, cross L over R 3-4, rond de jambe L to face L wall 5-6, prep 7-8

8 R chaîné 1-2, step forward R 3, prepare 4, double pirouette 5-6, jump out and roll wrists and head to L 7-8

8 Clip turn R over L to face R wall with arms moving up and crossing in front of body 1-2, chassé R 3&4, step L 5, R tilt jump 6, land to floor 7-8

8 Roll up to face R wall 1 – 4, pas de bourrée to face L wall 5&6, lean hip to audience and snap up with L 7, face back with lean with R hip to back and snap up with R 8

8 Snake back to audience using R arm to lead 1, close feet and drop R arm 2, pas de bourrée turn to L 4-6, step L 7, R kick with “L” arms looking at audience 8

8 Pull in R passé with head release back 1, step forward R 2, pivot R 3-4, **move to formation #3** 5-8

8 Parts (1,3,5) – Step L across 1, throw across with R at chest level and drag R foot to face the L wall 2, step L 3, prepare 4, R chaîné 5-6, R axle 7-8

8 Continue parts 1-4, circle arms back 5&, close feet and bend knees with arms in touchdown 6, stand up and step forward with R 7, dig with L and snap overhead with L 8

8 Step to back with L 1, passé R &, point R foot out 2, slide arm down leg 3-5, pull up from ankle 6-8

8 Circle arms overhead in touchdown to R 1&2, circle arms overhead to L 3&4, clip turn R over L pushing hands from chest to hip to face front 5-8

8 “T” arms to wrap at waist ripple from L-R 1-4, cross L step 5, R tilt kick with diagonal arms 6, step R over L 7, dig L facing L wall 8

8 Ripple plié stepping L 1-4, throw L over and back to roll back on R 5-8

8 Clip turn to face front with L 1-2, step L 3, prepare 4, double coupe turn 5-6, jump out with R hip out and hands at hips 7, switch to L hip 8

8 **Transition to formation #4** – arms move up to high V 1 – 4, arms float down to side 5 – 8

8 Chassé R 1&2, step L 3, R jeté 4, land down to floor 5-6, levels 7-8

8 Drop head to L with L arm in low V and R hand at back of head 1, switch to R 2, touchdown looking up 3, arms down to side looking front 4, everyone tuck 5, pop up to feet 6, roll up 7-8

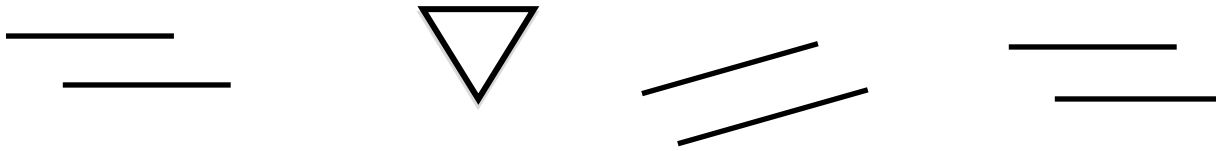
8 Parts (1,3) – Step L 1, R fan 2, step R 3, pull back L passé with hands at hips 4, L pas de bourrée 5&, prepare 6, R chaîné 7-8

8 R chaîné 1-2, jump out and sunburst arms 3, hands to floor 4, continue parts 5-6, push back with feet on the floor looking up 7-8

2 Roll to face back with knees into chest 1, head release looking up 2

Formations –

#1 – Staggered Lines #2 – “V” or Triangle #3 – diagonal #4 – Staggered Lines



“Closer” – by: Johnny Swim
 Int Lyrical – Time: 1:51



Begin in a straight line facing the back with head down. Right foot is in a drag position.

- 8 Hold 1-3, head up 4, drag walk RLRL 5-8
- 8 **Move to formation #2:** Cut front and split line – arms shoot up 1, over 2, changement jump and arms slice up 3, land down 4, roll up 5-6, reach RL in low V 7&, arms lasso up in relevé 8&
- 8 Body over 1, roll up and unwrap arms with passé 2, ball change R leg B 3&, R battement 4, 2 groups: 1st group – chassé 5&, slide to floor 6, roll to sit 7-8. 2nd group – pivot turn 5-6, arabesque R & front roll 7-8
- 8 Continue groups: 1st group – push knees 1-2, reach R arm up and curl up 3-4, pivot turn 5-6, run back to formation #2 7-8. 2nd group: Finish rolling 1-2, push knees 3-4, reach R arm up and curl up 5-6, run back to formation #2 7-8
- 8 Chaîné and switch lines 1-2, reach away in levels from center and center girl does trick/solo/head roll 3-4, recover up 5, prep 6, double pirouette 7-8
- 8 Shoot arms out to ‘T’ 1, over 2, up and throw R elbow 3, L elbow 4, circle arms to R and lean and look L 5-6, double knee drop 7-8
- 8 Arms circle and open R leg 1, roll 2, invert L fan 3, roll to side 4-5, 2 groups: 1st group – Push arms into ‘L’ and lean L 5-7, roll 8. 2nd group - throw arms and small cut with leg 6, roll up 7-8
- 8 Finish recovery from floor 1-2, grande plié to R and throw arms B 3, repeat 4, R pivot and R arm reach F 5, chassé L 6&, pas de chat and step L to B 7-8&
- 8 **Move to formation #3:** Cut to front 1, step hop 2&, step R and hop 3&, drag L 4, walk RL 5&, drag R and push arms out to ‘T’ 6, melt over 7-8
- 8 Chassé L and circle arms 1-2, ball change and ‘T’ arms 3&, drag R and arms push through 4, 2 groups: 1st group – pivot turn 5-6, run run leap and wrap arms 7-8. 2nd group – chassé L and travel through windows 5-6, run run leap and wrap arms 7-8
- 8 **Move to formation #4:** Walk and arms out to sides R 1, L 2, hands in front of face 3, melt over 4, contagion R-L and reach R arm out side 5-6, contagion L-R hinge R leg and bend L elbow and look L 7-8
- 8 2 groups: 1st group – Ring leap 1-2, land down 3-4, slide through 5-6, recover up 7&, push L shoulder with R hand to front 8. 2nd group – Hold 1-2, head roll with ‘T’ arms 3-4, walk RL 5&, arabesque R and arm throws over 6, stand 7, push L shoulder with R hand 8
- 8 **Moving to formation #5:** Walk and reach arms 1-2, chaîné 3-4, flyer leans into stunt 5-6, prep 7, fan legs 8&
- 8 Continue stunt: Finish fan stunt & land down 1, clean and face F 2, **move to formation #6:** walk and reach arms 3-4, step L with both hands out front 5, face side and throw arms 6, look F 7, collapse to push up 8&
- 8 Finish collapse to floor 1, 3 groups collapsing to floor 2, 3, 4, 3 groups reaching and expanding out and in 5, 6, 7, finish last group 8
- 8 Roll to back 1, pike legs up 2, continue rolling to recover to B 3-5, passé R and throw L arm over 6, walk B LR 7&, lean B with hands on L hip 8
- 8 Plié and R arm swoops up 1-2, prep &3, double coupé turn 4&, land out in second with high V arms 5, melt arms down 6, press leap to floor 7-8
- 8 Roll up 1-2, **walk to formation #6** 3-4, grab R hand 5, grab L hand 6, contagion L-R girl reaches while others collapse over 6-7, roll to floor or chaîné 8&
- 1 Floor group – Hands behind head 1, contract over slowly as music fades. Standing group – Reach R arm front, throw arm and drag walks to back as music fades LRL

