



2009  
Team  
Routines

## 2009 Team Camp Routine Descriptions



**Team Camp Dance:** “Just Dance” – by: Lady GaGa – Time: 2:00 - This year’s camp dance is an energetic stylized jazz routine with a hip hop flare. “Just Dance” will be used as the All-American tryout dance. Camp dance skills include pirouettes, chainé turns, pique turns, coupe turn, jeté, and A ‘La Seconde’ leap. Optional skill combinations will be offered to fit the skill level of the beginner to the advance dancer. Dancers and the crowd alike will love the non-stop movement spiced with sassiness and style. “Just Dance” is definitely a routine to take home and perform for all types of crowds.

**Pep Rally:** “Shawty Get Loose” – by: Lil Mama (feat. Chris Brown) – Time: 2:33 - Entertain your audience with this fun routine that makes you want to get up and dance. The routine is high energy and very cleanable. It is perfect for pep rallies, community performances and basketball games. This dance is sure to show off your team’s swagger!

**Kick Off Music:** “Fashionista” - Time: :45 – This simple kick series offers straight jump kicks, ‘around the world’ kicks, exercise kicks,

and fan kicks. It is designed for the auditions for Kick Company and Miss High Kick Auditions.

### Jazz:

**“Hot & Cold” – by: Doug Adams (Alfred Publishing) – Time: 2:03 – Int Field Jazz** - This stylized field jazz is to one of Katy Perry’s number one hits in 2008. The choreography includes a jeté, pirouette, levels, and parts that are cleanable and visual. All of the movements in this dance can be adapted to a more beginner level or upgraded to be a more advanced jazz dance. This would be a great dance to perform at a football game or pep-rally and can be performed to the pop version of the music as well.

**“Boom Boom Pow” – by: Black Eyed Peas – Time: 2:12 – Int Jazz** - Your dancers will love performing to the Black Eyed Peas #1 hit off their latest album. This dance would be great for a pep-rally, basketball game, or spring show. It is an upbeat and energetic routine that has a jeté, double pirouette, and hip hop section along with a section of the dance that features a calypso, tilt kick, and turned “C jump.” All of the technical choreography can be adapted to your team’s ability level. The entire dance has a fun and funky flair to it that your audience will truly enjoy.

**“Cha Cha Heels” – by: Rosabel – Time: 1:47 – Int Character Jazz** - The pep rally routine is an exciting dance with a “cha-cha” flare. The movement is fun and energetic from beginning to end. Basic technical skills will be incorporated into this routine. This dance would be great for pep rallies, basketball games, or anywhere else you want to get your audience up and moving with your dancers.

**“Ruby Blue” – by: Róisín Murphy – Time: 2:11 – Int/Adv Contemporary Jazz** - Your team will love performing this stylized contemporary jazz routine. The choreography includes partner work, Fosse type movements and isolations, as well as technical turns and leaps. The choreography in this dance is visually enhanced by incorporating parts, oppositions and levels. This is a more modern approach to the traditional jazz dance. Ruby Blue would be a great routine for contest or spring show.

### Hip Hop:

**“Mind Control” – by: Common – Time: 2:10 – Int Prop Hip Hop** - This is a funky hat routine is to a song that your audience will truly enjoy. The choreography is fresh and fun and has lots of parts, floor work, and levels. The dancers will utilize their hat in many creative ways (on, off, sideways), to create a

visual and exciting dance to perform. This hip hop is perfect for a pep-rally or basketball game and will definitely be one of your team's favorite routines this year.

**“Jump” – by: Flo Rida (feat. Nelly Furtado) – Time: 2:02 – Int/Adv Street Hip Hop** - This dance is for the experienced hip hop dancer. It is fun, energetic, and full of challenging movements. The routine has group work, stunts, quick footwork, and would be great for a pep-rally, basketball game or spring show piece. Your dancers will love the choreography and so will your audience!

## **Kick:**

**“Here it Goes Again” – by: Allen Gray (Matrix) – Time: 1:36 – Beg/Int Field Kick** - This traditional kick routine will be perfect for football season for any level of team. It is a fun, basic kick that can be easily polished and perfected. It has traditional kick sequences, and visual formations, which include smooth transitions. The crowd is sure to love the partner section and jazz section that shows exciting combinations on the field.

**“Mamma Mia” – by: Mike Story (Alfred Publishing) – Time: 1:47 – Int Field Kick** - A familiar song from the popular Broadway musical, "Mamma Mia," is the accompaniment for the Intermediate field kick. This routine consists of easy-to-polish jazz sections, quick and sharp footwork sections, and a succinct kick section that will challenge the minds of your intermediate dancers while still allowing your beginner dancers a chance to successfully accomplish their first kick routine. The changing dynamics of the music are sure to entertain the dancers as well as the audience.

**“Carry On” – by: Diana Ross - Time: 2:21 – Int/Adv Kick** - This intermediate to advanced kick is a fun, upbeat routine. There are many fast direction changes and shifting of weight. There is a fun jazz section that moves quickly, which includes a variety of technical dance skills, and is sure to show off your team's dance ability. This routine would be perfect for a pep rally or even as a contest number.

## **Prop:**

**“Ladies Night” – by: Nick Baratta (Alfred Publishing) – Time: 1:42 – Beg/Int Field Prop (3 Color Scarfs)** - This jazzy prop dance will definitely leave a football audience in a happy mood. Kool and the Gang's 1979 hit uses 3 large colorful scarves (one per girl), simple footwork, jazz sections, easy to polish formations, and a lot of pizzazz that is sure to leave your audience wanting more and humming into the third quarter of the game.

**“Let's Get Loud” – by: Victor Lopez (Alfred Publishing) – Time: 2:07 – Int/Adv Field Prop (Maracas)** – This is a fun and crowd pleasing field maraca routine. The choreography is sassy with a Latin flair and adaptable for any team size or ability level. Skills include a double pirouette, standing jeté, and fast direction changes. This routine will be sure to spice up your football halftime!

**“Circus Poker Face” – by: MTV Mashmouths – Time: 2:16 – Int/Adv Prop (Chair)** - This upbeat chair routine is very stylized, yet easy to clean. Technique includes jetés, a double pirouette, chaîné turns and a toe touch off the chair. “Circus” is very visual and will be and entertaining to the crowd. This piece will be perfect for contest or spring show.

## **Novelty:**

**“Fashion” – by: Lady GaGa (Confessions of a Shopaholic) – Time: 2:23 – Beg/Int Novelty Jazz** - This sassy novelty/jazz routine is sure to be a team favorite! Lady Gaga brings FASHION to life in this fabulous song from the soundtrack of “Confessions of a Shopaholic.” This routine consists of double pirouettes, jeté leaps and many other intermediate movements that your entire team can accomplish with ease! This will be a fun routine for any occasion all year long!

**“Blue Jeans” – by: Jessie James (Confessions of a Shopaholic) – Time: 2:20 – Int/Adv Novelty** - From this fantastic movie to your team, any crowd is going to love this routine. This country, sassy, jazzy choreography can be adapted to any level. The routine consists of double pirouettes, sautés, and some fast footwork. This routine would make a great pep-rally dance or even a spring show routine.

**“My New Philosophy” – by: Musical Cast Recording (You’re a Good Man Charlie Brown – Time: 2:13 – Int/Adv Novelty** - Watch your team or officer group shine in this energetic routine that is sure to entertain the crowd. The dancers will have the opportunity to get into the character and have an exciting, fun time. This routine consists of fouetté turns, advanced footwork, and leap combinations while also experiencing some acting parts. I know that this dance will for sure be an audience favorite at any special performances or pep-rallies.

## **Pom:**

**“Cool Jerk” – by: Allen Gray (Matrix) – Time: 1:56 – Beg/Int Field Pom** - This Beginner/Intermediate pom routine to the upbeat song “Cool Jerk” will be a great addition to your field show repertoire. It contains section work, contagions, and levels, and also fun hip-shaking choreography! The technical elements include a single pirouette and a leap.

**“Blackjack” – by: Dallas Burke (Matrix) – Time: 1:42 – Int/Adv Field Pom** -This field pom is sure to keep your audience on their toes! With several formation changes, fast upbeat movements, direction changes, and level changes, this action packed routine will keep your crowd in their seat, entertained, and asking for more!

**“Ballroom Blitz” – by: Sweet – Time: 1:52 – Beg/Int Pom** - This is a great pom routine for a team of any size. The choreography is clean and energetic. Skills include single and double pirouettes, R jeté, and optional axle. This choreography would be fun to use at a pep rally, basketball game or even a squad dance at spring show!

**“Sharp Dressed Man” – by: Strike One – Time: 1:48 – Int Pom** - This pom is a fun routine to a mixed version of a familiar song. It has great visuals through parts, contagions, levels, and four formation changes. There are several sections that could be easily adjusted to all dance levels. This routine would be a great one for basketball games or special performances.

**“Start a Fight” – by: Various Artist – Time: 2:10 – Adv Pom** – Get ready for this high-energy pom routine! This choreography is exciting, fast and fun. Skills include foetteés, double pirouettes, a variety of jetés and fast parts. This routine would be great for a pep rally, basketball game or in your spring show.

## **Military:**

**“El Gato” – by: Roland Barrett (Matrix) – Time: 1:45 – Beg/Int Field Military** - Your new team will love this routine! With clean arm placements, group parts and use of whole eight counts will give great visual effects for your performance. This is a sure hit to please the audience.

**“Breadfan” – by: Roland Barrett (Matrix) – Time: 1:46 – Int/Adv Field Military** - This military routine is both visual and challenging for a football field performance. Choreography focuses on visual parts, intricate arm work and incorporates a stunt to capture the audience’s attention. This routine will look great on a medium to super size team and the music is sure to be a crowd favorite.

**“Don’t Fall Asleep” – by: Various Artist – Time: 2:11 – Int Military** - Interesting music changes, thrilling sound effects, visual formations, parts, and arm movements will have your audience loving this routine. An easy to clean dance with a chilling theme will be a sure hit with your team.

**“X-Files” – by: X-Files Theme – Time: 2:18 – Adv Military** - A fast paced routine that includes a stunt, eye catching parts, and visual levels set to an updated version of the popular show’s theme song. Your team and audience alike will enjoy this performance from beginning to end.

## **Lyrical:**

**“The Climb” – by: Miley Cyrus – Time: 2:19 - Beg/Int Lyrical** - This is a perfect routine for any dancer seeking to learn a beginner stylized and technical lyrical dance. The dancers will have an opportunity to express themselves with emotion throughout the routine, which adds an intermediate feel to it. Prepare to see soft and expressive weight shifting movements as well as various visuals, parts and

levels, which gives depth and will captivate the audience. This is definitely a perfect routine for spring show and/or special performances!

**“Back Where We Started” – by: Tina Dico - Time: 2:02 - Int Lyrical** - This is a contemporary lyrical, with innovative technical movements, including various leaps, turns as well as partner work and group sections. This piece is very visual and would be great for contest or Spring Show.

**“The Special Two” – by: Missy Higgins - Time: 2:05 - Adv Lyrical** - This routine is a contemporary piece that includes weight shifting, different movements, and diverse steps. It includes an advanced switch leap, several turns that can be altered by level, and use of musicality. It is a very fun and contemporary piece that any advanced dancer would enjoy.

**“We All Bow Down” – by: Twila Paris – Time: 2:20 – Liturgical** - This spiritual lyrical routine is heartfelt and inspiring. It has been choreographed on an upper intermediate level and includes leaps, arm work, arabesques, turns and a fan kick, as well as parts and section work. This is a beautiful piece to include in your spring show or to perform at contest.

## **Modern:**

**“Porcelain Heart” – by: Barlow Girl – Time: 2:32 - Int Modern** - This is an appealing beginner to intermediate modern dance based on weight shifts, spirals, partnering, and creative movements. The dance is inspired and choreographed to resemble motifs and emotions of typical life-long relationships. With intense emotional expression this dance will allow your body to move very smoothly and with a natural approach, yet it also includes syncopated movement qualities. If your team has never experienced modern dance before, this routine would be a great opportunity to learn basic modern fundamentals. Feel more than welcome to learn this as a team for spring show or special performances!

**“Moving Mountains” – by: Usher – Time: 2:15 – Adv Modern** - A little edge to this modern/contemporary dance number is sure to have your dancers' focus as well as your audience's interest. This number is advanced enough to challenge your top contemporary movers as well as nudge your intermediate dancers, to step it up and have fun with this contemporary/R&B fusion.

*•All of the music has been edited, to the best of our ability, to present a clean and positive piece of music for your performance and conservative audience.*



## **“Just Dance” by Lady Ga Ga**

### **Line Camp Dance - Time: 2:00**

#### **Intro**

8 hold 1-4 look front arms open to front 5-6 cut rt. leg around 7-8  
8 chasse rt. 1-2 step left 3-4 fan kick 5-6 sit left leg in dig  
8 wrap head 1 arms melt to shoulders 2 down body 3 jump feet together forced arch 4 walk left 5 rt. 6 left  
7 tilt kick 8  
8 pivot turn 1-2 chasse back right 3-4 step left 4 jete to side 5-6 land on ground 7-8

#### **Step “A”**

8 roll right leg extend 1-4 stand 5-6 right back ball change 7-8  
8 right ball change to side left arm scoop 1-2 hips 3-4 right leg drag to back 5-6 head back fist at waist 7  
head up 8  
8 right jazz hand on chest 1 left jazz hand on chest 2 look to right 3 look front 4 pulse arms off chest &  
hands on chest 5 circle arms & clap down needle 6 snake up 7-8

#### **Step “B”**

8 prep 1-2 single or double coupe’ turn 3-4 land flat back 5-6 shimmy 7-8  
8 rt. arm over head 1 left 2 throw arm down 3 throw arm down 4 wrap rt. arm 5-6 swing right arm down  
and up right leg in dig 7-8  
8 prep to right side 1-2 chaine or pique turn to right 3-4 chaine or pique turn 5-6 step right 7, scoop arms 8  
8 Prep 1-2 chaine or piqué turn to left 3-4 chaine or pique turn left 5-6 step R 7, scoop arms 8

#### **Chorus \*repeat\***

8 ball change left roll fingers 1-2 walk left, rt. arms circle 3-4 prep 5-6 pirouette turn (single, double or  
triple) 7-8.  
8 land 1-2 roll to ground 3-4 rt. knee 5 left leg out 6 lean over leg 7-8  
8 Sit 1-2, lean/kick 3-4, sit 5-6, stand 7-8.  
8 Pivot 1-2, chasse 3-4, step 5, leap 6 (a la seconde or “x” jump), ball change 7-8.  
8 Walk back center 1-6, jump out 7-8.

#### **Step “C”**

8 jump out frame face 1 shoulders & arms to side 2 prep 3-4 back leg turn 5-6 second position arms out 7-  
8  
8 jump up cross legs look left 1-2 hinge legs arms over head 3-4 step left 5 drag right 6 chasse right 7-8  
8 step left 1-2 look front 3-4 push right arm and roll to ground 5-6 stand 7-8

#### **Chorus**

\*8888\*

#### **Hip Hop**

8 walk 1-3 jump out 4 left arm on right /right arm out 5 snake down 6 arms in box up look front 7 stand 8  
8 pivot to back head roll 1-2 leg and shoulders 3&4 jump out 5 right arm in fist 6 grasp & pull across 7  
swoosh hips 8  
8 cut right arm and right leg 1 left 2 snap down 3 snap right arm left leg behind 4 roll body and head left  
5-6 shoulders and hips 7 & 8  
8 ski 1 ball change left 2 step 3 force arch arms over head 4 pull down L 5 pull right & drop 6 roll up 7-8  
8 Step left 1 snap R knee up 2 step R slice hands 3 snap L knee up 4 left leg out 5 switch 6 right arm box  
7 left & open 8  
8 arms down 1 pop 2 slide left 3 dig 4 step out right jazz hand over head 5 hold 6 drop 7 snap 8  
8 turn and walk back 1-4 pose of your own 5-6 pose 7-8  
8 step left 1 feet together facing left arms over head 2 step left 3 kick right 4 step right 5 pivot 6 hands on  
hips pulse up and down 7-8  
4 melt



**“Shawty Get Loose” by Lil Mama**  
**Pep Rally Dance – Time: 2:02**

- 8 Beginning in 3 clumps: Rt group snake up 1,2,3 chest pop 4& Lft group snake up 5,6,7 chest pop 8&
- 8 Center group snake up 1,2,3 chest pop 4& spread to Formation Two 5,6,7 hop out to 2<sup>nd</sup> 8
- 8 Snake arms out 1,2 R shoulder isolation 3& shoulder pops head to lft 4 look front 5 R arm snake fwd 6 L hand pops head up 7 drop to “running man” 8
- 8 Kick/step/slide 1&2 R knee pops in/out/in 3&4 chest pop 5 drop to touch floor 6 cross feet/swivel to face lft 7 pop up to 4<sup>th</sup> in releve/R hand on hip/L hand behind head 8
- 8 Look front 1 lft hand circles to other ear/switch to face rt 2 drop to “running man” 3 “run” &4 kick R leg/hop back 5 step back 6 hop around to 2<sup>nd</sup> 7 hip pop/arms over head 8
- 8 Walk to back 1,2,3 R knee pump in to step back face front &4 knee pop/arm snap &5 knee pop/arm snap &6 toe/heel drop &7 toe/heel drop &8
- 8 R heel scuff 1 ball change to switch low &2 rhond de jambe 3 cut/step &4 drop 5 scarecrow arms up/down &6 body roll back 7,8
- 8 Groups rt to lft: Group one chaine 1,2 drop spin 3 hop to face back 4 Group two start on 2 Group three start on 3 hop to face back 6 L “chicken step” 7&8
- 8 Look front/body facing side 1,2 elbow/hip pop 3&4 arm throw 5 ball change &6 dig L foot 7 step out L/throw R arm up and over 8
- 8 L leg pulls to knee to turn 1,2 chug fwd 3 step back 4 walk facing back 5,6 shoulder roll 7 look front 8
- 8 Moving to Formation Three: 1-8
- 8 Hop out to 2<sup>nd</sup>/matrix lean back 1,2,3 pop upper body fwd 4 throw arms up 5 swivel head/arms down to floor 6&7&8
- 8 Ball change &1 rock body 2 in/out to 2<sup>nd</sup> &3 body rock 4 R arm over/ball change &5 switch directions 6 R hand to head/snake down 7 drop back and down 8
- 8 Shoulders roll up and fwd 1 ball change &2 shoulders roll up/drop down &3 switch legs &4 snake up 5,6 toe/heel &7 toe/heel &8
- 8 Hop out to 2<sup>nd</sup> 1 throw arms 2 again 3 zig-zag arms down 4&5 close together to face left 6 R hand pushes head down 7 knee pop 8
- 8 Step 1 drag/knee pop 2 shoulders pop RLR 3& step out 4 chug around 5,6 slide L leg to face front 7 drop/snap 8
- 8 Groups Lft to Rt: Stand straight up 1 (or 2 or 3) chest pump lft 2 chest pump rt 3 drop upper body 4 switch to L knee 5 stand up to face side 6 (or 7 or 8)
- 8 “Bunny hops” facing front 1&2& step out to 2<sup>nd</sup> 3 arms clap above head 4& arms circle down/plie 5 hop together/grab elbows above head 6 hip hit 7 again 8
- 8 Ball change across &1 close 2 ball change across &3 close 4 step out/snap 5 R foot back/fists up 6 circle fists down 7&8
- 8 Staying low kick L heel 1 kick R heel 2 double kick L heel 3,4 slap hands to floor 5 swing hips through &6 step back on L foot 7 roll up 8
- 8 Finish rolling up 1 moving to Formation Four 2,3,4,5,6,7,8
- 8 Ball change to stick heel facing out diagonally &1 lean over leg 2 swipe shoe 3&4& spin 5,6 knee pops w/shoulders 7,8
- 8 Rt group hop in 1 look 2 lft group hop in 3 look 4 walk away from group 5,6 chug 7 sit in hip 8
- 8 Bounce heels around 1&2& L step out/arm wrap head 3 R step out/arm wrap head 4 R hand

grab L elbow 5 bring arm over/look through 6 switch knee pops/switch head through arm  
7,8

2 Hop to 2<sup>nd</sup>/arms wide 1 arms/legs melt inward 2

Formations:

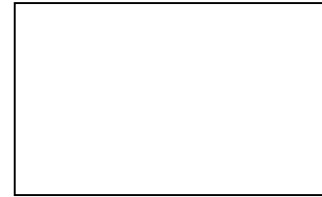
1) 3 Clumps

XX  
XXX

XXX  
XXX

XX  
XXX

2)



3)

X X X X X X X X X  
X X X X X X X X X  
X X X X X X X X X

4)

X X X X X X X X  
X X X X X X X X  
X X X X X X X X



## **Kick Series**

- 8 *Around the World (Right leg); close on 7*
- 8 *Around the World (Left leg); close on 7*
- 88 *Kick 6 X (JKR, JKL, JKR, JKL, JKR, JKL) pivot w/left foot to back (5-6); hook up on 7-8*
- 88 *Repeat to the back; ending series facing front*
- 88 *Step swings ("Exercise Kicks") 4 times in place; step left kick right first.*
- 8 *Jump fans to right 3 times, close on 7*
- 8 *Jump fans to left 3 times; close on 7*

## **What the Judges are looking for when watching for your kick technique:**

### *Judging behind the line:*

- \* *Watching for the back to be straight and the hips to stay parallel to the floor*

### *Watching from the side of the line:*

- \* *Checking for proximity of leg to body*
- \* *Extension of leg and foot*
- \* *Check for forward head movement during kicks*

### *Watching from the front:*

- \* *Check the support foot- should not have much turnout*
- \* *Check the hip for over-lift*
- \* *Check the kicks for alignment at 12:00 o'clock*
- \* *Check the extension of the foot*
- \* *Check the 'prep' (small movement; smooth)*
- \* *Check for head placement and control*
- \* *Fans: Full rotation/ timing/ extension of feet and knee*

### *Please Note:*

- \* *All staff will check for technique first, and then height*
- \* *The height should not distract from good technique*
- \* *Height is important but it is not exclusive criteria when judging for Miss High Kick and Kick Company*

**“Hot and Cold” – By Doug Adams  
(Alfred Publishing Company)  
Int. Field Jazz – Time: 2:03**



**Begin in a pentagon facing the back. Right leg is pointed out and arms are down by side.**

8 – hold 1-8.

