

APTS Team Camp

2024 ROUTINE DESCRIPTIONS



Special Routines

Camp Dance - “Diamonds (Techno Dance Remix)” by: Rihanna - Time 1:44 - Watch your team shine bright this year with an upbeat jazz catered to every level your dancers need! With multiple options for skills, your dancers will leave feeling confident as they shine bright through their performance!

Pep Rally Jazz - “Hit Me With Your Best Shot” by: Pat Benatar - Time 1:17 - Step into the rhythm with this energizing pep rally jazz routine! Set to the iconic beat of 'Hit Me With Your Best Shot,' your dancers will captivate the crowd with dynamic choreography, infectious energy, and electrifying movements that ignite school spirit like never before!

Pep Rally Jazz - “Ain’t Nothing Wrong With That” by: Robert Randolph & The Family Band - Time 1:10 Showcase your dancers confidence and sassy jazz moves with this fun energetic dance! This routine will challenge your dancers but can be modified to fit your team’s technical level. Perfect for any pep rally, basketball game, or any event to showcase a crowd-pleasing performance.

Pep Rally Pom - “I Like It, I Love It” by: Tim McGraw - Time 1:26 - This is a pom with an upbeat country-western flair. Rope in your audience with this sassy, fun intermediate routine featuring a double pirouette, ring leap, and stationary leap.

Pep Rally Pom - “I’m Back” by: Royal Deluxe - Time 1:20 - Make a statement to start this season and show off your dancers with “I’m Back.” This routine is sure to excite any pep rally crowd! A sassy and spunky pom including jeté leaps, pirouettes, a calypso, and fun pom visuals. This is the perfect routine to start off strong and support your teams to victory!

Pep Rally Hip Hop - “MY HOUSE” by: Beyonce - Time 1:20 - “MY HOUSE” is a fun and energetic routine with parts, levels, and directional changes incorporated into the choreography for a visual impact. This dance will be quick for your team to learn, easy to clean, and perfect to get any audience pumped at pep rallies, basketball games, or special events.

Pep Rally Hip Hop - “Bounce” by: Various Artists - Time 1:25 - This high energy routine will definitely have your adrenaline going! From bouncing to rocking, this trendy and fun choreography will hype up your audience and challenge your dancers. If you’re looking to have some fun this routine is for you!

Jazz: Kelly Norman, asst: Carolyn Thompson

Beg Jazz - “Keep Your Head Up” by: Birdy - Time: 1:37 - This upbeat beginner jazz routine can be performed at basketball games or other fall events. This routine has many levels, a fan kick, single pirouette, floor work and options for a calypso and X-jump. This routine is fun for any level dancer and a joy to perform. Bring some excitement and personality to the dance floor with this catchy tune and sassy choreography!

Int Jazz - “Dancing Queen (Club Remix)” by: Abbamania - Time 1:42 – Your dancers will love this remake of the 1976 hit “Dancing Queen”! This fun and upbeat jazz is perfect for a football game or pep-rally. The choreography will challenge your dancers but can be modified to fit your team’s technical level. This dance is visual with parts, levels, and section work and includes a pirouette, split, jeté, and press leap. This sassy jazz will be a crowd pleaser for sure!

Int Field Jazz - “Fireball” by: Arrangers Pub (Tom Wallace) - Time - 1:30 - This fun and fiery Pitbull arrangement will get your audience moving to the beat. This routine is the perfect level for all dancers to feel confident on the football field. Get ready to entertain your audience while having a BLAST dancing to this fun and energetic song!

Int/Adv Field Jazz - “Funkytown” by: Alfred Pub (Ralph Ford) - Time 1:48 - This field jazz will be a fan favorite halftime or pep rally performance. Set to a high energy disco classic, this choreography includes intermediate and advanced options for technical skills including: pirouettes, press leaps, calypsos, and jetés. Your team will have so much fun performing this dynamic routine!

Int/Adv Jazz - “Calabria 2008” by: Enur, Natasja - Time 1:33 - This fast, upbeat jazz is sure to keep the crowd entertained! This dance contains a back attitude leap, a kick, triple/double pirouette, and illusion! While this routine features your dancer’s technique, it is also a crowd pleaser! Who wouldn’t want to get up and dance to a classic?

Adv Jazz - “Wind It Up” by: Gwen Stefani - Time 1:37 - Take it back to the 2000’s with this sassy and stylized jazz. This dance contains a calypso, jeté, tilt, fan kick, pirouettes, floor work, fouetté turns, and you might even see an old school axel! Get ready for your dancers and audience to have a blast with this one!

Int/Adv Stylized Jazz - “Green Light” by: Lady Bri - Time 1:38 - This intermediate to advanced jazz is sure to be a favorite for the crowd! This routine incorporates sharp, fun, and fast paced movements, as well as double pirouettes, fan kicks, turns in second, ring leaps, and a turning disc. Your dancers will surely have a blast learning and performing this dance!

Hip Hop: Tasha Franklin

Beg Hip Hop - "Are You Ready?" - by Various Artists - Time - 1:43 - Are you ready? This fun and energetic dance will be a crowd favorite during pep rallies! It is a high energy dance with a dash of stylized intricate hip hop. It is full of levels, parts and many visuals that will entertain any crowd!

Int Hip Hop – “Lose Control” by: Various Artists – Time – 1:26 - Who doesn't love Missy Elliott and Soulja Boy? This fun, hard-hitting hip hop will be great for all levels of dancers. It has levels, parts and many visuals that will entertain any crowd. This routine can be performed at pep rallies, basketball games, spring shows and other special events during the season.

Int/Adv Hip Hop – “2000 Vibez” by: Various Artists – Time – 1:25 - If you are looking for a fun 2000 vibe dance this is it!!! Everyone loves a good throwback! This mix of “It’s Goin Down”, “Walk it out”, and many more, will bring energy to the floor. Featuring parts, levels and current dance movement, this dance will be great for pep rallies, spring shows or any special performances!

Adv Hip Hop – “Mega Mix” by: Various Artists – Time – 1:34 - Want to get the crowd on their feet? This fast paced routine will surely do it! “Mega Mix” features many parts and visuals and is set to songs by the hottest artists in the game. It will definitely challenge your dancers mentally and physically. This routine is great for pop up performances, pep rallies and basketball games.

Pom: Heather Johansen, asst: Kayla Bruner

Beg Pom “Queen Mix” by: Various Artists - Time 1:16 - This fun choreography, that is easy to polish, makes this a great dance for your beginners. With a mix of music that the fans will love, this routine will be a hit for both pep rallies and halftime performances!

Int Pom - “Dance Party Remix” by: Various Artists - Time 1:27 - This intermediate pom is a fun and upbeat routine with great visuals along with sharp arm movements! The technical elements are sure to have the audience cheering. The choreography includes a stationary leap, high kick, a pirouette, and a small group jeté.

Int Field Pom - “Proud Mary” by: Arrangers Pub (Tom Wallace) - Time 1:45 - This fan-favorite song will get your audience on their feet as they perform this field pom. This routine is full of visuals as well as intermediate technique that will have all dancers feeling successful yet challenged.

Int Field Pom - “Everybody Talks” by: Alfred Pub (Mike Story) - Time 1:54 - This sassy pom routine is your secret weapon to an amazing performance! Packed with eye-catching visuals, this routine is sure to blow everyone away during halftime. With technique variations that cater to intermediate dancers, each dancer gets their moment to sparkle on the field!

Int/Adv Field Pom - “Made You Look” by: Alfred Pub (Doug Adams) - Time 1:44 - This intermediate/advanced field pom is sure to entertain the crowd! Technical skills showcased in this dance are a calypso, double pirouette, various leaps, and tilts. With strong arm movements and dynamic visuals, this pom is not only fun to look at, but is also fun to perform!

Int/Adv Pom - “Overdrive” by: Oliver Heldens & Becky Hill - Time 1:32 - This routine includes intricate pom motions and showcases technical skills such as a double pirouette, turns in second, calypso, and a toe touch. This intermediate advanced pom is high energy, upbeat, and sure to be a crowd favorite.

Int/Adv Pom - “Delirious” by: Steve Aoki - Time 1:25 - This intermediate/advanced pom will surely have the crowd going crazy! This dance includes amazing visuals, levels and group work, double pirouettes, various leaps, and fast paced movements. This pom is a party on the dance floor!

Prop: Nikki Whitley

Beg Field Hoop - “Jailhouse Rock” by: Hal Leonard (Johnnie Vinson) - Time 1:36 - An exciting beginner routine to an Elvis classic is a great way to kick off your football season! Your dancers will have a blast with this highly visual routine featuring parts and contagions that are perfect for any field performance.

Int Field Fan - “Larger Than Life” by: Arrangers Pub (Tom Wallace) - Time: 1:39 - This extremely visual and unique routine is sure to be remembered. This eye-catching intermediate routine includes contagions, a sauté, floor work, chaînés, and sharp arm movements. This routine has parts to accommodate small or large teams. Skills can be modified to your team's level to create a routine that will leave a lasting impression on the audience. This memorable prop routine is sure to receive a standing ovation!

Int/Adv Field Streamer - “Let’s Groove” by: Arrangers Pub (Tom Wallace) - Time 1:28 - This is a funky and upbeat field streamer routine that will get the audience grooving in their seats. It features a diverse variety of technical elements such as a high kick, grand jeté, turning disc, and right split. Additionally, it offers options that can be easily adapted to your team's needs. Prepare for a challenging, audience engaging, and visually vibrant streamer routine that will be sure to WOW the crowd!

Kick: Elisabeth Eckles

Int Field Kick - “Bad Guy” by: Arrangers Pub (Jay Dawson) - Time 1:33 — This crowd pleasing routine is great for any level! The routine includes a variety of kick sequences, footwork, and a grand jeté. Wow your audience with impressive kick sequences and visual contagions perfect for any field performance!

Int/Adv Field Kick - “HandClap” by: Hal Leonard (Paul Murtha) - Time 1:34 - This upbeat, fun, and very catchy high kick routine will definitely “make your Hands Clap”! The quick pace, contagions, and high kicks will keep the crowd's eyes locked on your dancers! This energetic kick routine also includes a single or double pirouette, and a press leap. Get your dancers ready for a challenging, yet rewarding and memorable high kick under those beautiful Friday night lights!

Int/Adv Kick - “We Found Love” by: Rihanna & Calvin Harris - Time 1:35 - Your team will love this upbeat kick routine! This piece is versatile and would be perfect for a pep rally, community performance or spring show! This choreography includes fun kick sequences, a tour en l'air, and a single or double pirouette. This routine will be entertaining for any audience!

Military: Rachel Dodson

Int Field Military - "Push It" by: Alfred Publishing (arr. Mike Story) - Time 1:25 - Clean placement and traditional movement make this an easy-to-polish, classic military routine! Visual parts, levels, and group work will look great on the field while the fun music will appeal to both dancers and spectators alike. Get ready to push your way to a fantastic halftime performance!

Int/Adv Field Military - "Paint It Black" by: Alfred Pub (Mike Story) - Time 1:40 - This field military is a fast-paced and visual routine guaranteed to be a show stopper! The routine includes a press leap, battement, single or double pirouette, and an optional advanced section containing a turning disc. The audience will be left in awe by the contagions, various parts, and formation changes.

Novelty: Alice Henrichsen

Int Novelty - "Ex-Wives" by: "Six" Official Cast Recording - Time - 1:40 - What's better than a history lesson wrapped up in choreography? This routine brings to life the Broadway musical "Six" and would be perfect for any stage! Your crowd will go crazy for this routine that includes choreography such as jeté leaps, pirouettes, battements and dynamic visuals!

Int/Adv Novelty - "Disco Remix" by: Various Artists - Time - 1:36 - This intermediate/advanced novelty will get your crowd moving and grooving as they go back in time with "Disco Remix!" Featuring a variety of parts, and technical elements that can be adjusted as needed for any dancer's skill level. Perfect for a themed pep rally, or a decade routine for a spring show!

Lyrical/Modern/Contemporary: Miriam Vera, asst: Claudia Vera

Beg/Int Lyrical - "Rome" by: Dermot Kennedy - Time 1:27 - "Rome" will give your dancers the opportunity to express emotion and work on improving their confidence and presence while on stage. This choreography includes leap variations and a variety of movements that will showcase your dancers beautifully!

Int/Adv Lyrical - "What Was I Made For?" by: Billie Eilish - Time 1:38 - This lyrical piece will challenge your dancers to connect with themselves while expressing their emotions. "What was I Made For?" has a variety of skills, as well as modifications that can be made to align with any dancer's skill level. This dance is perfect for any special occasion, competition, or spring show performance for your dancers to spotlight their technique and connect with the audience.