Formation

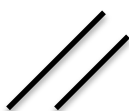
#1 & #6
 (Straight line)



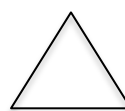
#2
 (2 lines)



#3
 (2 diagonals)



#4
 (Triangle or ‘V’)



#5
 (Stunt)

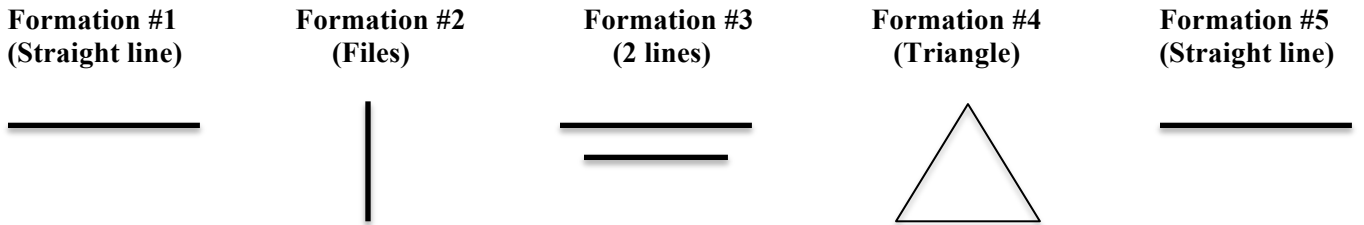


“Hey Mama” – by: David Guetta
Int/Adv Pom – Time: 1:30



Girls begin in 1 line, R foot in dig and heads down with arms on hips.

- 8 Hold 1-4, every other girl poses: step out R with ‘T’ arm OR step out R and wrap head 5, hold 6-8
- 8 Switch poses to L 1-2, clean 3-4, tuck 5-6, hit levels and shake 7-8
- 8 2 groups on 1 or 2: bow and arrow R 1-2, L 3-4, punch R arm up 5, L 6, chest and finish groups 7-8
- 8 Recover up with head and poms circle 1-2, shake up with hips and high and low V 3-4, hips shake 5&6, prep 7-8
- 8 Toe touch 1-2, land down 3-4, hold 5-6 snake up &7, jump together with rocket arms 8
- 8 **Move to formation #2:** Chaser up to L and down to R 1-2, punch down 3, low V 4, circle to chest 5-6, shake 7-8
- 8 Continue moving arms: Chaser up to R and down to L 1-2, punch down 3, low V 4, circle to chest 5-6, step out R with arms behind head 7, repeat L 8
- 8 Parts in file going to L or R: rocket 1, check mark with plié R 2, rocket 3, repeat L 4, high V 5, cross arms to knees with head down 6, down on R knee 7, lean R 8
- 8 Up 1, ‘T’ 2, roll and split files to B 3-6, face F and shake at chest 7-8
- 8 Prep 1-2, double pirouette 3-4, press leap 5-6, land and roll up to side 7-8
- 8 Finish recovery 1-4, **move to formation #3:** shake at chest 5-8
- 8 3 groups L-R on 1, 2, or 3: Jump out to second and pop chest and punch down to R 1, L 2, punch F 3, punch out 4, criss-cross legs and arms 5, jump out 6, roll ribs &7, sit 8
- 8 Finish groups 1-2, pop chest in opposition by lines: up or down L or R 3, switch 4, switch 5, switch 6, jump together and circle arms to chest 7-8
- 8 Switch lines: shake 1-4, plié and L arm out R arm behind head 5, jump together 6, repeat on R 7-8
- 8 Shake 1-4, Step out L and pop chest 5, 6, circle hips and shake poms out 7-8
- 8 Prep 1-2, chaîné F 3-4, turning disc, or jeté, or calypso, or second chaîné 5, roll to floor 6, recover up 7-8
- 8 Finish recovery 1-2, **move to formation #4:** shake at chest 3-7, tuck 8
- 8 Levels 1-2, 3 groups on 3, 5, or 7: ‘K’ arms punch to L 3, chest 4, repeat R 5-6, rocket 7, low V 8
- 8 Continue groups: Circle to hips 1-2, pop chest to L and R 3-4, finish groups 5-8
- 8 Punch up with R 1, down 2, L 3-4, high V 5, circle arms back to high V 6-7, arms behind head 8
- 8 3 groups on 1, 2, or 3: Punch F and head release 1, clean and head up 2, finish 3-4, everyone over in second 5-6, snake up 7-8
- 8 **Move to formation #5:** Shake 1-4, step to side and punch arms out to ‘L’ and push R hip out 5, down 6, repeat 7-8
- 8 Turn and shake to B 1-4, ‘T’ 5, wrap and head release 6, clean and pivot to F 7-8
- 1 Jump out to side and punch to ‘L’ and melt arms 1



“Warrior” – by: Havana Brown

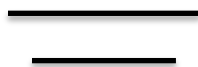
Adv Jazz – Time: 1:47



Begin in two lines with R foot in a dig and arms by sides.

- 8 Hold 1-4, arms up 5-6, throw down 7, passé 8
- 8 Swing R leg to front to tilt kick 1-2, step 3, jump out and fists at waist &4, prep &5, triple pirouette 6-8
- 8 Split to floor 1-2, close legs on floor 3-4, roll up to side 5-8
- 8 Chaîné F with no arms 1-2, arms up and point 3, open arms and plié down 4-5, hands on floor 6, fish slide to B 7-8
- 8 Roll up to B 1-4, chassé R 5-6, reverse leap 7-8
- 8 Cross turn 1-2, jump out and fists at waist &3, head nod up 4, walk front with fists at waist R 5-6, L 7-8
- 8 High chaîné 1-2, low chaîné 3-4, turning jeté 5, land and roll up 6-8
- 8 Finish recovery 1-2, fists at waist and walk back to center R 3-4, L 5-6, R 7-8
- 8 Punch R arm across 1-2, muscle man arms and look R 3-4, **switch lines** and throw arms B 5-7, clean 8
- 8 Plié 1, arms throw and jump out 2, R leg kick and push R arm out 3, switch to L 4, drag and flick R 5, walk RL 6-7, R kick 8
- 8 Walk RL 1-2, ball change and push R arm and look R 3-4, cross L leg in front and shoulder rolls 5-6, prep 7-8
- 8 3 Fouettés 1-6, double pirouette 7-8
- 8 **Move to formation #2** walk 1-4, step R leg out and snap R arm 5-6, close feet and prep 7-8
- 8 Toe touch 1-2, tuck OR repeat toe touch 3-4, everyone tucks 5-6, legs out 7, snake head up 8
- 8 Push R 1, L 2, head roll and over 3-4, hold 5, invert passé and throw L 6, invert passé and T 7-8
- 8 Clean 1-2, 3 parts L-R 3, 4, or 5: step 3, snap L and R leg touch behind 4, tuck and roll with R leg extended out 5-8
- 8 Continue 3 parts on 1, 2, or 3: Push over 1-2, switch legs out 3-4, finish groups 5-6, snake up 7-8
- 8 Muscle man arms and look L 1-2, R hand down 3, L leg hold 4-5, release and arch back 6, roll up to B 7-8
- 8 Finish recovery 1-4, jump out and high V &5, sit and melt arms 6-7, cut to F with T arms 8
- 8 Chassé R 1-2, tilt leap 3-4, land and roll up to F 5-8
- 8 Hold 1, fists at waists &2, ball change L or R 3-4, illusion L or R 5-7, clean 8
- 8 **Walk to formation #3:** Sassy walk 1-2, fan face 3-4, hand on hips 5-7, face F or B 8
- 8 Contagion L-R: muscle man arm and step out L or R 1-4, **move to formation #4:** split lines and triplet with arms throwing up and down 5-6, 7-8
- 8 Plié 1, jump R with hands behind head 2, plié 3, tourré B 4, slide to floor 5-6, attitude roll 7-8
- 8 Roll 1-2, grasshopper jump 3-4, finish recovery from floor 5-8
- 8 Chest pop and walk B 1, 2, chest pop and walk B with low V arms 3, 4, walk back to center 5-7, head nod 8
- 8 Pivot turn 1-2, prep 3-4, chaîné to B 5-6, toe touch to F 7-8
- 8 Land and roll to B 1-4, Face F and shoulder roll 5-7, tuck 8
- 8 Snake up 1-2, chest pop 3, 4, chaîné turn F 5-6, step R 7, jump in forced arch with arms up 8
- 1 Center girl jumps out and open arms, other girls sit and snake away from center 1