8 – left arm slice up to T 1-2, rt arm slice up to T 3-4, brush back 5-6, break through to T 7-8.

8 – Low level stands up to face front over rt shoulder 1-4 and back group steps rt 1-2, face front over rt shoulder 3-4, cross rt 5, point lft foot out and wrap lft arm on head 6, cross lft 7, point rt foot out and wrap rt arm on head 7-8.

8 – contagion f to b: open arms and ball change rt foot back, and close back to front 1-8.

8 – prep 1-4, single turn 5-6, ball change to rt side with T arms 7-8. (optional: prep 1-4, double 5-6, ball change 7-8)

**8 – 1<sup>st</sup> and 3<sup>rd</sup> lines-A, 2<sup>nd</sup> and 4<sup>th</sup> lines-B:** group A—close front 1-2, step lft and rt arm break through to T 3-4, step rt and switch rt arm out to T 5-6, step lft and rt arm break through up by ear and look up 7-8. Group B—close back 1-2, step lft and rt arm shoot up by ear and look up 3-4, step rt and switch arm up by ear 5-6, step lft and shoot rt arm through to T 7-8.

**8 – continue groups:** group A—step rt and lft arm shoot up by ear 1-2, close front 3-4, pose rt with lft arm across body and bent over 5, hold 6-7, stand 8. Group B—step rt and shoot lft arm up by ear 1-2, close front 3-4, hold 5, pose 6 with lft arm in high V and rt wrapped over stomach, hold 7, close 8.

**Moving to formation #2:**

8 – T arms 1-2, wrap 3-4, gradually bring up by ears 5-8.

8 – continue moving: T arms 1-2, wrap 3-4, gradually bring up by ears 5-8.

8 – chasse R with T arms 1-2, ball change R with windmill arms 3-4, step L 5, passé turn and bring R arm in to half T 6, chaine 7-8. (optional: instead of passé turn, dancers can do two chaine turns 5-8)

8 – hit pose with hands on hips at diagonal 1-2, lay back slowly 3-5, come back up 6-8.

8 – **Pick up step f to b:** 1<sup>st</sup> group: low snap and roll hip 1-2, medium snap and roll hip 3-4, high snap and roll hip 5-6, point R leg back and R arm across body 7-8. 2<sup>nd</sup> group: hold 1-2, medium snap and roll hip 3-4, high snap and roll hip 5-6, point R leg back and R arm across body 7-8. 3<sup>rd</sup> group: hold 1-4, high snap and roll hip 5-6, point R leg back and R arm across body 7-8.

8 – present R arm and open to front 1-2, wrap arms over head and ball change 3-4, arms in low V and R kick 5-6, close 7-8.

**8 – 3 groups f to b:** 1<sup>st</sup> group: step back r and present r arm 1, step L and turn to back 2, walk RL 3-4, open to second with T arms 5-6, wrap and pose over L shoulder 7-8. 2<sup>nd</sup> group: hold 1-2, step back r and present r arm 3, step L and turn to back 4, walk RL 5-6, open to second with T arms 7-8. 3<sup>rd</sup> group: hold 1-4, step back r and present r arm 5, step L and turn to back 6, walk RL 7-8.

**8 – continue groups:** 1<sup>st</sup> group: hold 1-4, contagion L to R circle R arm and look R 5-8. 2<sup>nd</sup> group: wrap and pose over L shoulder 1-2, hold 3-4, contagion L to R circle R arm and look R 5-8. 3<sup>rd</sup> group: open to second with T arms 1-2, wrap and pose over L shoulder 3-4, contagion L to R circle R arm and look R 5-8.

**Moving to formation #3:**

8 – T arms 1-2, wrap 3-4, gradually bring up by ears 5-8.

8 – continue moving: T arms 1-2, wrap 3-4, gradually bring up by ears 5-8.

**8 – 2 groups by diamond:** 1<sup>st</sup> diamond: swoop arms to high V and R passé 1-2, chasse with no arms 3-4, R arm cross at chest 5, R leap with high V 6, land to floor 7-8. 2<sup>nd</sup> diamond: hold 1-4, swoop arms to high V and R passé 5-6, chasse with no arms 7-8.

**8 – continue groups:** 1<sup>st</sup> diamond: hold 1-2, roll to recover up to back 3-8. 2<sup>nd</sup> diamond: R arm cross at chest 1, R leap with High V 2, land to floor 3-4, hold 5-6, roll to recover up to back 7-8.

**8 – Continue groups:** 1<sup>st</sup> diamond: turn to front with touchdown arms 1-2, throw to R and look center 3-4, hold 5-8. 2<sup>nd</sup> diamond: continue recovery 1-2, hold 3-4, turn to front with touchdown arms 5-6, throw to L and look center 7-8.

8 – bounce hips 1-4, ball change with arm up 5-6, close 7-8.

8 – step R and snap 1-2, step L and snap 3-4, step L out 5, shimmy down 6-7, pose with L arm on hip and R arm up 8

**Moving to formation #4:**

8 – T arms 1-2, wrap 3-4, gradually bring up by ears 5-8.

8 – continue moving: T arms 1-2, wrap 3-4, gradually bring up by ears 5-8.

8 – walk forward L-R and cross arms R-L 1-2, step L 3, touch turn with arms up 4, ball change 5-6, drag to back with R arm up 7-8.

8 – walk R-L 1-2, turn with passé turn to front and arms over head 3, step 4, prep 5, turn to front with T arms 6, ball change R and wrap arms over stomach 7-8

8 – X jump to R 1-2, ball change and look R 3-4, X jump to L 5-6, ball change and look L 7-8.

8 – turn to face back over R shoulder 1-2, contagion b to f: arms shoot up and open to low V and step R back with head released 3-8.

8 – clean 1-2, R chaine 3-4, T arms on releve and look front 5-6, sit back and fan face with L hand and R hand on hip 7-8. (option: rather than fan face, dancers can ball change and break through to high V 7-8)

Tighten formation:

8 – T arms 1-2, wrap 3-4, gradually bring arms up 5-8.

8 – contagion f to b: arms cross on releve and open to low V with R foot back and head released 1-8.

4 – everyone tucks 1-2, pose 3-4 Ending pose: everyone stand with R leg back and R arm up with L arm wrapped behind, head is released.

Formation #1  
(pentagon)

```

  X
 X X
X X X
 X X X

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Formation #2  
(staggered block)

```

X X X X
 X X X
 X X X X

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Formation #3  
(Two diamonds)

```

  X      X
 X X    X X
X X X  X X X
 X X    X X
  X      X

```

Formation #4  
(one diamond)

```

  X
 X X
X X X
 X X
  X

```

# **“Boom Boom Pow” – By The Black Eyed Peas**

## **Intermediate Jazz – Time: 2:12**



**Begin in a condensed block in individual poses**

8: switch poses 3x on each “gotta get that”

4: (1) L low V (2) R low V (3) L hand to chest (&) R hand to head (4) release head and pli 

**8: party freestyle to spread out to block formation**

8: (1) step side L, R arm circle back and around (2) arms in L prepare for chaine (3,4) R chain  turn (5) arms up (6) sit in R hip (7) arms forward (8) step back L sit in hip

**8: PARTS** (start on count 1 or count 5): (1,2) side chasse L, arms pull through (3,4) X leap (5,6) pencil turn (7,8) rond de jambe to sit in hip

8: (1-4) parts complete (5) hold (6) step side L, L arm high V (7) switch (8) over L leg

8: (1,2) jump slide through (3,4) land push R leg through (5,6) kick L (7,8) roll backwards to high knees

8: (1) throw R to “T” (2) throw L to “T” (3,4) circle arms R to L (5,6) roll to stand L hip first (7,8) scoop to 2<sup>nd</sup> position facing L side

8: (1) pop head, arms low V (2) hold (3) L leg pass , arms high V (&4) ball-change (5) L leg pass  (&6) ball-change to prepare for pirouette (7,8) pirouette

8: (1) step R (2) low L kick, arms up by ears (3) step L across R (4) step R, L arm pull across front (5) pass  L leg, L arm reach back (6) step L (7) L arm circles, step R (8) attitude kick L, body over

8: (1) step R towards L side (2) step L (3) kick R leg, forced arch, arms break through to low V (4) arms circle back to high V (5,6) step R, rond de jambe L to R diagonal (7) scoop (8) look back

**8: PARTS** (start on count 1, 3, 5, or 7): (1,2) swish hips to R, L hand on hip R arm bent low V (3,4) pivot counterclockwise to face back and repeat (5,6) pivot to face front and repeat (7,8) parts

8: (1-4) parts complete (5) step front R (6) step L (7,8) step front R, arm circle and snap

8: (1-4) walk to back RLRL (5) throw R hip, R arm low V (6) throw L hip, L arm low V (7,8) roll hips R to L

**8: move to triangle** (1) R arm up by ears (2) R arm down (3) L arm up (4) L arm down (5) wrap R arm, L arm “T” (6) switch (7) circle wrists (8) snap

**8: continue moving to triangle.** (1-8) repeat

**8: PARTS** (start on counts 1, 3, or 5). (1) step L, prepare (2) R kick, arms high V (3,4) pivot to back (5,6) R chasse (7) step L to L side, prepare for jete (8) jete

8: (1,2) land (3456) parts complete (7,8) roll to standing

8: (1,2) hold (3) R heel (4) L heel (5,6) R arm over, face side (7) pulse back arms up (8) pulse back arms back

8: (1) hips R (2) hips L (3) reach diagonal (4) L behind (5,6) reverse (7) snap front low R kick (8) tuck

8: (1) step back R lean L (2) switch (3) roll head (4) to diagonal, muscle arms (5) hit down left diagonal (6) switch (7,8) push x2

8: (1) step R (2) kick cross L, R broken high V (3,4) switch (5) step R, R arm up (&) L arm up (6) R arm up (7) slap to R (8) slap to L

8: (1) throw R, L coup  (2-8) spread to 3 groups: (3) cross arms low in front (4-7) low V to high V (8) close

**8: group 1:** (1,2) prepare for chain  (3,4) chain  to R (5,6) calypso (7) land to ground (8) pose

**8: group 2:** (1) step front L (2) tilt kick R (3,4) pivot to back (5,6) R chasse (7,8) X leap to front

**8: group 3:** (1,2) facing back, arms to R diagonal, R leg ballchange cross behind L (3,4) chaine R (5,6) turning C jump (7,8) recover

**8: move to trapezoid.** (1) reach R arm across (2) pocket (3) reach L across (4) pocket (5678) shoulders roll

**8: move to trapezoid.** (1-3) shimmy (&) R leg cross at ankle (4) recover (5-7) shimmy (&) L leg cross at ankle (8) recover

8: (1,2) run forward RL (3,4) R jeté (5,6) step back R, body roll (7,8) step back L, body roll

8: (1) arms cross front (2) open to 2<sup>nd</sup> hips to R (3,4) switch (5,6,7,8) hips swish RLRL arms low V to high V

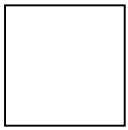
8: (1) step back R, what's up arms (2) switch (3) step to R, wrap R (4) wrap L (5,6) windmill over LR (7,8) pop R hip forward x2

8: (1,2) arms up and through step R, pivot (3,4) walk RL (5) step out R hip (6) switch (7) L diagonal pop (8) R diagonal pop

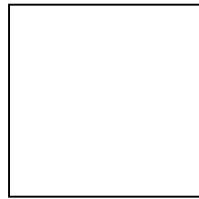
8: (1,2) R pivot (3) L to chest, pop (4) switch (5,6) snake to L side (7,8) R arm circles back 2x hop 2x

**8: (1-6) freestyle to tighten trapezoid** (7) look back (8) face front and pose

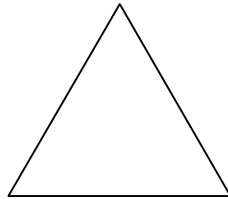
Formation #1



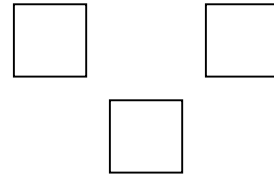
Formation #2



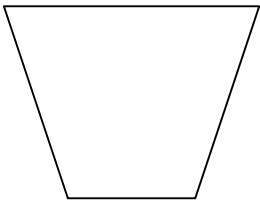
Formation #3



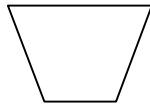
Formation #4



Formation #5



Formation #6





## **“Cha-Cha Heels” – By: Rosabel**

### **Int/Adv Character Jazz - Time: 1:47**

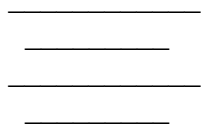
Begin in staggered lines, facing the back

- 8- Rt. foot in a dig, hands on hips, hold 1-2-3-4, step out to rt. hips 5-6-7-8
- 8- Cut lt. leg around hands press down 1-2, step onto lt. foot arms in ‘L’ 3-4, step out to lt. lt. finger points across hips go to lt. 5, throw down 6, shimmy shoulders 7&, drop head back 8
- 8- Jump together arms up 1, arms throw down step on rt. 2, circle arms back flick rt. foot 3, step on rt. foot 4, point lt. foot out rt. arm up, 5, switch 6, drop body over 7, snake up to rt. 8
- 8- Drag back on rt. foot 1-2, lt. 3-4, 3-step turn to rt. 5-6-7, jump together arms in ‘T’ 8
- 8- Hands behind back rt. foot points out shoulders twist to lt. 1, switch 2, switch 3&4, step rt. across in box steps as you shimmy arms up 5-6-7, dig lt. foot arms cross over head 8
- 8- Step back on lt. arms circle back 1, passé rt. foot arms reach out in front 2, step down rt. 3, ball change lt. rt. &4, step lt. across 5, flick rt. foot arms over head 6, chasse to lt. diagonal 7&8
- 8- Body circle with head 1-2, drop over to lt. 3-4, point rt. foot out 5, dig 6, pop chest and shoulders back 7&8
- 8- Hips circle to rt. arms swing to ‘L’ 1-2, drop lt. hand 3, rt. &, head back on 4, cross rt. foot over to turn to back 5-6, walk back 7-8
- 8- Move to triangle: Arms reach up as you chasse on the rt. 1&2, arms throw down chasse on lt. 3&4, lt. hand on hip sassy walk 5-6-7-8
- 8- Continue moving: repeat walking
- 8- Swing arms to rt. ‘L’ 1, lt. ‘L’ 2, point lt. foot wrap lt. arm 3, switch to rt. 4, swing both arms to the back 5, pop lt. foot 6, shake up down up down &7&8
- 8- Jump together to front 1, prepare for pirouette 2, turn 3-4, jump out 5-6, hip roll to rt. hands snap back 7-8
- 8- Cross rt. foot, cross arms 1, ball change lt. rt. arms in ‘L’ &2, cross lt. 3, ball change rt. lt. throw arms down &4, chaine to rt. hands on hips 5-6, cha-cha to rt. 7&8
- 8- Jump onto lt. foot grabbing lt. wrist rt. leg behind 1, switch feet 2, step on lt. throw arms still grabbing to lt. 3-4, step rt. 5, lt. 6, tap rt. 7, turn to back 8
- 8- Push hands to lt. 1, rt. 2, slow to lt. 3-4, tap rt. foot to come to front arms circle over head 5, step rt. front 6, shift weight onto lt. foot kick rt. out 7, step down 8
- 8- Cross rt. foot, cross arms 1, ball change lt. rt. arms in ‘L’ &2, cross lt. 3, ball change rt. lt. throw arms down &4, chaine to rt. hands on hips 5-6, cha-cha to rt. 7&8
- 8- Moving to 2 groups: cha-cha rt. arm over head, lt. in front 1&2, cha-cha over hands to lt. hip 3&4, hands on hip walk 5-6-7-8
- 8- Continue moving: Repeat arms
- 8- Jump out rt. arm reaching up lt. straight out 1, circle hands sit on 2, look rt. 3, front 4, reach lt. hand across 5, reach lt. arm back across rt. foot kicks behind 6, releve 7, sit in plie 8
- 8- Jump out twist to lt. rt. arm bent up, lt. connecting at elbow 1, twist up to rt. 2, twist down to lt. 3, twist down to rt. 4, reach lt. arm up and over head 5, sit back on lt. 6, circle rt. arm 7, sit back on rt. 8
- 8- Repeat: Swing arms to rt. ‘L’ 1, lt. ‘L’ 2, point lt. foot wrap lt. arm 3, switch to rt. 4, swing both arms to the back 5, pop lt. foot 6, shake up down up down &7&8
- 8- Jump together to front 1, prepare for pirouette 2, turn 3-4, jump out 5-6, hip roll to rt. hands snap back 7-8
- 8- Moving back to staggered lines: Arms reach up as you chasse on the rt. 1&2, arms throw down chasse on lt. 3&4, lt. hand on hip sassy walk 5-6-7-8
- 8- Continue moving: repeat walking
- 8- Jump out throw both arms around and back 1, drop over 2, twist knees to lt. 3-4, slide rt. leg back 5-6, slide both legs back 7-8

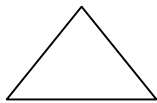
- 8- Tuck feet and roll 1-2-3, sit to front lt. leg up 4, shake shoulders 5-6, kick lt. leg 7, sit back up 8
- 8- Reach around to back and look 1-2, close knees together look down 3-4, sitting up on lt. foot throw lt. arm back 5, lean over to lt. leg reach rt. arm out 6, roll around to back 7-8
- 8- Standing 1-2, walk back and together 3-4, everyone hip roll or body roll 5-6, hit own pose 7-8

**Formations:**

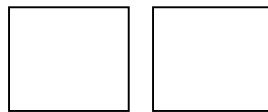
1. Staggered lines



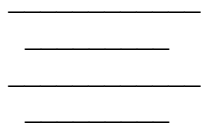
2. Triangle



3. 2 Groups



4. Staggered lines



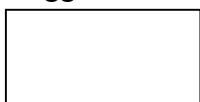
**“Ruby Blue” by Roisin Murphy**  
**Int/Adv Contemporary Jazz – Time: 2:11**



Begin facing your partner, **Formation #1**

- 4 Hold (1-2) kick audience leg across (3) step forward (4) step (&)
- 8 Step out w/ stop arms (1-2) sway opp.(3-4)chasse to partner, circle arms(5-6)lean opp(7) look (8)
- 8 Body roll (1-2) separate (3-4) step L prep (5) skater turn (6) cut (7&) arabesque (8)
- 8 Attitude (1-2) step L (3) chasse (4&5) step (6) jete (7) land(8)
- 4 Step back, drop head (1-2) lean forward (3-4)
- 88 Shoulder roll and step (1-2)repeat (3-4) Parts A&B: As=Throw L spiderman (5) down (6) snake and cross arms (7&8) roll (1-2) push leg up (3-4) roll (5-6) stand (7-8)Bs= throw R (5-6) cross R arm & snake L (7-8) R chaine (1-2) illusion (3-4) turn over R shoulder (5-6) step (7) point (8)
- 8 **Moving to Formation #2:** Passe (1) open (2) triplet (3&4) step turn w slice(5-6) walk (7-8)
- 8 Outside arm (1-2) snap up (3) look in (4) pencil, hug arms (5-6) push down (7) prep (8)
- 8 Double turn, holding leg (1-2) circle arms (3-4) snap groups (5-6) group 1 switch and circle arms (7-8)
- 8 Everyone snap (1-2) group 2 & group 1 switch and circle arms (3-4) arms circle,layout (5-6) step (7) look (8)
- 88 **Move to formation #3 (1-8),** look at audience on count 4.Continue to move (1-4), walk back (5-8)
- 8 \*Footwork/Isolations=Step (1) heel, toe, heel (2&3) hip (4&) bird (5) pop (&6) shoulder (&) look (7) hold (8)
- 8 Touch front (1) look (2) claps (&3) shimmy (4-6) slingshot (&7) hold (8)
- 8 Push forward (1-2) pull in (3-4) 3 step turn (5-7) hold (8)
- 88 Parts (1,3,5): head (1) push (2) temps de flesh (3-4) step out (5) contract (6) up (7) prep (8)
- 8 Grande jete (1) land (2) roll (3) hit (4) finish parts (5-6)(7-8)
- 8 Roll (1-2) roll out of it(3-4) stand (5-6) flex kick (7-8)
- 8 “Stop” (1-2) bc, open arms to back(3-4) cross (5) kick (6) repeat other side (7-8)
- 88 Step (1) scuff (2) runner stretch (3) plank (4) shuffle (&5) walk up parts (6-8, 1-4) Hip Rolls (5-8)
- 8 Cross (1&) drop (2) step out (3-4) body roll (5-6) step (7) kick (8)
- 88 **Moving to formation #4:** Shoulders on accents
- 8 Heel, toe, heel w/ “no” finger (1-4) chaine right (5-6) fan kick (7-8)
- 8 Drag, “L” arms (1-2) step (3) open (4) turn back (5-6) pivot (7-8) – the groups will be doing the same choreography just facing either the front or the back.
- 8 Every other love is facing either the front of the back: all chaine (1-2) double chaines (3-4) throw (5-6) passé turn over left shoulder with “L” arms (7-8)
- 8 Group 1: bc (1) kick (2) pencil turn (3-4) Group 2: roll (1-4) Every one= push down (5-6) chest pop(7-8)
- 8 Sassy walk (1-2)drag (3) prep (4) chaine (5-6) calypso (7) drop (8)
- 8 Roll up (1-2) pull down (3-4) step (5) contract (6) walk to partner (7-8)
- 8 Repeat \*Footwork/Isolations
- 8 **Move to partner** (1-4) arms (5-6) pose (7-8)

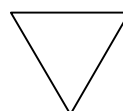
1. staggered block



2.



