



## 2021 Team Camp ~ Routine Descriptions

### Camp Dance/Pep Rally

**Camp Dance - "Looking At Me" by: Sabrina Carpenter - Time 1:20** - Last year may have made it difficult for crowds to gather around your team, but this routine is sure to have everyone looking at you. A routine sure to turn heads, dancers will have the opportunity to highlight technical elements by adding their own personal flare.

**Pep Rally Jazz "Nails, Hair, Hips, Heels" by: Todrick Hall - Time 1:27** - This pep rally routine is super fun and upbeat! This sassy number includes parts and levels that are sure to impress the crowd for a pep rally, spring show, or basketball performance. This routine focuses on technical elements such as an arabesque, tilt, floor battement, jeté, pirouette as well as turns in second.

**Pep Rally Jazz - "Head & Heart" by: Joel Corry x MNEK - Time 1:17** - Your dancers will love this fun and sassy jazz that is perfect for a pep rally, basketball game, or spring show performance. The choreography includes parts, floor work, and levels. "Head and Heart" includes a press leap, floor battement, turning disk, Calypso, tilt kick, coupé turns, pirouettes and a knee drop. All of which can be modified to fit your dancers' needs and ability level. This dance will hype up any crowd!

**Pep Rally Pom - "Oh Baby" by: Seizo - Time 1:25** - This is a fun advanced pom that is great for your next performance. The song includes a Michael Jackson sample with an upbeat modern mix to it. The choreography includes multiple moves that can be adjusted to the level of the dancers as well as footwork that can be simplified as necessary. The visuals and levels are great attention grabbers!

**Pep Rally Pom - "Dose" by: Ciara - Time 1:26** - "Dose" is an exciting pom routine perfect for pep rallies! The music is upbeat with a strong brass section and drumline breakdown perfect to get any crowd on its feet. The routine features stylized pom movements, a grand jeté, and various parts and contagions all with a hip-hop feel to the entire routine.

**Pep Rally Hip Hop - "Mischievous" by: Various Artists - Time 1:12** - This routine is fun for anyone to learn regardless of hip hop skill level! The choreography is quick but easy to clean with lots of visual movements and some simple floor work. This dance is sure to entertain any crowd at pep rallies, basketball games, or special performances!

**Pep Rally Hip Hop - "Blast Off" by: Various Artists - Time 1:25** - Captivate your crowd with this fun and visually appealing hip-hop to some of the most popular songs of 2020! "Blast Off" is a smooth and spunky number, that includes group work, floor work, and possible highlight skills, to suit teams at any level. Any group dancing to "Blast Off" will look out of this world!

### **Jazz (Kelly Norman/Carolyn Thompson)**

**Int Field Jazz - "You Dropped a Bomb on Me" by: Tom Wallace, Arrangers Publishing - Time 1:30** - This intermediate field jazz is the perfect routine for all of your dancers to shine! This jazz has lots of stylized movements and technique from single and double pirouettes, leaps, and options for different levels of dancers! This routine will have your audience dancing along and loving all the visual effects!

**Int/Adv Field Jazz - "Hot Stuff" by: Doug Adams, Arrangers Publishing - Time 1:33** - This Int/Adv Field Jazz routine will be a fan favorite for any halftime or pep rally performance. This upbeat classic song provides a high energy routine with various parts and levels throughout. The choreography includes intermediate and advanced options, pirouettes, press leaps, calypsos, and jetés. Your team will have so much fun performing this dynamic routine!

**Int Jazz - "Show You Love" by: Kato and Sigala - Time 1:37** - This is a fun and upbeat jazz piece that your dancers will love to perform. It is filled with parts and group work that can be easily polished and perfected for a pep rally or basketball game. The choreography includes technical skills that can be modified to more simplified or enhanced movements to fit your dancers. This is definitely going to be a crowd pleaser performance!