Formation #1
(2 lines)



Formation #2
(3 lines)



Formation #3
(Straight line)



Formation #4
(2 lines)



“MegaMix”- by: Various Artists
Int Hip-Hop – Time 1:40



Begin in triangle, facing the front with arms down to sides.

- 8 Soloist talks
- 8 Every other line up or down laughs 1-8
- 8 Repeat
- 8 Repeat
- 8 Hold 1-6, lean right 7 left 8
- 8 Cool walk snap pick up by V's 1-4, next V 5-8
- 8 Next V 1-4 all together 5-8

- 8 **Move to block.** Heel walk right 1-2, left 3-4, double right 5-8 with arms up
- 8 Repeat with arms crossed to the left
- 8 Grab forward 1-2, close 3-4, push and jump back 5-6, close 7-8
- 8 Kick left leg out 1-2, close 3-4, hand to head circle 5-8
- 8 Continue turning to back throwing arms 1-2, 3-4, slow 5-6 down 7-8
- 8 Kick back to front with right leg 1-2, finish 3-4, cross arms 5, open 6, field goal 7-8
- 8 Cross arms to LV 1-2, field goal 3-4, roll arms right 5-8
- 8 Robot arms right 1-2, left 3-4, head roll to left 5-6, point 7-8
- 8 Military walk right left 1-2, swing right arm to front 3, hold 4, cross arms right left close 5&6, hit chest 7&, peace 8
- 8 Right arm up 1-2, left 3-4, under and face right side 5-8
- 8 Arms roll down body moving back 1-2, repeat 3-4, walk forward right 5-6, left 7-8

- 8 Walk back 1-2, forward 3-4, **move to triangle** 5-8
- 8 Hand to chest walk back 1-2, field goal 3, down 4, look back 5-6, front 7-8
- 8 Arms up to diagonal 1-4, right elbow down 5, left 6, swim to close feet 7-8
- 8 Quick ripple windmill arms 1-4, elbow cross up 5-8
- 8 Swipe and lean forward 1-4, tilt arms step forward 5-8
- 8 Lean back 1-4, up 5-8
- 8 Snake to front 1-4, rt hand to chest on 5, left 6, push chest 7-8

- 8 **Move to block.** Muscle arm drag right 1-8
- 8 Repeat left
- 8 **Move to two lines.** Heel toe right left double right with arms crossed
- 8 **Move back to block.** Repeat with arms at hip
- 8 Slide left with left foot 1-4, rond de jambe back 5-7, hold 8
- 8 Scoop left foot to face front 1-4, pull right elbow back 5-6, pull left 7-8
- 8 Close and bring hands behind head and knees in out 1-8
- 8 Throw body 1-2, up 3-4, push chest in twice 5-6, 7-8

- 8 Flick wrist **move to partners** 1-4, run 5-8
- 8 Repeat
- 8 Back partner pivot turn back 1-4, prep for stunt 5-8.
- 8 Front partner step forward with right foot 1-2, back 3-4, prepare for stunt 5-8
- 8 Hook with partner 1-2, lean forward 3-4, partner on top open legs 5-6, down 7-8
- 8 Hold and stay connected 1-4, lean right 5-6, left 7-8
- 8 Let go 1-4, chug around 5-8
- 8 Back partner continue turning 1-8
- 8 Arm crossed ripple 1-8
- 8 Poses up or down
- 8 Switch poses up or down

- 8 **Move to block.** Snake arms right 1-2, left 3-4, right 5-6, open 7-8
- 8 Right arm down 1-2, left 3-4, up 5-6, close hands 7-8

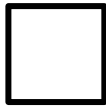
- 8 Hands down 1, slide in 2, open 3, close &, open 4, hand to hand 5, flip down &, flip 6, flip back up &, push away left 7, back & LV 8
- 8 Melt down
- 8 Pull right arm 1-2, left 3-4, cross front 5-6, open 7-8
- 8 Pivot 1-4, walk back 5-8
- 1 Punch up 1 and melt to front 2

Formations:

#1 – Triangle



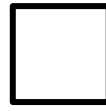
#2 – Block



#3 – Triangle



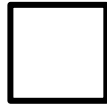
#4 – Block



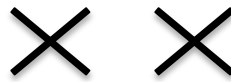
#5 – Files



#6 – Block



#7 Partners



#8 - Block



“Yoncé vs. Nikki”- by: Beyoncé and Nicki Minaj
Advanced Hip-Hop – Time 1:35



Begin in staggered block.

- 8 Hold 1-4, head tilt 5, shoulder 6, lean forward 7, look front 8
- 8 Slide away 1, close 2, ball change R 3-4, jump second arms out 5-6, throw right arm 7-8
- 8 Slide forward 1-2, heel raise 3-4, rond de jambe 5-6, lean forward back forward 7&8
- 8 Throw arms forward 1-2, face back throw arms up 3-4, roll swag right 5-6, left 7-8

- 8 **Move to triangle.** Repeating roll swag 1-4, lean forward and move 5-8
- 8 Groups 1: Odds nae nae 1-2, kick 3, down 4, gorilla L 5-6, R 7-8
- 8 Group 2: Evens ticking shoulders 1-8
- 8 Switch
- 8 Nae Nae 1-4, point and drop 5-8
- 8 Plié L 1-4, hand to hip pop 5, throw up 6, head roll L 7, R leg up and clap 8
- 8 Step forward L elbow up 1-2, shake R finger 3-4, **move to block** low 5-8
- 8 Roll up 1-4, down 5-8

- 8 Swipe R arm 1-2, pop 3-4, ball change 5-6, scoop turn to front 7-8
- 8 Throw arm hop R 1-2, L3-4, turn to back 5-6, hips RLR 7&8
- 8 Stay low face front 1-4, up 5-8
- 8 Run hands on hip LRLR 1-4, slide R bounce 5-8

- 8 Mirror pose 1, close 2, drop point 3-4, clap LR 5-6, close 7, right knee out & in 8
- 8 Out &, body roll 1-4, body roll R 5-6, L 7-8
- 8 Car arms drop 1-2, up 3-4, stomach roll forward 5-6, down 7-8
- 8 Slide L 1, prep for whip 2, whip 3-4, jump back RLR 5-7, hand to mouth and head tilt & 8