3.



4. Staggered block



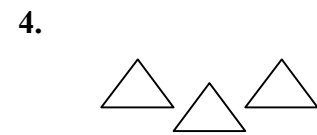
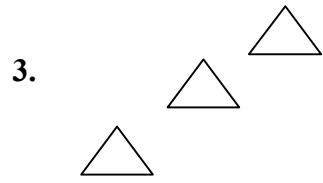
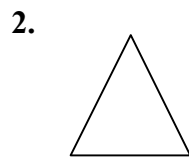
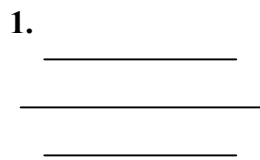


## **“Universal Mind Control”-by Common Intermediate Hip Hop Prop- Time: 2:11**

- 4 Begin in three staggered lines in different leveled poses with hats off, hold 1-4
- 8 Look front and pop shoulders &1, hold 2, pop &3, hold 4, stand to front 5-6, put hat on pulling it to R diagonal 7-8
- 8 Front line walks forward LR 1-2, jump out grabbing pants and dip down to R 3-4, L 5-6, R 7-8. Middle line dips to L 1-2, walk 3-4, dip to L 5-6, R 7-8. Back line dips to L 1-2, R 3-4, walks 5-6, dip R 7-8
- 8 Front and back lines brush shoulders LR 1-2, step L with running arms 3, pull R leg up switching arms 4, step down R 5, turn and pop body to front grabbing hat with R hand 6, middle line 3-8
- 8 Body roll 1, sit 2, bring R leg in and tuck 3, jump out 4, snake body and R arm to L 5, touch L knee 6, pop shoulders 7-8
- 8 Step out L swinging arms in 2, tap R foot behind pulling arms to LV 2, step out R swinging arms in front 3, tap L foot behind flicking R hand out 4, step L prepping for turn 5, double pirouette with hands on hat and R leg flexed up 6-7, step out R taking hat off 8
- 8 Front and back line close to L putting hat on 1-2, M line 3-4, scuff R foot 5&, jump out 6, L hand to pocket and drive car to L 7-8
- 8 L group snap arms town to L 1, flex R foot across arms behind in LV 2, M group 3-4, R group 5-6, jump popping R foot in and swinging arms up to shoulders 7, repeat jump swinging arms back to LV 8
- 8 R group pivots R swinging R arm over 1-2, repeat 3-4, M group 3-6, L group 5-8
- 88 Move to triangle:** step L and bounce with hands on head 1-2, R 3-4, walk 5-8, Repeat 1-4, take hat off when walking 5-8
- 8 Flex R foot to front 1, step out R tapping L foot behind and punch L arm down 2, repeat to R 3-4, kick R leg out 5, swing leg in &, step down 6, body roll down putting hat on backwards 7, pop outside leg out/M group goes to plie 8
- 8 M group slide R leg through to ground 1-2, lean to R switching legs L in front 3, R in front 4, L group 3-6, R group 5-8
- 8 Outside groups kick L leg front 1, roll 2, sit to diagonal snaking head 3-4, middle group 5-8
- 8 Contagion L to R: Roll to L pulling R leg over and out 1-7, hit different poses 8
- 8 Bug 1-2, tuck 3-4, inside V jump out 5, middle V 6, outside V 7, sit to R swinging arm out at elbow 8
- 8 Step L taking hat off and close to side 1-2, pushback on R pushing hat out at chest level 3-4, snake front 5-6, pop heels 7-8
- 88 L group over 1-2, slide R leg through and sit 3-4, back up 5-6, twist R knee down 7, up 8, stand 1-2, circle hips and R arm to R 3-4, continue 5-8, Middle group 3-8, R group 5-8
- 88 Move to three groups:** circle down to L putting hat on 1-2, run 3-4, circle down to R 5-6, run 7-8, Repeat 1-8
- 8 R group step out R plie and touch L knee 1, switch to R knee 2, snap back 3, touch R knee 4, middle group 3-8, L group 5-8
- 8 L group turn L dropping R knee 1, step out R 2, middle group 3-4, R group 5-6, bounce LR 7-8
- 88 Turn to R popping shoulders 1-4, L group jump on to L foot clapping hands 5-6, grab hat and circle over head stepping to R 7-8, Middle group 7-2, R group 1-4, pop back on R foot 5, L 6, R 7, put hat on sideways 8 ( Outside groups swing hat up LRL, inside group swings down)
- 8 R group: step L swinging arms front 1, touch R in front arms T 2, repeat to R 3-4, roll arms from R high diagonal to L low diagonal 5-6, body roll to L hand on hip 7-8
- 8 Middle group: Step out R hands to knees 1, roll body R and clean to front 2, shake to R pointing L hand 3&, R hand on knee 4, circle arms over head 5-6, step out L inverting R knee 7, pop head 8
- 8 L group: step front R swinging arms up R in TD 1, L 2, jump out R arm in front and L behind 3, jump together pulling arms up to half T 4, push R leg across and arms swing down R 5, close and pull in to half T 6, step out R twisting 7, twist L &, twist R pushing hands down 8

8 Step out R pushing arms 1, close in 2, to L 3-4, push R heel front 5, L 6, pull R leg up flexing foot and grab hat 7-8  
 88 Pop R hip 1-2, take hat off stepping out R and push L arm down 3-4, move groups in free styling with hat 5-8, continue 1-8  
 8 Step out R dipping down 1, up 2, step front R with R arm out to T 3, step L pulling R arm across & down 4, turn to R diagonal putting hat on 5-6, pop head back 7-8  
 8 Circle hips around to L hands flipped out at shoulder level 1-2, throw hands 3-4, **walk off 5-8**

**Formations:**





## **“Jump” by Flo Rida (featuring Nelly Furtado) Intermediate Street Hip Hop – Time: 2:02**

### **Begin in a clump (beginning position)**

8: (1-4) Hold (5678) individual poses

8: (1) pulse up (2) pulse down (3) pulse up (4) pulse down (5-8) spread out formation (first group)

8: (1-4) repeat 2<sup>nd</sup> group (5-8) spread out formation

**8: front two rows:** (1-3) dip L to R in 2<sup>nd</sup> elbows to knees, back rows: (1-3) lean back R to L, everyone:

(4) upright in 2<sup>nd</sup> (5) jump R arms out (6) jump L arms cross (7,8) R hand in blade jump x2

8: (1) pop L knee in 2<sup>nd</sup> (2) switch (3) head tilts R (4) upright in 2<sup>nd</sup> (5) cross arms in front R leg low kick to front (&) pull back (6) tuck (7) jump back, arms cross (8) step back R into plié

8: (1) R clap L (2) switch (3,4) R hand snake down body, turn to face L (5) body roll (6) tuck w/ knees together, group one: (7,8) prepare for floor-work, group two: (7,8) roll up to standing.

**8: group one** (front two lines): (1&2) shuffle RLR, (3-4) hold, (5,6) spiral to standing (7,8) adjust (group one has the option to do a shuffle or a baby freeze)

**group two** (back rows): (1) hold (2) step L (3) R tilt kick (4) hold (5,6) spiral (7,8)

8: (1) slide R arms out (2) dig arms cross (3) slide L arms out (4) dig arms cross (5678) step forward low RLRL body leans in opposition

8: (1&2) R kick ball change (3&4) L kick-ball-change (5) circle arms over and back (6) pop ribs forward (7) step L snake head (8) step together snap up R

8: (1) step out L to 2<sup>nd</sup> arms R diagonal body pop (2) arm breaks in body pop (3,4) circle arms L to R over head (5) L arm cross chest to shoulder R high V (&) break R arm in (6) R arm low V (7,8) pop shoulders back

**8: move to three staggered blocks** (1) slide R arms circle (2) snap front dig (3) slide L arms down (4) arms break dig (5) step R (6) dig arms cross at chest (7&8) step LRL

**8: continue moving** (1&2) step RLR (3&4) step LRL (5678) step RLRL, L hand in pocket, R arm swings

**8: pickup step,** groups start 1,5, or 1. (1) step R arms in Indian w/ L elbow up (&) step L Indian arms w/ R elbow up (2) step R to close feet, arms in Indian (3) step R to 2<sup>nd</sup> R hand in front of face (4) step L to 2<sup>nd</sup> L hand in front of face (5) sway L arms go R (6) sway R arms go L (7) feet close indian arms (&8) open knees and arms, right arm goes up left arm goes down

**8: continue pick up.** (1) step R, R arm up (&) cross over L, L arm up (2) to ground, L leg extended out to side R arm supports (3) L leg circle to front (4) extended neutral (5) R knee inverts (&) L knee inverts (6) extended neutral (7&8) step RLR to extended neutral to R diagonal

8: (1-8) pick up step completes

8: (1-6) contagion L to R jumping in extended neutral (7) knees into tuck (8) stand in 2<sup>nd</sup> position to R diagonal

8: (1) R hand to chest pop front (2) shift weight R (3,4) jump to over (5) group 1 recover to upright (6) group 2 recover (7) group 3 recover (8) individual poses

8: (1-4) side groups 3 step turn to back, middle group 3 step turn to front flat back(5678) sassy steps RLRL arms up, flick wrists

**8: side groups:** (1,2) turn to outside (3,4) open to front L arm windmill (5,6) swivel/wave arms (7,8) swivel/wave arms, close feet

**middle group:** (1-4) body roll to front arms cross in front of face (5678) swivel R hip

8: (1-4) party freestyle (5678) pick up R pony jump arms pump

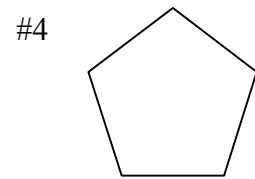
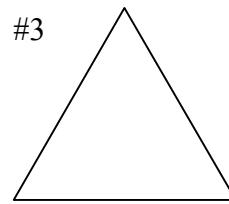
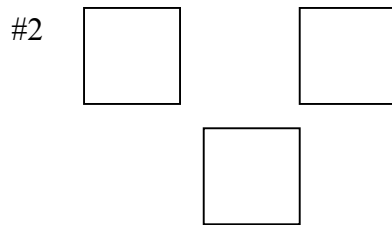
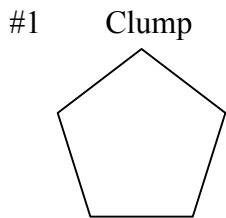
**8: move to triangle.** (1-4) R pony (5) step R body lean R (6) step L body lean back (7) step R body lean L (8) step L body front

**8: repeat moving to triangle**

**8: “ladies”** (1) 2<sup>nd</sup> position cross arms low V front (2) low V (3,4) hip swivel to R, weight on R, R arm at hip, (5678) sassy walk forward RLRL

**8: "ladies"** (1,2) step back R pop L, L arm slides to knee (3,4) rond de jambe L arms circle up (5,6) circle R hip (7,8) L arm grab R circle snap  
**8: "fellas"** (1) scoop (2) 2<sup>nd</sup> position throw arms to sides (3&4) shift weight RL R hand at chest (5,6) step back R, circle arms down and to L (7&8) L chasse front, hands holding pants  
**8: poses "ladies"** hit poses on counts 3 and 6. **"fellas"** hit poses on counts 1 and 5. (7,8) **"ladies"** L arm swings over pop R hip (7,8) **"fellas"** pop front  
**8: (1-4) condense and hook together** (5,6) pulse into center (7,8) repeat  
8: (1,2) snake R (3,4) snake L (5,6) snake back (7) snap low V (8) over  
8: (1-8) contagion  
8: (1-3) roll out (side groups) or back (middle group) (4) arms throw up (5-7) roll to center (8) pop chest  
8: (1-3) roll arms L to R (4-8) roll to get up  
**8: (1-4) move to clump** (5) lean R (6) lean L (7) circle body R to L (8) pose front  
8: (1) hit beginning pose

Formations:



**“Here It Goes Again” – By: Matrix**  
**Beg./Int. Field Kick – Time: 1:36**



*Begin in one staggered straight kick line, head down and feet in parallel.*

8 - Hold

8 - Contagion (L-R): Windmill arms and turn over rt. to face back

4 - Step forward lt. with arms at broken “T” 1, passé rt. on “&”, and pull arms through to a “T” with head released 2, step on rt. on 3, turn to face front on 4.

8 - Walk forward to make one straight line 1-4, back ball change rt. with head release 5-6, hook up and close feet 7-8

8 - Around the World Rt.- JKR across body to lt. diagonal 1-2, JKR straight 3-4, JKR to rt. Diagonal 5-6, close 7-8.

8 - Around the World Lt.- JKL across body to rt. diagonal 1-2, JKL straight 3-4, JKL to lt. Diagonal 5-6, close 7-8.

8 - Passé rt. And look lt. 1-2, point rt. and look 3-4, close 5-6, jump with head 7-8.

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

8 - Rt. fan kick 1-2, close 3, hold 4, Lt. fan kick 5-6, close 7, hold 8.

8 - Jumping jacks (A/ B- every other girl)

**1’s:** Jump out to second 1, together 2, JKR 3, close 4, jump out to second 5, together 6, JKL 7, close 8.

**2’s:** Prep 1, JKR 2, close 3, second position 4, prep 5, JKL 6, close 7, second position 8.

8 - Close feet or hold 1-2, circle bow (L-R) 3-7, pop head to front 8.

8 - Move to 3 staggered blocks- diagonal (blocks would work best if they consisted of either 2-4-6 lines front to back) Arms: recover 1-2, rt. arm high diagonal 3-4, rt. arms low diagonal 5-6, rt. arm straight out to T 7-8.

8 - Continue Moving: lt. arm high diagonal 1-2, lt. arms low diagonal 3-4, lt. arm straight out to T 5-6, close 7, hold 8.

8 - Parts (1-3-5): Rt. chaine’ forward with no arms 1-2, ball change forward rt. with arms in L 3-4, close 5-6 (hold or continue parts 7-8/ 1-2)

8 - Continue parts 1-2, everyone ball change back with rt. with rt. arms crossed at waist and lt. arm in high diagonal 3-4, close to face front 5-6, step lt. and cross arms at chest 7, kick rt. 8.

8 - Rt. pivot to face back 1-2, chasse’ to back 3-4, L pivot to face front 5-6, hook up and close feet 7, hold 8.

8 - Grapevine (every other line in opposition) A’s go to Left / B’s go to right: Step behind 1, step into second position 2, cross in front 3, kick 4, then go back other direction- Step behind 5, step into second position 6, cross in front 7, kick 8.

8 - Envelope kicks: JKR 1-2, passé rt. 3, point 4, JKL 5-6, passé lt. 7, point 8.

8 - Groups: A’s- Recover 1-2, step lt. 3, kick rt. 4, go down to tuck 5-6, roll over R shoulder 7-8.

**B’s-** Recover 1-2, step lt. 3, kick rt. 4, step lt. 5, close arms 6, pivot rt. 7-8.

8 - **A’s-** push up to pick position 1-2, hold that position 3-4, sit in low knees 5-6, hold 7-8.

**B’s-** Chasse’ rt. 1-2, pivot lt. diagonal to partner 3-4, chasse’ lt. “5 &”, step 6, grab partners shoulders 7, lift/kick rt. leg 8.

8 - Hold 1-2, roll or turn over lt. shoulder back to center 3-4, stand or step rt. 5-6, back ball change lt. with head released 7-8.

8 - Move to one large staggered block: (same arms as above) Arms: recover 1-2, rt. arm high diagonal 3-4, rt. arms low diagonal 5-6, rt. arm straight out to T 7-8.  
 8 - Continue Moving: lt. arm high diagonal 1-2, lt. arms low diagonal 3-4, *slowly face the lt. diagonal* & lt. arm straight out to T 5-6, close 7, hook up 8.  
 8 - Swing kicks/ pass through in groups: A's- Step kick rt. 1-2, step kick lt. 3-4, step kick rt. 5-6, step rt. 7 un hook arms 8. B's- unhook and walk back slowly as you are bent at the waist 1-6, stand up 7, hook up 8.  
 8 - Continue swing kicks/ pass through: A's- unhook and walk back slowly as you are bent at the waist 1-6, stand up 7, hook up 8. B's- Step kick rt. 1-2, step kick lt. 3-4, step kick rt. 5-6, step rt. 7 un hook arms 8.  
 8 - Adjust lines and face front 1-2, hook up 3-4, JKR 5-6, close 7-8.  
 8 - Arms down 1-2, (go down in levels) lt. knee down 3-4, rt. knee down 5-6, lt. leg out or sit to rt. 7-8.  
 2 - Raise lt. arm slowly to high lt. diagonal 1-2 (head up 2)

**Formations:**

**#1 Staggered Straight Line**

```
X X X X X X X X X X X X X X
  X X X X X X X X X X X X X X
```

**#2 One Straight Kick Line**

```
XXXXXXXXXXXXXXXXXXXXXXXXXXXX
```

**#3 Three Staggered Blocks (in a diagonal)**

```
X X X X
  X X X X
    X X X X
      X X X X
        X X X X
          X X X X
            X X X X
```

**#4 One Large Staggered Block**

```
XXXXX
XXXXX
XXXXX
XXXXX
XXXXX
XXXXX
XXXXX
```

**“Mama Mia” Arranged by Mike Story**  
**Alfred Publishing**  
**Intermediate Field Kick – Time: 1:47**



- 4 Starting in 3 levels from one line: Holding 1-4
- 8 1<sup>st</sup> and 3<sup>rd</sup> rows: R arm up/L arm wrap waist; Middle row: opposite arms 1,2 close in 3,4 reverse arms 5,6 close in 7,8
- 8 1<sup>st</sup> row arms low V 1,2 2<sup>nd</sup> row hit “T” 3,4 3<sup>rd</sup> row arms high V 5,6 all close in 7,8
- 8 To standing L 1,2 R 3,4 1<sup>st</sup> row step back to pose 5 2<sup>nd</sup> row step back to pose 6 3<sup>rd</sup> row step back to pose 7 hold 8
- 8 Pencil turn 1,2 front 3,4 to Formation Two 5,6,7 hook up 8
- 8 Grapevine LRL 1,2,3 kick R 4 tendu 5 foot flick/switch directions 6 step across 7 R passé 8
- 8 R chasse facing lft 1&2 L tendu facing front 3 hold 4 switch tendu & 5 hold 6 step fwd 7 pique passé/arms high V 8
- 8 Arms hook up/R chasse fwd 1&2 L turned out passé w/head 3 cross over 4 hip twist stepping RL 5,6 prep to side/close arms 7 pop out to second position to back/hook up arms 8
- 8 Look lft/rt 1,2 drop arms/step L across 3 close to front/hook up 4 step R 5 cross L 6 swing kick R 7 close 8
- 8 Pose 1,2 rt side of line closes to back foot to face back/L side of line closes to front foot/center line closes center 3,4 (Formation 3a) Front and back lines: walk 5,6 hitch to waist flick 7 step out 8 Center line: mark 5,6 hitch to waist flick fwd 7 close 8
- 8 New front and back lines: Walk 1 R kick 2 step R 3 step L 4 R chasse 5&6 slide/hook up 7 close feet 8  
Center line: Exercise kicks step L 1 kick R 2 step back R 3 step back L 4 step fwd R 5 kick L 6 step back L 7 close 8 (Formation 3b)
- 8 \*Prep open R diagonal kick 1,2 Prep open L diagonal kick 3,4 grapevine 5,6,7 passe/look side 8
- 8 \*Front and Back Lines: JKR 1,2 JKL 3,4 prep/R fan 5,6 close 7,8  
Center Line: JKL 1,2 JKR 3,4 prep/L fan 5,6 close 7,8
- 8 Grapevine to rt. 1,2,3,4 Parts in lines: Prep fan 5,6 or 7,8 (or 1,2)
- 8 Lines landing to one knee (7,8) or 1,2 or 3,4 stand R swing kick 5,6 close 7,8
- 8 Rotate T arms/ball change L 1,2 pencil turn/close arms 3,4 step to staggers 5,6,7,8
- 8 Step L 1 R attitude 2 step R to face back 3 pop R knee 4 swish arms/hip switches LRL 5&6, RLR 7&8
- 8 Face front step L, R, L 1,2,3 Jete 4 land in tuck 5,6 up to knees 7,8
- 8 Contagion L to R: lunge R w/ R am up, L arm wrapped 1,2,3,4,5,6 switch arms 7,8
- 8 Contagion Center to Ends: knees close/arms high V 1,2,3,4,5,6 close arms standing to L 7,8.
- 8 Continue standing to R 1,2, Front and Back lines: moving 3,4,5,6 close front 7,8  
Center line: mark 1,2,3,4,5,6,7,8 (Formation 3a)
- 8 Cross over/spin 1,2 close to front 3,4 walk to straight line/hook up 5,6,7,8 (Formation 2)
- 8 Repeat from earlier \*Kick Section
- 8 Repeat from earlier \*Kick Section all same direction
- 8 Grapevine 1,2,3,4 JKR 5,6 JKL 7,8
- 8 JKR across 1,2 JKL across 3,4 JKL across 5,6 JKR across 7,8
- 8 JKR 1,2 close 3,4 rotate T arms/ball change L 5,6 pencil turn/close arms 7,8
- 8 Step fwd L/hook up 1 R passé to left 2 ball change 3,4 L knee pop facing R 5,6 switch knees/directions 7,8
- 8 (Formation 4) Stagger one: R chasse 1&2 step L 3 kick R 4 head release 5,6 drop to tuck 7,8.