Int/Adv Modern - "Interstellar" by: Hans Zimmer - Time 1:37 - This intermediate/advanced routine will allow your dancers to dive deeper into the elements of modern dance. They will be challenged with musicality, style, and dynamics while performing modern techniques like contractions, and weight shifts. "Interstellar" would make a great competition dance or the perfect addition to your Spring Show!

Int Cont - "Can't Get You Out of My Head" by: Sofia Karlberg - Time 1:32 - This routine is a great way to introduce contemporary to your beginner/intermediate dancers. It includes ripples, parts, dynamic movements, and even a lift, which is a great way to prepare your dancers for future contest choreography. "Can't Get You Out of My Head" will engage dancers with visual variety, and will challenge them to focus on musicality and express their emotions!

Int/Adv Contemporary - “Fall on Me” by: NEEDTOBREATHE - Time 1:46 - This intermediate/advanced contemporary includes contagions, various floor work combinations, and several leaps with options to accommodate dancers of all levels. This piece will give your dancers the opportunity to work on their movement quality as well as stage presence and expression. “Fall on Me” is uplifting and the movement is sure to highlight your dancers beautifully!

Adv Contemporary - “Love Me or Leave Me” by: Little Mix - Time 1:33 - This advanced contemporary is expressive, technical, and fun to perform. “Love Me or Leave Me” includes various groups and parts, and is filled with a variety of leaps, quick weight shifts, and movement phrases that will truly challenge your dancers.

HBCU-Style: Mila McQueen

Int HBCU Field Jazz - “Off The Wall” by: Major Music Publishing - Time 1:53 - This MJ throwback intermediate field HBCU jazz is sure to make your crowd want to get up and dance! This routine is fun, and definitely a great way to introduce your dancers to this style of dance. This choreography includes a press leap, single turn, split, and hitch kick that can be modified to fit your team without losing that sassy HBCU style.

Int/Adv HBCU Field Jazz - “My Prerogative” by: Hal Leonard (Ishbah Cox) - Time 2:05 - This energetic routine will have your audience singing and dancing along with this classic song! Technical elements include: double pirouette, tilt leap, turns in second, and split leaps. This sassy choreography is a great way for dancers to showcase their technical skills as well as majorette style movement quality.

Team Building: Erica Wilcox

Follow our social media accounts for Team Building Activities to be posted throughout the year!

“Diamonds” by: Rihanna (techno remix)
Team Camp Dance – Time 1:44



Start in 2 lines facing the back, R arm wrapping head, L hand on hip

8 Hold 1-4, ripple L→ R L arm low V R hand to hip look R 5-8

8 Sit pop L leg break low V look front 1-2, step L face front arms circle L→ R 3 to L hip 4, push RLR 5-6, plié center arms cross 7, break low V jump together 8

8 **Options for pirouette single/double/triple:** prep 1-2, pirouette 3-4, step out R arm push 5-6, tuck 7-8

8 L hand 1 kick 2, roll back 3-4, **options floor leap/ party** 5-6, down L leg out 7-8

8 Tuck in 1, jump out 2, heads snake R 3 L 4, arm reach up R hip 5-7, R hip again wrap head 7, clean arms 8

8 High chaîné 1-2, low chaîné 3-4, calypso 5, turn out of it 6-7, clean 8

8 R arm drag across 1, step R 2, step L 3, passé turn over R shoulder arms roll up to T-down 4, jump out low v 5-6, hands on hips sit R look L 7, switch L look R 8

8 Push down booty 1-2, R ball change back 3-4, battement 5, clean 6, push arms out RLR 7&8

8 Push down body drag R foot forward 1, step R foot 2, **options press leap/switch arabesqué:** plié 3, leap 4, roll 5-8

8 R tendu hold 1-2, frame face R arm 3-4, ball change back arms swipe up & 5-6, arms grab over head sit R hip 7, sit L hands to L hip &, sit R hands to R hip 8

8 Cross L foot over arms cross 1, step out arms low v 2, L arm circle twice face R 3-4, chassé leap **options chassé jeté/switch tilt/regular tilt/ switch leap:** 5-8

8 Land 1-2, hands 3, out 4, snake up 5-7, clean 8 **OR** roll up 1-7 clean 8

8 Move back 1-8

8 Switch lines 1-8

Repeat Section

8 **Options for pirouette single/double/triple:** prep 1-2, pirouette 3-4, step out R arm push 5-6, tuck 7-8

8 L hand 1 kick 2, roll back 3-4, **options floor leap/ party** 5-6, down L leg out 7-8

8 Tuck in 1, jump out 2, heads snake R 3 L 4, arm reach up R hip 5-7, R hip again wrap head 7, clean arms 8

8 High chaîné 1-2, low chaîné 3-4, calypso 5, turn out of it 6-7, clean 8

8 R arm drag across 1, step R 2, step L 3, passé turn over R shoulder arms roll up to T-down 4, jump out low v 5-6, hands on hips sit R look L 7, switch L look R 8

8 Push down booty 1-2, R ball change back 3-4, battement 5, clean 6, push arms out RLR 7&8

8 Push down body drag R foot forward 1, step R foot 2, **options press leap/switch arabesqué:** plié 3, leap 4, roll 5-8

8 R tendu hold 1-2, frame face R arm 3-4, ball change back arms swipe up & 5-6, arms grab over head sit R hip 7, sit L hands to L hip &, sit R hands to R hip 8

8 Cross L foot over arms cross 1, step out arms low v 2, L arm circle twice face R 3-4, chassé leap **options chassé jeté/switch tilt/regular tilt/ switch leap:** 5-8

8 Land 1-2, hands 3, out 4, snake up 5-7, clean 8 **OR** roll up 1-7 clean 8

8 Freestyle 1-8

8 Freestyle 1-8

1 Pose 1




Begin in a Triangle facing the front

8 Hold 1, lift head 2, R lunge push &3, hold 4 **Odd rows:** sit back 5-6, **Even rows:** sit back 7-8
8 Clip turn 1-2, jump out and clap &3, T 4, ball change 5-6, battement 7, clean 8
8 Throw R arm back 1-2, L check 3, R check 4, push down 5-6, flick L tendu R 7&8
8 Snake up 1-2, snap L up 3, snap L down 4, forced arch tornado 5-6, push down RL 7-8
8 Tendu across K 1, out high V 2, wrap head plié 3-4, run RL 5-6, R jeté 7, land 8
8 High knees 1, pose L 2, pose R 3, hand to floor prepare 4, floor battement 5, mermaid 6, roll to back 7-8
8 Continue roll 1-2, jump front 3, hands to hips 4, hips bounce RL 5-6, R dig 7, snap out in &8

8 **Move to block:** walk RLRL 1-4, R triplet 5&6, L triplet 7&8
8 **Odd rows:** Prepare 1-2, double pirouette 3-4, out 5, prepare 6, sauté 7, land 8
Even rows: Wrap head 1-2, prepare 3-4, double pirouette 5-6, out 7, prepare 8
8 **Odd rows:** hold 1-2, **Even rows:** sauté 1, land on floor 2, **All:** roll 3-4, lunge push 5-6, touchdown to bug 7-8
8 Stand 1-2, snake up 3-4, R pivot to back 5-6, jump out touchdown 7, W arm 8
8 Look over L shoulder 1, hold 2, turn over R shoulder 3-4, step L 5, fan kick 6, land in lunge 7-8
8 Tuck 1-2, roll to back 3-4, wrap head 5-6, extend R leg out 7, tuck 8
8 Straddle 1-2, tuck 3-4, straighten legs to stand 5-6, wrap head 7-8
8 L arm throw back 1-2, L arm cross chest 3, L arm snap R dig 4, R step across 5-6, low chaîné 7-8
8 Calypso 1-2, roll up to front 3-6 **Move to triangel:** walk RL 7-8

8 **Continue moving:** walk RLRLRL 1-6, jump out high V 7, plié 8
8 Sauté or firebird 1-2, land 3-4, roll to elbows 5-6, extend legs up RL 7-8
8 Open straddle 1-2, pike 3-4, roll up to back 5-8
8 **Contagion out to in:** windmill arms LR 1-4, wrap head 5-6, tuck 7, level out 8
1 R snap and look up 1

Formations

1.  2.  3. 

“Ain’t Nothing Wrong With That” by: Robert Randolph & The Family Band
Pep Rally Jazz – Time 1:10

Begin in triangle facing back

7 Hold 1-4, drag back R 5, drag L 6, prep & 7

4 High chaîné 1-2, low chaîné 3-4

8 Turning disc 1-2, **Option A:** land in split 3-4, clean legs 5-6, knees 7-8, **Option B:** roll to knees 3-8

8 Arms up 1, touch floor 2, straddle 3, snake up 4, walk it back pushing arms 5-8

8 Cross R arm 1, half T 2, step L 3, battement 4, down 5-6, both arms up on relevé 7, arch back 8

8 Hip roll to back 1-2, snap R arm 3-4, wrap head to close 5-6, X arms 7, V out 8

8 Hands to hip and close feet 1-2, prep 3-4, pirouette 5-6, jump out 7, touch floor 8

8 Snake up 1-2, forced arch turn to R 3-4, prep 5-6, stationary leap 7, land down 8

8 Roll towards back to stand 1-6, arms up on relevé 7, V arms down 8

8 Move to staggered lines: R shoulder 1, low V 2, L shoulder 3, low V 4, flick out hands 5-8

8 Continue moving: R arm up 1-2, L arm 3-4, **Two groups:** chassé 5-6, jeté 7-8 **OR** chassé 7-8

8 Jeté 1-2, land 3-4, everyone together snake down to L 5-6, kick R 7, down 8

8 Roll back to plank 1-2, roll to stand 3-8

8 Step R 1, face forward with arms up 2, chassé opposite sides 3-4, passé contracting in 5-6, step in 7, T arms 8

8 Move to three groups: Walking low V arms 1-8

8 Hands on hips 1, out 2, clap twice 3-4, dip to plié 5-6, contract shoulders with hands on hips 7-8

8 Pick-up Groups L-R (1, 5, or 1): shoulder roll 1-2, close 3-4, 2nd group joins 5-8

8 3rd group joins 1-4, swing L arm 5-6, R arm 7-8

8 R shoulder 1, low V 2, L shoulder 3, low V 4, open R arm 5-6, repeat 7-8

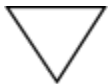
8 slice R arm to roll back 1-6, drag back/arms up 7-8

8 Prep 1-2, surprise leap 3, land 4, straddle up 5-6, snake up 7-8

8 Tighten three groups: walking low V arms 1-6, pose 7-8

Formations

1. Triangle



2. Staggered Lines



3. Three Groups



Begin in one line, facing back

8 **Ripple L-R:** R foot extends front, R arm level, shake pom 1-8

8 **Move to four lines:** *Walk out on 1, 3, 5, or 1;* walk R, LV hip slap 1-4, LV 5, T 6, TD 7, break, clean & 8

8 **Continue:** repeat LV hip slap 1-4, shake poms LV 5-7, clean 8

8 **Parts by line:** step RL RL or LR LR & 1&2, cheerio turn outside 3-4, sit 5, drag 6, sit 7, hit hip & 8

8 **Continue:** walk into center, LV claps 1-4, clean and turn 5-6, scoop 7, prayer 8

8 **Parts by line:** R HV squat & 1-2 or & 3-4, L wraps R LV in tuck or standing 5, R HV 6, wrap 7, shoulder & 8

8 **Continue:** floor 1, flick 2, snake up 3-4 **OR** coupé 1, tilt 2, coupé 3, LV 4, all sit R 5, hips 6, L hip shake 7-8

8 TD R to L 1-2, head roll 3-4, drag 5-6, scuff 7-8

8 **3 Groups L to R:** prep 1, 2, 3, firebird leap, hold tuck 5-6, lean 7, floor kick 8

8 roll up to back 1-4, **Ripple R to L:** sit R hip, L behind head, shake R pom 5-8

8 **Catch on Part in 3 Groups:** hips front 1-2, back 3-4, front 5-6, sit into R hip 7-8

8 **Move to 3 groups:** LV clap 1-4, R chassé 5-6, L chassé 7-8

8 **Continue:** LV clap 1-4, burst shaking poms 5-7, clean 8

8 L heel 1, R 2, L 3, head & 4, **Parts by group L-R:** lasso 5, 6, 7, hold side 8

8 **Catch on L-R:** sit R 1, L LV 2, sit R hip 3, break & 4, drag 5, hip 6, hit hip 7-8