- 8 Crazy knees L 1-2, R 3-4, double time L 5-8
- 8 Crazy knees raising arms above the head into crossing 1-8
- 8 Walk forward R 1-2, L 3-4, walk in 5-8
- 8 R hand out 1, in 2, wave hand and open feet 3-4, shimmy shoulders slow 5-8
- 8 Finish 1-4, step out R hand behind neck 5-6, L 7-8
- 8 Muscle swag
- 8 **Basketball L 1-2, R 3-4, fast 5-8 switching lines**
- 8 **Walk back and shake no 1-4 repeat 5-8 continue moving**

- 8 Level poses 1-4, point R 5, L 6, close 7-8
- 8 Chest body roll 1-2, snap with T arms 3-4, b-boy step 5-8
- 8 Kick right foot out 1, hold 2-4, old school walk forward R 5-8
- 8 **Move to tight block** run 1-8
- 2 Jump out body roll 1, up 2

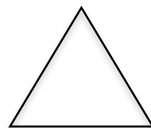
- 8 Odd rows flex pull right & 1, switch & 2, hit head 3-4, evens repeat 5-8
- 8 Evens repeat
- 8 Circle arms around to face back 1-6, slow circle arms 7-8
- 8 Noodle walk backward 1-8
- 8 Evens grab arm drop to face front 1-4, odds 5-8
- 8 Shake head with broken wrist 1-8
- 8 Roll head 1-8
- 8 Freestyle OMG **spreading out block** 1-4 tuck 5-6 death drop 7-8 (carry on)

Formations:

#1 – Staggered Lines



#2 – Triangle



#3 – Block



#4 – Tight Block



#5 – Block



“Latch” - by: Disclosure (DJ Taj Remix)
Adv Pom – Time: 1:34



Begin in staggered block.

- 8 Ripple diagonal arms R to L
- 8 Switch L to R arms
- 8 Circle to high V ripple R to L
- 8 Punch to tuck front L to R
- 2 Twist R 1 back 2

- 8 Double T to front 1-2, back 3, front 4, turn 5-6, prep 7-8
- 8 Chaîné 1-2, calypso 3-4, finish 5-6, jump R 7, left 8
- 8 Even row punch R 1-2, odds join chassé 3-4, T 5, down 6, hold 7, look 8
- 8 Push arms and fall to floor 1-6, evens throw R arm 7, odds 8
- 8 Punch down 1, close 2, low V 3, high V 4, vogue 5&6, release head back 7, up 8
- 8 Circle arms under leg 1-2, L arm up 3-4, circle arm and chassé 5-6, circle back 7-8
- 8 Check mark down L 1, R2, low V 3, behind head 4, dip to front 5-6, close 7-8
- 8 L arms in parts (1,2 or 3) L to R 1-4, circle L arm 5-6, close to R 7, T 8

- 8 **Move to backward V** punch down arms 1, T 2, R arm up 3, switch 4, half circle arm 5-7, tuck and close 8
- 8 Parts (front to back 1-3) open arms and jump to second 1, back and close 2, finish 3-4, jump second 5, chest 6, cross 7, open LV 8
- 8 Fall to floor R leg out 1-2, roll to levels 3-6, diamonds arms 7-8
- 8 Close elbows 1, open 2, repeat fast 3&, rocket 4, stand R leg first 5-6, close 7-8
- 8 Tilt kick hold 1-2, hold 3-4, circle 5-7, drop and prep R foot 8
- 8 Drag back with L arms 1-2, prep 3-4, pirouette 5-6, tuck 7-8
- 8 Hands to hip and center split hold 1-2, slow R split 3-4, roll up 5-8

- 8 **Move to 3 groups** broken T R 1, L 2, circle L arm up 3-4, shake poms 5-6, prep 7-8 or tuck 7-8
- 8 Outside groups 3 turns in second 1-6, double pirouette 7-8, inside group prep 7-8
- 8 Inside group pirouette 1-2, chaîné 3-4, turning disc 5-6, land 7-8
- 8 **Move to staggered block** low V 1-2, T 3-4, high V 5-6, chest 7-8
- 8 **Continue moving** shaking poms 1-4, cross arms and look R 5, back 6, sassy hip with arms up 7, down 8

- 8 Flick L foot and arm 1, step L back 2, chassé 3-4, face front jump to second 5-6, low muscle right 7, switch 8
- 8 Plié 1, close 2, body roll 3-4, broken diagonal arms up R 5, switch 6, fast 7&8
- 8 Switch left broken diagonal 1, R arm close 2, punch front 3, back 4, pivot to floor 5-6, switch legs 7-8
- 8 Over 1-2, up 3, down 4, hold 5-6, snake front 7, sit back 8

- 8 Parts (1-3 every ct. R to L) buck kick 1-4, turn back RL 5-6, open to low V arms 7, close 8
- 8 **Walk to clump 1-4, pivot turn 5-6, walk RL 7-8**
- 3 Shake R pom to T 1-3

Formations:

#1 – Staggered Block



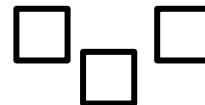
#2 – Triangle



#3 – Backward V



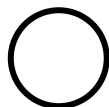
#5 - 3 Groups



#5 – Block



#6 – Clump

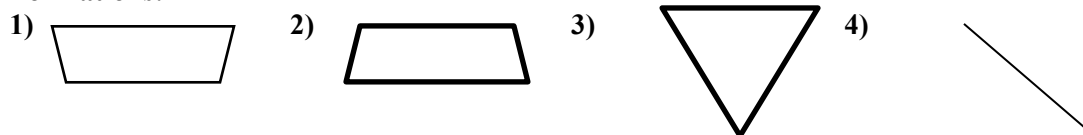


“Want to Want Me” - by: Jason Derulo
Int Pom – Time 1:47



- 8 Hold 1-4 3 Groups: R L T arms 5-6 arms by side 7 low V
- 8
- 8 Finish groups 1-2 or 3-4 step R touch L 5-6 step L touch R 7-8
- 8 Ball change & 1 R high kick 2 step R flick kick L 3-4 step close 5-6 chassé arms up 7&8
- 8 **Move to formation #2: shaking poms at chest 1-8**
- 8 3 Groups: punch up 1 low V 2 check marks R L 3-4 punch forward 5-6 or 6-7 or 7-8
- 8 Prepare 1-2 double pirouette 3-4 step out R low V 5 arms to L knee 6 roll up to L 7-8
- 8 Circle to R on 1 or 2 or 3 hold 4 hit L arms twice 5-6 close 7-8
- 8 Rock with arms following R L R L 1-4 rock up down up close 5-8
- 8 Step clap R 1-2 step clap L 3-4 step shake arms R L R 5 & 6 prepare 7-8
- 8 Chaîné 1-2 calypso 3-4 turn out of it 5-6 drag to front 7-8
- 8 Roll to levels 1-4 R arm up 5-6 L diagonal 7-8
- 8 Chest 1 R diagonal 2 L arm up to R 3 open high V 4 circle down on 5 or 6 or 7 close 8
- 8 R arm across 1 open to T 2 L arm across 3 open to T 4 arms behind head 5 close 6 punch forward RL & 7 punch down to clean RL & 8
- 8 Punch up in 3 Groups: 1 or 2 or 3 hold 4 open arms (getting up from levels) on 5/6/7 close 8
- 8 **Move to formation #3: L broken T 1 up 2 R broken T 3 close 4 circle L 5 circle L 6 chest 7-8**
- 8 **Continue moving: L broken T 1 up 2 R broken T 3 close 4 circle L 5 circle L 6 chest 7-8**
- 8 Step L 1 X-jump 2 roll to ground 3-6 hit low V twice 7-8
- 8 Up on L knee 1 R leg kick 2 roll to back 3-6 low V twice 7-8
- 8 Step R touch L 1-2 step L touch R 3-4 circle arms ball change 5-6 close 7-8
- 8 3 Groups: Prep 1-2 sauté 3-4 stand circle arms 5-6 T 7 close 8
- 8 Finish groups on 1-2 or 3-4 ball change & 5 R inverted kick 6 close 7-8
- 8 Step L point R to back arms in T 1-2 step R drag L 3-4 chassé 5-6 step 7 jeté 8
- 8 Step through L 1-2 R arm up 3 L arm up 4 step together passé R 5&6 step R 7 close poms to chest 8
- 8 Finish parts: close at chest 1-2 or 3-4 everyone shake 5-6 hit levels 7 switch 8
- 8 Step together passé forward 1&2 step 3 hands behind head 4 R down 5 L down 6 shake poms up to high V 7-8
- 8 Chest 1 cross in front & low V 2 clap twice at chest 3-4 low V R 5 switch to R high V 6 low V L 7 switch to L high V 8
- 8 **Move to formation #4: Shake 1-4 high V 5 T 6 low V 7 close 8**
- 8 **Continue moving: Shake 1-4 high V 5 T 6 low V 7 close 8**
- 8 Contagion windmill arms 1-6 lay back kick R 7-8
- 8 Roll up to back 1-4 chaîné forward 5-6 chassé arm up and down 7&8
- 1 End with R arm up shaking 1

Formations:



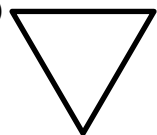
**“Miss Celie’s Pants” – from: (Sister) The Color Purple Broadway
Int Character Jazz – Time 2:00**



- 8 Hold 1-4 shake R shoulder 5-6, 7-8
- 8 2 Parts: press R 1-2 drag R 3-4 step R L 5-6 tilt kick or tilt jump 7-8 or step together snapping 1-8
- 8 Roll shoulders 1-2 again 3-4 ball change R L 5-6 R fan 7-8
- 8 Step R 1 cut 2 step 3 x-jump 4 ball change 5-6 cross R over L 7-8
- 8 Continue turning 1-2 over R leg 3-4 come up 5-8
- 8 Poses: Groups on 1-4, 5-8
- 8 Poses: Finish groups on 1-4, everyone 5-8
- 8 **Move to formation #2: step R with R finger 1-2 walk 3-8**
- 8 Step R cut 1-2 step R L 3-4 R high kick 5-6 L hip around 7-8
- 8 Sit 1-2 L hip up 3-4 step L drag R 5-6 head roll 7-8
- 8 Step double flick 1-2 over 3-4 snake up to L 5-6 step L 7 inverted R kick 8
- 8 2 Parts: ground – step L rond de jambe R 1-2 sit to ground 3-4 slide 5-6 sit on knees 7-8; standing – step L rond de jambe R 1-2 push R leg 3-4 turn to front 5-6 hands on hips 7-8
- 8 2 Parts: ground – look R 1-2 down 3-4 L 5-6 what arms 7-8; standing – look L 1-2 up 3-4 R 5-6 what arms 7-8
- 8 2 Parts: ground – roll to stand 1-6; standing – step L drag R 1-4 hold 5-6; everyone hit pose to front 7 step L 8
- 8 Step R L 1-2 R passé jump 3-4 **move to formation #3: walking 5-8**
- 8 Clap in opposition diagonals up or down 1-2, 3-4, 5-6, 7-8
- 8 Prepare 1-2 double pirouette 3-4 jump out 5-6 touch turn to back 7-8
- 8 Close 1-2 step snap R 3-4 step snap L 5-6 shimmy 7-8
- 8 Continue shimmy 1-2 up 3-4 R développé 5-8
- 8 Chassé 1-2 step 3 leap 4 step 5-6 coupé turn 7-8
- 8 2 Parts: soloist – solo acting 1-8; dancers – step R 1-2 lay back 3-4 step out R present R arm 5-7 hip 8
- 8 2 Parts: soloist – solo acting 1-8; dancers – three step turn to side 1-4 R hip shake 5-6 again 7-8
- 8 Step drag 1-2 walk L R 3-4 step drag 5-6 over 7-8
- 8 “But look” – up cross turn hit arms out to T to R side
- 8 “I said look” – inverted R fan step coupé turn to front
- 8 “Are you looking” – chaîné forward walk R L tilt kick
- 8 “Look who’s wearing the pants” - ball change R L flexed L foot turn step L backwards cartwheel land
- 8 **“NOW” – push through roll on knees to stand moving to formation #4**
- 8 Rond de jambe R 1-2 step L 3-4 prepare 5-8
- 8 Chaîné calypso 1-4 turn out of it 5-6 ball change 7-8
- 8 Shoulders up look to L 1-2 prep 3-4 sauté 5-6 step flat back 7-8
- 8 Stand up to front 1-2 three step turn 3&4 shoulders to R 5&6 L 7&8
- 8 3 Groups: step passé snap R 1-2 step passé snap L 3-4 prepare 5-6 double pirouette 7-8
- 8 Land in second, push through straddle 1-4 roll to sitting 5-8
- 8 Continue parts: snap 1-2 snap 3-4 snap 5-6 lay back kick L 7-8
- 8 Roll to stand forward 1-6 arms out to second position pop chest 7-8
- 8 Step R snap kick L 1-2 step L R 3-4 throw R arm over 5-6 Step L R arms up back 7-8
- 8 Three step turn R 1-4 three step turn L 5-8
- 7 Close 1-2 fall 3-6 legs up 7

Formations:

1)



2)



3)



4)