- Stagger two: drop arms 1&2 R chasse 3&4 step L 5 kick R 6 step/stay standing 7,8
- 8 Contagion L to R: pose 1-6 Step to standing R leg 7,8
- 8 Continue standing L leg 1,2 R pivot turn 3,4 pivot turn 5,6 hands to hip/shift weight R,L 7,8
- 6 Sit into R hip arms swoop up 1,2 touch floor 3,4 slide R leg through to ground 5, L arm up 6

**Formations:**

1)

```

X   X   X   X   X   X   X   X
X   X   X   X   X   X   X   X
X   X   X   X   X   X   X   X

```

2)

```

XXXXXXXXXXXXXXXXXXXXXXXXXXXX

```

3a)

```

XXXXXXXXXX
          XXXXXXXXXXXX
                        XXXXXXXXXXXX

```

3b)

```

          XXXXXXXXXXXX
XXXXXXXXXXXXXXXX
                        XXXXXXXXXXXX

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4)

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XXXXXXXXXXXXXXXXXX
XXXXXXXXXXXXXXXXXX

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**“Carry On” – by: Diana Ross**  
**Int/Adv Pop Kick – Time 2:21**

Beginning Position: facing the back

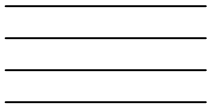
**First Formation: Four Lines**

- 8-ripple from center out, passé point with arms on hip looking at foot 1-7 dig front 8
- 8-step L with R arm crossed on 1 step R with L arm crossed on 2 step L turn over R shoulder arms touch down 3 step on R foot on 4 drag over R shoulder with R arm on 5 step R 6 step L 7 kick R on 8
- 8-head back on 1 step L 2 pivot 3 front on 4 step R on 5 dig L with L arm up on 6 ball change with L foot back 7,8
- 8-Ball change to the R &1,2 with hands on hips, opposite &3,4 feet together on 5 ball change with arm hook up on 6,7 together head up on 8
- 8-straight kicks starting with R foot
- 8-2 fans to the R 1-4, 2 fans to the L 5-8
- 8-point R foot to the L 1 open to second on 2, switch with L foot pointed on 3 switch 4 pop jump prep 5 jump &6 put R foot out 7 switch L 8
- 8-around the world starting with R, switch to L kick 8
- 8-around the world starting with L, switch to R kick 8
- 8-bow to R side on 1,2 look to the L 3 right on 4 head ripple 5-7 close to the front on 8
- 8-(Rows 1 & 3) step on R foot on 1 throw over L shoulder on 2 step on R on 3 step L with arms on hips on 4 kick R 5 step R with arms coming down on 6 step L 7 turn over L shoulder and hook up 8 (Rows 2 & 4) step L R 1-2, step L3, with arm hook up, R kick on 4, walk RLR 5,6,7 close 8
- 8-Graduated kicks
- 8-finish graduated kicks with four high kicks
- 8-ripple from L to R 1-4 repeat 5-8
- 8-straight kicks starting with R foot.
- 8- kick R 1,2 cross R 3 open 4 kick L 5,6 cross L 7 open 8
- 8-opposition 3 fan kicks hold 8 (Rows 1 & 3 start R) (Rows 2 & 4 start L)
- 8-repeat to other side 3 fans hold 8
- 8-(1<sup>st</sup> Row) jump fan to knee facing the R diagonal 1,2 down 3,4 (2<sup>nd</sup> Row) jump fan on 3,4 land 5,6 (3<sup>rd</sup> Row) jump fan on 5,6 land 7,8 (4<sup>th</sup> row) jump fan 7,8
- 8-land 1,2 (all Rows) bow 3,4 come up 5,6 head nod 7 up 8
- 8-move to **2<sup>nd</sup> Formation Triangle**
- 8--repeat ripple from center out, passé point with arm hook up looking at foot 1-7, close 8.
- 8-2 R jumps kicks 1-4 2 L kick 5-8
- 8-jump kick R 1,2 cross over L foot with R chasse to the L 3&4 L chasse to the L 5&6 ball change RL &7 drag to the R with pointed L foot on 8
- 8-step L to R diagonal 1 R kick on 2 release head 3 step L on 4 step R 5 L fan to the front on 6 step L on 7 close 8
- 8-step R to L diagonal 1 L kick on 2 release head 3 step R on 4 step L 5 R prep 5 jump L fan to the L on 6 chasse to the L on 7&8
- 8-bow ripple from center to out 1-7 close on 8
- 8-move to **3<sup>rd</sup> Formation 4 Lines** Arms: cross R on 1, high V 2, cross 3, high V 4, wrap head 5-8
- 8-continue moving, repeat arms, hook up on 8.
- 8-3 fans to the R
- 8-3 fans to the L
- 8-bow ripple center to our 1-6 jump out 7 close 8
- 88-(Rows 1 & 3) chasse to the R with R foot 1&2 step L 3 kick R 4 chasse R 5&6 step L 7 kick R 8 step with R foot on 1 fan to the L on 2 jump 3 fan 4 jump 5 fan 6 close 7 hold 8 (Rows 2 & 4) chasse to the L

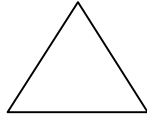
with L foot 1&2 step R 3 kick L 4 chasse L 5&6 step R 7 kick L 8 step with L foot on 1 fan to the R on 2  
jump 3 fan 4 jump 5 fan 6 close 7 hold 8  
88-(Rows 1 & 3) repeat to the L (Rows 2 & 4) repeat to the R  
8-(all rows) cross R foot over L on 1 open to second on 2 switch L foot in front 3 jump out to second on 4  
2 jump kicks R L 5-8  
8-2 straight kicks starting with R close on 5-6, tuck 7-8.  
1-hit levels with R arm up on 1

**Formations:**

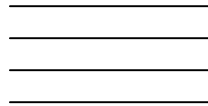
**1. 4 Lines**



**2. Triangle**



**3. 4 Lines**





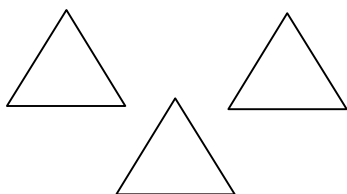
**“Ladies' Night” by Nick Baratta**  
**(Alfred Publishing)**  
**Beg/ Int Field Scarf - Time:1:42**

Begin in three staggered triangles facing the back, right leg pointed behind, arms clean by side.

- 8 – Hold 1-4, parts by triangle R to L: turn over R shoulder circling arm above head 5, 6, 7, arm up 8
- 8 – Parts by triangle L to R 1,3,5: Lasso R arm above head and BC L 1-2, close L to R and whip R arm to low diagonal L 3, switch to low diagonal R 4, con't pts 5-6, 7-8.
- 8 – Move to Staggered block: circle R arm out 1-2, repeat circle 3-4, low V grab scarf 5-6, close 7-8
- 8 – Con't to move: R diagonal 1-2, close to chest 3-4, L diagonal 5-6, close to chest 7-8
- 8 – Parts R to L 1,3,5: Chasse R 1-2, step L 3, Jete (option is lift) 4, close 5-6, pts con't 7-8
- 8 – pts con't 1-2, contagion R to L swaying arm 3-6, all close L to R 7-8
- 8 – Parts Line by Line 1,3,5: Chasse R with T arm 1-2, BC back L with arms in T behind head 3-4, three step turn back to center starting on L 5-7, close front 8
- 8 – Parts con't 1-2, pts con't 3-4, pivot R to front circling arm forward 5-6, close to back circling arm over head 7-8
- 8 – Lift R leg with arms in high V 1, plie on R 2, L passe to front with arms in high V 3, plie on L 4, contagion R to L circling arm down to R diagonal 5-7, look forward 8
- 8 – Soutenu turn grabbing scarf end facing forward 1-4, Parts 5,6: arms in high “V” BC back R 5-6, close 7, Grp. 2 finishes 8
- 8 – releve whipping R arm up and down 1-2, circle right arm while moving into file 3-8
- 8 – Parts by Color 1, 3, 5: BC R circling R arm out 1-2, BC R to back circling arm 3-4, BC R to front circling arm 5-6, pts con't 7-8
- 8 – pts con't 1-2, contagion front to back hitting angles by color 3-8
- 8 – Move to Chevron with same moving arms
- 8 – Move to Chevron with same moving arms
- 8 – Parts front to back by Chevron 1, 3, 5: step across R arms at chest 1, touch L out with arms in low V 2, step across L with arms at chest 3, touch out R with arms in high V 4, con't 5-6, con't parts 7-8
- 8 – Parts closing R to L with R arm above L 1, 2, 3, clasp at chest 4, levels up/down by every other chevron 5, close at chest 6, switch up/down 7, close at chest 8
- 8 – step R to L diagonal pushing arms out to L diagonal 1, R passe opening arms to T 2, pivot to L diagonal clean arms by side 3-4, close to front 5-6, BC back on R with high V arm 7-8
- 8 – Close 1-2, contagion front to back circling R arm and looking down to diagonal 3-8
- 8 – Hit levels by chevron 1-4, push arms out front extending scarf in levels 5, 6, 7, close 8
- 8 – Parts 1,3: lean on L extending R leg out and circling R arm over above head 1-2, con't pts 3-4, close together 5-6, clasp arms at chest 7-8
- 8 – Push out to T 1-2, parts every other chevron 3,5: turn scarf vertical with R arm on top 3-4, con't pts 5-6, switch arms to L on top 7-8
- 4 – Whip R arm to low L diagonal 1-2, whip R arm up to R diagonal and look 3-4

Formations:

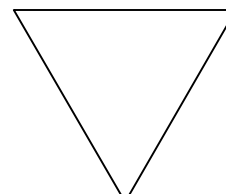
1. Three Staggered Triangles



2. Large Block



3. Chevron





# “Let’s Get Loud” by Victor Lopez (Alfred Publishing)

## Int/Adv Field Prop (Maracas) – Time 2:07

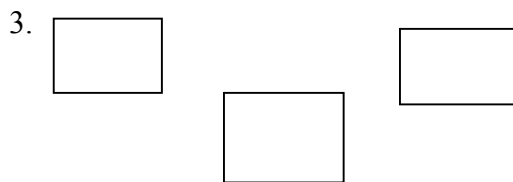
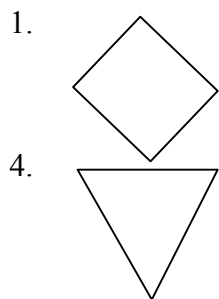
Beginning position: facing the back, R foot in dig, Maracas at chest

- 8: hold 1/4, step back R arms up 5, shake down high v 6, T 7, low v 8
- 8: change weight to L prepare 1/2, R chaine arms at chest 3/4, step out R salsa arms R up 5, look L 6, shake maracas 7/8
- 8: parts 1, 3, 5: outer rim, middle rim, and inside: outer rim soutenu turn arms up 1/2, tuck 3/4, hold and wait for groups to finish.
- 8: walk to block shake 1/4, shake high v 5, t 6, low v 7, close 8
- 8: Lines 1&3: L chasse arms T1/2, ball change R arm on head L behind back 3/4, kick R High V 5, cross 6, turn to R side 7/8 Line 2&4: R chasse T arms 1/2, pas de bouree to face back L arm on head R behind back 3/4, kick R high V 5, cross 6, turn to face L 7/8
- 8: All: chasse R1/2, step L 3, R leap to the front high v 4, land in tuck 5/6, hit levels maracas at chest 7/8
- 8: L leg out R salsa arms 1/2, unwinding to T 3/4, wrap to L salsa close legs 5/6, roll or turn to L 7/8
- 8: contagion L to R: R standing jete arms in high v land in tuck
- 8: roll to L on elbows 1/2, legs straight up 3/4, roll to stand 5/6, L salsa arms R leg out 7/8
- 8: R inside prep T arms 1, half turn 2, L ball change arms T 3/4, turning pas de bouree arms up 5/7 double pirouette maracas at chest 8
- 8: finish 1, jump out 2, sit 3 wrap arms around self 4, step L 5, R ball change arms up and over &6, step R 7, ball change arms up and over &8
- 8: step R 1, touch to back arms up 1, drag R head release 2, step L 3, R 4, contagion center- out: turn to front sit back arms sunshine out 5-8
- 88: move to three groups : walk 1/4, step L 5, salsa arms ball change &6, step R 7, salsa arms ball change &8
- 88: R group: R chaine 1/2, step R 3, chasse L arms break down 4/5, step R 6, L ball change T arms 7/8 step L towards center arms down 1, flick arms up circle forward 2, land on L leg front 3, step R 4, twist hips 5, twist back sit 6, hold 7/8. Center group: same as R but go front and back salsa pose on last 8. L group opposite of R twist salsa pose on 7
- 8: R group salsa pose 1, hold 2, back ball change L head release 3/4, step L to side arms cross at chest 5, R tilt kick to back 6, step R 7, R ball change R arm T look 8
- 8: step R 1, step L arms down 2, open to front R passé 3, land 4, step L back push R arm through 5, step R 6, step L 7, R ball change back head release 8/1
- 8: finish 1, step R 2, tour arms up 3, step R 4, move to triangle shake maracas 5/8
- 8: up 1, high v 2, T 3, low v 4, shake 5/8
- 8: shake hips cross arms look R 1/2, look front arms up to high v 3/4, look L cross arms 5/6, look front high v 7/8
- 8: contagion front to back soutenu turn to tuck 1/6 inside v jump out high v 7, middle v knees T 8
- 8: outside v low knees low v 1, close 2, outside v L broken T 3, rocket 4, R broken T 5, hold 6/7, rocket 8, middle v start on 4/7, rocket 8, outside v start on 5, rocket 8
- 8: shake maracas open 1/4, roll to stand facing back 5/8
- 88: 3 groups front to back: 1, 3, 5: walk front RL 1/2, R ball change L salsa arms look L 3/4, step R arms ole 5, L ball change R salsa arms look R 6/7, step L arms ole 8, step and sit R maracas on L hip 1, hold 2/6, finish 3, finish 5 All: switch 7, switch 8
- 8: step L 1, touch arms up look up 2, R ball change low v look R 3/4, L ball change high v look L 5/6, turn to front 7/8
- 8: R ball change back head release 1/2, run RL maracas at chest 3/4, R leap 5/6, land tuck 7/8
- 8: levels standing, knees, low knees: 1&3: low ole arms 1/2, circle to high ole 3/4, circle to low ole arms 5/6, low v 7, close 8 Knees: high 1/2, low 3/4, high 5/6, high v 7 close 8

8: punch and shake R L to L 1/2, RL up 3/4, RL 5/6, close look down 7/8

1: R salsa arms 1

**Formations:**



**“Circus/Poker Face” by MTV Mashmouths**  
**Int./Adv. Chair/Jazz routine - Time: 2:14**



Start in a staggered block in a tuck behind the chair that is facing forward

- 8- contagion by diagonals coming up with head down from stage L to stage R 1-8
- 8- contagion from stage R to stage L head popping up to ceiling and back down 1-8
- 8- contagion from stage L to stage R rond de jambe R leg with right arm to pose 1-8
- 8- contagion from stage L to stage R rond de jambe R leg around to be seated on the chair 1-8
- 8- swing R leg around to cross 1-2 step out R then L with L arm coming over the top 3-4 R leg swings up 5-6 step on chair R then L 7-8
- 8- turn over R shoulder to passe with arms up 1-2 step down R then L off of the chair turning over R shoulder 3-4 passe around with arms up again 5-6 chasse 7 & 8
- 8- step one jete 2 step L 3 ball change & 4 double pirouette 5-6 plie 7 to forced arch with arms up 8
- 8- jazz walks to the L with arms rising 1-4 step L 5 drag to back with L arm releve onto R leg 6 chasse R 7 & 8
- 8- step L 1 overturn (R shoulder) 2 step L 3 step R grabbing chair w/ L arm 4 developpe 5-6 slide through to lunge 7 sit 8
- 8- cat woman to the back sitting on chair 1-5 release back 6 down w/ chest on legs 7-8
- 8-contagion stage L to stage R rond de jambe the R leg to splits w/ body down 1-8
- 8- cont. contagion 1-4 z sit 5 L knee comes up 6 R leg swings around 7-8
- 8- to the back of the chair 1-4 pick chair up 5-6 moving to diamonds 7-8
- 8- cont. moving 1-8
- 4- rotate chairs to the L 1-2 set it down 3 stand 4
- 8- parts stage L to stage R- 1 3 or 5- sway with cheerio arms to the R 1 L 2 high V with head back 3 break through chest &
- drop to the floor 4 snake to R 5-6 chasse around chair 7 & 8
- 8- Parts cont.- step L onto chair 1 jete off w/ arms high V 2 land in tuck 3-4 hold 5 L leg goes back onto chair 6 attitude R leg over the L leg 7-8
- 8- land 1. Last group finishes 5 everyone holds 6 stand L 7 R 8
- 8- step touches with freestyle arms to squeeze tighter in diamonds 1-8
- 8- R foot taps 1-2 R ft cont. to tap as head goes down 3 back up 4 R shoulder & L shoulder lower 5 chest goes out & chest comes back in 6 head snakes to R w/ arms 7-8
- 8- heel taps 1-2 head goes down 3 up 4 passe & down 5 chest & drop to ground 6 snake R 7-8
- 8- move to big triangle chasse with r arm up 1 & 2 chasse with L arm up 3 & 4 walk 5-8
- 8- cont. moving to big triangle same arms
- 8- chug step back w/ R leg and push arms 1-4 step across w/ r foot over turn over right shoulder 5-6 low chaine 7-8
- 8- jete 1- turn out of it 2 step R 3 passe and push backwards 4 chasse R 5 & 6\ step L 7 R foot touches out w/ r arm up 8
- 8- drop down 1 high V w/ head back 2 break through & down to the floor 3 ball change & 4 battement 5 down 6 chugs 7 8
- 8- moving back to chair same arms
- 8-cont. moving
- 8- cont. moving 1-4 poses from stage L to stage R 5 6 or 7 recover 8
- 8- L foot goes on chair 1 over the back to lean the chair 2-4 foot comes down off of chair 5 drag back on to L foot leaving R behind with high V 6-7 ball change R & 8

- 8- press up to releve with arms pushing down 1 step L 2 over w/ the R foot 3 step L 4 turn the chair 6-8
- 8- Lay on stomach parallels to the floor 1-2 contagion rolling off to back 3-8
- 8- contagion continues 1-4 step r foot w/ hip and arm up 5 & 6 step onto chair L r 7-8
- 8- toe touches from stage L to stage R 1 3 5 off of the chair
- 2- R arm pulls & 1 L hip & L arm pulls slowly 2

Formation #1  
(Staggered block)

```

x x x x x
  x x x x
    x x x x x
  
```

Formation #2  
(3 diamonds)

```

      x           x
     x x       x x
    x x x     x   x x x
      x x     x x   x x
        x     x x x   x
           x x
            x
  
```

Formation # 3  
(triangle in front of  
chairs)

