

The following sequence is used for Miss High Kick and Kick company at our summer camps and is also the kick sequence used at our National Championships for Miss American High Kick. Please take time to go over the kick series for memory purposes prior to the kick off.

An instructor will go over the series following camp dance on the first morning of camp and the series will also be quickly reviewed prior to the kick off at Nationals. The kick off will take place either after Home Routine Evaluation or after All American Auditions, depending on the camp schedule. The time and date of Miss American High Kick contest will be listed on the Nationals schedule the Wednesday prior to the contest.

- 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
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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**