8 Prep 1-2, double pirouette 3-4, prep 5, stationary leap 6, hold tuck 7-8

8 **Parts by group R-L:** swing L back, R behind head 1-2, 3-4, 5-6, flick 7-8

8 roll up to back 1-4, **Ripple R-L:** burst, shaking poms 5-7, hit hips 8

8 **Move to Triangle:** shake poms LV 1-8

8 Tap R toe in 1, out 2, L in 3, out 4, step L 5, sit LV 6, step L lasso 7, clean 8

8 Hips R-L 1-2, clap up 3&4, cross to levels 5, 6, 7, hold level 8

8 K outside 1, inside 2, cross in front 3, roll to back 4-6, L arm behind head, R shake pom, look front 8

Formations

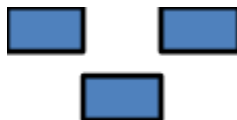
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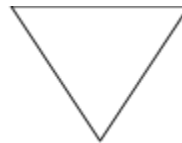
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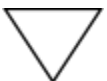
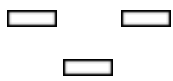
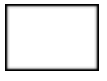


“I’m Back” by: Royal Deluxe
Pep Rally Pom– Time 1:20



Begin in Triangle, hands clasped at chest, head down

- 8 Hold 1-4, **3 groups by chevron F-B:** LV punch 5, or T punch 6, or HV punch 7, clasp at chest 8
8 **2 groups by column:** relevé rocket 1, step back L LV 2, **hold or cont. groups** 3-4, shake LV roll R hip 5-8
8 **2 groups by column:** step R T 1, wrap to back 2, **cont. groups** 3-4, **Contagion F-B:** windmill, clean 5-8
8 **Move to 3 Groups:** LV Jazz walk with shake 1-7, clean 8
- 8 **Three Groups R-L:** step R cross R arm to LV 1, V dig L 2, reverse 3-4, R Ball change wrapping head 5-6, clean step R 7, walking prep 8
8 **Cont. Groups:** high chaîné 1-2, low chaîné 3-4, calypso 5-6, land 7-8
8 **Cont. Groups:** stand clean 1-2, step out R T 3, low clap 4, T 5, high clap 6, relevé 7, sit into R hip pull arms 8
8 **Cont. Groups:** relevé with rocket 1, sit into L hip and pull 2, **hold and cont. groups** 3-4, relevé cheerio arm circle sit into R hip 5, groups finish 6-8
- 8 **Move to Staggered Block:** L triplet with TD punch arm 1-2, R 3-4, jazz walk with LV shake 5-8
8 **Cont. moving** repeat 1-7, clean 8
- 8 Drag L with ‘L’ to front 1-2, R chassé 3-4, step L 5, jeté with TD 6, land to ground 7-8
8 Tripod high knees with LV 1-2, whip R cross 3, whip to LV 3-4, lasso R arm 5-6, reach to L diag 7-8
8 Snake up 1-2, lean on L 3, R battement on floor 4, roll up to back in R tendu 5-8
8 Relevé 1, prepare 2, pirouette 3-4, **Contagion F-B:** R ball change back with sunshine to knees 5-8
- 8 **Move to two lines:** jazz walk LV shake 1-4, LV 5, clap 6, repeat 7-8
8 **Cont. traveling** shake at chest 1-4, tuck 5, grab L & R pom in L hand and R neighbors pom in R hand 6-8
- 8 ‘Rollercoaster’ 1-8
8 Grab poms 1-2, stand clean facing L with L connecting 3-4, step R circle hips 5-6, repeat with R punch 7-8
8 **Opposition:** slide F/B broken T 1-2, clean 3-4, **Opposition by line:** slide R/ L 5, daggers clean 6, reverse 7-8
8 **Groups by line F-B:** Rocket to tuck 1-2, or 2-3, or 3-4, or 4-5, hold in tuck 6, levels 7-8
4 Melt to pose 1-4

Formations

1.  2.  3.  4.  5. 

Begin in 3 staggered blocks in 2nd position with arms behind back and head down

8 Hold 1-4, head roll RL/push hands down 5-8

8 **Three groups L-R:** hands to knees 1, or 2, or 3, everyone look up 4, step out to R 5, close 6, repeat to L 7-8

4 Jump out bouncing with arms in half T RLRL 1-4

8 **Move to triangle:** cabbage patch L to R 1-3, arms in 4, up 5, bend &, up 6, swing back 7, in 8

8 **Repeat** 1-8

8 Circle L arm 1, pump R arm 2, repeat to other side 3-4, cross feet 5, face back 6, cross feet 7, face front 8

8 Step R with L hand back 1, close 2, repeat to other side 3-4, open knees R arm up 5, L 6, R 7, jump out 8

8 **Contagion L-R:** circle upper body R to L, drop to R side 1-8

8 **Contagion R-L:** jump out, head roll L to R with arms overlapped at shoulders, drop to L side 1-8

8 **Move to Files:** pony with arms out 1, in 2-3, cross 4, R foot out 5, in 6, throw R 7, L 8

8 **Repeat** 1-6, every other person face back 7-8

8 **Move to staggered block:** cross arms 1, open 2, throw 3, close 4, slide low 5, close 6, push 7, close 8

8 R heel/L hand phone 1, lunge/fist R 2, throw arms out low 3, stand 4, wrap 5, push 6, push R 7, push L 8

8 Scoop 1, close 2, face front 3, relevé/head nod 4, ball change/R hand phone 5-6, swipe L 7, close to L side 8

8 pull L arm up R 1-2, jump out/chase arms down RL 3-4, look up 5, snake L 6-7, snap 8

8 L arm to R shoulder 1, R 2, head roll RL 3-4, grab wrist high R 5, pull to R hip 6, stomp L/circle R arm 7-8

8 Bounce with L arm out 1-2, snake LR 3-4, L hand to cheek 5, drop hands to knees 6, head down 7, close 8

8 Ball change 1-2, face back 3, thumbs to shoulders 4, step R 5, close/pump arms up 6, repeat to other side 7-8

8 Snake R 1, close/hands overlapped 2, bounce 3-4, ball change R/pull L arm 5, close 6, repeat to other side 7-8

4 **Contagion F-B:** Body roll to flatback 1-4

8 **Move to triangle:** circle upper body RL 1-4, pivot to back 5-6, pivot to front 7-8

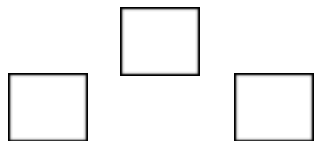
8 **Repeat** 1-8

8 Kick/throw arms 1, step back 2, lunge 3-4, hands 5, jump to 2nd LR & 6, look up/hands to knees 7, hold 8

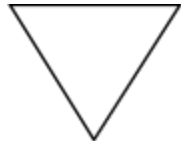
8 Windmill arms 1-2, hands to knees 3-4, stand 5, cross arms overhead RL & 6, release arms down 7-8

Formations

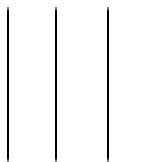
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2.



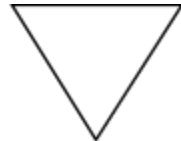
3.



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5.



“Bounce” by: Various Artist
Pep Rally Hip Hop – Time 1:36



Begin in a triangle facing back

8 Hold in tuck 1-8

8 **First group:** roll up 1-4, arms circle around and stay looking down 5-8, second group holds 1-8

8 **Second group:** roll up 1-4, arms circle around and stay looking down 5-7, first group holds 1-7, look up 8

8 Sway R 1-2, L 3-4, arm down 5, broken T 6, look up 7-8

8 Push arms down 1-2, sit 3-4, **Groups** R low V 5, L low V 6, everyone T arms 7, high V 8

8 R arm around 1-2, body roll 3-4, scoop R leg 5, L 6, punch kick R 7, L 8

8 Box arms hit 1, clean 2, sway L 3-4, R 5-6, L 7, clean 8

8 **Move to staggered lines:** walk/run flat back 1-8

8 **Continue moving:** R pony 1-4, freestyle arms 5-6, point up 7, point in 8, **OR** solo 5-8

8 Hop R box arms 1, L 2, hop R/L/R 3&4, R arm up 5, L arm 6, swivel to side 7&8

8 **Two Groups (1 or 5):** dougie R 1, L 2, throw & clap face R 3&4, 2nd group on 5-8

8 Pop hips and circle R 1&, L 2&, half T arms R/L 3&, up/down 4&, R elbow 5, throw 6, pencil turn 7-8

8 Box R arm T L hop &1, switch &2, pull forward 3-4, R hop/throw down &5, switch &6, turn to face back 7-8

8 **Move to combined lines:** step R low V 1-2, L low V 3-4, T 5-6, rocket 7-8

8 **Continue moving:** arms down 1-2, step 3-4, step R pivot to front 5-8

8 Shake hips R arm 1&2, L 3&4, tap L/R/L 5&6, box arms step L 7&8

8 Row arms 1&2, hit pose 3, clean 4, wave arms ball change 5&6, step L 7, flat back 8

8 **Move to staggered lines:** L pony four times 1-7, clean 8

8 Step L chug R arm 1-2, L 3-4, R high V 5, R low V 6, lasso 7, clean L 8

8 **Pick up:** broken T step out R 1-2, circle arms down 3-4, 2nd group joins 5-8

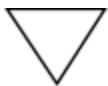
8 **Move to diagonals:** flat back 1-8

8 **Continue moving:** flat back 1-3, jump out 4, step back 5-6, step L 7, kick 8

1 Pose in different levels 1

Formations

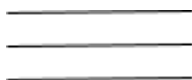
1. Triangle



2. Staggered Lines



3. Combined Lines



4. Staggered Lines



5. Diagonals



Begin in three groups on the ground

- 8 **Groups** 1 or 5 roll up from floor on back arms to T 1-8
8 R arm 1-2, L 3-4, wrap 5-6, low V 7-8
8 Sit on L hip 1-2, head down 3, kick 4, roll to back to stand 5-8
8 Hold 1-4, R leg drag T arms 5-6, pivot/wrap arms to chest 7-8
8 **Groups** 1 or 5 chassé 1-2, relevé lift 3, knees 4, hold 5-6, groups finish on 7-8
8 Snake up R leg 1-2, relevé windmill 3-4, hold 5, look 6, hip roll 7-8
- 8 **Moving to Block** scoop L 1-2, R 3-4, R arm cross to high V 5-6, L to hips 7-8
8 **Continue moving** 1-4, clean 5-6 step R dig L to hip 7-8
8 Drag L arm 1-2, chassé 3-4, coupé half T L 5, low V 6, hold 7-8
8 L leg step forward 1, jump together touchdown 2, R low V 3, L 4, snake 5-6, roll up 7-8
8 **Groups** 1-2 or 3-4, step back low V hip sway pockets 5-6, cheerio jump 7-8
8 Clean 1-2, prep 3-4, single pirouette 5-6, jump out 7-8
8 **Groups pick up** 1, 3 and 5, step L arm low V 1-2, R cross half T 3-4, drag touchdown 5-6, prep 7-8
8 Chainé high low 1-4, calypso OR X jump 5-6, break low V 7-8
8 Finish groups 1-2, hold 3-4, drap R arm 5-6, touchdown 7-8
- 8 **Moving to Triangle** Slice R arm to hip 1-2, L 3-4, repeat crossbody arms 5-8
8 **Continue moving** 1-2, clean 3-4, shimmy 5-6, cross 7, R hip 8
8 Lift mid T arms to L pocket 1-2, step passé T arms 3-4, RL 5-6, jeté 7-8
8 Relevé pop out 1-2, hip roll 3-4, step back T arms 5-6, touchdown arms 7-8
8 **Groups** pivot 1-2, chassé 3-4 step R leg out 5-6 tuck 7-8
8 Tuck 1-2 stand ball change B 3-4, and R 5-6, fan 7-8
8 Land kick 1-2, rocket contagion 3-6, land in tuck 7-8
8 Levels 1,2,3 hold 4, wrap head 5-6, shimmy 7-8
8 Lean on side 1, kick 2, turn to back 3-4, contagion B to F 5-8
1 Pose on 1

Formations

1.  2.  3. 