**Int/Adv Jazz - "Heartbreaker" by: Pat Benatar - Time 1:29** - This fast, upbeat jazz is sure to keep the crowd entertained! This dance contains technique such as: a triple turn, turns in second, turning center, and a few others! The choreography contains groups, levels, and opposition. Anyone who watches this dance is sure to get out of their seat and start dancing too!

**Adv Jazz - "Uh Huh" by: Somewhere Else - Time 1:21** - Challenge your dancers technique and style with this high energy, sassy jazz routine. Your team is sure to have a great time while performing this routine and will leave the floor feeling confident and proud. "Uh Huh" features technical elements such as challenging floor work, advanced leaps and turns, and stylized precision movements. While this routine features many advanced elements that will highlight your dancers skills, it is also a crowd pleaser visually and can be modified to fit every team's needs. Any audience is sure to love watching this routine.

**Int/Adv Stylized Jazz - "Hit the Road Jack" by: Throttle - Time 1:33** - Your dancers will love this fun, upbeat jazz dance! It's perfect for any pep rally, basketball game, or spring show performance! Choreography includes parts, floor work, and ripples! "Hit The Road Jack" focuses on technical skills such as a double or triple pirouette, tilt kick, russian, turns in second, spinning disk, press leap, coupé turn, and a toe touch that can all be modified to any dancer's ability level. This will be a real crowd favorite!

### **Hip Hop (Tasha Franklin)**

**Int Hip Hop - "What's Poppin?" by: Various Artists - Time 1:36** - This dance is a smooth and stylized hip hop that your dancers will love. This routine is a fun mix that includes the official song for the NBA playoffs that your dancers and spectators are sure to love. The routine has parts, levels and many visuals that'll entertain any crowd.

**Int/Adv Hip Hop - "It's About That Time" by: Various Artists - Time 1:48** - If you are looking for a crowd pleaser this dance is it!!! Everyone wants a crowd starter and with music from Lil Jon and Missy Elliott! This fast beat, energetic routine will definitely challenge your dancers mentally and physically. Your crowd will be on their feet and snapping their fingers to this one. It has parts, levels and current dance moves. It will be great for pep rallies, basketball games or any special performances!

**Adv Hip Hop - “It’s Goin Down” by: Various Artists – Time 1:49** - “It’s Goin Down” is a fast paced routine that is sure to work up a sweat as well as pump up the crowd! There’s a variety of music ranging from smooth and funky to sharp and sassy. This dance will be a challenge to the dancers with many different parts and visuals, but is a showstopper for any type of performance!

### **Pom (Heather Johansen/Rachel Dodson)**

**Int Field Pom - “Jailhouse Rock” by: Johnnie Vinson, Hal Leonard - Time 1:37** - This dance is guaranteed to be a party on the football field! This classic Elvis song will be a hit with the fans and your team. Easy to clean, fun and sassy, this will be a halftime performance the whole cell block will be dancing to!

**Int Field Pom - “Disco Inferno” by: Tom Wallace, Arrangers Publishing - Time 1:30** - This intermediate field pom is a song we all know and love to dance along to! This routine is full of great pom visuals as well as technique that all your dancers can be successful on the football field. This routine includes intermediate dance elements such as a single or double pirouette, jeté, parts, levels and contagions that your audience will love!

**Int/Adv Field Pom - “Shake It Off” by: Tom Wallace, Arrangers Publishing - Time 1:24** - With eye catching visuals, this routine is perfect for engaging the crowd during your halftime performance! Your dancers will love the chance to learn this super fun routine to a Taylor Swift classic! “Shake it Off” includes a tilt jump, double coupé turn, turning disc, leap, turns in second, and tilt kick.

**Int Pom - “Seven Nation Army (Remix)” by: DMNDS - Time 1:30** - This intermediate pom has a new fun take on the classic Seven Nation Army! With powerful movement, and interesting visuals, this routine is sure to get the crowd pumped up! Technical skills showcased in this dance are a jeté, single or double pirouette, firebird, turns in second, russian or X jump, and a tilt kick.