```

      x
     x x
    x x x
   x x x x
  
```

Formation # 4  
(back to diamonds Formation #2)



## **“Fashion” by Lady GaGa (Confessions of a Shopaholic) Beg/Int Novelty Jazz – Time: 2:24**

Beginning formation – 2 staggered lines facing back w/ right leg out to side

8 – Hold 1,2 right arm up to ear 3,4 right arm pushes down & release head back 5,6 roll hip and snap out to side 7,8

8 – Ripple L – R turning over right shoulder wrapping head ending in a left dig 1 – 8

8 – Parts 1, 3, 5, and 7, pick up step to make 4 staggered lines. Step left and drag pushing hands down body 1-2, step R 3, prepare 4, right chainé to audience 5-6, step R 7, dig L 8.

8 – Walk and adjust formation 1-4, step L and wrap head with L hand 5, dig R 6, step R and wrap head with R hand 7, close feet 8.

8 – Parts 1,3,5 step R w/ arms circling overhead 1, cross with L in front 2, step R 3, jump back to L foot and kick R foot w/ arms over head 4, walk back L 5, R 6, R ball change to audience and pose 7-8.

8 – Chasse R back to center 1-2, step L 3, jeté leap R 4, land 5, continue parts 6-8.

8 – Hold 1, roll up to face back 2-4, step R to audience 5, prepare 6, pirouette while pushing hands down body 7&, land out 8.

8 – ball change left/right with right hand circling over head and across body 1-2, ball change right/left with left hand circling over head to meet right hand 3-4, Step left and circle both hands over head 5, pivot turn and close arms to side 6, step left 7, close to front and pose 8.

8 – 4 groups 1,3,5,7 - ball change &1, right high kick 2, cross in front 3, pose with R leg out and hands on back 4, switch 5, switch 6, ball change and cross in front with left arms up in touchdown 7, hold 8.

8 – Turn to face front 1-2, Continue Parts 3-8.

8 – chasse to audience 1&2, jeté leap 3-4, land 5, hold 6, cut through with left leg 7-8.

8 – spin around to face back 1-4, head roll 5-8.

8 – Drop knees R & look to audience 1-2, switch to L 3-4, everyone roll up to face Left wall 5-8.

8 – push up to passé circling arm over head 1, step with Right foot to audience 2, clip turn right left 3-4 prissy walk with hands flicking overhead 5-6, switch hands to low flicking 7-8.

8 – Transition to triangle: 8 - moving arms, both arms come up on 1-2, all the way to touchdown position; bring to sides on 3, wrap head on 4, close 5-6, snap with R arm and tilt head to L on 7, close 8.

8 - Repeat moving arms except snap with L arm and tilt head to R on 7, close 8.

8 - R foot over L, head tilted to R, arms prissy to R on 1-2, pose, R hand on hip and L straight out 3-4, R over L and L foot pointed in front 5-6, Flick with R leg up and L hand grabbing R elbow on 7, Recover down on 8.

8 - (3 groups) Group 1 begins 1-2 with L passe on &1, down 2 with low V arms, Group 2 comes in to pick up on 3-4 with T arms then Group 3 on 5-6 with low V arms. Everyone steps out with R foot and prissy high V arms on 7, sit with a low V on 8.

8 - (2 groups) Group 1 places R foot over L and arms in broken T &1, unwind to the front 2 with touchdown arms on 3 hold 4. Group 2 does same movement except starting on &2, which in turn ends their choreography on 4, Everyone, R leg out to side with R arm going down the L arm and melting on 5-6, Close feet and have both arms (fingers touching) under chin like posing for a picture on 7, Close everything on 8.

8 - Tap L foot and point downward with both index fingers on 1-2 and face L side on 3-4 with weight on L foot. Point to L on 5 with R arm, Break-through R arm and bring to R side on 6, point straight up with L arm (making a Right L with your arms) and look up, sit into stance on 7, Look to the front on 8.

8 - (3 groups 1,3,5) chasse to the L with arms by side 1&2, ball change back with L with R arm in front and L arm out 3-4, turn to back with feet closed on 5-6, bring R foot back and hands to head 7-8

8 – continue groups 1 – 4, everyone brings feet together and circles arms above head on 5,6, step out to the R with R arm swinging down on 7 and L arm to follow on 8.

8 - (2 groups 1 & 3) Prep 1, soute on 2, land to floor 3,hold 4, bring R arm up and flick downward on 5,6 and recover 7,8.

8 – continue parts 1- 4, both legs come up into a vertical position and looking at them on 5,6. L leg comes down/ look to audience on 7. R leg meets L on 8.

8 - Everyone Z sits on 1,2. Group 1 brings R arm in and around on 3,4. Group 2 brings L arm straight in and around on 3,4. Everyone rolls to the back on 5,6,7 and standing on 8.

8 - Cut arms in T and ron de jambe to front on 1 close arms on 2, small circle with R arm on 3, small circle with L arm on 4, body roll with arms breaking through to touchdown position on 5,6, step with L on 7, look to the L side on 8 with weight on L foot.

8 – Transition back to staggered block - both arms come up on 1,2 all the way to touchdown position, bring to sides on 3, wrap head on 4, close 5,6, snap with R arm and tilt head to L on 7, close 8.

8 - Repeat moving arms except snap with L arm and tilt head to R on 7, close 8.

8 – In opposition L & R - Scoops to the R with L arm and R on hip on 1,2 L passé 3 hold 4, or scoop to the L with R arm out and L on hip on 1,2, Group one has a L passe and Group two has a R passe on 3,4 with pixie arms, R passé 3 hold 4, Everyone steps in on 5 Arms up in touchdown on 6, Ball change back with R foot and arms come down to shoulder level on 7,8.

8 - recover 1, prepare 2, single coupe turn with arms on hips on 3,4. Group 1 step out with R and arms in T on 5 then turn to R side with arms wrapping around stomach on 6. Group 2 holds 5,6 and begins with the choreography on 7,8

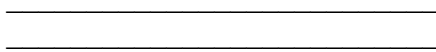
8 - R hand over L and R leg pointed and look to front on 1,2, Recover to side on 3,4, Ron de jambe with L arm grabbing R elbow on 5,6, Start walking to front with R foot on 7, L dig with R arm on hip and L arm up behind ear.

8 - R arm on hip and L arm out in a V with broken wrist and ball change LR 1,2, Step back with L foot and L arm goes to hip and R arm extends out with broken wrist on 3, Close 4 with arms on hip. Step RL prep & 5 with arms coming from chest to high V then up on 6, Left L on 7 with L foot on releve and R foot in passé, down and recover on 8.

8 - prissy walk to front with arms gradually coming up from back then up to touchdown on 1,2,3,4. Arms come down and open to a T and ball change LR and look to L on 5,6. Turn over L shoulder on 7. Front 8.

8 - Come into a closer formation with a sassy walk 1-4. Pivot with L on 5,6. Step 7. Pose on 8 then melt until song fades.

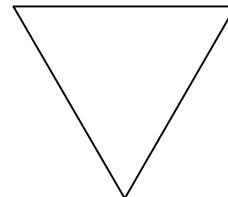
Formation #1



#2



#3



#4 Same as #2

**“Blue Jeans” – by Jessie James**  
**Int/Adv Novelty - Time: 2:20**

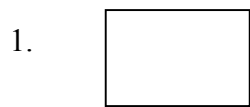


Start in a tight, staggered block in levels

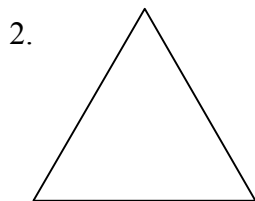
- 8- Hold 1-7 in levels, head up on 8
- 8- Arms grow out 1-4, back to levels 5-7, head down on 8
- 8- Move to spread out staggered block, slow walk left 12, right 34, fast walk 5,6,7, lasso right and jump together 8
- 8- Continue walking with hands on hips, slow 12, slow 34, fast 5,6,7, both hands thrown up jump together 8
- 8- Opposition right or left-invert knee 1, flex foot 2, arm drag down leg 34, repeat other direction 5-8
- 8- Opposition right or left-step to side 1, pick up knee to back in second 23, hold 4, chasse side with arms circled around 56, hips in opposition 78
- 8- Parts on 1 and 5- Arms “Who” to face the front 12, plie body roll to side with hands 34, repeat other direction and pick up the 2<sup>nd</sup> group 5-8
- 8- Facing the left, pop left knee 1, right knee 2, flex foot left 3, right on 4, dust off 56, step to right in second with hips to right arm up by ear 7, to left on 8
- 8- Hands on heart, dip to right side 12, left 34, push down leg & 56, throw arms left with a left passé 78
- 8- Chainé up 12, down 34, calypso 56, turn out 78
- 8- Drag left with right arm up 12, walk 34, jump to forced arched with arms either going forward or backward 56, step out left 7, pivot right 8
- 8- Cross arms over chest 1, Right passé with L arms 2, right leg down 3, step out left 4, right fan 56, turn to back 7, look right 8
- 88- Move to a triangle- slow walk left 12, right 34, fast 5-8. Repeat
- 8- Ball change into pencil turn with arms over head 1-3, clean 4, step out right with left arm up 56, switch to right 78
- 8- Prepare 12, pirouette 34, prep 5, sauté 6, land 78
- 88- Parts on 1,3,5,7- Floor work- sit to left side 1, kick up 2, sit up and roll head to face back 34, face back 5, down on elbows 6, kick right leg up 7, 8. Pick up each group and continue kicking on 12, 34, 56, everyone sits up on 78
- 8- Roll up to right side with leg out 12, arms up to T on 34, stand up to face right diagonal dragging right arm 56, turn to right side flicking left foot pushing arms down body 78
- 8- Passé right with arms rowing right 12, go left on 34, right knee in 5, left in on 6, push down with head up 7, even back on 8
- 8- Repeat passé right 12, left 34, walk back right 5, left 6, X jump to front 7, land 8
- 8- Walk in to squeeze triangle slow 12, slow 34, open to second 5, lean to the outside of the triangle 567, close 8
- 5- Throw arms up to “zipper” sound on 1, step left 2, open to second with hip roll 34, jump together with flipped hands 5
- 88- Move to 2 staggered blocks. Slow 12, slow 34, fast 5-8. Repeat and pop leg out on 8
- 8- Facing into each other, drag arm down leg 12, come up 3, snap 4, chainé with arms down 56, step out 7, clap 8
- 8- Step left with hands to hips on 1, flick kick right 2, step left 3, turn to face right and passé left 4, step out on 5, flex foot right on 6, left on 7, right on 8
- 8- Grapevine right 12, step out 3, pop shoulders 4, jump together right 5, step out 6, passé right with arm by ear 78
- 8- Group one, hip and sit left 12, right 34, pick up group two left 56, right 78
- 8- Right group repents “bend and snap” 1-4, Left group repeats “spin and clap”

- 8- Step left with hands to hips on 1, flick kick right 2, step left 3, turn to face right and passé left 4, step out on 5, flex foot right on 6, left on 7, right on 8
- 8- Move 2 blocks to 1 block- Drag in to center with L arms, chaîné turn 34, step 5, step 6, X jump 7, cross back 8
- 8- Continue moving to staggered block 1-8
- 8- Lasso in opposition going left or right by lines 1-4 going one directions, switch sides 5-8
- 88- Parts on 1-3-5-7- Prep with arms crossed 12, tilt kick 34, turn out 56, flex feet 78. Lasso around head with right foot dug 1, left on 2, continue with part 3-8
- 8- Chassé forward with left foot 1&2, step out right with twist 3, twist 4, sit 5, flick leg 6, step 7, step 8
- 8- Jump to forced arch around with arms up 12, Parts on 3, 5, 7, Drag out with left arm wrap over left 34, continue 56, and 78
- 8- Claps up or down- up to right 12, left 34, switch to down 56, 78
- 8- Flick to face back 12, walk to tighten block 3-8
- 8- Fade down, arms out 1-4, arms and down into levels 5-7, head up on 8

Formations:



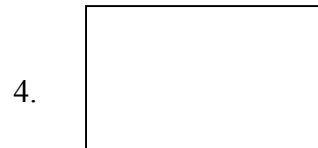
tight staggered block



Triangle



2 blocks



Staggered block

**“My New Philosophy”  
 (You’re a Good Man Charlie Brown) – Musical Cast Recording  
 Int/Adv. Novelty – Time: 2:13**



**Intro:** acting parts

8- chaîné 1-2 step push through 3-4 step R L 5-6 high kick 7 down 8  
 4- attitude turn 1-2 ball change R L with arm reaching across 3-4  
 8- cross turn 1-2 step R with R hand 3 step out L with L hand 4 prepare 5-6 double turn 7-8  
 8- 2 groups: lines 1&3: step ball change R 1-2 step ball change L 3-4 leap 5-6 roll side 7-8; lines 2&4 same to L side

8- lines 1&3: turn over R shoulder with R arm 1 L arm 2 plié head in hands 3 jump 4 land 5 inversion 6-7 up 8; lines 2&4 same on L side

8- all lines together chassé to R or L 1-2 leap 3-4; lines 1&3 pose 6 hold 7-8; lines 2&4 hold 5-6 step 7 pose 8

8- moving to formation #2: arms in low V while fast running 1-7; 2 parts: 1<sup>st</sup> block R hand up & over mouth 8

4- hold 1 2<sup>nd</sup> block: L hand up & over mouth 2 everyone head back 3 hold 4

\* **“Why are you telling me?”**

4- sugar 1-2, flick R 3-4.

8- chaîné 1-2, rebound 3, inverted fan 4, step R 5, prepare 6, coupe turn 7, to front 8

4- step R arm in high V 1 step L arm in high V & close down 2 step R arm in high V 3 step L arm in high V & arms above head looking up 4

8- 2 groups: (1, 3) prepare 1-2 chaîné 3-4 calypso turn 5-6 prepare to front 7-8

8- double turn 1-2 step R swing 3 step L swing 4 step R to prepare 5 inside L turn 6-7 step out to side 8

8- continue groups 1-2; everyone together step L 3 cut 4 R arm around 5 back through 6 R arm three step turn 7&8

8- step L 1 straight leg second leap 2 step L 3 chassé side arms circling 4-5 step L 6 passé with R arm up 7 ball change 8

2- continue ball change 1 step R L with R and L arms going up to high V & 2

8- moving to formation # 3: cross step & 1 step R with R arm in high V 2 step L with L arm in high V 3 step R with R arm down 4 step L with L arm down 5 cross arms at chest 6 look R L 7-8

8- hold 1 repeat same are sequence 2-5 jump together hands over ears 6 head side side 7-8

8- step flick to back 1-2 step flick to front 3-4 step R 5 passé over leg 6 step L 7 chassé back 8

8- continue chassé & 1 step L to R side 2 leap 3 step through L 4 three step turn to front with R arm in T position 5-7 R arm high V with head back 8

\* **“I like it”!**

8- 3 groups: (1,3,5) step L 1 turn over L shoulder 2 step R 3 R leg out in second 4 step R L 5-6 pencil turn to front 7 prepare & 8

8- double turn 1-2 step side R L 3-4 second leap 5 land 6 sunshine over L shoulder to Z-sit 7-8

8- continue groups 1-4 everyone roll to stand up 5-8

8- moving to formation #4 arm in low V running 1-4 continue fanning arms to head 5-8

4- step out R with R hand in high V 1 step L with L hand in high V step R with R hand on hip 3 step L with L hand on hip 4

8- Option 1 - prepare 1-2 three fouetté turns 3-8 (Option 2 – Prep 1-2, chaine 3-4, pique back 5-6, chaine 7-8

8- Option 1 - double turn 1-2 (option 2 pique front 1-2) chaîné 3-4 arms reach up up 5-6 chaîné 7-8

8- arm reach up up 1-2 cross turn 3-4 jazz square 5-8

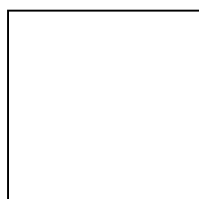
1- fall to ground

\* **“Clearly, some philosophies aren’t for all people”.**

\* one person left standing and act out the last words then fall to ground

Formations:

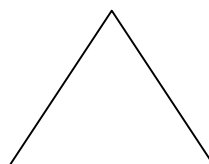
#1 Block



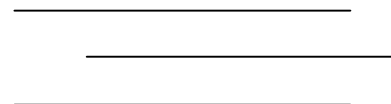
#2 2 staggered lines



#3 Triangle



#4 3 staggered lines

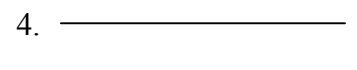
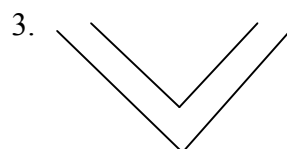
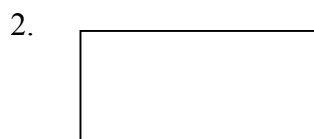
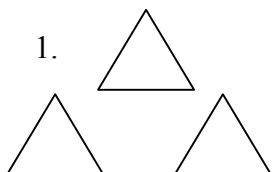




**“Cool Jerk” by Allen Gray (Matrix Pub.)**  
**Beg/Int Field Pom – Time: 1:56**

Begin in three triangles, L dig, arms at sides, head down.

- 8- 3 groups, pick up 1,5 or 1. Step clap switching sides and levels (1-8)
- 8- Group 3 joins in (1) and all continue step clap.
- 8- Groups face different sides: Rocket (1), breakthrough to low-V (2), hold (3-4) , punch across R and down (5-6), punch across L and down (7-8)
- 8- Checkmark R (1), switch (2), hold (3-4), bounce and circle L arm twice (5-8)
- 8- Center grp: shake poms up (1-4) shake down (5-8), outside grps: hold (1-4) shake poms up (5-8)
- 8- Poms to chest (1), switch to high or low-V (2), hold (3-4), close to R (5-6), step prepare hands on chest (7-8).
- 8- Center grp: chaine forward (1-2) arms up and down (3-4), outside grps repeat (5-8)
- 8- Tuck (1), head up (2), Hold (3-4), Jump open w/ circle arms (5-8)
- 8- Travel to Block: shake at chest (1-4) low wipers RLRL (5-8)
- 8- Cont travel: shake at chest (1-4), Broken T R (5), switch L (6), candle sticks (7), close (8)
- 8- Contagion L-R: step out R, arms to L, swing R arm down to T
- 8- Contagion R-L: step L, arms to R, swoop arms down to hips.
- 8- 4 sections within block, sect 1 and 3 together, sect 2 and 4 together. Sect 1: wipers up RL (1-2) down RL (3-4), Checkmarks (5-6), jump closed (7) head up (8).
- 8- Sect 2: step R cross arms (1), touch L out arms low-v (2), switch feet, arms high-v (3-4), step back R, R arm up (5) sit, arm down (6), step back L, L arm across chest (7) sit, L arm T (8)
- 8- Sect 1: Break thru R arm up & down (1&2), L arm (3&4), R arm punch across & down (5&6), circle L arm, finish in low-V (7-8)
- 8- Section 2: Cut L, arms breakthrough to T (1-2), cross L, arms down (3-4), step touch R w/ arm up/down (5-6), reverse, finish in low-V (7-8).
- 8- Shake poms up to high-V (1-4), swing R arm down (5), swing it up & R passe (6), low-V (7), hold (8)
- 8- Wrap waist, look back (1), hit low-V look front (2), chest (3), T (4), chest (5), high-V (6), tap poms (7-8) Done while bouncing hips back and forth
- 8- Travel to 2 V's: wrap waist, head down (1), R arm and head up (2), shake pom down (3-8)
- 8- Continue travel: repeat and reverse previous 8count (1-8)
- 8- 2 parts, outside/inside-V, go 1 or 3: Touch L to side, break thru to T, all: prep (5-6) R pirouette (7-8)
- 8- Jump out (1-2), step to side and swing arms L (3-4), R (5-6), L (7-8)
- 8- Chasse R, poms low-V (1-3), step L, cross arms (4), R leap w/ high-V (5-6), tuck (7-8)
- 8- 2 parts inside/outside 'V', go 1 or 5, repeat claps from beginning.
- 8- Cont. parts: step L w/ low-V (1-2) pivot, poms at chest (3-4), step L w/ high-V (5-6), pivot, poms at chest (7-8)
- 8- Continue parts: step out R, go down to L (1-2), sit w/ L leg on top, face back (3-4), group 2 finish 8
- 8- Ripples back to front: 'sunshine arms (1-4), punch R arm up (5-8)
- 8- Bring arm down, and knees together (1-2), split (3-4), roll to L to standing (5-8)
- 8- Travel to 2 lines: shake poms at chest (1-4), shoot parallel arms up and out (5-8)
- 8- Hold (1), flat back (2), hold (3), back row stand, front row down to R knee (4), poms at chest (5) back row L arm up, front row R arm up and L knee down (6) slice arms to T (7-8).
- 8- Contagion R to L: back row ½ circle R arm up, front row ½ circle R arm down (1-8)
- 8- Hold (1), 'L' arms (2), hold (3), switch arms (4), hold (5), L pom to R (6), hold (7), Break thru to T (8)
- 2- Wrap waist, head down (1), R arm high-V, head up (2)