Begin in three staggered blocks facing L corner, R leg out, and hands on L hip

8 Hold 1-2, **three groups across**: open R arm 3-4, soutenu 5-6, R split 7-8

8 Legs together 1-2, pull in 3, R kick 4, stand to the back 5-8

8 **Continue in groups** 1-4, chaîné 5-6, prepare 7-8

8 R pirouette 1-2, jump out 3, crown 4, open arms to low V 5-8

8 **Move to triangle**: low V arms 1-4, roll up 5-6, roll down 7-8

8 **Continue moving**: low V arms 1-4, roll down 5-6, roll up 7-8

8 **Outside of triangle**: step L 1, R kick 2, tuck 3-4, **inside of triangle**: repeats step 5-8

8 Ripple up and down to low V 1-4, outside V hits T 5, wrap 6, inside triangle hits T 7, wrap 8

8 Roll to the side 1-4, ball change R, L 5-6, R fan 7-8

8 Drag L 1-2, R chassé 3-4, step L 5, jeté to the front 6, close 7-8

8 **Three groups L-R**: chaîné R 1-2, chassé R 3-4, X jump to front 5-6, turn out 7-8

8 **Continue in groups** 1-4, reach up R 5, reach up L 6, T 7, down 8

8 Chassé R 1-2, step L 3, R kick 4, soutenu 5-8

8 **Move to three staggered blocks with middle up**: reach down and up R 1-2, reverse 3-4, lasso 5-8

8 **Continue moving**: present 1-4, melt arms down 5-8

8 **Three groups by blocks**: press leap 1-2, tuck 3-4, **continue groups** 5-8

8 Reach up and over to stand to the back 1-8

8 **Middle block**: chaîné R 1-2, chaîné plié 3-4, calypso 5-6, roll to tuck 7-8

8 **Side blocks**: chaîné R 1-2, chaîné plié 3-4, press R arm out and roll to tuck 7-8

8 **Jump out from tuck by blocks** 1, 3, or 5, roll up 7-8

8 **Ripple** throwing R arm out 1-4, windmill to L 5-8

8 Walk R, L 1-2, R kick 3, down 4, ball change back 5-6, ball change back 7-8

8 **Move to back to three staggered lines**: Open arms out to low V 1-4, step BC R 5-6, step BC L 7-8

8 **Continue moving**: low V arms 1-4, pony R with R arm up 5-6, reverse pony with L arm up 7-8

8 **Opposition**: Chaîné R 1-2, reach up and down 3-4, reverse step 5-8

8 **Tighten formation**: low V arms 1-4, reach up and down to levels 5-8

1 Pose 1

Formations:

1. Staggered Block



2. Triangle



3. Groups



4. Staggered Block



“Fireball” by: Arrangers Pub (arr. Tom Wallace)
Int Field Jazz – Time 1:30



Begin in triangle in a tuck

8 Ripple F-B: Sunburst to low V step back L 1 - 8

8 *Two groups*: Clip turn 1-2, step L 3, R battement 4, close feet 5-6, step R 7, shift weight L 8

8 Finish groups: 1-2, step back R 3-4, step back L TD 5-6, step back R push fwd 7, T &, close 8

8 *Three groups*: Step back L prep 1-2, R chaîné 3-4, step R 5, L passé high V 6, BC fwd 7&, dig 8

8 Finish groups 1-4, R BC cha-cha 5&, close feet 6, L BC cha-cha 7&, close 8

8 Ripple L-R: Unwind cha-cha to R diagonal 1-6, prep 7, R sauté 8

8 Roll to face back 1-4, two groups: R pivot 5, face front low V 6, finish groups 7-8

8 Hip roll 1-2, plié 3-4, R pirouette 5-6, jump out plié 7, Close feet TD 8

8 **Move to triangle**: Melt arms down 1-4, R chassé 5-6, L chassé 7-8

8 **Continue transition**: Chassé R 1-2, chassé L 3-4, “W” arms 5-6, clean and close 7-8

8 Opposition clap square 1-4, rotate to diagonal arms 5-6, BC switch diagonal 7, close 8

8 *Three groups*: Chassé R 1-2, step 3, R jeté 4, land 5-6, high knees push out 7, T 8

8 Finish groups 1-4, ripple F-B inside sunburst to roll back 5-8

8 Finish groups 1-6, step R 7, jump front push down 8

8 Opposition by line: step out 1, jump snap 2, step 3, snap up TD 4, BC shimmy 5-6, switch 7, close side 8

8 Ripple: step forward & throw back audience arm 1-8.

8 Clip turn 1, front low V 2, **Move to bowtie**: low V 3-8

8 **Continue transition**: low V 1-8

8 Ripple: jump popcorn ripple center out to tuck 1-8

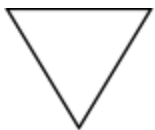
8 Levels 1-2, R across 3, R arm to high V 4, L across 5, High V 6, pose out 7, switch pose in 8

8 *Three groups*: Diagonal 1, switch diagonal 2, finish groups 3-6, wrap head 7-8

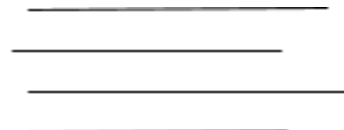
8 Roll wrists low V 1-2, roll wrists T 3-4, roll wrists high V 5-6, look down cross 7, pose out 8

Formations:

1. Triangle



2. 4 staggered lines



3. Bowtie



“Funkytown” by: Ralph Ford
Int/Adv Field Jazz – Time 1:48

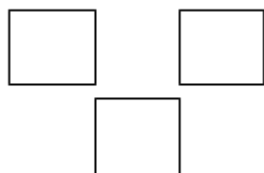


Begin in 3 groups, w/middle group in back

- 8 **Middle group:** hold 1-2, look up 3, hold 4, R tendu out R arm T 5, L arm T 6, touchdown 7, hips 8
- 8 **Continue:** R soutenu 1-2, tuck 3, hold 4-7, stand 8 **Outside:** hold 1-2, stand 3, hold 4, R tendu R arm T 5, L arm T 6, touchdown 7, hips 8
- 8 Arms roll in **opposition** R 1-2, L 3-4, cross 5, hold 6, unwind to F or B 7-8
- 8 **Switch groups F to B:** R triplet 1-2, L 3-4, walk arms in low V 5-8
- 8 Reach R foot back 1, sit 2, L hip roll 3-4, step L 5, battement 6, close 7, hold 8
- 8 R ball change side 1-2, lift 3, fold 4, snake up 5-6, plie 7, touchdown 8
- 8 **Middle:** drag 1, prep 2, low chaîné 3-4, calypso 5, roll 6-8. **Side:** drag 1, prep 2, slice R arm 3, roll 4-8
- 8 Finish 1-2, push back 3-4, walk arms grow 5-7, clean 8
- 8 **Parts by group 1,3,5:** R arm snap 1-2, hips R 3&4, L 5&6, R 7&8
- 8 R pivot 1-2, R hip roll 3-4, **parts** 5,7,1, ball change 5-6, run 7, run 8
- 8 Jeté 1, land 2, continue 3-4, finish parts 5-6, hold 7, stand 8
- 8 **Move to triangle:** arms roll up 1-2, down 3-4, snap R 5-6, L 7-8
- 8 **Continue moving:** disco point up 1, down 2, repeat 3-4, low V 5-7, clean 8
- 8 **Contagion** F to B: lift arms open 1-7, high knees 8
- 8 Hip L 1, R 2, R arm across 3, slice open 4, roll to stand 5-8
- 8 Drag front 1, clean 2 chaîné front 3-4, swing arm up 5&6, repeat 7&8
- 8 Pull to L 1, sit 2, repeat R 3-4, chest pop 5-6, tornado 7-8
- 8 R arm down 1, L 2, **parts by chevron** cross 3, back 4, scoop 5, snap 6, continue 7-8
- 8 Finish 1-2, sit L 3, hip &4, disco points up 5, down 6, repeat 7-8
- 8 **Move to staggered block:** walk 1-2, arms up 3, elbows 4, shoulder pops 5-8
- 8 **Continue moving:** slice arms front 1-2, low V 3-4, shoulder rolls 5-8
- 8 Step R 1, R passé 2, out 3, L 4, L arm over 5, R 6, shoulders 7, sit 8
- 8 Scoop arms front 1-2, prep 3-4, pirouette 5-6, land 7, clean 8
- 8 Pony R 1-2, L 3-4, **lines 1&3**, clip turn back 5, prep 6, corner leap 7, tuck 8, **lines 2&4**, tuck 5-7, stand 8
- 8 **Lines 2&4** wrap R 1-2, L 3-4, ball change 5-6, fan 7, close 8, **lines 1&3**, high knees 1-2, L wrap 3-4, T 5, hand 6, tuck 7, stand 8
- 8 Reach front 1, sit R 2, switch L 3, hip sit &4, arms roll up or down R 5-6, switch 7-8
- 8 Tuck 1-2, levels 3-4, disco point up 5, down 6, up 7

Formations

1.3 Groups



2. Triangle



3. Staggered Block



“Calabria 2008” By Enur, Natasja

Int/Adv Jazz - Time: 1:33

Beginning formation: Diamond

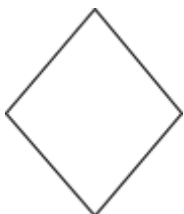
- 8 Hold 1-2, head 3, other group head up 4, pop up/down or down/up 5-6, throw arms side 7-8
- 8 Arms down 1, turn front 2, push down body 3-4, **Groups G1** body roll 5, clean 6, **G2** repeat 7-8
- 8 Lasso around head to hip 1-2, throw 3-4, arms grab to pull 5-6, cheerio above head-hip 7-8
- 8 **Groups G1** dropout 1-2, P2 repeat 3-4, quick prep &5, double turn 6-7, out 8

- 8 **Groups** (1 or 5) **G1** throw R out 1, wrap 2, tuck 3, out 4, hold 5-8 **OR G2** hold 1-4, repeat 5-8
- 8 **Groups** (1 or 5) **G1** elbow 1, battement 2, leg down 3, lay back 4, **G2** repeat 5-8
- 8 Kick R leg up 1, L leg meets 2, circle legs 3-4, come up 5-8
- 8 **Move to trapezoid:** Arms out R 1, other way 2, touch down 3, arms down 4, shimmy 5-6, break low v &7, clean 8

- 8 Step prep front **OR** back 1-2, low chaîné 3-4, calypso 5-6, roll 7-8
- 8 Stand up 1-2, step 3, flick 4, cha cha 5-6, wrap head 7, clean 8
- 8 **Groups G1**-Ball change &1, battement 2, low V 3 hands on hips 4, **G2 repeat** 5-8
- 8 **Groups 1,3,or 5** step 1, hand to knee 2, step 3, back 4, chassé 5-6, prep 7, up 8
- 8 Middle splits 1-2, close 3, hold 4, push back 5-6, throw arms back 7-8
- 8 **(Groups cont.) G3** finished 3, hold 4, *all together* hands feet snake up 5-8
- 8 **Oppositions** swing hips to shoulder 1-2, other way 3-4, break low V 5, down leg 6, come up 7-8
- 8 Throw and walk to switch lines 1-4, run down and tighten form 5-7, out 8
- 8 Step hip coming forward 1-2, other way 3-4, close-open arms on chest 5-6, head roll 7, down 8
- 8 Snake up 1-4, move out 5-8
- 8 Elbow 1, sit 2, pump arms &3, hands to hips &4, arms up-down **Move to Block:** Step R flick L 5-6, repeat L/R 7-8
- 8 **(Cont. transition)** Walk arms break to low V 1-4, T arms 5, TD 6, break down 7, clean 8

- 8 **Groups** (1 or 5) **G1**-arms out in T 1, above head 2, hips 3-4, hold 5-8 **G2** repeat 5-8
- 8 Arms up 1, plié 2, back attitude leap 3, land 4, roll and stand to back 5-7, jump feet together 8
- 8 Tap R foot forward 2X push hands down 1&2, prep 3-4, triple coupé 5-7, out 8
- 8 **(Repeat from the beginning)** lasso head 1-2, throw 3-4, arms grab to pull 5-6, cheerio above head 7-8
- 8 Tuck 1-2 **OR** 3-4, arms break in front crossing 5-6, arms up 7, end pose 8

1. Diamond



2. Trapezoid



3. Block



Begin in 4 Lines: Lines 1&3 face front, Lines 2&4 face back

8 Hip roll 1-2, hip R 3, hip L 4, soutenu 5-6, R leg & R arm step 7, L arm &, feet together arms up 8
 8 Prep 1-2, coupé turn 3-4, **Lines 1&3:** face front, **Lines 2&4:** face back, **Both:** chaîné Up Chaîne Down 5-8
 8 Calypso 1-2, **Lines 1&3:** roll to ground 3-4, **Lines 2&4:** stay up 3-4, high V 5, chest 6, windmill 7, head wrap 8