**Int/Adv Pom - “Fool For You” by: Disclosure & Mary J Blige - Time 1:30** - This sassy upbeat pom will have your dancers excited to learn and perform this routine! This is a great piece to perform at a pep rally, basketball game, spring show, or any special performance. The choreography includes levels, direction changes, double or triple pirouette, calypso, turning disk, and a toe touch that can be modified to any dancer's ability! Anyone that hears the music is going to be a fool for your team!

**Int/Adv Pom - “Pitbull Mix” by: Pitbull - Time 1:18** - This fiery pom routine is jam packed with strong, sharp movement to best accent your team's strength. With a variety of technical options, this fun and upbeat dance is great for intermediate and advanced dancers. If you're looking to pump up the crowd, this challenging Pom is for you!

**Adv Pom - “Conga (John Revox Remix)” by: Gloria Estefan - Time 1:23** - This high energy pom has technical elements as well as moments to show projection. This routine is very upbeat and sassy and one to get the crowd excited. Skills such as a toe touch, turning stag leap to a split, and pirouettes will challenge your dancers while still having a fun time!

### **Prop (Tracy Melendez)**

**Int Field Prop (2 Small Hoops/Discs) - “I Got You (I Feel Good)” by: Tom Wallace, Arrangers Publishing - Time 1:25** - Colorful two-sided discs will make this dynamic field routine an instant halftime hit! Your team will dazzle the audience with a double pirouette, a grand jeté, fun partner sections and amazing arm work. This field prop is packed with plenty of visual variety, lovely levels and five formation changes. It is perfect for dancers of all levels.

**Int/Adv Field Prop (Chair) - “These Boots Are Made For Walkin” by: Tom Wallace, Arrangers Publishing - Time 1:36** - Your football season is sure to be a hit with this upbeat and stylized field chair routine. Levels, parts, and group work along with a technical section that can be modified to fit any team's skill level will wow the audience.

This routine features a tilt kick, high kick, double pirouette, stationary leap, and a Y-scale. A fast-paced dance that will be sure to get your team's boots a walkin'!

### **Kick (Kayla Norman)**

**Int Field Kick "We Found Love" by: Tom Wallace, Arrangers Publishing - Time 1:46** - This sassy field kick routine for any level of kicker. The routine includes variations of kick sequences, a grand jeté, and a double pirouette. The contagions and groups showcase the shifts and changes within the music which make for a visually appealing routine. This is great for the football field or any performance.

**Int/Adv Field Kick - "I Like It" by: Tom Wallace, Arrangers Publishing - Time 1:22** - This is a high-energy kick routine featuring groups, contagions, and lots of hip switching! This routine will push your team's stamina and kick technique, all while having fun. Sass is required! Intermediate and advanced options are provided to be better tailored for each team.

**Int/Adv Kick - "Sweet Dreams" by: Eurythmics - Time 1:54** - Your team will enjoy a blast from the past with this fun and upbeat kick routine! This piece is versatile and would be perfect for a pep rally, spring show, or even a football field performance! The choreography includes both intermediate and advanced options, pirouettes, grande jeté, turning disk, and high kicks, of course. This routine is electric and will be entertaining for any audience!

### **Military (Rachel Dodson)**

**Int Field Military - "U Can't Touch This" by: Paul Murtha, Hal Leonard - Time 1:15** - This easy to clean routine will have your team ready for a fun and funky half time performance. Parts and levels will visually appeal to the crowd that's dancing in their seats to this 90's jam. You could easily add poms and use the pop version for a pep rally dance too!

**Int/Adv Field Military - "Batman Theme by: Mike Story, Alfred Publishing - Time 1:28** - This fast-paced, advanced field military to the theme from "Batman" will make your team Hometown Heroes! This dance features an abundance of intricate arm work combined with plenty of formations, section work and level changes. Your audience will be super impressed as your team executes double pirouettes, a tilt jump, a grand jeté and a sensational scorpion stunt!