## **“Blackjack” by Dallas Burke (Matrix Pub.)**

**Int/Adv Field Pom - Time: 1:42**



Begin in 2 staggered blocks facing front, feet together, head down.

8 – Right Block (Left block holds): Hold 1-2, dig & cross 3, step out R open low V 4, punch down to L diagonal 5, open R arm to R diagonal with L arm on hip 6, break R arm 7, open 8.

8 – Left Block (Right block holds): Hold 1-2, dig & cross 3, step out R open low V 4, punch down to L diagonal 5, open R arm to R diagonal with L arm on hip 6, break R arm 7, open 8.

8 – Left Block: L – bow and arrow to low diagonal 1, punch to low L diagonal with R 2, turn to back with R - Bow and arrow to low diagonal 3, switch arms up to L diagonal 4, punch up to L side 5, open to High V 6, roll down thru shoulders closing feet 7-8.

Right Block: R bow and arrow to low diagonal 1, punch to low R diagonal with L 2, turn to back with L bow and arrow to low diagonal 3, switch arms up to R diagonal 4, punch up to R side 5, open to High V 6, roll down thru shoulders closing feet 7-8.

8 – Parts 1,3: 1<sup>st</sup> group pivot R with High V arm 1, turn to back 2, pivot R with Low V arm 3, turn to front 4, close and look down 5, look up 6, hold 7-8 while 2<sup>nd</sup> group finishes

88 – Move to Formation #2: Large Block: R arm up to L diagonal 1, open out to R diagonal 2, R arm down to L diagonal 3, open out to R diagonal 4, punch L down to R diagonal 5, open L out to low V 6, Punch R down to L diagonal 7, open R out to low V 8. Repeat arms for 2<sup>nd</sup> 8 count of moving

8 – Punch R arm L 1, bow and arrow L 2, L arm up by ear with R arm bent at shoulder 3, switch with R arm up 4, bow and arrow R 5, punch L arm R 6, swing L arm down and up to ear 7-8

8 – Parts 1,3: BC back R 1-2, passe R with high V 3, step R breaking arms down to low V 4, close with head down 5-6, 2<sup>nd</sup> group finishes 7-8

8 – Contagion from L to R: jump up with sunshine arms and go down to tuck 1-8

8 – Contagion to levels from L to R: sunshine arms to low V shaking poms 1-8

88 – Parts L to R 1,3,5: punch forward R 1, clean to side 2, punch L up 3, clean to side 4, wrap forward to R 5-6, wrap behind to L 7-8. Con't parts 1-4, contagion F to B wrapping L arm behind and throwing R arm out 5-8

8 – Parts F to B 1,2,3: slice to rocket 1, clean to side 2, hold 3-4 while other groups finish, cross R arm down and up to R diagonal 5-6, cross L arm down and up to L diagonal 7-8

88 – roll over R shoulder to standing 1-4, Contagion from L to R: chaine, prepare, saute leap 5-8.

Contagion continues 1-8

8 – Roll up facing R side 1-4, Contagion from L to R: L arm circles out and down R arm goes behind head 5-8

88 – Move to files: shake poms 1-4, circle down and out 5-6, repeat circle 7-8. Moving arms Repeat 1-8

8 – Contagion F to B: arms break thru to T 1-4, arms slice to “touchdown” and down to low V 5-8

8 – Contagion F to B: arms slice up to high V 1-4, all together slice to low V 5, high V 6, low V 7, close R into L 8

88 – Move to 3 staggered triangles: R arm up to L diagonal 1, open out to R diagonal 2, R arm down to L diagonal 3, open out to R diagonal 4, punch L down to R diagonal 5, open L out to low V 6, Punch R down to L diagonal 7, open R out to low V 8. Repeat arms for 2<sup>nd</sup> 8 count of moving

88 – Parts R to L by triangle 1,3,5: BC back R 1-2, chasse R 3-4, step L 5, jete 6, land in tuck 7-8. Con't parts 1-4, outside triangles hit high knees with T arm 5-6, middle triangle stands with T arms

7-8

88 – Clean 1-2, punch forward 3-4, **Outside triangle:** Touchdown up 5, Bow & arrow R 6, touchdown low 7, Bow and arrow L 8, touchdown up 1, bow and arrow R 2, touchdown low 3, bow and arrow L 4, clean arms to side and step up L 5-6, close to standing 7-8. **Middle Triangle:** touchdown low 5, bow and arrow L 6, touchdown up 7, bow and arrow R 8, touchdown low 1, bow and arrow L 2, touchdown up 3, bow and arrow R 4, clean arms to side 5-6, hold 7-8.

88 – **Outside Triangle** Pivot R with low V arm and turn to back 1-2, pivot R with high V arm and turn to front 3-4, step R 5, BC L with T arm 6-7, close to R side 8. Circle L arm to front 1-2, repeat circle 3-4, open L to diagonal 5-6, close R to L with R arm by ear 7-8.

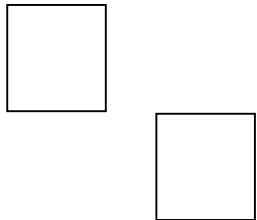
**Middle Triangle:** Hold 1-2, pivot R with low V arm and turn to back 3-4, pivot R with high V arm and turn to front 5-6, step R 7, BC L with T arm 8-1, close to R side 2, circle L arm to front 3-4, open L to diagonal 5-6, close R to L with R arm by ear 7-8

8 – Move Triangles to Diagonal formation shake poms 1-4, circle out and down 5-6, repeat circle 7-8 (R triangle moves back, L triangle moves forward, middle triangle stays stationary)

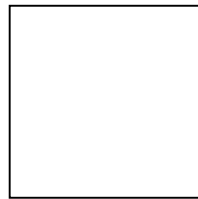
4 – All triangles tuck 1-3, R triangle hits low knees, middle triangle hits high knees, L triangle stands 4 with R arm up by ear.

Formations:

1. Two Staggered Blocks



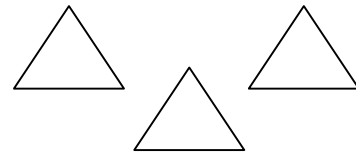
2. Large Block



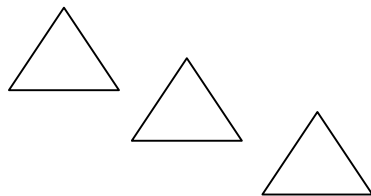
3. Files

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X X  
X X  
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X X  
X X

4. Three Staggered Triangles



5. Three triangles in a diagonal



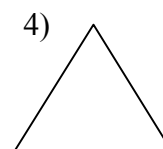
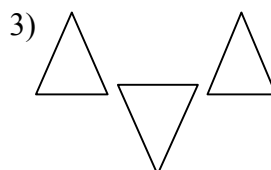
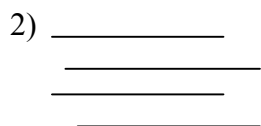
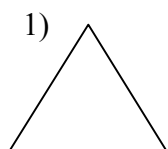
# **“Ballroom Blitz” by Sweet**

## **Beg/Int Pom – Time: 2:15**



Beginning Formation Triangle- in two levels

- 8 contagion F to B punch up 1-4 circle down 5-8
- 8 tilt L out 1, switch R 2, pom to head 3, elbows in &, punch F 4, plie or tuck 5/6, stand up 7/8
- 8 hips wipers up or down 1&2, switch 3&4, 3 groups R to L 5/7/1- circle R 5, L leg back R arm down 6, pencil 7 punch arms front face side 8
- 8 continue 1-4, releve ½ “T” front 5, “L” 6, single pirouette 7/8
- 8 move to staggered lines shimmy 1-4, circle arms down to R 5/6, down to L 7/8
- 8 repeat circle arms, shimmy 1-4, down to R 5/6, down to L 7/8
- 8 parts L to R 1/2/3 -“K” arms step out R 1, slide to “L” 2, passé L R arm up 3, close to 2<sup>nd</sup> 4, continue 5/6, wrap R leg touch L 7, open 8
- 8 swing poms step L 1, point R across 2, step R 3, point R across 4, small circle 5, hips, 6, chug front 7/8
- 8 every other line chasse out “T” arms 1&2, prep 3, X jump 4, ball change to outside 5/6, drag back to center arms touchdown 7, step across 8
- 8 chasse back “T” arms 1&2, clip turn to back in opposition 3&4, punch up to rocket B to F 3 groups 5/6/7, slide down 8
- 4 shimmy arms in low V look up 1-3, recover 4
- 8 3 groups B to F turn and fall to z sit head down 12/or 23/or 34, every other line lay R 5, kick 6, sit up 7, swing L arm 8
- 8 roll up to standing 1-4, group 2- lay 1, kick L leg 2, sit up 3, swing L arm 4, roll to stand 5-8
- 4 tilt kick prep L 1, kick R 2, cross R in front 3, pencil 4
- 8 jump to 2<sup>nd</sup> 1, forced arch arms punch F 2, step R arm press back 3, L 4, circle arms over head & 5, shoulders back & 6, R out and lean 7, tuck to side 8
- 8 3 groups L to R 1/2/3- pop up to flat back 1, punch L across 2, R across 3, continue 4/5, cross arms up touchdown & 6, pencil arms pull through 7/8
- 8 punch L across 1, switch R up 2, party arms over head 3&, down to R 4, L passe “T” arms 5, step down 6, clip R in back turn to F 7/8
- 8 chasse F 1&2, prep 3, R jete 4, land 5, point R across 5, switch to L 6, step 7, dig arms at diamond 8
- 8 move to 3 groups (triangles or stagg blocks) clap down L 1/2, down R 3/4, up 5/6, down 7/8
- 8 continue 1-7 recover 8
- 8 side formations- reach “Z” L 1, R 2, L 3, R 4, cross 5 turn ½ T 6, prep 7, sauté 8
- 8 center formation- wrap 1, arm down 2, wrap 3, down 4, chaine F 5/6, axel or pique & 7 land to floor 8
- 4 all shimmy up with arms 1-4
- 8 R in check 1, L in 2, circle R 3, rocket 4, 3 groups R to L - throw and pivot R 5/6, step R 7, turn 8
- 8 continue 1/2, step side 3, prepare 4, chaine F 5/6, prepare front 7/8
- 4 double pirouette 1/2, jump to 2<sup>nd</sup> 3, wrap 4
- 8 three step turn to R arms up 1&, touchdown 2, back to L arms down 3&4, swing R out 5, L 6, R ball change & 7, kick R “L” arms 8
- 8 pivot move back to beginning triangle facing back 1-8
- 8 turn to face F over L shoulder shimmy poms 1-4, jazz square swing poms to R 5, L 6, R 7, recover 8
- 8 every other line clap in opposition up 1/2, switch 3/4, down 5/6, switch 7/8
- 8 exit clapping 1/2, 3/4, 5/6, 7/8





## “Sharp Dressed Man” by Strike One Intermediate Pom – Time 1:49

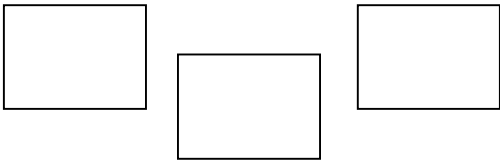
Start in 3 blocks in 2 levels-sitting or standing

- 8 Hold 1-4 L arm on hip R arm across body 5 pull open 6 arms touchdown 7 low V 8
- 8 Sitting – come up to knees , R arm by ear 1, sit 2, T arms 3, close 4, arms cross front 5, low V 6, to chest 7, rocket up 8
- Standing – hold 1-4, cross arms down in front 5, jump out to 2<sup>nd</sup> with high V arms 6, into chest 7, rocket up 8
- 8 Pick up step: Standing – “O” arms swing R then L 1-2, “O” arms to R hip then L 3-4, circle above head 2 times 5-6, 7-8
- Sitting - “O” arms swing R then L 3-4, “O” arms to R hip then L 5-6, circle above head 1 time 7-8
- 8 High V 1, circle arms outward to low V 2-3, close arms 4, roll and stand or turn to face L 5-8
- 88 Moving to a big block: Front groups pivot to back with high V arms 1-2, walk to back shaking 3-4
- Back block hold 1-2, pivot to back 3-4, Everyone continue to move punching R arm up 5, switch 6, R arm T 7, close 8, continue Moving – high V 1, chest 2, shake 3-4, R arm up 5, switch 6, R arm T 7, close facing back 8
- 8 Parts (every other line) 1 or 3 – relevé with R arm up 1, step back and swing R arm to face front 2 or 3-4, diagonal arms opposition 5-6, chest 7, pop out to R with L knee popped, R arm out and L arm behind 8
- 8 Prep 1, single turn 2, land out with low V arms 3, hold 4, (or prep 1, double turn 2-3, out 4)
- contagion L to R, close feet and punch R up 5-8
- 8 Ball change with L, arms down 1-2 walk fwd LRLR arms wrap 3, arms down 4, arms T 5, arms down 6, arms up and flick kick L 7, cross L over 8
- 8 Odd lines – rock out R, pull R arm out to R 1-2, close and hold 3-4, rock out L, pull L arm out to L 5-6, pencil turn in 7-8
- Even lines - hold 1-4 rock out R, pull R arm out to R 5-6 pencil turn in 7-8
- 8 Chasse forward with R 1-2, R leap forward land on ground 3-6, come up to knees and wrap 7, sit and arms down 8
- 8 Every other line – L arm T 1 down 2 or 3 down 4 sit on L hip and face R 5 kick L out 6 switch 7 look front 8
- 8 Head roll to back 1 roll and stand facing back 2-8
- 8 Ball change R with swish arms 1-2, turn front and ball change R swish arms 3-4 step fwd R with T arms 5 point L and wrap arms with head back 6 head up 7 look R and throw arms down 8
- 8 Odd lines – pivot with L arm up 1, chest 2, pivot with low V 3, chest 4, step L with R arm across chest 5, R passé with T arms 6, step fwd arms high V 7 break to low V 8
- Even lines - pivot with low V arms 1, chest 2, pivot with L arm up 3, chest 4, hold 5-6, step L with R arm across chest 7, R passé with T arms 8
- 8 Even lines continue - step fwd arms high V 1 break to low V 2, groups windmill arms and face L 3-4, 5-6, 7-8
- 88 Moving to 2 lines: same moving arms
- 8 Zipper contagion: jump up with rocket and down to a tuck
- 8 Contagion from L: step back on L foot to diagonal, R arm circles back 1-7 close 8
- 8 Opposition: walk to L or R 1-2, X jump 3-4, ball change 5-6, close feet and push arms front and down 7-8
- 8 Opposition: 3 step turn in 1-4, step back L pop R, arms cross front and out to low V 5-6, step back R, pop L, arms half T LRL 7&8
- 4 Step back with L, arms up 1, arms to low V 2 shake 3-4
- 88 Moving to triangle: same arms

- 8 Pencil turn R, arms at chest 1-2, step out R and arms swing RL 3-4, step forward and punch up 5 break through punch down 6, step forward and punch out 7, tuck 8
- 8 Hit levels with level arms 1-2-3, chest 4, circle 5-6, hit arm levels 7, close 8
- 8 Parts 1-2-3: L arm broken T, R arm T 1, arms up 2, arms to L 3, chest 4, low V 2 times 5&6, continue 7&8
- 88 Parts 1-3-5: T checks to R 1&2, R arm up and L at shoulder 3, fold down &4, chest 5, circle 6, chest 7, T and look R 8, chest 1, T and look L 2 chest 3, high V 4, low V 5 continue 6-8
- 8 Last group finishes 1, hold 2, ALL swish arms 3-4, point L out, arms in T 5, wrap chest, head back 6, head up 7, look R and throw arms down 8

FORMATIONS:

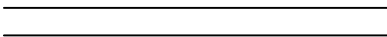
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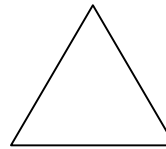
#2



#3



#4



**“Start A Fight” by Various Artists**  
**Advanced Pom – Time: 2:26**



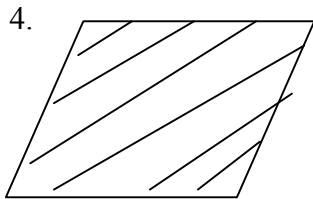
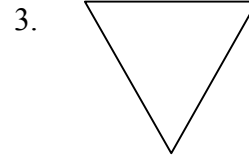
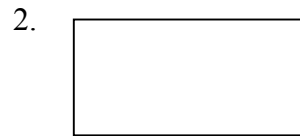
Beginning position: 2<sup>nd</sup> position facing out, arms folded across stomach, head down

- 8: Opposition: hold 1/2, look front 3, prep 4, back attitude turn 5/6, land facing front, looking in 7, hold 8
- 8: turn body to back ball change T arms 1/2, step arms up 3, step arms down 4, back leap arms up 5/6, land on the floor 7, head release 8
- 8: kick 1/2, cross leg over 3/4, turn to 2<sup>nd</sup> poms down 5/6, wind arms to front 7, one pom on hip one on head look in 8
- 8: All step L cross poms 1, battement tilt 2, step R 3, turn around 4, kiss 5/6, opposition punch across in 7, L out 8
- 8: shake poms two steps towards each other 1/2, tour poms up 3/4, punch 5, punch 6, punch 7, close to front 8
- 8844: parts by line 1, 3, 5, 7: bend to R, wrap L arm head R stomach 1, to front R Larms 2, switch, flick L leg, look R 3, back to front switch L 4, rocket step R 5, jump together break arms down 6, chasse L arms T, broken, T 7&8, switch weight to R, break L arm 1, switch broken T 2, R chaine poms chest 3/4, land 5, tuck to L 6, L leg out T arms 7, break L arm up R down knees together look R 8, switch arms 1, roll to L stand 2/3, ALL: R dig arms prep 4, R low chaine 1/2, turning center 3/4 Line 2: starts 3, after tuck on 8, starts doing line 1 part. Line 3 tucks on 2, stands up 3/4. Line 4 swiches weight to prep on 4.
- 88: roll to floor 1/2, hit levels 3/4, parts-odds and evens: odds: R low v L behind head tilt head 5, switch 6, bring R arm to L 7, break open to R diagonal 8, broken R diag 1, switch &, open L diag 2, low rocket look down 3, low v look up 8 Line 1 cross arms out head release 5, line 2 6, line 3 7, line 4 8. Evens: start L everything in opposition
- 8: clean stand with R 1/2, step out L R arm up look L 3, switch 4, arms circle soutenu 5/6 clean 7/8
- 88: move pocket 1/2, sunshine arms 3/4, pocket 5/6, sunshine 7/8, pockets 1/2, shake 3/6 clean or step prep 7/8
- 884: front group: 3 straight fouettes 1/6, double pirouette 7/8, box open right 1/2, back 3/4, left 5/6, center 7/8, double out 1/2, solo: leg extension 3/4, ALL: jump out in 2<sup>nd</sup> clean BACK groups by lines in opposition: roll poms 1, punch down and tap back 2, L chasse T arms 3/4, x leap 5/6, turn out 7/8, repeat to other side 1/8, jump out in 2<sup>nd</sup> clean 1/2, hold 3/4.
- 8: step R to front wrap arms around head 1/2, circle arms to R end L tap R back 3/4, step R chest 5, tap L back R k arms 6, prep arms down 7, R tilt jump 8
- 8: land in R coupe 1, step back R 2, step back L wrap arms 3, punch arms out sit in hip 4, step R 5, clean 6, shake hips and poms L 7, R 8
- 8: swing to broken T 1/2, swing to R 3/4, circle arms to L 5, hit box 6, pop up 7, down 8
- 8: cover face 1, open box 2, flip box down 3, rocke down and look 4, close feet and poms 5, look 6, shake poms and hips RLR 7&8
- 8: groups in v's 1, 2, 3: step L cross arms 1, kick R high v 2, layout low v 3, tuck 4, hold 5, 2 finish 5, 3 finish 6, ALL: lay back 7, head release 8
- 8: come to knees 1/2, low L 3, throw R k arms pick up R knee 4, roll to stand 5/8
- 88: move to diagonals: high v 1/2, shake 3/4, low v 5/6, shake 7/8, R across 1, R L arms 2, switch to L 3, L across 4, shake 5/7 clean 8
- 8: by line jump out arms circle back 1, 2, 3, 4, step touch R R Larms 5/6, step touch L Larms 7/8
- 888: diagonals rotate all go R: step R punch out 1, step L arms down 2, triplet RLR arms up and down 3&4, LRL up and down 5&6, R chasse 7/8, R leap arms up 1, land 2, step L 3, cross R prep 4, L

chaine 5/6, L pique turn 7/8, LRL up and over 1&2, RLR up and over 3&4, L chaine 5/6, walk to spot(should be flipped) shake 7/8

- 8: step R arms T 1, jump together R up 2, chasse L R arm breaks down w/ step 3&4, kick out L arms circle back 5/6, hold 7, up 8
- 88: step L cross arms in front 1, step R break arms down 2, step L RL 3/5, R tilt 6, step R 7, ball change arms up and over &8, step L R arm up 1, turn and step R L arm up 2, turn to front step L 3, three step turn 4/6, chug L, L arm break 7, throw L 8
- 8: run to clump arms shake down 1/6, contagion soutenu to tuck contagion front to back 7/8
- 4: continue all end in tuck 1/4
- 1: level pose 1

Formations:



5. Clump



**“El Gato” by Roland Barrett (Matrix)**  
**Beg/Int Field Military – Time: 1:45**

Beginning position triangle with three levels, heads are down.

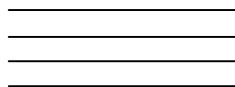
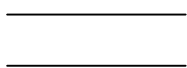
- 8 – Hold 1-4, first group low v 5, middle group 6, standing high v 7, close 8
- 8 – Three groups: Touch down arms (right side starts left, left side starts right and middle group does half t), first direction 1, second direction 2, third direction 3, close 4, opposite directions 5-8
- 8 – Three groups: Circle arms first group 1-8, second group picks up 3-8, third group picks up 5-8
- 8 – Outside triangle comes to high knees on 1-2, everyone starts half diagonal arms and stands 3, switch half diagonal 4, open to full diagonal 5, switch full diagonal 6, high v 7, close 8
- 8 – Two groups; outside triangle bows 1-2, high v step right 3-4, bow 5-6, close 7-8; inside group high v step right 1-2, pivot 3-4, high v step right 5-6, pivot 7, close 8
- 8 – Transition to two lines: Pray 1, flip 2, push out slowly 3-6, pray 7, close 8
- 8 – Transition to two lines: Half T right, left 1-2, present 3, close 4, present 5-7, close 8
- 8 – Contagion: Front line right arms circles step out with right foot, back line opposite