8 **Move to two lines:** **Lines 1&3:** pivot 1-2, **Lines 2&4:** ball change 1-2, chug 3-4, pivot turn 5-6, together 7, head R to front & 8
 8 **Cont to merge R/L to two lines** 1-2, side R/L/R 3-4, **Line 1:** Head roll 5-6, snake up 7-8 **OR** Hold 5-6, Start on 7-8
 8 **Line 1:** R Elbow 1, R low V 2, head 3, low V 4, pivot turn 5-6, chassé back 7-8, **Line 2:** continue
 8 **Line 1:** Prep 1, jump 2, tuck 3-4, hold 5, **Line 2:** finish 5, **Both:** jump out 6, windmill 7, jump together 8
 8 Prep 1-2, dbl pirouette 3-4 **Option 1:** coupé turn 5-7, land 8 **OR Option 2:** jump 5, together 6, R 7, L 8
 8 Drag R 1, step across L 2, chaîné 3-4, chassé 5-6, **Both:** jump in out 7-8, **Line 1:** face front, **Line 2:** face back

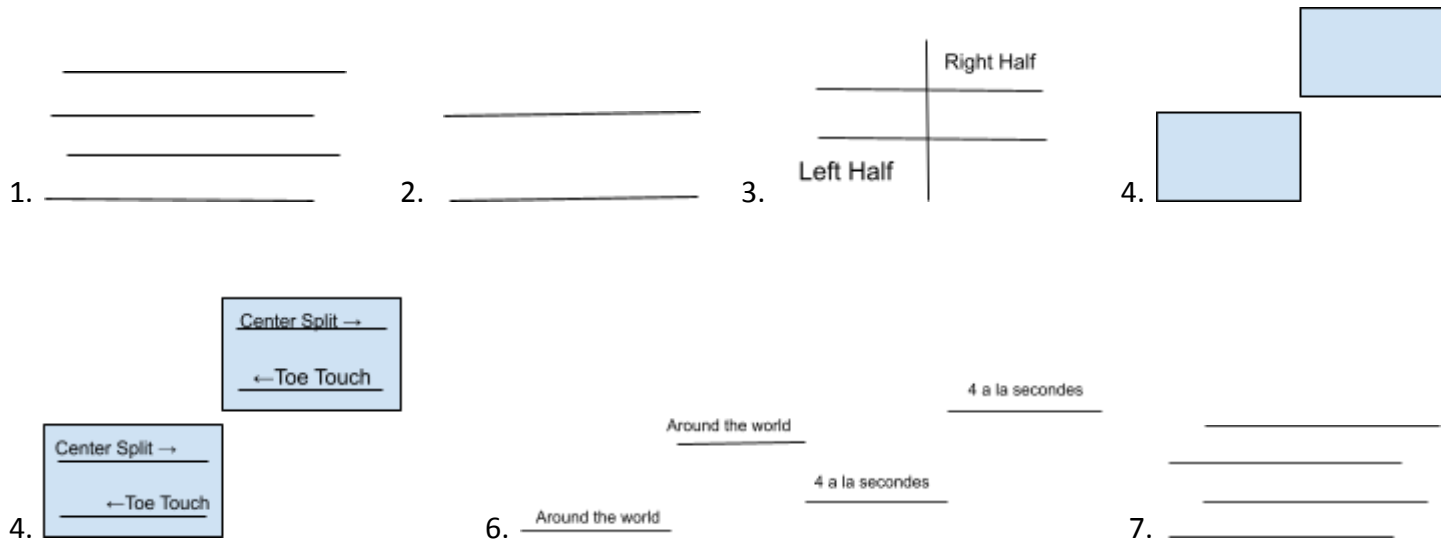
Split Two Lines in Half to Merge to Right Downstage Block & Left Upstage Block

8 Stomp R 1-2, pivot 3-4, **Move to two blocks:** **Right:** walk back R & L 5-6, pivot turn 7-8, **Left:** walk front R & L 5-6, pivot turn 7-8
 8 **Move to two blocks:** **Right:** chassé 1-2, tilt jump 3-4, roll 5-8, **Left:** Walk R & L 1-2, pivot turn front 3-4, chassé 5-6, jeté 7-8
 8 **Right:** on ground, **Left:** standing **Both:** arms up & down 1-2, battement tilt 3-4, roll or turn 5-7, face L on 8
 8 Walk back sassy, add own sassy arms R, L, R, L 1-4, rond de jambe 5-7, low V arms 8
 8 Ball change 1-2 **Option 1:** Tilt 3-4, **OR Option 2:** Fan kick 3-4, **Both:** Pose R 5-6, look L 7, head front 8
 8 Snap 1-2, R arm cross 3, L cross &, head on 4, kick ball change prep 5-6, dbl pirouette 7-8

8 **Move to Staggered Lines:** **Lines 1&3:** Tuck jump 1-2, center split 3-4, roll R calypso 5-8, **Lines 2&4:** Turn toe touch 1-4, roll 5-8
 8 **Cont to move to staggered lines:** Roll to stand 1-4, pivot R 5-6, pivot R to side 7, feet together clap on 8
 8 Face back walk R & L 1-2, chaîné 3-4, drag 5-6, step R back attitude arch 7-8
 8 Step L 1, step R 2, jump together 3, step L 4, turn 5, land out arms T 6, slap 7, windmill arms 8
 8 Hips down/up/down 1-2, **Both:** Ball change 3-4, rond de jambe to prep 5-8, **Lines 1&3:** face front, **Lines 2&4** face back
 8 **Lines 1&3:** 4 a la seconde turns 1-8, **Lines 2&4:** A la seconde turns changing spots front, side, back, side 1-8
 8 **Lines 1&3:** Dbl pirouette plié jeté 1-4, turn 5-6, step R drag L 7-8, **Lines 2&4:** 2 a la seconde turns 1-4, dbl pirouette plié jeté 5-8

8 **Move to Staggered Block:** **Lines 1&3:** chaîné 1-2, illusion 3-4, turn 5-6, **Lines 2&4:** turn 1-2, step R 5, drag 6, **Both:** chaîné up 7-8
 8 Chaîné down 1-2, axel 3-4, land 5, plank 6, slide through 7-8
 1 Pose

Formations:



Begin in 2 groups 4 lines each

8 Jump out 1-2, group 1 hold 3-4, RL arm 5-6, sit 7-8

8 Look LR 1-2, hold 3-4, LR arm 5-6, sit 7-8

8 Move to 4 lines: R or L arm swings 1-4, flick hands 5-6, walk 7-8

8 Walk 1-4, lump 5-6, shoulder roll 7-8

8 Groups by lines G1-snap dig R low V 1-2, snap dig R hands on head 3-4, step kick 5-6. down 7-8

G2- snap dig R low V 1-2, snap dig R hands on head 3-4, step kick 5-6. down 7-8

8 Move back L or R arm 1-4, **odd lines** point 5-8 or **even lines** tuck 5-8

8 Shake opposition 1-2, **odd lines** ring leap 3-8, **even lines** come up 3-8

8 Odd lines flat back 1-2, clean 3-4; **even lines** R arm drag 1-2, L 3-4, hold 5-6, everyone pick up swipe 7-8

8 Pick up line 1 R arm swing 1-8; **line 2** and **3** L arm 1-8,

8 Pick up cont. 1-4, head roll left 5-8

8 Even lines go forward right leg leap 1-8, **odd lines** walk back 1-6, turn front 7-8

8 R or L arm hip swing 1-4, switch 5-8

8 Groups 1-2 or 3-4, look RL 5-6, party up 7-8

8 Party down 1-2, pivot turn 3-4, snap front 5-6, jump together 7-8

8 Move 3 triangles: slow walks 1-4, fast 5-8

8 (Cont. transition) slow walks R arm 1-2, L arm 3-4, fast walks 5-8

8 Press leap by triangles R to L 1-2 or 3-4 or 5-6, last group land 7-8

8 Everyone come up flat back 1-2, up 3-4, soutenu 5-8

8 Center group, prep 1-2, 3 turns in second 3-8, **sides** cross 1-2, step jumps 3-6, prep 7-8

8 Center continue, double 1-2, land 3-4, high chaîné, low chaîné 5-8; **sides** turn 1-2, ball change kick 5-8

8 Center, turning disc 1-2, roll 3-6, on knee arms up 7, out 8, **sides** step touch 3-6, turn side arms up 7 down 8

8 Center, roll up 1-4, **sides** pivot walk pivot 5-8

8 3 groups L to R 1/5/1, G1 R arm 1, L arm 2, lift 3, down 4, **G2** 5-8

8 G3 1-4, everyone snake up 5-8

8 Step together 1-4, **groups** 5-6 or 7-8,

8 Come up 1-2, step 3-4, fan kick 5-6, step 7, clean 8

8 Move to triangle: slow walks R arm 1-2, L arm 3-4, fast walks

8 Slow walks R arm 1-2, L arm 3-4, jump out 5-6, hold 7-8

8 Group 1 up 1, down 2, shake 3-7, swipe RL 7-8

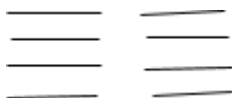
8 Group 2 up 1, down 2, shake 3-7, swipe RL 7-8

8 Snap dig low V 1-2, snap dig hands on head 3-4, inside V 5-6, middle V 6-7, outside V 7-8

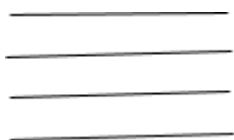
8 Walk back 1-4, body roll 5-6, R arm up 7, snap front and pose

Formations

1.



2.



3.



4.



“Lose Control” by: Various Artists
Intermediate Hip Hop – Time 1:26



Begin in block

- 4 Hold 1-2, rock L-R 3&4
- 8 Hold 1-2, elbow throw L 3&4, hold 5-6, turn R 7-8
- 8 Body roll down 1-4, **(Parts 5 or 7)** R knee down 5, kick 6, in 7, close 8
- 8 Straight leg with hands behind head 1-2, finish 3-4, arms R/L 5-6, shimmy to L knee 7-8

8 Move to triangle low back

- 8 Circle arms R 1-2, L 3-4, grab R 5-6, L 7-8
- 8 Slow windmill arms to fold in plié 1-4, body roll up R 5-6, L 7-8
- 8 Kick R leg out arms follow 1-3, Hold 4, R arm circle 5-7, L arm hit 8
- 8 Tuck 1-2, body roll up 3-4, Hips R-L 5-6, throw arms in 7-8
- 8 Cheerio to up 1-2, step R-L 3-4, plié cross down 5-6, throw R-L 7-8
- 4 **(Front or Back)** Cross turn with arms 1-2, elbows 3&4





8 Move to staggered block pushing out arms 1-4, low back 5-8

- 8 ***Continue moving to staggered block*** using get silly arms
- 8 Punch and snap your fingers L 1-4, R 5-8
- 8 Drive car facing L 1-4, lean back 5-6, repeat 7-8
- 8 Body down/up 1-4, repeat 5-8
- 8 Roll arms down to knee ripple L-R 1-8
- 8 Down 1, up 2, diagonal arm hit 3-4, reach 5, head 6, head swirl RL 7-8
- 8 Step R 1, L leg 2, lean L and snap up down 3-4, truck driver LR 5-8
- 8 Pop and lean L 1-2, R 3-4, **(Parts 5 or 7)** slide to ground 5-6, and sit side 7-8
- 8 Finish 1-2, punch out to hip 3-4, roll up 5-8

8 Move to two point triangle pony right leg 1-7, jump out 8

- 8 R arm punch up down in plié 1-2, L arm to head crossing L leg rippling L-R
- 8 Throw arms L leg up 1-4, throw arms R Leg up 5-8
- 8 Sassy arms L-R 1-4, arms hitting pose R-L 5-6, high kick 7-8
- 2 Lean forward arms crossed 1, back 2

Formations

- 1. 
- 2. 
- 3. 
- 4. 