### **Novelty (Alice Henrichsen)**

**Int Novelty - "Party Mix" by: Various Artists - Time 1:38** - Your audience will have so much fun watching your team perform this party themed routine! This energetic novelty is guaranteed to be a show stopper for any pep rally, basketball game, or community event. The choreography includes jetés, pirouettes, press leaps, and sassy elements for all dancers and audiences to enjoy!

**Int/Adv Character Jazz - "On Broadway" by: SMASH cast - Time 1:39** - "On Broadway" is a classic Broadway style, inspired by the Fosse and Rockette style. This dance has solid intermediate level technique, which includes a double pirouette, LA leap, various battements, and a surprise leap. It also will challenge your dancers with quick footwork, fast weight changes, and syncopation. It is sure to please a crowd for a community performance or spring show piece!

### **Lyrical/Modern/Contemporary (Miriam Vera/Claudia Vera)**

**Int/Adv Lyrical - "Heal" by: Tom Odell - Time 1:35** - This is a "feel good" routine that will allow your dancers to release their inner emotions and past experiences! The movement comes from within and will translate with the musicality. It will challenge and expand their movement by whole body dancing. The choreography includes a calypso, à la seconde turns, and a surprise leap. This lyrical piece will have the audience feeling as if they were in the dancers' shoes.

**Int/Adv Modern - "Stand Up" by: DLGS (Cynthia Erivo) - Time 1:27** - This intermediate/advanced modern routine will challenge your dancers with weight shifts, parts, turns, and partner work. This routine is about working together as a team and standing up for one another. "Stand up" would be a great routine to take to competition or perform at your Spring show.

**Int Contemporary - "Dance With Somebody" by: Marian Hill - Time 1:38** - This intermediate contemporary is a perfect challenge for beginner and intermediate dancers. This routine includes ripples, parts, floor work, pirouettes, jetés, a tilt jump and a calypso. This routine is a perfect way to introduce and engage dancers to the contemporary style with visual variety and the use of musicality.

**Int/Adv Contemporary - "Seasons" by: Needtobreathe - Time 1:38** - "Seasons" will give your dancers the opportunity to work on control and expression of movements, as well as their musicality in this Int/Adv contemporary. The choreography includes coupé turns, fouettés, various floor work, and leaps with options to accommodate dancers of all levels. This dance will feature different parts and groups that will showcase your dancers beautifully.

**Adv Contemp - "Dream On" by: Cinematic Pop - Time 1:37** - This advanced contemporary is challenging, but very fun to perform. In this routine we have advanced technique that consists of: a triple pirouette, tilt jump, floor work, and a turn combination to name a few! This dance allows each dancer to showcase their technique in various ways! This dance contains group work, levels, and opposition, that the audience will love.

### **HBCU-Style Jazz (Mila McQueen)**

**Int HBCU Field Jazz - "Word Up" by: Keven Shepherd, Hal Leonard - Time 1:27** - This Int Field HBCU Jazz is sure to be a crowd favorite. This routine is a fun, sassy, crowd pleaser, that is perfect for any level and is definitely a great way to introduce your dancers to this style of dance. This choreography includes a double pirouette, press leap, & a split, that can all be modified to fit your team without losing that sassy HBCU style.

**Int/Adv HBCU Field Jazz - "Cold Hearted" by: Raymond James Rolle II, Hal Leonard - Time 1:46** - This jazz routine is super entertaining and will pump up the crowd in every football stadium. This choreography is high-energy, fast-paced, and full of pops and rolls that allow dancers to have a good time during their halftime performance. Some of the technique in this routine is a double pirouette and a calypso that can be easily replaced with rolls and holds without losing the "spunk" of the choreography. This routine will easily be a student and audience favorite!