- 8 – Contagion: Front line left arm pushes out t with flexed hand, back line opposite
- 8 – Contagion: Outside to inside: Tuck
- 8 – Two groups: Front line high v step right 1-2, pivot with low v 3-4, step 5-7, close to front 8. Back line hold 1-2, high v step right 3-4, close 5, present 6-7, close 8
- 4 – Transition to four lines: Walk 1-4
- 8 – Transition to four lines: Half T right, left 1-4, pockets 5-8
- 8 – Two groups: Odd Lines; High checks 1-2, low checks 3-4, Even Lines; Low checks 1-2, high checks 3-4; groups hit rocket in opposition on 5, swing 6, swing or hold 7, close 8
- 8 – Two groups: Odd Lines; clock to the right 1-4, close 5-6, hold 7-8; Even Lines; hold 1-2, clock to the right 3-6, close 7-8
- 8 – Levels 1-4 (head on 3-4), low v 5, t 6, high v 7, right touch down 8

**Formations:**

**Triangle**

**Two Staggered Lines**

**Four Staggered Lines**



**“Breadfan” by Roland Barrett (Matrix)**  
**Int Field Military – Time: 1:45**



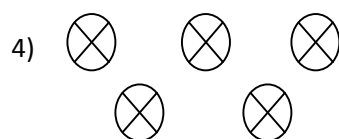
**Beginning formation- one line facing the front arms down**

- 8 contagion middle out bow every other person forms 2 levels, outside arm and leg out head center 1-8
- 8 2 groups 1/3- bring side leg in high V 1, pull R arm in 2, stand arms chase through 3, cross at wrist and close feet 4, circle out elbows connect 5, swing low V & , recover 6, group 2 cont. 7 8
- 8 move to 3 staggered lines ladder arms R in 1, L chase up 2, R front L up 3, R in L front 4, R down L in 5, drop 6, circle clockwise 7 8
- 8 repeat arms 1-8
- 8 contagion R to L every other person (forming matching diagonals) reaches to touch down or goes to tuck 1-4, switch positions slowly 5-8
- 8 2 groups 1/5- standing diagonals L to shoulder pivot 1, low V 2, R to shoulder 3, high V 4, prep 5, kick R up 6, releve 7, tuck 8, group 2-hold in tuck 1-4 pivot 5, low V 6, pivot 7, high V 8
- 4 prep 1, Kick R 2, releve 3, tuck 4
- 8 hit 3 levels genie arms 1, flex 2, flip 3, pull 4, flat ½ T 5, front 6, line 1&3- high V 7, low V 8 line 2-hold 7 high V 8
- 4 slow change to opposite V 12, standing up continue arms 3, recover 4
- 8 move in to groups of 5-6 for stunt
- 8 “T” arms 12, plié 3, split 4, push up above shoulders 5 6, optional salute 7 8
- 8 rotate all stunts clockwise 1-8
- 8 recover 12, down 3 4, legs drop 5 6, arms recover 7 8
- 8 moving out to trapezoid, arms- pray 1, lox V flex 2, pray 3, high V flex 4, circle R in front 5, V 6, break T & 7, recover & 8
- 8 every other line R diagonal 1, or 2, all seatbelt R in 3, across &, switch arms 4, switch back 5, check mark 6, switch &, 7, high V 8
- 4 diamond 1, arms around in opposition 2 3, back up 4
- 8 opposition fold arms in 1, R or L front 2, open to side 3, switch 4, fold front 5, extend front 6, break high V 7, low V &, recover 8
- 4 contagion F to B rainbow 1-4
- 8 3 parts R to L 1/3/5- R passé arms to knee 1, step back high V 2, break and pivot 3, low V 4, step L to 2<sup>nd</sup> R diagonal chaser 5&, tuck side 6, continue 7 8
- 8 group 1- stand pivot to F arms at chest 1 2, close for wipers 3&4, continue group 2 adds on 5&6, group 3 adds on all wipers on 7&8
- 8 down to 3 levels R in 1, L in R side 2, switch 3, R up L in chest 4, 3 parts arm front and tuck/ball 5/6/7 hold 8
- 3 pick up arms g1- low V1, T2, high V3 group 2- low V1, T2 , group 3 low V3

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_



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**“Don’t Fall Asleep”- Various Artists**  
**Intermediate Pop Military - Time: 2:11**



- 8 Hold 1-2, outside V stand 3, head up 4, middle V 5-6, inside V 7-8
- 8 Back group break LV 1, break HV 2, middle group HV3, LV 4, front group LV 5, HV 6, all slowly bring to opposite rocket 7-8
- 88 Pull in 1, flip hands 2, shoot rocket up or down and look 3, open to HV or LV 4, L group check up right 5, down R 6, down L 7, up R 8, middle group 7-2, R group 3-4, all open R arm and pull down to LV 5, hands behind head elbows out 6, pull elbows in 7, open elbows 8
- 88 Move to three staggered lines: Check down L 1, switch R 2, repeat double time 3&4, check R 5, L 6, open LV 7, clean 8. Repeat starting to R side 1-8
- 88 F to B: step R arms in LV 1, pivot to back and pull hands to pockets 2, repeat 3-4, step out R pushing R hand in 5, repeat L 6, open LV head down 7, HV head up 8, circle arms in 1, HV 2, repeat 3-6, middle line 3-2, pick up circles 3-4, back line 5-4, picking up last circle 5-6, all bring arms down to knees and plie 7, jump together 8
- 88 L group step out L and plie 1, in 2, to R 3-4, down to knees LR 5-6, bug 7, turn to high knees (front and back lines facing R and middle line facing L) 8, middle group 3-2, R group 5-4, all lean back 5, pop head front 6, straighten 7, pop head side 8
- 88 Back line bug to front 1-2, step up L arms in flexed T 3-4, step up R and bow 5-6, stand 7-8, middle line 3-2, front line 5-4, R group half T to R 5, switch L 6, middle group 6-7, L group 7-8
- 4 All open to T and look front 1, rocket up and look 2, clean head down 3, pop head up 4
- 55 Move to three groups of three staggered lines: Superman down L 1, pull R elbow up 2, switch arms 3, Superman up R 4, open HV 5, Superman up L 1, pull R elbow down 2, switch arms 3, Superman down R 4, open LV 5
- 55555 L group step back R with Indian arms 1, open to forehead and stomach 2, Indian 3, close R to L and pull elbows out 4, T 5, R arm down 1, switch arms 2, T 3, rocket in front 4, pull hands up 5, open arms 1, HV 2, LV 3, hands to pockets 4, clean head down 5. Middle group goes 2<sup>nd</sup>-4<sup>th</sup> counts, R group goes 3<sup>rd</sup>-5<sup>th</sup> counts
- 5 Front and Back lines step out R pushing hands to L 1-2, pull R arm to T and passé R looking F 3-4, step back 5, middle line goes opposite
- 5 Front line open L to front 1, switch 2, push to R 3, middle L 2-4, B line 3-5
- 5 Middle group plie to F hands to knees 1, jump in head down 2, head up 3, R group 2-4, L group 3-5
- 55 Move to three files: LV 1-2, flex hands to T 3, HV 4, clean 5. Repeat 1-5
- 5 Outside files look R 1-2, tuck 3-4, hit knees and LV 5, middle file tuck 1-2, stand and look R 3-4, HV 5
- 55 Switch Vs 1, switch 2, L file half T left 3, rocket up 4, R 5, tilt arms up R 1, switch arms down L 2, LV 3, middle file 4-4, R file 5-5
- 5 R file tuck 1-2, stand 3, L file 2-4, middle file 3-5
- 55 Move to cross: no arms 1-5
- 5 Contagion front to back/outside: Circle arms in and out to LV
- 5 Contagion outside to inside: Pull arms up to flexed HV 1-5
- 88 Move to beginning triangle repeating first set of moving arms
- 8 Three groups F to B: Elbow check R 1-2, switch 3, HV 4, cross arms up 5, LV 6, middle group 2-7, back group 3-8
- 8 Three groups R to L: Ball change out L pushing arms to flexed T 1-2, step back L turning to face wall 3, close R foot 4, middle group 3-6, L group 5-8
- 8 Contagion back to front: Step back R and turn to front bringing arms to LV 1-4, contagion front to back: bring L foot in and relevé hands behind head 5-8
- 8 Contagion front to back: Drag down to tuck 1-8

8 Hit levels 1-2, three groups front to back check up R 3, down R 4, down L 5, up L 6, middle group 4-7, back group 5-8

“Whatever you do” all groups come to high knees

“Don’t” Front group slides out to ground (A’s go L, B’s go R)

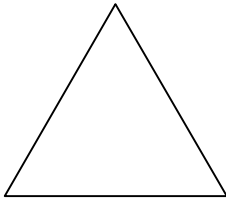
“fall” Middle group slides out to ground

“asleep” Back group slides to ground

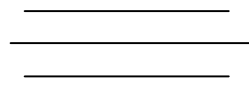
On crashing sound everyone pulls up and sits with back arched

### Formations

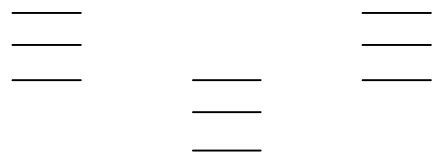
1.



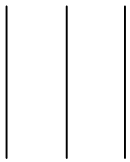
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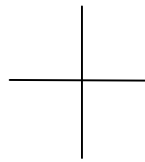
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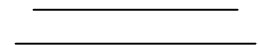
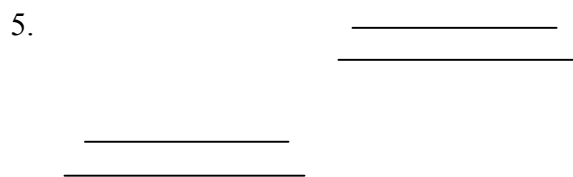
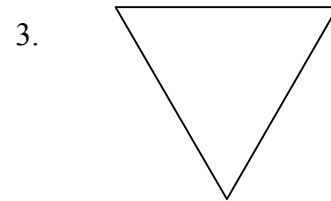
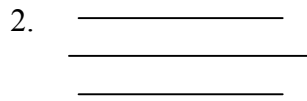
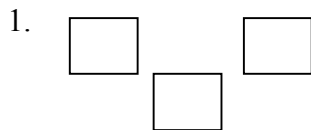
## **"X Files"-from the X Files Theme Advanced Pop Military- Time: 2:18**



- 8 Hold 1-4, middle stunt group stands 5-6, head up 7-8
- 8 Middle stunt goes up 1-8, L stunt group stands 5-6, head up 7-8
- 8 L stunt goes up 1-8, R stunt group stands 5-6, head up 7-8
- 8 R stunt goes up 1-8
- 8 All stunts rotate 1-8
- 8 Stunts come down 1-8
- 88 Move to three staggered lines: Superman up L 1, pull R elbow down 2, switch arms 3, Superman down R 4, pull L elbow up 5, switch arms 6, Superman up L 7, HV 8, Repeat starting to R 1-4, open LV 5, close 6, LV 7, close with head down 8
- 8 Slide hands up to hips 1, down 2, check down L 3, R 4, L group LV 5, flip hands and look up 6, middle group 6-7, R group 7-8
- 88 Tuck 1-2, levels 3-4, R group half diagonal up R 5, down L 6, open to R diagonal 7, switch to L diagonal 8, middle group 7-2, L group 1-4, all step up L HV 5-6, clean 7-8
- 8 Elbow check 1, LV 2, lines go opposite R/L arm out 3, switch 4, circle arm in 5, step out to T 6, flex hand 7, look front 8
- 8 Bring other arm up to flexed T 1, pull hands in 2, T 3, together in front closing feet 4, swing out to T and ball change out in opposite directions 5-6, close 7-8
- 8 Front and back lines grapevine to R and R arm daggers 1, R arm up L arm daggers, L to R 3, L arm down to T 4, ball change back R arms rocket to front head back 5-6, close pulling arms up in front of face 7-8. Middle line does same thing but to L side.
- 8 Lines grapevine back to center: Front/back half T L 1, rocket up 2, half T R 3, rocket down 4, pull hands up 5, flip hands 6, rocket up and look 7, HV 8. Middle line goes opposite.
- 8 Front line circles in and out to LV 1-2, middle line 3-4, back line 5-6, arms wrap R in front 7, flex LV 8
- 8 Arms up palms together 1, straight down 2, plie and pull arms up flat 3, straighten and push arms down 4, step out R arms in LV hands flexed in 5, flip hands out 6, flexed check L 7, R 8
- 8 Three groups L to R: tuck 1-2, stand 3-4, or 3-6, or 5-8
- 88 Move to backwards triangle: Cross arms in front of face 1-2, LV 3-4, pull up to HV 5-8, Repeat 1-8
- 88 Three groups R to L: Bring arms to forehead 1, Indian 2, T3, clean 4, tuck 5-6, middle group 3-8, L group 5-2, hit levels (outside Vs knees, inside V standing) 3-4, opposition: L group L diagonal 5, pullin 6, switch 7, open R diagonal and look down L 8. Middle group LV 5, teepee 6, invert 7, HV head back 8, R group goes opposite of L
- 8 LV 1-2, R arm flat at chest 3, switch L arm 4, outside groups come to knees half T 5, T 6, clap to L side 7-8
- 8 Contagion L to R: Bring R arm up and over to T 1-8
- 88 Outside groups bug 1-2, tuck 3-4, jump out 5-6, plie hands to knees 7-8, Straighten and arms TD 1-2, jump together 3-4, Middle group jump together 1-2, jump out and TD 3-4, plie hands to knees 5-6, tuck 7-8, jump out 1-2, jump together 3-4, contagion front to back: pop back R foot breaking arms to LV 5-8
- 8 Vs outside to inside: close and rocket up 1, HV 2, T 3, LV 4, pockets 5, clean 6, or 2-7, or 3-8
- 8 Step out R half diagonal up 1, switch down L 2, full R diagonal 3, switch L 4, circle L arm in to LV 5-6, clean head down 7, head up 8
- 88 Move to files: Cross arms in front of face 1-2, HV 3-4, bring arms down and clean 5-8, Repeat 1-8
- 88 Clockwork R to L: step back on R facing wall R arm out 1-2, turn back left L 3-4, switch L 5-6, turn to R with L arm out 7-8, come together in releve head back 1-2, tuck 3-4, middle file goes 3-6, L file goes 5-8
- 8 Pick-up pivots R to L: step R LV 1, pivot and clean 2, repeat 3-6, outside files bow, middle file close 7-8

- 8 Outside files rocket up middle file bows 1-2, all files pray 3-4, rocket up or down 5, HV/LV 6, rocket 7, pray 8
- 88 Levels 1-4, three groups front to back: Indian 5, open to stomach and forehead 6, rotate to R 7, flip 8, rotate 1, Indian 2, rocket front head back 3, clean head down 4. Middle group 7-6, back group 1-8
- 88 Stand 1-4, lines go opposite R/L arm out 5, switch 6, circle arm in and step out to T 7-8, flex hand 1, look front 2, bring other arm up to flexed T 3, pull hands in 4, 5 3, together in front stepping together 6, swing out to T and ball change out in opposite direction 7, close 8
- 8 Contagion L to R: Swing L arm in and down to cross in front going down to L knee 1-8
- 8 Contagion R to L: Stand pushing arms up to rocket and pull down to L low check 1-8
- 88 Move to three groups of two staggered lines: Superman up L 1, pull R elbow down 2, switch arms 3, Superman down R 4, pull L elbow up 5, switch arms 6, Superman up L 7, HV 8, Repeat starting to R 1-8
- 8 Three groups L to R: jump out 1, invert arms 2, cross down 3, LV 4, middle group 3-6, R group 5-8
- 8 Front lines checks up back lines check down R 1, L 2, switch up/down R 3, L 4, pivots (L group pivots out with L, middle group goes front with R, R group goes out with R) 5-8
- 1 Outside groups step out with outside arm in flexed HV, middle group goes down to R knee in flexed LV

**Formations**



**“The Climb” by Miley Cyrus**  
**Beq/Int Lyrical – Time 2:19**



Beginning Position: Clump—everyone connected by holding shoulders facing the back Right diagonal

8 hold 1-4, breathe 5-6, contract 7-8

8 **Formation Shift to #2 (Diagonal Line in Blocks)** Group 1—step Right and lift Right arm 1, step Left and Right and continue turning 2-3, Left knee down to roll to the floor 4, continue rolling and sit 5-6, arms drape over knees to contract 7-8

8 **Formation Shift to #2 (Diagonal Line in Blocks)** Group 2—three step turn over your Right as R hand cuts across face 1-3, extend R arm 4, clasp hands on 5, Left knee goes down 6, Right knee goes down as arms reach forward 7, arms down and look down on 8

8 **Formation Shift to #2 (Diagonal Line in Blocks)** Group 3—cut through rond de jambe over Left shoulder as Left arm reaches 1-2, reach down and up to back Left corner 3-4, drop Right arm with head release 5-6, stand to face Right front corner with head down 7-8

8 Together—press arms up with palms up 1-2, wrap and push over Left 3-4, lift to begin roll over Left shoulder 5-6, stand with feet apart looking forward 7-8

8 Right over-curve with Left coupe 1-2, three step turn to the Left with clean arms 3&4, Right passe and contract 5-6, step and open to the Right side with Right focus 7-8

8 Left coupe turn with clean arms 1, step Left 2, **Formation Change to #3 (Staggered Lines—Block)** step Right/Left as Right arm reaches out and up 3-4, continue stepping as Left arm reaches forward and release head 5-6, arms melt down through chest 7, arms down by 8

8 **Parts 2 Groups (start on 1 or 3)**—Right tendu and contract over 1-2, three step turn to the Right with head release as arms open 3-5, step Left to face Right side 6, transfer weight back to heels as palms press upward 7, step back with Right and clean arms on 8

8 continue walking back and step with Left 1, step Right facing the back with arms crossed at chest 2, X-jump with high V arms 3, land back and continue turning over Right shoulder 4, press arms down with low Right arabesque 5, step Left foot over 6, melt down 7-8

8 stand/recover and open arms through chest while releasing head 1-2, step Left 3, releve with arms up 4, step out Right with Right hand at chest as Left arm swings down and reaches to side 5-6, 2<sup>nd</sup> group finishes on 7-8

8 **Ripple—Right to Left**—circle arms Right to Left hip with hands clasped 1-4, **Ripple—Left to Right**—step Right/Left and contract as arms swing down and then recover to press hands down and look to Right side 5-8

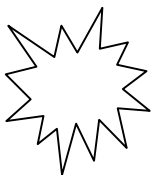
8 **Shift Formation to #4 (Three Triangles)** step forward or back with Right foot 1, releve and contract with Left passe turned out as arms swing over 2, step forward or back with Left still looking down 3, step to the Right side and look up on 4, walk in a circle over your Left shoulder with Left arm pressing away 5-8

8 **Continue Formation Change**—walk Left/Right as arms wrap in 1-2, continue walking as Right arm reaches out and up 3-4, continue stepping as Left arm reaches forward and release head 5-6, arms melt down through chest 7, arms down by 8

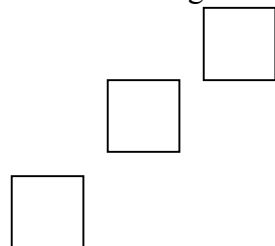
- 8 step out Right as Right arm breaks out to half T and look Right &1, step out Left as Left arm breaks out to T and look Left &2, step Right with hands outside of chest 3, low Right arabesque turn as arms press down 4, step forward Left 5, Left diagonal reach 6, front groups slide down to go to the floor and middle group slides Right leg out on 7-8
- 8 front groups roll to sit sideways as middle group finishes a three step turn over the Right shoulder to stand sideways on 1-2, contract over legs 3-4, front groups roll over Right shoulder with knees together as middle group steps back Left/Right as Right arm opens up 5-6, front groups stand up with Left foot as middle group steps Left and finishes with Right tendu back 7-8
- 8 step Right and over-curve with Left arm 1, step to the back with Left 2, step Right with T arms 3, step Left and clean arms 4, Right chasse with L arms 5-6, Right grand jete sideways 7, land to the floor 8
- 8 stand and shift weight to Left foot as Left arm opens up and cleans 1-2, prep on 3-4 or 4-5, single Right pirouette turn on 5 or 6, land out to the Right with T arms on 6 or 7, head release with arms dropping 8
- 8 Left foot closes to Right as wrists press up 1-2, step out Right as Right arm drops and look Right 3, contract and brush the floor with Left arm to face sideways 4-6, step Right as Left arm drops with a head release 7, recover 8
- 8 *Ripple—Left to Right*—Left arm presents and reaches to the other side 1-4, 3 Groups (start on 5, 6, or 7)—step back with the Left as arms brush back and down 5, contract 6, lift 7, open arms to the front 8, finish opening arms to low V 1-2, 2<sup>nd</sup> group finishes on 3, 3<sup>rd</sup> group finishes on 4, everyone Right chaine to back wall 5-6, step Right as Right arm reaches up 7, step Left 8
- 8 **Formation Shift to #5 (Clump and Triangle)** Group 1—step Right 1, cut through rond de jambe as Left arm reaches on 2, walk Left/Right with arms reaching up on 3-4, walk Left/Right as Right arm drops with head release 5-6, body swings over Right shoulder to look back 7-8  