“Are You Ready” by: Various Artist
Int Hip Hop – Time 1:43



Begin in 3 triangle groups

4 Hold 5-8

8 **Middle:** head up 1-2, hop R point R 3-4, L 5-6, close 7, alt. point RLR stomp hop stomp moving forward 8-1,

Sides: R stand lean R arms crossed 3-4, (L) repeat L 5-6, roll back to stand 7-2

8 **Middle:** hold 2, repeat 3-6, repeat L 7-1, **Sides:(R)** hold 2, turn center hands together 3-4, (L) repeat 5-6 alt. point LRL stomp hop stomp 7-1

8 Step R pull arms broken T 2, L hand at head look L 3, lean R arms broken W 4, pop broken T 5, low V 6, levels 7, head nod 8

8 Squat broken T arms 1, close 2, **(Sides):** top rock R 3-4, L 5-6, 6-7, **Middle:** repeat 5-8,

8 **Transition to trapezoid:** chug arms step F/B 1-2, **R&L:** step back R snap T **M:** front 3, close 4, step RLR pull R elbow on odds 5-7, close 8

8 Repeat L 1-4, R kick drop step 5-7, arms throw up 8

4 Hands hips 1, run lunge into center 2, circle around 3-4

8 Drop low 1, **Odd:** break low W R 2, punch out R circle around face L 3-4, step across R swipe hands 5-6, step out R Clap hands high L 7-8, **Even:** opposite L

8 **R:**tuck L 1, **front half** hold **back half** stand pose 2, **M:** 3-4, **L:** 5-6, hold 7, tuck R 8

8 **Transition to staggered lines:** glide step L 1-2, glide R 3-4, L swipe out arms 5-6, quick step RL 7, pull arms & 8

8 Repeat swipe out glide 1-2, quick step RL reach 3, levels hand at mouth 4, bounce RL 5-6, close chest isolation 7-8

8 **Transition to spread out staggered:** **Outside perimeter moving away from center** punch down hop out 1-2 step across pull arms broken T 3-4, **Middle:** pickup 5-8

8 **Inside:** pickup 1-4, push back 5-6, close 7, pop chest & 8

8 **Odd:** step L 1, step R box arms roll chest back 2-3, close 4, monkey arms switch lines 5-8, **Even:** repeat to front

8 Repeat to front 1-4, step touch 2x 5-8

8 Scuff R hop out 1-2, cross hands high 3, open hands high V 4, **Odd:** throw down hop close 5-6, **Even:** 7-8

8 **Odd:** step L swivel hips to face R side 1-3, look back 4, **Even:** R to face L look front, karaoke to switch lines 5-8

8 Close 1-2, **Transition to Triangle:** sugar step pull arms broken T 3-4, hop R 5, step L 6, repeat sugar 7-8

8 Repeat hop 1-2, repeat sugar step 3-4, run 5-6, **Outside V:** roll pop R T 7, L 8

8 **Inside:** roll pop 2x 1-2, **Front:** pull broken T twist RL 3-4, throw L jazz split 5-8 **Back:** Twist RL throw R jazz split 3-8

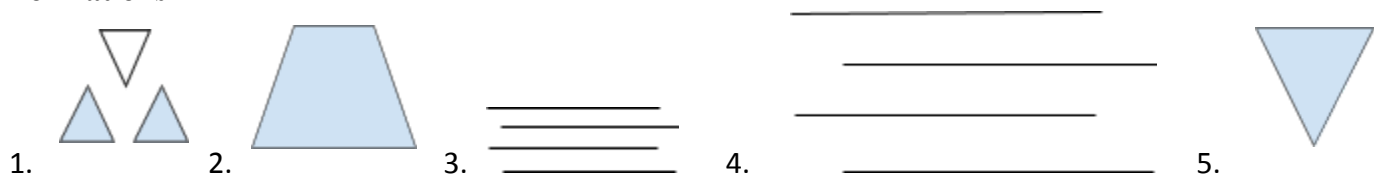
8 Pike 1-2, **Front:** L knee up R foot up 3, cross 4, flip over 5-6, stand 7-8, **Back:** prep 3-4, hip push to stand 5-8

8 Step L front broken T 1, push turn around self 2, step out 3-4, lean out 5-6, step in broken T rebound step 7, close 8

8 Scuff R hop out 1-2, cross hands high 3, open high V 4, step R forward punch down hop back 5-7, roll arms up 8

1 point & look up 1, rebound down slow to finish hands on hips look down

Formations



“2000 Vibes” By Various Artists
Int/Adv Hip Hop - Time 1:25

Starting in tuck/standing tight trapezoid formation

- 8 Hold 1-3, head up 4, melt/switch levels 5-8
- 8 Shoulder 2x 1-4, hands feet 5-6, jump feet together swoop 7-8

- 8 Spread out R L R 1&2, L R L 3&4, opposition punch up/down 5-6, jump feet together 7-8
- 8 “Money” 1-2, break arms down to knees 3-4, head roll 5-6, other way 7-8
- 8 **Groups:** Group 1- Drop 1, out 2, Group 2- 3-4, twist R leg 5-6, turn around self 7-8
- 8 Elbow forward 1-2, slide back 3-4, cross arms 5, hold 6, double head 7-8
- 8 Dip into hips facing front/back 1-4, switch body facings 5-8
- 8 **Move to columns:** Run looking down 1-8
- 8 Roll/3-step-turn 1-3, out 4, whip pop 5-8
- 8 Roll/3-step-turn back to files and repeat 1-8
- 8 Push hands down going out 1-2, repeat 3-4, swing R 5, hands to head 6, double pop 7-8
- 8 **Opposition** snake down/body roll back 1-2, everyone clap 3-4, switch 5-8

- 8 Cross hands 1, out 2, swoop down 3, hands up 4, throw R arm 5, back 6, double pop 7-8
- 8 Rock back and forth 1-2, dip down to front 3-4, “stop” 5, hold 6, roll arms 7, pump arm & 8
- 8 **Opposition** step and scoop booty 1-2, other way 3-4, hand down 5, slide 6-7, stand 8
- 8 Walk back crazy legs 1-4, R arm 5, L arm 6, snap 7, hold 8
- 8 **Transition to lines:** Step 1, slide 2-3, clean 4, run up to lines 5-7, tuck 8

- 8 **Contagion** come up 1-4, turn head 5, hold 6, double hip 7-8
- 8 “Queen” 1-2, hands cross 3, head 4, **Move to block:** 2 walks 5-6, run down to block 7-8

- 8 Drive the car side 1-3, clap 4, slap ankle out 5, in 6, hip 7, down leg 8
- 8 Come up 1-4, double hip 5-8
- 8 Kick to front arms box to down 1-4, other group 5-8
- 8 Tuck 1-2, R split 3-4, close back to front 5-6, lay down 7-8
- 8 Cross arms legs up 1-2, look forward 3-4, hands on ground 5-6, push up and over 7-8

- 8 Hip dips to front 1-2, again 3-4, scuff 5, out 6, body roll up/down or down/up 7-8
- 8 Walk and move forms 1-6, point up-down @soloist 7-8
- 8 Step and roll R arm side 1-4, **Groups** G1 scuf 5-6, G2 7-8
- 8 Body roll 1-2, 2 rolls 3-4, roll to back and stand 5-8
- 3 “Come on” 1-2, cross arms 3

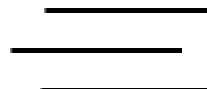
1. Trapezoid



2. Columns



3. Lines



4. Block




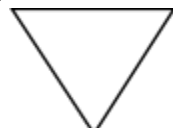

Begin in three staggered lines

- 8 Hold 1-4, snake to L knee 5-6, cross arms 7, pull elbows in 8
8 Fist to palm above head 1-2, down 3-4, stir the pot R 5-6, stir the pot L 7-8
8 **Contagion R to L:** drive the car up/down based on row 1-4, switch level 5, switch level 6, cheerio turn 7-8
8 **Parts by line: line one** - ball change across & 1-2, heel RL 3-4, circle to R knee 5-6, hold 7-8
 line two - over knees 1-2, ball change across & 3-4, heel RL 5-6, circle to R knee 7-8
 line three - over knees 1-2, hold 3-4, ball change across & 5-6, heel RL 7-8
8 Line three finish 1-2, snake to L knee 3-4, R kick ball change 5&6, broken T 7, pop inside knee 8
8 **Groups:** R side - step L together 1-2, fan LR 3-4, R kick F B 5-6, prep 7, jazz split drop 8; L side- hold 1-8
8 **Groups:** L side - step R together 1-2, fan LR 3-4, R kick F B 5-6, prep 7, jazz split drop 8; R side- hold 1-8
8 Hold 1-2, circle to Z sit 3-4, R kick 5, Z sit 6, arch up 7-8
8 **Contagion R to L:** switch arms to Z sit ripple 1-8
8 L knee up 1-2, high knees 3-4, prepare 5, knee jump 6, snake chest forward 7-8
8 Down to R knee 1, L knee in out &2, hips circle L to R 3-4, R foot forward 5-6, twist knee &7, hold 8

8 R kick ball change 1&2, **Transition to triangle:** pony 3-8
7 Pony continued 1-2, jump out 3, heels RL &4, lasso turn to side 5-6, tuck 7
8 **Pickup by triangle V outside-in:** broken T push down 1-2, 3-4, 5-6, all 7-8
8 L reach 1, pull in 2, R reach 3, pull in 4, chest roll to R knee 5-6, over R knee 7, drag L 8
8 Kick R L 1-2, L back up box arm close 3-4, R back up box arm close 5-6, slide R together 7-8
8 L heel across 1, L knee down chest over 2, chest up prepare 3-4
 Odd lines: cheerio 5, over knee 6, hold for feature head springs 7-8
 Even rows: hold 5, cheerio 6, over knee 7, hold for feature head springs 8
 Feature head springs: head down 7, head spring 8
8 Head springs land or over knees 1-2, circle to squat 3-4, knees in R L 5-6, plié together 7-8

8 **Transition to block:** R kick ball change 1&2, L kick ball change 3&4, walk RL 5-6, prepare 7, floor slide 8
8 Tuck 1-2, legs back 3, snake up 4, pull L elbow 5, turn to front 6, jump out 7, hand clap &8
8 Jump together 1-2, chest roll turning to L 3-4, R foot back 5, clean F 6, clap over R knee 7, circle over head 8
8 Ball change to R 1-2, ball change to L 3-4, back up L R 5-6, swipe face 7&8
4 Mash potato bounce 1-2, clean 3, hand flick 4
8 Walk to back RL 1-2, R pivot front 3-4, plié bounce 5-6, step R arms T 7, dig L 8
8 Necklace 1, pop L knee 2, swag step LR 3&4, snake over knees 5-6, heel R together L 7&8
8 Snake right 1-2, pop back L R 3-4, L elbow pull to back 5, together 6, hands to head jump out 7, hips RL &8
8 Arms burst open to side 1-2, jump out front 3, R heel flick &, three step turn to side 4-6, tuck 7, lay back 8

Formations

1.  2.  3. 

“Queen Mix” by: Various Artists
Beg Pom – Time 1:16

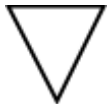


Begin in a triangle in a tuck

- 8 Hold 1-8
- 8 Jump out shake HV 1-2, **three groups L-R:** break LV 3-4, or 5-6, or 7-8
- 8 **Three groups F-B:** plié half T L 1-2, stand shake 3-4, R 5-8
- 8 **Continue groups** tuck 1-2, or 3-4, or 5-6, levels 7-8
- 8 **Three groups R-L:** chaser arms starting up L 1-8
- 8 **Continue groups** LV 1-2, or 3-4, or 5-6, tuck 7-8
- 8 **Opposite lines:** step R LV 1-2, pivot hands to hips 3-4, dip R 5-6, L 7-8
- 8 **Continue groups** repeat 1-8
- 8 **Three groups B-F:** close and punch R 1-2, L 3-4, step R LV 5-6, pivot hands to hips 7-8
- 8 **Continue groups** close feet wrap head 1-2, tuck 3-4, or 3-6, or 5-8
- 8 **Opposite lines:** lines jump out HV 1-2, or LV 3-4, check LRLR 5-8
- 8 **Move to block:** shake poms 1-4, brush legs 5-6, clap 7-8
- 8 Repeat 1-8
- 8 **Contagion R-L:** windmill to face back 1-8
- 8 **Contagion R-L:** clip turn R foot to face front and shake at chest 1-8
- 8 **Front half:** jump clap L 1-2, R 3-4, ball change L punching forward 5-6, tuck 7-8
- 8 **Back half:** repeat 1-8
- 8 **Three groups F-B:** low knees LV 1-2, pick up high knees T 3-4, pick up standing HV 5-6, circle 7-8
- 8 **Three groups B-F:** cheerio 1-2, circle 3-4, or 3-6, or 5-8
- 1 Punch R up and shake 1

