

# ADTS Officer Camp

## 2017 Routines



**Camp Dance – “Rise Up Mix” by: Various Artists – Time: 1:45** – Camp dance follows along with our theme “Greater Challenges, Greater Victories.” With a mash up of songs to fit the theme, this dance is sure to challenge and bring out the best in your officers! This dance would also be great for a pep rally and can be modified for any level dancers! Technical elements include: double/triple turn, press leap, tilt/switch tilt, calypso, double coupe turn, and more.



### Alice Henrichsen & Sarah Flisowski

**Social Officer Dance – “Call On Me (Ryan Riback Remix)” by: Starley – Time: 1:28** – This fun and motivational routine is specially choreographed for our social officers. The song talks about leaning on each other and being a person to call on when times are tough which is exactly what our socials stand for. This jazz routine will challenge the socials with a variety of leaps, turns, and more to show that they are more than just glitter and paint...they are fabulous dancers too.

### Amy Tidwell

**Pep Rally Pom – “Get Low (W&W Remix)” by: Dillon Francis and DJ Snake - Time: 1:24** – This fun pom routine will definitely be a showstopper routine for your officers! Technical elements can be modified for any level dancers. No matter what level your officers are, your audience will love this routine! Technical elements include: double/triple turn, press leap, turning disc, tilt leap/switch tilt, knee drop, toe touch, and more.



### Miriam Vera

**Pep Rally Jazz – “In Love” by: Martin Garrix – Time: 1:40** – “In Love” is an upbeat song with a techno intro that would be perfect for a pep-rally performance or community event. The choreography includes technical elements such as grand jeté, tilt jump, calypso, illusion into a ring leap, a la second turns or pirouette combination, a surprise leap and coupe turn. These skills can be easily modified to an intermediate level, and you could also change the song for different events! “In Love” will allow your dancers to enjoy a fun challenge while adding style and sass while dancing!

### Tasha Franklin

**Adv Hip Hop – “Dig Mix” by: Various Artists – Time: 1:37** – Feeling girly and bossy? This mix has a variety of tunes that will have your team loving every movement quality that is thrown in this dance. This piece is advanced by the formation changes, levels and creative count structure that will get your dancers thinking but getting down at the same time! So if you want a routine that your team and audience will enjoy, this is for you!



## Greater Challenges, Greater Victories!



**Morgan Ericson**

**Pep Rally Kick – “Show You Love” by: Kato & Sigala (feat. Hailee Steinfeld) – Time: 1:40** – Get ready to show your school the pride of drill team, the high kick, with this energizing routine at your next pep rally. With creative kick combinations, moments of powerful dance technique, and high energy movements, this will truly get the student body excited for that week’s big game!

**Int/Adv Pom – “Chain Reaction (Domino)” by: Don Diablo – Time: 1:41** –

With strong beats and dramatic builds, this pom is sure to show off your dancers’ power and strength. This routine showcases intense arm combinations with lots of group work and levels that will be sure to wow any audience. Your dancers will love this hard-hitting routine, and be able to show off their technique with leaps, turning disc/X-jumps, pirouettes and tilt jumps. It’s time to set off an electric chain reaction!

**Sarah Zepeda**

**Pep Rally Hip Hop – “Humble” By: Various Artist – Time: 1:29** – If you’re looking for a fun, energetic and upbeat hip hop routines, this one is perfect for you! You will be sure to get the crowd pumped up with today’s hits and new dance moves! Challenge yourself with fast footwork, floor work and level changes to give the best overall effect at your pep rally!



**Chrissy Clay**

**Adv Jazz – “Deeper Love” by: Jauz – Time: 1:30** – This is a high-energy, challenging, and entertaining routine. The music is classic with a new vibe feeling that the crowd and your team will enjoy. The choreography includes parts, floor work and some advanced skills such as fouettes and a calypso to the middle split. This dance is a showstopper for any performance through the year!

**Lauren Cabrera**

**Int/Adv Contemporary – “Stay” by: Nia Sioux and Chris Collins – Time: 1:41** – This graceful and soft routine to a lovely cover by Nia Sioux and Chris Collin to the popular song “Stay” will give your dancers the opportunity to relate to the song and express themselves through their movement. There is room for dancers to incorporate personal style while also challenging themselves to accomplish skills including a la seconde turns, tilt jumps, surprise leaps and much more. Dancers will enjoy learning this routine, and audiences will love watching it.



**Carolyn Thompson**

**Int/Adv Jazz – “Sugar” by: Robin Schulz (feat. Francesco Yates) – Time 1:48** – This fast jazz is a routine everyone will love! The choreography consists of options for any level of dancer. This routine will challenge your technique and be fun for all. Technical elements include a calypso, switch leap, pirouettes, and a turning disc. “Sugar” has a fun, upbeat, and sassy style that everyone will love. This routine is perfect for a basketball or pep rally routine!

**Greater Challenges, Greater Victories!**



### **Heather Johansen**

**Adv Pom – “Jungle Bae” by: Skrillex & Diplo – Time: 1:34** – In this upbeat, intricate advanced pom, you will be sure to have everyone in the audience dancing along. With fast motions and advanced technique such as turning discs, switch tilts, and turns in second, this pom will challenge dancers to push past their limits and grow as a group.



### **Katey Guinn**

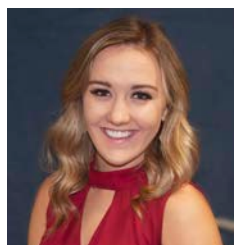
**Int/Adv Hip Hop – “Culture” by: Migos – Time: 1:11** – This year's intermediate to advanced hip hop is a fun LA style hip hop that plays with musicality and lyrics! Dancers get to focus on the performance aspect of this piece as well as picking up a different style of choreography. It is fun and upbeat, and is a great chance to see the personalities of each dancer shine!

### **Tori Carney**

**Adv Contemporary – “With You” by: Cast of Ghost – Time 1:38** – This advanced contemporary challenges your dancers with portraying emotions as well as technical combinations. The choreography includes quick weight changes and syncopation, as well as technical aspects such as turns in second, knee turns, and a reverse leap. “With You” will allow your dancers to grow as artists and as a group.



**Int/Adv Stylized Jazz – “River” by: Bishop Briggs – Time 1:28** – This sassy and fun intermediate to advanced jazz is meant to challenge your dancers with quick weight changes and syncopation. There are also technical elements such as a double turn, calypso, and turns in second. There are options to build your dancers technique with more challenging steps and skills. It will for sure wow the audience at a pep rally, basketball game, or spring show.



### **Olivia Thompson**

**Int/Adv Lyrical – “We Don’t Eat” by: James Vincent McMorrow – Time: 1:23** – This Lyrical is a beautiful piece that will look good on officers or small groups. It is very stylized but also has some fun tricks in there as well. It gives your dancers the opportunity to express themselves through fluid movement.



**Greater Challenges, Greater Victories!**