“Live a Little” - by: Florrie
Int Jazz – Time 1:44

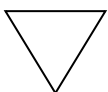


Begin in a Triangle—facing back, standing in second position with arms in Low V

- 8 Hold 1, dig L w/ hands on hips 2, hold 3, step out L and pop R knee w/ touchdown arms 4, hold 5, break arms down to low V as bend your L knee and look over L shoulder 6, hold 7, L hip roll & 8
- 8 Pop your chest & 1, L pivot turn 2, walk R/L/R 3-5, cross L leg over your R to face the front as arms push down 6-7, extend the arms and bring them into hips as you dig R & 8
- 8 2 Groups (1 or 5)—1st group—step out to your R as arms reach out R/L 1&2&, push arms out/in/out/in while shaking your hips 3&4&, hold 5-8; 2nd group—holds 1-4, repeats movement 5-8
- 8 Together—passé R as arms break to T 1, face the back 2, shake hips L/R/L 3&4, step L/R 5-6, L pivot turn to face the front and bend R knee 7-8
- 8 3 Groups (1, 3 or 5)—step L and kick R with L arms 1-2, release and lunge 3-4, stand/dig R and look front 5-6, 2nd group finishes 7-8
- 8 3rd group finishes 1-2, Together—R chaîné to the front 3-4, prep &, stationary jump with high V arms 5, land 6, hold 7, R développé kick 8
- 8 Face the back to sit w/ forearms on the floor 1-2, flick legs R/L 3&, open legs to second position 4, roll up over R shoulder 5-7, wrap L leg around R knee as arms break to T and fingers snap 8
- 8 L chaîné turn with hands on hips 1-2, prepare 3-4, single or double L coupé turn 5-6, step out to L side and grand plié 7-8
- 8 **Formation Change to #2 (Horizontal Line)**—walk R/L while pushing arms behind hips 1-2, R chassé while covering face 3&4, walk L/R as arms pull into hips 5-6, L chassé as head rolls 7&8
- 8 Step out R as arms circle above head 1, flat back 2, snake up 3-4, cross R leg over L leg as arms break to T 5, turn around 6, step back R and pop chest 7, step back L and pop chest 8
- 8 Step L and dig R as L arm reaches up and down 1&, opposite 2&, lean to L side while rolling shoulders 3-4, body circles L to R 5-6, R tilt kick with diagonal arms 7, close legs 8
- 8 Step twice w/R as arms shake 1&2&, swing arms to L/R 3-4, dig R and push arms to T position 5, dig L and push arms down 6, dig R while swinging arms down and up 7, recover to standing 8
- 8 Step w/ L three times while shaking upper body 1-3, wrap R leg over L leg and extend arms above head 4, R high chaine turn 5-6, low chaîné 7-8
- 8 Calypso 1, roll on the floor to stand 2-5, wrap L leg over R and break arms to low V 6, ball change L/R & 7, pivot turn to face the opposite side 8
- 8 R chassé 1-2, step L 3, grand jeté leap facing forward with high V arms 4, turn over L shoulder 5-6, prepare for turns 7-8
- 8 Double pirouette 1-2, slide down to the floor 3-4, pose sitting facing over L shoulder 5-6, switch sides and snap L arm up 7, break L arm down 8
- 8 Windmill legs to roll up to stand 1-3, clap twice & 4, **Formation Change to #3 (Upside Down Triangle)**—L chaîné turn 5-6, step L 7, clap twice with a R tendu & 8
- 8 **Continue Formation Change**—walk R/L/R as your arms push down 1-3, clap twice with a L dig & 4, L hip roll as arms break to low V & 5-7, clap twice w/ R knee bent & 8
- 8 2 Groups (1 or 3)—R pivot turn 1-2, walk R/L 3-4, R tilt jump 5, roll to the floor to stand 6-8
- 8 L leg extends to a L tendu as your arms break to low V & 1, hold 2, 2nd group finishes 3-4, Together—hips bounce three times as hands hold hips 5-7, turn over R shoulder as R leg crosses over L leg and arms extend up & 8
- 8 **Formation Change to #4 (Clump)**—walk R/L as arms push down 1-2, R chassé as hands slap hips 3-4, walk L/R as arms push down 5-6, L chassé as hands slap hips 7-8
- 8 Individual poses (3 total)—step 1, pose 2, step 3, pose 4, step 5, pose 6, hold 7, head roll 8
- 1 Individual ending

Formations:

#1



(Triangle)

#2



(Horizontal Line)

#3



(Triangle)

#4



(Clump)

“Giant in My Heart”- by: Kiesza
Int/Adv Contemporary – Time 2:22



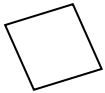
Begin in a Diamond—facing back diagonal, L dig, R arm overhead, L arm wrapped behind your back

- 8 Hold 1-2, passé L 3, step L as arms extend 4, step R and drag L as L arm presses down 5, step L/R to turn over L shoulder 6-7, step L as R arm reaches forward 8
- 8 Arm melts down 1-2, turn over R shoulder with R passé as arms reach up 3-4, step R/L 5-6, grand jeté with T arms 7, land 8, dig R &
- 8 Step out R to face the front 1-2, upper body roll R to L 3, continue with body roll as R arm swing up and down and L arm follows 4-5, step back R/L as L hand goes to your chest and R arm reaches forward 6-7, R arm melts down and look down 8
- 8 3-4 Groups (1, 2, 3, or 4)—tuck R knee to roll as you release your upper body and R arm presents to the front 1-4, finish rolling to stand with a L tendu 5-6, Together—step L 7, Or reverse fan kick 8
- 8 Land facing to the L side 1-2, step back R as R arm presses behind you 3, step back L as L arm presses behind you and look up 4, contract 5, R tilt kick 6, prepare 7-8
- 8 Double R coupé turn 1-2, slide to the floor with L arms 3-4, roll over R shoulder to finish sitting facing R diagonal 5-6, arms slide down by face 7, arms down and look down 8
- 8 2 Groups (1 or 3)—extend your legs and arms as your head releases 1, recover 2, 2nd group 3-4, Together—shoulder roll with extend legs 5-6, recover to both knees 7-8
- 8 Toe Rise or Toe Lift as arms swing back/up/down 1-4, extend L leg and roll to stand as arms press down behind you 5-7, turn over L shoulder to face the front 8
- 8 3 Groups (1, 3, or 5)—R low chaîné turn 1-2, calypso 3-4, turn to finish facing R diagonal with contracted body and hands on knees 5-6, 2nd group finishes 7-8
- 8 3rd group finishes 1-2, Together—reach out with both arms 3, return to knees 4, R arabesque as R arm swings up and over 5, step back 6, step L as R arm reaches up and melts down 7-8
- 8 R fan kick as arms circle opposite direction 1-2, R illusion 3-5, step R and reach to any direction 6, reach again 7, melt 8
- 8 Formation Change to #2 (Staggered Lines)—step R/L as R arm reaches up 1-2, step R/L as body faces side and arm melts down 3-4, R piqué turn 5-6, prepare 7-8
- 8 Turn combination—2 à la seconde turns 1-4, double front attitude turn 5-6, à la seconde turn 7-8
- 8 Fouetté turn into double pirouette turn 1-3, prep and stationary jump as arms swing up 4&, roll to finish on both knees facing front 5-8
- 8 Cross arms above head and look L 1-2, R kick and roll over R shoulder 3-6, R knee drop 7, roll over L shoulder 8
- 8 Finish rolling 1-2, step L as arms reach forward R/L 3&, bring arms to R hip 4, walk back L 5, walk back R as arms extend to T and look up 6, walk L 7, prepare to R diagonal 8
- 8 Ring leap 1, roll to kneel or stand 2-4, R leg extension (kneeling or standing) 5-7, circle leg in 8
- 8 R tilt kick 1, turn over R shoulder to face the back or roll to stand ending with a R tendu 2-4, arms reach out and up while looking up 5-6, step back R as R arm pulls in to ribs 7, step back L as L arm pulls in to ribs 8
- 8 Step R/L to face the front as arms extend to T and hands recover to knees 1-2, R body roll with L hand on your chest and R arm reaches out 3-4, prepare 5-6, double pirouette turn 7-8
- 8 Opposition (Traveling Right or Left Side)—R high chaîné 1-2, step R/L 3-4, deer leap (attitude front leg, back leg extended) as arms circle up 5, L ball change to face front or back 6-8
- 8 Step back R/L as arms reach forward 1-2, contract and hands touch knees 3-4, step back with R as R arm reaches 5-6, step L/R 7-8
- 8 Switch Tilt Jump &1, roll to stand 2-4, hold 5, step to the side with L 6, wrap R leg over L as arms cross above head 7, R chaîné turn with arms down 8
- 8 Finish chaîné turn 1, 2 Parts (Back Group or Front Group)—Back Group: step R/L 2-3, Russian leap facing back 4, turn over your L shoulder to finish facing front 5-8. Front Group: step R/L 2-3, R leg layout as arms push out 4, lunge 5-6, recover to standing facing front 7-8
- 8 Formation Change to #3 (Clump for Stunts)—walk R/L as arms reach out and front 1-2, continue walking R/L as arms push down 3-4, face the diagonal as arms reach up and melt down individually R/L 5-8