Formations

1. Triangle



2. Staggered Block



“Dance Party Remix” by: Various Artists

Int Pom – Time 1:27



Begin in triangle in levels

8 Hold 1-2, arms in levels 3-4, chest 5, rocket to low V &6, R check 7, L 8

8 Broken T 1, punch 2, T 3, clean 4, **parts R to L** punch R arm up 5, or 6, or 7, hold 8

8 Shake around 1-2, wrap L 3, clean 4, **opposition** high or low V 5, switch 6, chest 7, hold 8

8 Wrap R 1-2, L 3-4, T 5, down 6, tuck 7, stand 8

8 Move to staggered block: shake 1-4, R arm up 5, T 6, L up 7, chest 8

8 Continue moving: circle 1, clap 2, repeat 3-4, shake 5-8

8 Pop out 1, R diagonal 2, low V &3, whip L 4, low V 5, L diagonal 6, punch to R &7, hold 8

8 **Contagion R to L** shake L arm up and over 1-6, claps in **opposition by line** 7, switch 8

8 **Opposition by line** cheerio 1-2, switch 3-4, **odd lines** press leap 5-6, land 7-8

8 **Even lines** finish 1-2, **opposition** high or low knees 3-4, switch 5-6, switch 7-8

8 Clean 1-2, slice R arm &3, roll to stand 4-8

8 Turn front 1, up 2, R down 3, L 4, clap 5-6, hip 7-8

8 **R side** punch F 1, chest 2, side 3, L up 4, **left side** punch B 5, chest 6, side 7, R up 8

8 **Opposition moving** Step 1, passé 2, shake 3-4, bow and arrow R 5, touchdown 6, L 7, side 8

8 Punch ball change 1-2, shake 3-4, 3 step turn 5-7, clean 8

8 R arm high to low V 1&2, L 3&4, front 5, open to low V &6, hips 7-8

8 Clean 1-2, prep 3-4, pirouette 5-6, land 7, clean 8

8 Move to 3 groups: pony low V 1-2, chest 3-4, run in tuck 5-8

8 Continue moving: shake 1-4, L K 5, switch R 6, punch L arm high 7, low 8

8 **Groups 1,3,5** step L 1, battement 2, release 3-4, continue 5-6, finish 7-8

8 Push back 1-3, chest 4, swing arms to corners in opposition R 5, L 6, switch 7-8

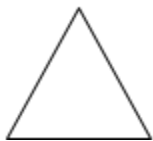
8 **Middle group** run 1, run 2, jete 3, land 4, **side groups** drag T 1-2, tuck 3, hold 4, all roll 5-8

8 Finish 1-2, R pivot T, touchdown 4, **move to clump** shake to open 5-7, pop and hook up 8

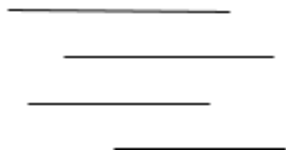
8 Dip R 1-2, L 3-4, R snap 5-6, wrap back 7-8, levels 1

Formations

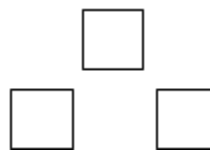
1. Triangle



2. Staggered Block



3. Groups



“Proud Mary” by: Arrangers Pub (arr. Tom Wallace)
Int Field Pom – Time 1:45



Begin in 3 staggered lines in a tuck

8 **Groups by line:** **G1** Punch up 1-2, step back L low V 3-4, **G2** 5-8

8 **G3** 1-4, pop R hip 5-6, repeat 7-8

8 R foot clip turn 1-2, front 3-4, punch up/down 5, shake up/down 6-8

8 Cross R 1, point L low/high V 2, cross L 3, switch low/high V 4, BC T arms 5-6, close to L wall punch 7-8

8 Ripple step forward open to T 1-8

8 **3 groups:** **Back R** BC 1-2, R battement 3, close release head 4, tuck 5-6, **groups cont.** 7-8

8 **Groups cont.** 1-2, high knees cross wrists 3, low V 4, roll to face back 5-8

8 **Pick up step by line:** Step forward R monkey L 1-2, monkey back R 3-4, monkey L 5-6, close front/back 7-8

8 **Opposite by line:** Step R hi/low check 1, switch 2, switch hi/low check 3, switch 4, BC 5-6, close front 8

8 **Move to 3 blocks:** Roll poms up 1-4, roll poms down 5-8

8 **(Cont. transition)** Clap 1-2, clap 3-4, punch up 5, shake down 6-8

8 **3 Groups:** Roll wrists up L 1-2, switch R 3-4, roll down L 5-6, roll down R 7-8

8 L diagonal 1, switch R 2, finish groups 3-6, high/low V by block 7, clean 8

8 **Groups by block:** **G1** Prep 1, R sauté 2, land 3-4, **G2** 5-8

8 **G3** 1-4, roll back to stand 5-8

4 R pivot to face front 1-3, close 4

8 **3 Groups by block:** R arm across 1-2, L arm 3-4, switch L arm 5-6, L arm across 7-8

8 Tuck 1-2, finish groups 3-6, open to 2nd 7, stand up 8

8 **3 Groups by block:** Step R wrap L R arm out 1, switch to L 2, drag R throw L 3, face R 4, finish 5-8

8 **Ripple:** Step L punch up R shake pom 1-6, low V back 7, close front 8

8 **Move to triangle:** Shake 1-4, circle clap 5-6, circle clap 7-8

8 **(Cont. transition)** Shake 1-4, circle clap 5-6, circle clap 7-8

8 **Opposition by V:** T 1, clap up/down 2, T 3, clap up/down 4, T 5, switch clap 6, T 7, clap up/down 8

8 Step back R ½ T 1, pop L knee 2, step back L ½ T 3, pop R knee 4, back BC 5 - 6, hi/lo V 7, clean 8

8 **Ripple:** Sunburst ripple to tuck 1-8

8 **3 groups:** Pop out to levels low knees 1-2, high knees 3-4, standing 5-6, punch up R 7, clean 8

8 Chest 1, opposition K 2, chest 3, switch K 4, chest 5, opposition hi/lo V 6, chest 7, switch hi/lo V 8

8 Shake switch hi/lo V 1-4, rocket hi/lo 5, chest 6, tuck 7-8

8 **3 groups:** **G1** R jump split 1-4, **G2** 5-8

8 **G3** 1-4, Z sit 5-6, high knees 7, punch up R 8

8 **Ripple:** Throw R arm back rolling to face back 1-8

8 Pivot R 1-2, **Move to 3 lines:** Shake 3-4, circle clap 5-6, circle clap 7-8

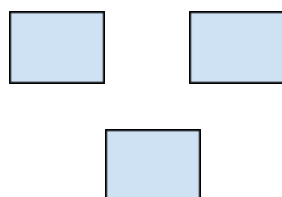
8 **(Cont. transition)** Shake 1-4, circle clap 5-6, circle clap 7-8

8 Tuck 1-2, levels 3-4, shake up to TD 5-8

8 **Ripple:** Inside circle to low V 1-6, chest 7, pose 8

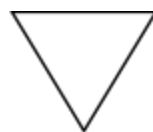
Formations:

1. 3 Staggered Lines



2. 3 blocks

3. Triangle

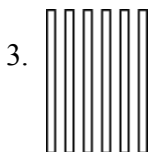


4. 3 Staggered lines

Begin in a triangle with arms down, looking down

- 8 Hold 1-4, shake poms 5-8
8 **Contagion** front to back, rocket to LV stepping R foot front 1-6, clean 7, clasp 8
8 Step touch L to R reaching arm across to LV 1-2, repeat on other side 3-4, broken T R 5, switch and repeat 6, repeat on other side 7&8
8 Circle arms shaking 1-3, clean 4, flick arms opposite by line 5-6, switch 7-8
- 8 **Three Groups be chevron:** 1,5, or 1, chassé 1-2, step 3, R jeté 4, land 5-6, level 7-8
8 **Continue Groups**
8 **Three Groups R-L:** clock arms punch R arm across 1-2, L 3-4, switch 5-6, punch L arm across 7-8
8 **Continue Groups:** Swipe across to T 1-2, clasp 3-4, finish parts 5-8
8 Outside chevron low V 1-2, middle chevron T 3-4, last chevron HV 5-6, break in bringing head down 7, out 8
8 Break R arm and 1, break left and 2, clap 3, clap 4, tuck 5-6, everyone stand 7-8
- 8 **Move to three groups:** shake 1-4, punch R up 5, left 6, T 7, clasp 8
8 **Continue moving to three groups**
- 8 **Three Groups:** step forward LV 1-2, pivot to back clasp 3-4, repeat with HV 5-8
8 Right ball change back 1-2, right grand battement 3, close 4, continue 5-8
8 **Continue Groups**
8 **Outside groups:** Step R big hip and shake poms 1-4, prepare 5, press leap 6, land 7-8, inside group hold 1-8
8 **Inside group:** Step R big hip and shake poms 1-4, prepare 5, press leap 6, land 7-8, outside groups hold 1-8
8 Roll to levels middle group low knees, side groups standing 1-4, punch R up 5, clean 6, punch L up 7, clean 8
8 R half T 1, out 2, repeat L 3-4, clasp 5, rocket 6, T 7, switch rocket 8
8 Shake to HV or LV 1-4, tuck 5-6, stand 7-8
8 **Three Groups L-R:** Prepare 1-2, double pirouette 3-4, land 5, clean 6, continue 7-8
4 **Finish Groups** 1-2, step back HV or LV 3-4
- 8 **Move to columns:** Shake 1-4, punch R up 5, left 6, T 7, clasp 8
8 **Continue moving to columns**
8 **Contagion F-B:** Sunshine to tuck 1-8
8 **Contagion F-B:** Roll opposite directions 1-8
8 **Groups every other column:** Group 1 circle arms 1-2, pose 3-4, Group 2 circle arms 5-6, pose 7-8
8 Big hip bounce 1-2, 3-4, circle arms 5-7, clean 8
8 **Every other line opposite:** Wrap R or L 1-2, switch 3-4, contagion F-B switch wrap 5-8
- 8 Clap up R 1-2, up L 3-4, down R 5-6, down L 7-8
8 **Every other column:** Repeat claps or switch to opposite 1-8
8 **Every other column:** Prepare 1, press leap 2, land 3-4, group 2 finish 5-8
8 **Contagion L-R:** Roll to stand 1-8
- 8 **Move to condensed block:** Shake 1-8
8 **Groups L-R:** Pull R 1-2, circle R 3-4, pick up group 2 5-8
8 **Continue Groups** 1-4, clasp 5, R diagonal 6, clasp 7, L diagonal 8
8 Chaser arms break R to L diagonal 1-2, HV 3, together to R diagonal 4, break 5, switch 6, together down L 7, LV 8
5 Tuck 1-2, levels F-B 3-4, punch up and shake 5

Formations



Begin in Block: poms back, feet together, R or L foot popped (by lines), head down

8 Hold 1-8, pop version only holds 1-2
 8 R or L scoop up to bowtie 1-2, opp. 3-4, **2 parts by lines:** HV, LV 5-6 or 7-8
 8 Opp. lean break to T 1-2, cross turn 3-4, clockwork 5, 6, clean 7, chest 8
 8 Cross and LV 1&2, prep 3-4, double pirouette 5-6, HV 7, close 8
 8 **3 parts by lines:** step L, LV 1, 2, or 3 close 4, open 5, close back 6, LV shake, hip roll 7-8

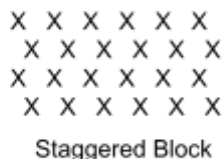
8 Move to Triangle: shake 1-2, R up 3, L 4, shake 5-6, alternate down 7&8
8 Cont. moving: repeat 1-8
 8 Plié and circle 1, bowtie 2, R K 3, L 4, R slice to HV 5-6, clap jumps 7-8
 8 Levels 1-4, alt drums L-R 5&6&7 chest 8
 8 **3 parts by Vs 1, 3, or 5:** HV 1, LV 2, T 3, close 4, deodorant L 5-6, meet 7-8
 8 **Cont. parts:** slice open diag 1-2, switch 3, switch 4, shake to L up 5-6, cont. parts 7-8
 8 **Cont. parts** 1-2, **everyone:** rocket 3, close 4, HV 5, LV 6, T 7, chest 8
 8 Stand 1-4, alt drums L-R 5&6&7, close 8

8 Move to Files: L chassé w/ arms in check 1-2, R 3-4, sunshine 5-8
8 Cont. moving: repeat 1-8
 8 **3 parts by files 1, 3, or 5:** step & T 1-2, R up, face side & step back, L diag 3, cont. parts 5-8
 8 **Contagion:** L-R to face front and close 1-4, head down 5, up 6 LV, T, or HV arms 7, chest 8
 8 **Sunshine contagion:** F-B 1-6, **2 parts every other person:** prep 7-8 **OR** hold 7-8
 8 High chaîné 1-2 **OR** prep 1-2, All: low chaîné 3-4, calypso 5-6, roll 7-8
 8 Cont. rolling 1-3, face front and close 4, walk back to center 5-8
 8 **Every other person gets back into files** 1-4, opp. diagonals 5-6, 7-8

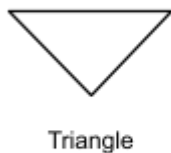
8 Move to Block: L chassé w/ arms in check 1-2, R 3-4, sunshine 5-8
8 Cont. moving: repeat 1-8
 8 **3 parts L-R 1, 3, or 5:** R pivot 1-2, walk 3-4, R passé, BC & 56, run 7, plié 8
 8 Tilt 1, roll 2-6, begin opp. alligators, groups join in as they close 7-8
 8 **Cont. parts 1-4,** cont. alligators 5-6, chest 7-8
 8 **3 parts L-R 1, 3, or 5:** prep 1, press leap 2, land 3-4, cont. Parts 5-8
 8 Stand 1-2, booty roll R-L, arms in LV 3-4, level by lines 5-6, 7-8
 8 **Pop version: 3 parts by lines F-B:** LV 1, T 2, HV 3, everyone close 4, open back up, shake 5
Band version: 3 parts by lines F-B: LV 1, T 2, HV 3, everyone close 4, open back up 5, break R arm in position 6, L 7, close 8
 1 open, shake 1

Formations

1. & 4.