Other Groups—step out to the Right as Right arm opens to the side and look at Group 1 from 1-8
- 8 **Formation Shift to #5 (Clump and Triangle)** Group 2—three step turn over your Right shoulder as Right hand cuts across face 1-3, step Left and extend arm out 4, step Right/Left and contract as hands clasp 5-6, recover and swing body over Right shoulder to look back 7-8
- 8 Group 3—three step turn over your Right shoulder as Right arm reaches up 1-3, Left knee down to roll to the floor 4, continue rolling to face the other two groups 5-6, drape arms over knees and contract 7-8
- 1 Group 3—Left arm reaches out to the other two groups

Formations:

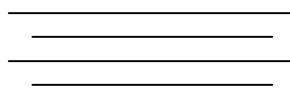
#1 Clump



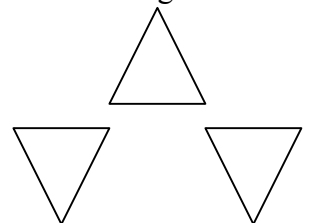
#2 Blocks in Diagonal Line



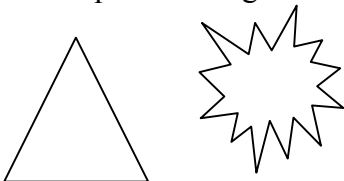
#3 Staggered Lines



#4 Three Triangles



#5 Clump and Triangle



# “Back Where We Started”- Tina Dico

## Intermediate Lyrical- Time: 2:02



**Beginning Position:** Standing parallel looking forward

### Beginning Formation block

8- Hold 1-4, back rond de jambe right 5, left 6, ball change and arms circle 7 and, step right 8

8-left 1, pivot &, step right 2, reach right arm step left arabesque 3, step right 4, cross over &, chainé 5 arms float down 6, close right to left and left arm up on 7-8.

8- poise jump arms in “O” 1, lean right 2, lean left and arms extend 3, lunge 4&5, spin 6,7,8.

Groups:

Floor group: forward 1, up 2, forward 3, up 4

Standing group: up 1, forward 2, up 3, hold 4

Together: right arm “T” 5, left are “T” &, arms up in touchdown 6, hold 7, melt 8,

8- roll or spin 1-2, step right 3, left to side prep 4, pirouette 5, jump out to front feet parallel first 6

8- right half bent at hip 7, left arm half bent at hip &, body roll down 8, down 1, arms up in touchdown 2

8-arms melt 3-4, **Formation change (2)** 5-8

Groups: Each group will move to the diagonal doing the same movement just reversed

8- body roll arms crossed in front 1-2 chasse 3 &, double leg tour 4, land &, step 5, drag 6, prepare 7, chaine 8

8- pique 1 &, pique 2 &, arms float 3-4, push arms through 5, step 6 push back 7, walk &, push back 8, step &

8- Right 1, right arm and right leg step on 2, left arm and left leg on &, roll down 3, kick left out to side on 4, both arm sway to right 5, sway to left 6, sway right 7-8

8- step pique leg in arabesque 1-2, step right 3, posse left leg 4, walk to formation change 5-8

8- look to front 1-4, continue **Formation change (3)** walking 5-7

8- ball change left right 1 &, step to font on left 2, pitch kick and arms in a diagonal 3, step right 4, right scuffs &, land on 5, arms are up twist right 6, twist left &, twist right 7,

8- turn to prepare 8 & 1, Double coupe turn 2-3, jump kick right leg 4, roll to the ground landing in different directions 5-8

8- forward 1, up 2, forward 3, up 4, right arm “T” 5, left arm “T” &, both up touchdown 6-7, melt arms down 8

8- roll up 2-3, step right 4, prep &, pirouette 1, jump out to front feet parallel first 2, right half bent at hip 3, left arm half bent at hip &, body roll 4, down 5, arms up in touchdown 6, step right 7, step left 8

8- right scuffs 1, arms are up twist right 2, twist left &, twist right 3,

8- turn to prepare 1-2, double coupe turn 3-4, jump kick right leg 5, spin out 6, hold 7-8

Groups (pick up):

8- drag toward right arms circling in 1-2, second group adds in 3-4, third group adds in 5-6, step left cross 7, right on 8

8- pick up right foot arms up to touchdown head is down 1, both arms come down to waist head is back 2, bounce arms 3-5, left arm stays at waist right arm extended out head looking left 7, arm circles back 8

8- left arm raised step right 1, left 2, Groups(3,5,7): Heal 3, toe 4, heal 5, left arm melts 6-8, walk off

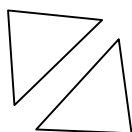
Formation 1: Block

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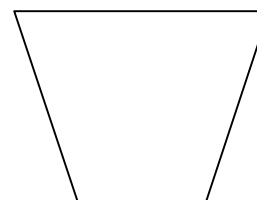
X X X X X X

X X X X X X X

Formation 2: Diagonal Triangles



Formation 3:



# **“The Special Two” – by: Missy Higgins**

## **Advanced Lyrical – Time 2:05**



Beginning Position-1<sup>st</sup> Formation Circle, facing inside

8-circle head to the R 1,2 run holding hand 3-8

8-continue running to 2<sup>nd</sup> Formation Diagonal Line 1-4, drop hands on 5,6 circle R arm 7,8

8-bring both arms up facing the R on 1,2 drop down 3 hold 4 push R hand forward on 5,6, circle arms 7,8

8-push arms away and move to 3<sup>rd</sup> Formation Two Lines 1-6, face towards each other with audience arm on 7, push head down on 8 (lines facing each other passing through)

8-look to the center on 1,2 walk RL on 3,4 attitude R leg in front on 5 down 6 walk LR 7,8

8-push L leg out on 1,2 (group traveling to stage L end to the back, group traveling to stage R end to the front) land to either front or back 3,4 hold 5,6 pull R leg 7 step R & prep 8

8-double coupe (or single) with arms bringing up 1,2 drop with L leg out & 3, hold 4, look 5,6 switch legs 7,8 (center of the 1<sup>st</sup> and 2<sup>nd</sup> row, look up on 5,6 bring L leg over 7,8)

8-sway 1,2 sway opposite 3,4 freestyle 5-8 staying in place

8-step RL arms push forward on 1,2 grab 3,4 travel around the center group 5-8 to make 4<sup>th</sup> Formation Block (center group-sway to their R 1,2 roll to ground 3,4 push bottom up 5,6 come to standing 7,8)

8-continue traveling 1-6, face front on 7, hold 8

8-step L on 1 circle arms to the front on 2,3 jump back 4, jump to the R on 5, hold 6, R arm 7, L arm &, look up on 8

8-freestyle on 3 beats

8-run out to a box on 1-2 hold hands on 3,4 run back to block on 5-8

8-cross R foot on 1, pull R foot the side on 2, step 3, inside L fan on 4 land 5 jump back 6 push forward 8

8-move to a clump 1-8

8-different poses on 1-4, spread out to block 5-8

8-clutch L fist on 1,2 clutch R fist on 3,4 hit open second 5,6 bring L passé up on 7 switch to R 8

8-chaine to the R 1,2 opens open on 3,4 pull R arm over 5,6 bring R leg in on 7 throw out on 8

8-chaine to the R on 1,2 chasse 3,4 step L 5 step R 6 reverse switch leap (or R switch leap) 7 open at 8

8-freestyle to center

8-push arms forward 1,2 down 3,4 pull L leg into passé 5,6 punch up with L arm on 7,8

8-circle arm back 1,2 circle again 3 step on L foot 4, inside turn with R foot in front passé on 5,6 step 7, arms down 8

8-clinch arms on 1,2 pull R arm 3,4 turn over R shoulder 5,6 land 7,8

8-pull R arm up to a peace sign on 1-6, pull arm down 7, hit plie position on 8

8-pull arms to back circle in passé on 1-2, look to the L with arms out 3-4, tap 5-6, inside attitude turn 7-8

8- step L 1 arms in Indian position on 2, break through arms on 3-4, step L 5 prep R 6, double inside turn (optional single) 7-8.

8- continue turn 1-2, jump out 3-4, land 5-8.

8-move formation from block to 5<sup>th</sup> Formation Diamond 1-6, circle R arm 7,8

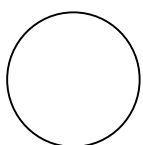
8-bring both arms up facing the R on 1,2 drop down 3 hold 4 push R hand forward on 5,6, circle arms 7,8

8- (every other row turn to the R or L) look to the R or L on 1-2 look up 3-4, walk R L 5-6, attitude R leg in front 7 down 8

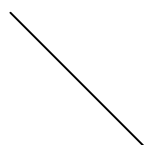
8-walk L 1-2, push leg 3-4, separate lines and walk off stage 5-8.

### **Formations:**

**1. Circle**



**2. Diagonal**



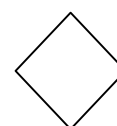
**3. Two Lines**



**4. Block**



**5. Diamond**

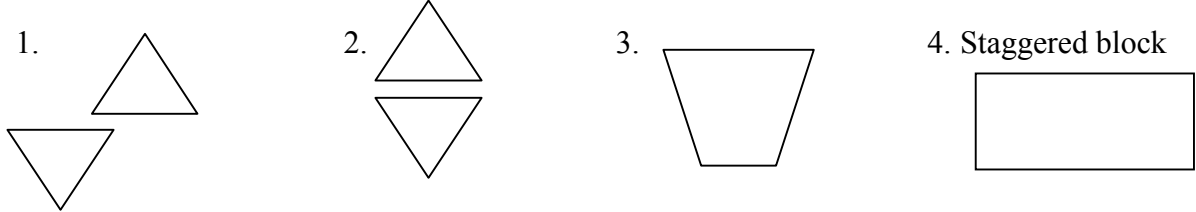


**“We All Bow Down” by Twila Paris**  
**Intermediate Liturgical – Time: 2:20**



**Begin in 2 triangles, that come together to make a diamond**

- 8 Hold (1-4), arms R, L (5&) melt (6) shoulders L, R (7-8)
- 8 Chainé (1-2) arabesque (3) passé step (&4) pencil turn (3-6) chassé (&7) tendu, push arms (8)
- 8 3 step turn (1-2) brush, push (3-4) passé (5) drag (6) chassé (7-8)
- 8 Tour Jeté (1) open arms (2) arms (3-5) hands to heart (6&, 7,8)
- 8 Part A-chaine (1-2) step (3) pitch kick (4) arms (5-6) hold (7-8) Part B-hold (1-4) chainé (5-6) step (7) pitch (8)
- 8 Continue parts: arms (1-2), everyone push away (3-4) **move to formation#2 (5-8)**
- 8 Degage turn (1-2) floor (3-4) Part A, roll (5-6) body roll (7-8) Part B, roll to stand (5-8) prep (&)
- 8 Part A, toe lift (1-2) roll to stand (3-4) windmill arms (5-6) Part B, jump & arch (1-2) windmill arms (3-4) hold (5-6) EVERYONE-relevé arabesque (7) step across & windmill arms (8)
- 8 Step L(1) fan kick R (2) prep (&3) pencil turn (4) land and extend L arm (5-6) arms (7) attitude (8)
- 8 Step out and reach (1-2) prep (3-4) low chainé (5) calypso (6) roll to ground or stand (7-8)
- 4 Reach arms R, L (1-2) open to front (3-4)
- 8 Roll to stand or pencil turn (1-2) step (3) push and go – **move to formation #3 (&-8)**
- 8 Cont. moving & start contagion f-b – 2<sup>nd</sup> pos releve, reaching (1-2) chaser contagion, recover, still in 2<sup>nd</sup> position (3-4) cont. (5-6) reach R (7) pull praying hands in from side (8)
- 8 Arms down and plié (1) “worship” (2-4) drag back R (5-6) step back and wrap (7-8)
- 88 3 Parts: (1,3,5) axel turn forward (1-2) reach around (3) contract (4) feet together, circle arms (5) prep (6) sauté (7) land (8) – continue parts (1-4) contagion from side – roll to opp. Side, extend legs, reach forward & up (5-8)
- 2 Pull in, clasp hands by head, look back (1-2)
- 8 Contagion B-F, stand up (1-4) **Tighten formation, walk and hold out skirts (5-8)**
- 8 Chaine forward (1-2) run R, L (3&) grande jeté (4) land (5-6) levels (7-8)
- 8 Reach BIG, out and up (1-4) arm pull down (5-6) head down (7-8)



**“Porcelain Heart” – by: Barlow Girls**  
**Int Modern – Time: 2:32**



Beginning Position: Sitting on knees facing back, looking back

- 8 Hold 1-2, R weight shift and arm down 3-4, *Two small parts: Group one: L body roll 5-8 Group Two: L hand out 5 grab with R and look 6 bring in 7-8*
- 8 *Two parts: Every other person Group one: back release 1-4 stand up 5-8 Group two: Stand up R, L, R arm up L on wrist 1-2 turn front 3-4 R lounge delay while picking other person up 5-6 roll up 7-8*
- 8 *Same movement with opposite facing: group one face back, group two face front R arm, L arm L knee hinge 1-2 chasse side as arm swings down and up 3 slide down with L foot 4-6 roll knees up 7-8*
- 8 Face diagonally- R arm touch L elbow and look front 1 R arm down, knees down 2 circle R arm around 3-5 hands on knees 6 breath and flex feet 7-8
- 8 Inversion 1-2 roll up 3-4 *People Facing Right: R hand on L shoulder, Facing Left: L hand on R shoulder 5 Facing Right: down Facing Left: look at audience 6 Facing Right: face front Facing Left: reach with right arm 7-8*
- 8 *Moving to Formation #2: R hand to L shoulder 1 opposite 2 break R, L elbow 3-4 arms down looking up 5-6 walk 7-8*
- 8 R arm up 1-2 around L knee hinge 3-4 turn front 5-6 L ft. flick R arm to Left side 7 R attitude, R elbow in 8
- 8 L lunge, R arm reach out 1-2 L tendu R arm out, L half tilt head 3-4 switch arm, R arm on stomach while turning 5-6 hold 7-8
- 8 L elbow in 1 L arm around 2 R arm down, body down 3 R degage jump arms in third position 4 lunge back 5-6 inside turn with head roll 7-8
- 8 Arms pushing down to Left side 1-2 *Two small parts every two counts: wrap arms on body 3-4 push both arms up L knee hinge 5-6 second group finish 7-8*
- 8 Swing R arm down 1 L leg up both arms up 2 step L, R prepare R lunge 3-4 single or double inside turn, arms half up 5-6 L heel push down 7-8
- 8 *Small partner work: every other diagonal line is going to lean back against partner 1-4 Moving to Formation #3 walk 5-6, put L arm up 7-8.*
- 8 Left arm down 1-2, R, L arm out 3-4, elbow break R, L 5-6 arms down 7-8
- 8 *Three parts every two counts: R ft. front, arms front 1-2 close ft. R arm on L elbow 3 L arm closes 4 two jumps to L, L arm opening 5-6 step R 7 L back, arms around 8*
- 8 step L diagonally inside kick, arms up 1-2 step R, L 3-4 spread eagle turn, arms up 5-6 turn around 7-8
- 8 R ft. up, arms up, head up 1-2 melt down 3-4 push up position 5-6 R ft slide back arm around 7-8
- 8 Lay on back, arm down 1-2 Second group finish 3-4 Third group finish 5-6 contract with arms 7-8
- 8 *Two small parts every other line: Group one double attitude jump or group two slide with knees 1-2 roll 3-4 R, L arms up & 5 stand up 6 R attitude, arms side 7-8*
- 8 Turn front 1-4 R hand on L elbow 5 arms and L ft. in 6 arms and L ft. out 7 swing around to floor 8
- 8 X roll 1-4 kneeling on R, R arm extended L half 5-8
- 8 *Three small parts R-L: every two counts Group one: L knee in, arms wrap 1-2 Group two 3-4 Group three 5-6 face to L side 7-8*
- 8 L hand grab R shoulder turn front 1-2 R arm heart take out, melting down 3-4 roll up 5-6 L arm up to face to R 7-8
- 8 *Moving to Formation #4 R ball change back with arms up 1-2 walking 3-4 R hand on L elbow 5 close L arm 6 swing back up 7-8*
- 8 L arm down 1-2 R, L arm out 3-4 break in elbow R, L (some kneel R-L) 5-6 arms down (Sit down toward partner) 7-8

8 *Partner Work: Group one:* Bring R ft. up 1 turn and push up with arms 2-4 grab partners hand to stand up to walk away 5-8 *Group two:* grab R ft. 1-4 grab hand of sitting dancer to push them up, kneel down 5-6 swing arm to R side, L leg out 7-8

8 *Group one:* jump over group two 1-2 turn front 3-4 pickup partner 5-6 hold 7-8 *Group two:* arms down hunched over 1-2 R attitude 3-4 give back to partner 5 X jump arms up 6 face front 7-8

8 *Moving to formation #5 CLUMP-R* hand on L shoulder 1 opposite 2 break R, L elbow 3-4 arms down looking up 5-6 walk 7-8

8 R hand on L elbow 1 ft. and arm in 2 out 3 swing arm up with degage 4 L hand in face 5-6 R hand pushes L elbow down 7-8

3 body coming up reaching with L arm 1-2 look at audience, R hand grabs L shoulder 3

Formation #1

X X X X X X X X X X

Formation # 2

X X X X X X  
 X X X X X  
 X X X X  
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Formation #3

X X  
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 X X

Formation # 4

X X X X  
 X X X X  
 X X X X

Formation # 5 (Clump)

X X X X X X X  
 X X X X X X  
 X X X X X

**“Moving Mountains” by Usher**  
**Advanced Modern – Time: 2:15**



- 8 Hold in clump 1,2,3,4,5,6 Group one run diagonally 7&8
- 8 Group one walk back diagonally 1,2,3,4,5,6 Group two run diagonally 7&8
- 8 Group two walk back diagonally 1&2 Group three run diagonally 3&4 walk back diagonally 5&6 group four run diagonally 7&8
- 8 Group four walk back diagonally 1,2 all groups run to Formation Two 3,4,5,6,7,8
- 8 Reach, reach/lunge lft. 1& contraction 2 prepare 3 turn 4 land in tuck 5 look 6 reach R arm around 7 hop to L side/reach rt. 8
- 8 Swivel L foot to R 1& thrust into lunge 2 spin 3 throw to spiral 4 run, run 5& passé hop 6& parallel hops 7& land in demi plie 8
- 8 Look right 1 follow focus around/land back in plie &2 slide/arms reach 3 drop to tuck 4 fall to lft 5,6 reach up-over to back 7 contraction 8
- 8 Roll twds back 1,2 sit/release back 3 shoulder roll 4,5,6 to standing 7 ball change/release body over &8
- 8 Parallel 1<sup>st</sup> 1 jump back/reach &2 run back diagonally turning LRL &3& attitude hinge 4 arabesque scoot/scoop arm &5 run, run &6 hop to front/chest pop &7 collapse head 8
- 8 Formation Three: Entire group running in spiral 1,2,3,4,5,6 dead stop w/hands up 7 body roll down &8
- 8 L rhond de jambe/arms swim 1,2 contraction/front attitude pop 3 step, step side &4 fingers twirl from head 5&6& release head back 7 look front 8
- 8 Hold 1 run sideways twds front &2& swing arms into contracted pirouette 3 step out & pique arabesque 4 small circle arms 5& fall fwd to parallel 1<sup>st</sup> 6 look 7 bounce heels 8
- 8 Run back RL 1& back scoot 2& arms wrapped over face/R heel/L heel 3,4 elbow break/release over w/ lft foot kick 5& forced arch R hand to face 6 Partner A turns to face Partner B 7 Partner A leans twd Partner B 8
- 8 Partner A rebounds to run around Partner B/Partner B leads w/hand 1&,2&,3&,4& Partner A hops fwd/arm over Partner B 5 Partner B hops fwd/arm over Partner A 6 stand to face front 7 run, run 8&
- 8 Partner A lifts Partner B mid-run 1&2 run back together 3& drag/reach 4& swipe arm over 5 Partner A leads Partner B to run in circle 6,7,8
- 8 Partner B stops to lft of Partner A/Partner A jumps to cradle 1,2 drop side by side/looking up and over 3,4,5,6 look front 7,8
- 8 “Climber” 1& R arm up/L fondu 2 circle arm/foot 3 step RL 4& flat hand R 5 flat hand L 6 run to back 7&8
- 8 Inside spiral turn 1 hop to forced arch/arms up 2 melt down w/elbows 3 knees drop & upper body collapse over knees 4 cross feet & unwind to back 5,6 twist on toes/arms reach out to “T” L, R 7,8
- 8 R arm reach up and over to L 1,2,3 drop to tuck/both arms continue circle down 4& come back to standing to front 5,6 break-through w/passé 7,8
- 8 Moving to Formation Four 1,2,3,4 circle hand around foot 5 step 6 rhond de jambe 7 ball change 8
- 8 In Groups starting 1,3,5,7: Run, run 1& chaine 2& grande jete 3& land/turn 4& pique arabesque 5 land 6 pique into tilt 7,8
- 8 Land 1 stay low/release upper body 2 keep upper body back/drops knees to floor 3 contract upper body to floor 4 finish groups 5,6,7,8
- 8 Finish 1,2 floor crawl 3&4 “volleyball dive and roll” 5,6,7, 8
- 8 To standing 1 run to Formation Five 2,3,4,5,6,7,8

- 8 Hop out to 2<sup>nd</sup>/releve 1 drop to R side 2 rhond de jambe L leg/circle R leg 3,4 head pop fwd 5 “chicken down” &6 parallel sissone to rt.7 land 8
- 8 Turn/w R arm 1,2 scoot w/back attitude 3 foite attitude 4 step, step &5 changement/change facings &6 bounce while in release 7 hold 8
- 8 Plop to floor 1,2,3,4 knees up 5 push knees/look up 6 plant L hand/R foot 7 hop to tuck &8
- 8 Spiral prep 1,2 R leg rhond de jambe to turn into spiral 3,4 finish in parallel 5,6 hold 7,8
- 8 Scatter 1,2,3,4 big ball change w/ big arms &5,6 “wobble” 7,8
- 8 Arabesque pull 1 turn 2 arms “sun salutation” 3,4 collapse chest/hands 5,6 swim arms to turn 7,8
- 8 Face and look front/shifting feet as music fades

Formations:

1) Clump

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XXXX

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2) Diagonal



3) Hurricane run

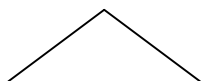
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3b) Partners

4)



5)