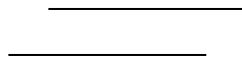
- 8 Stunt #1—prep 1-2, lift 1 dancer with R passé 3-4, recover stunt and contract 5-6, roll up 7-8
- 8 Look to R diagonal 1-2, everyone melts to contract as 1 dancer does an extension of his/her preference 3-6, recover to standing 7-8
- 8 Look to R diagonal 1&2, prepare 3rd Stunt 3-4, prep and lift her up and over 5-8
- 8 Improvisation to recover Clump formation 1-6, contract and connect with one another 7-8
- 8 1 dancer reaches 1-2, another reaches 3-4, 3rd reaches 5-6, 4th reaches 7-8
- 8 Recover 1-2, body roll R to L 3-4, step back R/L as arms reach anywhere and contract 5-8
- 8 3 Groups (1, 3, or 5)—step to the diagonal R/L/R as R arm reaches out and melts down 1-3, 2nd group 3-5, 3rd group 5-7, Together—step back L 8
- 8 Jump with R/L passé & 1, step R/L 2-3, R rond de jambe to face the back as L arm circles back 4-5, reach back with R arm as you step back with R 6, swing arm down as you grand plié facing side 7, relevé as R arm reaches up 8
- 3 Improvisation—individual ending in different levels 1-3

Formations:

#1 Slanted Diamond



#2 Staggered Lines



#3 Clump for Stunts and Ending



“Help the People”- by: Birdy
Int Modern – Time 1:54



Begin in a Diagonal—facing back diagonal, sitting with arms resting on knees, looking down

- 8 Roll up 1-4, *Ripple (Back to Front)*—circle R arm up and over and look to the diagonal 5-8
- 3 Look down 1, look to the diagonal 2, circle head up and over to original position 3
- 8 Lay in X position 1, contract over L shoulder 2, flick legs R/L &3, plank at a diagonal 4, fall on elbows R/L &5, contract 6, recover to kneeling as arms reach up 7-8
- 8 Fall over L shoulder and roll to stand facing L side 1-3, step out with R to face back as arms reach out 4, hands on chest as R leg rebounds &5, step R as arms reach up 6, step R as arms drop 7, step R and recover to stand facing front 8
- 8 *3 Groups (1, 2, or 3)*—Step L and jump as arms reach forward &1, step R/L to face the back &2, step out R/L while arms reach to T position &3, return to feet together &4, step R to face the side as arms reach out and recover to touching knees 5&, 2nd group finishes 6&, 3rd group finishes 7&, *Together*—L knee drop as arms up and around 8&
- 8 Lift R leg 1-2, kick and roll to stand facing back 3-4, step back R and reach front with R hand 5, return to face back 6, step R/L as arms reach forward 7&, contract as hands touch knees 8
- 8 *Opposition (Right or Left side)*—grand plié as arms push out to T position, pas de bourrée and reach to the diagonal 2&3, throw arm down with knee to knee connection 4, switch 5, prep 6, inside turn &7, contract with hands on knees 8
- 4 *Opposition (Ripple)*—step out and lunge with L arms 1-2, tuck 3-4
- 8 *Opposition*—Lay on your back to roll (bend first leg with second leg extended) 1-3, kneel with one leg extended and look forward 4, reach out to “L arms” 5&, bring leg and arms into body 6, step to stand and roll up 7-8
- 8 *Together*—step R &, beat 1, land in second &, relevé with R attitude facing the back 2, land 3, step over L shoulder to face the front as you open your arms &, contract in second grand plié 4, R pirouette turn as arms push up 5&, step R/L as arms reach forward while looking forward 6&, step R/L as hands touch chest area looking down 7&, step R/L with arms by your side and looking forward 8
- 8 **Formation Change to #2 (Partners)**—Improvisation moving to partners 1-8
- 8 *Partnering*—lift to arabesque 1-2, rotate 3-4, swing legs around to lay out 5-8
Soloist—step R arabesque L 1-2, slide to the floor 3-4, roll to stand 5-6, arch back 7-8
- 8 *Partnering*—illusion opposite ways 1-2 or 3-4, **Formation Change to #3 (Triangle)**—walk 5-8
Soloist—step and illusion 1-2, roll to stand 3-4, move formations 5-8
- 8 Jump to second position as arms reach up to open &1, relevé w/ R passé as arms reach up &2, step R for L dégagé inside turn &3, L chassé 4&, R sauté 5, step R/L 6&, R tilt jump 7, roll to the floor 8
- 4 Continue rolling to stand 1&, lunge R with T arms 2, contract with hands touching knees 3-4
- 8 *2 Groups (1 or 5)*—R rond de jambe en l’air with both hands on L knee 1-2, step R/L to face the opposite side 3-4, 2nd group 5-8
- 8 *Ripple (Right to Left)*—step R, brush L leg to arabesque as L arm swing up and over, step L and arch to roll to the floor, finish sitting facing back diagonal 1-6, *Ripple (Back to Front)*—circle R arm up and over and look down 7-8
- 2 Continue ripple—circle head up and over to original position 1-2

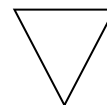
Formations:

#1



#2 Partners

#3



“Burnin’ Up”- by: Jesse J
Int/Adv Stylized Jazz – Time 1:52



Begin in a triangle, different poses looking away.

8 Hold 1-3, look up 4, snake up 5-8

8 Swing arms up 1-2, drop 3-4, step L to a T 5, R fan 6, release down 7-8

8 Roll 1-4, creative solo parts 5-8

8 Continue solo parts 1-8

4 Walk to straight line 1-4

8 Separate to staggered lines – Walk R 1, L 2, group 1 jump in 3, out 4, group 2 – 3-4, heel-toe-heel 5&6, frame R 7, L 8

8 Continue group 1 – hip roll 1-2, jump together 3-4, push forward 5, pivot back to T 6, walk R 7, L 8

8 Group 1 – R fouetté arabesque 1-2, group 2 – R passé 1-2, ball change back 3-4, windshield arms to cut 5-6, prep 7-8

8 Chaîné 1-2, plié 3-4, calypso 5-6, roll 7-8

8 Stand 1-2, figure eight arms to face center 3-4, strut back R 5, box 6, reach 7, T release 8

8 R ball change front or back & 1, L arms 2, hold 3, jump out 4, hips R-L-R-L 5-8

8 Windshield arms to cut front with L leg out 1-2, drop 3-4, switch legs and high V arms to snake up 5-6, hold 7-8

8 Cut R arm across to rock 1-2, down 3, prep 4, double or triple pirouette 5-7, jump out on 8

8 Slap hips and head roll 1-3, jump together 4, step R 5, flick L 6, step L 7, flick R 8

8 Move to diamond – Chaîné back 1-2, walk 3-8

4 Poses 1-3, close on 4

8 R tilt kick 1-2, cross over 3, jump together arms pushing up 4, –group 1 of 3:dip R-L on 5-6, step L 7, cross R over 8

8 Continue parts 1-6, group 1 – ball change back with R 7-8

8 Chassé step jeté 1-4, land 5-6, push R-L-release R on 7&8

8 Shake hips while groups 2 and 3 finish 1-6, everyone together 7-8

8 Chaîné R 1-2, tour 3-4, chaîné 5-6, step out R 7, drag back L arms 8

8 Step R 1, cut to R passé release 2, walk R-L 3-4, fan face and roll hips 5-8

8 Press leap 1-2, land 3-4, roll to stand 5-7, R knee drop 8

8 Roll to bug 1-4, X out or R kick 5, close 6, switch 7, close 8

8 Hold 1-2, split away from center – L side: roll back 3-4, leap up from ground 5-8 – R side: roll back 3-4, head roll 5-8

8 Continue parts – L side head rolls 1-4, close 5-6, walk 7-8 – R side rainbow leap R to roll up 1-6, walk 7-8

8 Walk to diagonal 1-6, prep 7-8

8 Foutté turns 1-2, 3-4, 5-6, 7-8 – Or option for creative alternative to the turns in second

4 Double pirouette 1-2, jump out with R pointing up 3-4

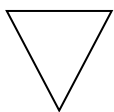
8 Parts: swing R arm around 1, jump to side 2, or 3-4, or 5-6, everyone push R across to pivot back 7-8

8 Walk to straight line 1-7, step back with R leg and R arm up 8

1 Fall back to L with L arm over head to pose on 1 – levels high to low from L to R

Formations:

#1 – Triangle



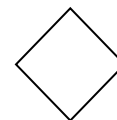
#2 – Straight Line



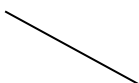
#3 – Staggered Lines



#4 – Diamond



#5 – Diagonal



#6 – Straight Line



“Almost Lover”- by: Jasmine Thompson
Int/Adv Lyrical – Time 2:11



Begin in a staggered lines, facing different ways and looking down.

8 Hold 1-2, look up 3-4, pull front 5, walk 6-8
8 Reach out with jazz hands 1-2, touch stomach 3-4, drag across body 5-6, snake R or L with arms in T 7-8
8 Front line chaîné front 1-2, back line chaîné back 1-2, plié 3-4, calypso 5-6, walk R-L 7-8
8 Face front to wrap R arm over head 1-4, brush down face 5-8
8 Cut L arm across 1-2, **walk back to staggered lines** 3-8

8 Plié chaîné to front diagonal or back diagonal 1-2, 3-4, 5-6, jeté out R 7, L 8
8 Stop on 1, hold 2, drop back 3-6, walk R 7, L 8
8 Invert fan 1-2, roll down 3-4, hold 5-6, push L leg back 7, close 8
4 Look front on silence
8 Fan front 1-2, reach front 3, over 4, R head roll reaching out 5, down 6, R fan back 7-8
8 Roll up 1-2, run R-L 3-4, R leap 5-6, reach front R 7, L 8
8 Stab stomach and collapse over 1-2, **switch lines** 3-6, stand 7-8

4 Move to triangle 1-4

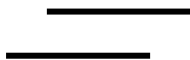
8 Prep for fouetté turns 1-2, frottés 3-4, 5-6, 7-8
8 Continue frottés 1-2, pull in to a double pirouette 3-4, back out to fouetté turns 5-6, 7-8
8 Fall on R knee 1-2, roll out 3-4, push L 5-6, switch to push R 7-8
8 reach with R arm in L lunge 1-4, cut under to roll on back 5-6, grab head R 7, L 8
8 Release back to high knees 1-2, down 3-4, toe rise 5-8
8 Look different ways R or L 1, switch 2, sissonne R 3-4, point front 5-6, reach up 7-8

8 Collapse 1-6, **walk to diagonal** with creative arms 7-8
8 Continue moving 1-4, front 5-6, ball change R swinging arms back 7-8
8 Illusion 1-4, walk L 5, plié in fourth 6, release with arms over head 7-8
8 Land down 1-2, look up 3-4, slap R 5-6, L 7-8
8 Push back 1-4, roll opposite ways 5-6, fan around 7-8
8 Roll up 1-4, circle head R 5, L 6, push out 7, contract 8
8 Look up 1-2, run 3-4, Russian **back to your diagonal** 5-6, turn out 7-8

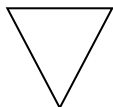
8 Wave while **walking to straight line** 1-8
8 Prep 1-2, double pirouette spotting back 3-4, push out R 5-8
8 R leg back to lunge 1-2, hold 3-4, arabesque parts: release 5-6, or 7-8
8 Passé R to stand 1-2, push up 3-4, chaîné with hand at heart 5-6, walk to clump 7-8
8 Reaches 1-4, head officer walks away 5-8, others toe roll down 7-8

Formations:

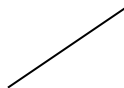
#1 – Staggered Lines



#2 – Triangle



#3 – Diagonal



#5 – Straight Line



**“Living for Love”- by: Madonna (DJ Linuxis Remix)
Int Kick – Time 1:43**



Begin in one line, feet together with head down.

8 Hold 1-3, look up 4, **separate to staggered lines** – chaîné front or back 5-6, break arms to a T 7, clean 8
8 Swing R arm 1, across to L passé 2, step to R développé 3, look 4, walk R 5, turn L 6, R ball change w/ hands on hips 7-8
8 Chassé 1-2, R leg leap 3-4, land down 5-6, hold 7-8
8 Roll side 1-4, **walk back to one line** 5-6, and hook up 7-8

8 Footwork: Step R behind 1, flip L 2, step R 3, cut to R 4, R chassé side 5-6, step R kick 7-8
8 Jump kick R 1-2, cut L back 3, flip hips L 4, jump kick L 5-6, cut R back 7, flip hips R 8
8 Jump kick R 1-2, L 3-4, front R 5-6, open L 7-8
8 Three jump kicks front – RLR 1-6, R fan 7-8

8 Run kick RLR 1-3, flip L waist kick 4, run kicks LRL 5-7, flip R waist kick 8
8 Ball change R &1, point L 2, ball change L &3, point R 4, R fan 5-6, hold 7-8
8 Gradual kicks: R low point 1-2, L waist 3-4, two high kick RL 5-8
8 Gradual kicks: R low point 1-2, L waist 3-4, one high kick R 5-6, hold 7, close 8

8 **Move to diagonal** – R arm to low V 1, L 2, clean 3-4, kick parts 5/7/1: step L 5, R kick 6, release 7, tuck 8
8 Continue parts 1-4, hold 5-6, step L back to prep 7-8
8 Option 1: Chaîné 1-2, roll down 3-6, hold 7-8 – Option 2: Chaîné 1-2, plié 3-4, turning Russian 5-6, roll up 7-8
8 Hold 1-2, **move back to straight line** 3-8

8 Hook up 1-2, bow contagion L to R 3-8
8 R fan kick contagion to R knee from R to L 1-8
8 R kick up contagion from L to R 1-8
8 Jump kick R 1-2, L 3-4, R 5-6, twist R hip 7-8

8 Jump kick L 1-2, R 3-4, L 5-6, twist L hip 7-8
8 Close 1, **separate to triangle** 2-4, reach R across 5, low V 6, circle L up 7, low V 8
8 Press leap 1-2, land 3-4, roll to levels 5-8
2 L hand to heart R to hip 1, L to high V 2, looking at your hand

Formations:

#1 – Straight Line



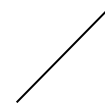
#2 – Staggered Lines



#3 – Straight Line



#4 – Diagonal



#5 – Straight Line



#6 – Triangle