2.



3.



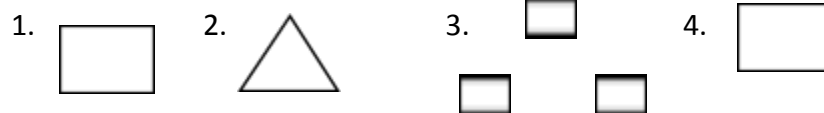
“Overdrive” by: Oliver Heldens and Becky Hill
Int/Adv Pom – Time 1:32



Begin 3 lines facing back

- 2 Hold 1-2 (R arm in TD, R foot popped, L hand on hip)
8 Hold 1-4, T 5-6, K in opposition 7, switch 8
8 T 1, down to R leg 2, windmill by lines 3-6, swoop arms to hips 7-8
8 Seatbelt 1, switch 2, hip roll hands on head 3-4, rocket to back 5-6, prep 7, press firebird 8
8 Roll to stand front 1-4, waterfall **contagion back to front** 5-8
- 8 Booty roll 1-2, **Transition to triangle:** seatbelt 3, switch 4, T 5, TD 6, W back 7, clean 8
8 (**Cont. transition**) Swoop to hips 1-2, swing to LV R 3, L 4, criss cross 5-6, hip switches 7-8
8 Jump T 1, TD 2, sunshine 3, together 4, guitar 5-6, bend L 7, R 8
8 Ball change arms crossed 1-2, R tilt 3, soutenu 4, wrap and sit L 5-6, cheerio to sit R hip 7-8
- 8 Punch through ball change 1-2, roll 3, cheerio 4, prep 5, double pirouette 6-7, land high V 8
8 R check 1, swipe across 2, walk to back 3-4, prep 5-6, R press leap 7, tuck 8
8 Windmill **contagion R-L** arm over head 1-4, roll to stand 5-8
- 8 **Transition to 3 groups:** L “nine” arm 1, up 2, C 3, S 4, overlap 5, T 6, TD 7, head 8
8 (**Cont. transition**) circle around 1-2, R dagger 3, L 4, candlesticks 5, T 6, deodorant 7-8
8 **Groups** prep 1-2, turns in second 3-8, or in opposition punch across R or L 1 switch 2, up 3, down 4, punch down arm in 5, out 6, prep 7-8
8 **Pick up together** double pirouette 1-2, slide to middle split 3-4, roll 5-6, punch up 7, down 8
8 Roll to stand up back 1-4, snake down leg 5-7, clean front hands on hips 8
- 8 **Transition to 4 lines:** L 1, shoulder 2, windmill 3-4, diagonal 5, switch 6, wrap to clean 7-8
8 (**Cont. transition**) R K 1, high V 2, L K 3, swing through cheerio 4-5, shake down 6-8
8 Prep 1-2, toe touch 3-4, land **up or down by lines, contagion front to back** in levels 5-8
8 Windmill front 1-2, punch up or down 3, high V or low V 4, switch 5, stand T 6, windmill back 7-8
8 Prep front or back 1-2, plié chaîné 3-4, calypso 5-6, soutenu 7-8
8 Punch 1-2, dagger 3, switch 4, punch up TD 5, switch 6, turn front in clasp 7-8
8 Jump to T 1, opposition wrap arm 2, cheerio to hip 3-4, cross down 5, turn 6, jump pockets 7-8
8 Drag back 1-2, three step turn to front 3-6, big arm swoop to high V 7-8
5 Wrap arms 1-2, slide down to sit final pose 3-5

Formations



Begin in 2 groups 4 lines each

8 Ripple from L to R 5-8, high or low V

8 Move between lines, switch sides, go to 4 line block: R low V 1-2, L V 3-4, head 5, V 6, low V 7, clean 8

8 Continue moving: punch arms R or L 1-4, switch 5-8

8 **2 groups: group 1** prep 1-2, turn 3-4, land 5-6, prep 7, turn 8 **group 2:** hold 1-2, prep 3-4, turn 5-6, land 7-8,

8 **Group 1:** plié 1, ring leap 2, down 3-4, snake up 5-6, face back RL arm 7-8, **group 2:** prep 1, up 2, ring leap 3-4, down 5-6, snake up 7-8

8 Touchdown 1, low V 2, party RL 3-4, pivot 5-6, jump out 7-8

8 High V or low V 1-2, plié 3, clean 4, cross R or L punch 5-6, plié high V or low V 7, clean 8

8 Jump out 1-2, body roll 3-4, step 5-6, coupé 7, kick 8

8 Clean 1-2, punch 3 low middle high, clean 4, parts 5-6 or 7-8

8 Snake up 1-2, cross RL 3-4, chugs half T 5-6, around 7-8

8 Move to 3 groups: waterfall arms L to R 1-3, high V 4, switch 5-6, roll arms 7, clean 8

8 Continue moving R to L: waterfall arms 1-4, everyone T 5, down 6, sidekick 7-8

8 **3 groups: center** roll back to back 1-4, pivot low V 5-6, low to high V 7&8; **sides** knees 1-2, punch L 3, touch down 4, R 5, clean 6, high to low V 7&8

8 **Center:** punch RL 1-2, prep 3-4, H-L chaîné 5-8; **sides** wrap 1-2, hand 3, feet 4, snake 5-6, step 7, plié 8

8 **Center:** calypso 1, roll 2-6; **sides** press leap 1, land 2 hold 3-4, snake 5-6; everyone punch up RL 7-8

8 Hands behind head 1, punch 2, break arms R 3, L 4, switch 5-6, jump cross arms 7-8

8 Punch 1-2 RL, prep 3-4, coupé turn arms up 5-6, jump out 7, hold 8

8 **3 groups:** guitar arms 1-2 or 3-4 or 5-6, shake poms by head dig 7-8

8 Move to triangle: half low V RL 1-4, walking 5-7 clean 8

8 Continue moving swoop to hips 1-4, sunshine 5-6, hit levels 7-8

8 **3 groups by chunks** 1 2 or 3, punch R 1, touchdown 2, punch L 3, finish by 6, all punch front T clean 7-8

8 **Different directions by chunks** R C or L 1-2, **3 groups** 1 2 or 3, arms behind head 3-5 low V 4-6, wrap 7-8

1 Drop poms to pose 1

Formations

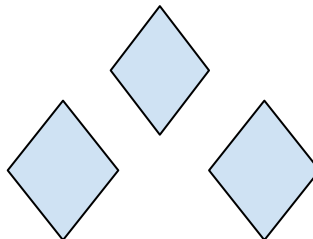
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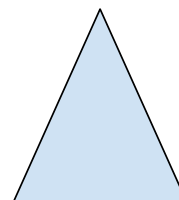
2.



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“Jailhouse Rock” by: Hal Leonard (Johnnie Vinson)
Beg Field Hoop – Time 1:36



Begin in columns, hoops at chest facing front

8 **Group one:** high V 1, hold 2-3, chest 4, low V 5, hold 6-8

8 **Group two:** high V 1, hold 2-3, chest 4, low V 5, hold 6-8

8 **Opposition every other person:** high or low 1, hold 2-4, switch 5, hold 6-8

8 **(Cont. opposition)** switch 1, hold 2-4, T 5, hold 6, clean 7, hold 8

8 **Levels front to back:** 1-6, clean to chest 7-8

8 **Opposition every other person:** R or L out 1-2, switch 3-4, T 5-6, clean 7-8

8 **Two groups:** group one – three step turn 1-2, R diagonal 3-4, group two – turn 5-6, R diagonal 7-8

8 **(Cont. groups)** group one close hoops 1-2, open 3-4, group two picks up on 5-8

8 **Move to triangle:** high V 1-4, touchdown 5-8

8 **(Cont. moving)** open arms to low V 1-6, clean 7-8

8 **Three groups by Vs:** Group 1 step L 1-2, R kick arms in high V 3-4, release 5-6, tuck 7-8

8 **(Cont. groups)** Group 2 step L 1-2, R kick arms in high V 3-4, release 5-6, tuck 7-8

8 **(Cont. groups)** Group 3 step L 1-2, R kick arms in high V 3-4, release 5-6, tuck 7-8

8 **Levels by Vs:** low V 1-2, T 3-4, high V 5-6, clean 7-8

8 **Three groups every four counts:** L BC low V 1-2, turn 3-4, R BC high V 5-6, close to chest 7-8

8 **(Cont. groups)** 1-8

8 **Contagion front to back:** step back on R arms in low V 1-8

8 Shake hips 1-4, T 5-6, high V 7-8

8 **Move to straight line:** L high check 1-2, R high check 3-4, high V 5-6, chest 7-8

8 **Continue moving:** L low check 1-2, R low check 3-4, low V 5-6, clean 7-8

8 **Contagion R-L:** open to T with body at diagonal 1-8

8 **(Cont. contagion)** 1-4, R arm up 5-6, breakdown to clean 7-8

8 **Opposition every other person:** chest 1-2, high or low V 3-4, chest 5-6, switch high or low V 7-8

8 tuck 1-2, grab hoops 3-8

8 **Contagion L-R:** snake 1-8

8 **Contagion L-R:** snake 1-8

8 **(Cont. contagion)** 1-4, grab hoops 5-6, stand 7-8

8 **Opposition every other person:** L high V or R low V 1-4, switch 5-8

8 **Continue opposition:** switch 1-4, R arm up 5-6, clean 7-8

8 **Split line:** step back low arms or go to knees 1-2, touchdown 3-4, T 5-6, close hoops to L 7-8

8 **Contagion L-R:** circle arms to end in TV 1-8

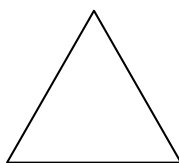
2 **(Cont. contagion)** 1-2

Formations:

1.



2.



3.



4.



Begin in a triangle in a tuck

8 Hold 1-8

8 **Two groups outside chevron/ inside chevron:** stand R arm 1-2, shake down 3-4, second group 5-6, 7-8

8 **Opposite lines:** chassé R arm T 1-2, ball change R arm up 3-4, repeat 5-6, 7-8

8 **Contagion F-B:** Jump with arms touching overhead into a tuck position 1-7, stand clean 8

8 **Move to three lines:** R chassé R arm up 1-2, L chassé R arm wrap 3-4, walk RLRL R 5-8

8 **Repeat** 1-8

8 R arm HV 1 chest 2 LV 3 chest 4, repeat opposite 5,6,7,8

8 Figure eights 1-7 close 8

8 **Contagion R-L:** Both hands on the fan- both arms go up and back down 1-8

8 R arm up 1-2 shake R arm down 3-4, repeat 5-6, 7-8

8 **Sauté by lines to a tuck:** 1-2, 3-4, 5-6, hold 7-8

8 **Sweep Contagion:** R arm circles R leg points straight out to R side 1-8

8 Stand 1-2, **Groups by lines** up or down 3-4, 5-6, everyone cleans down 8

8 **Contagion to face back:** R arm circles to face the back 1-8

8 **Move to one line: Same moving arms** 1-8

8 **Move to one line: Same moving arms** 1-8

8 **Contagion to face front:** R arm circles 1-8

8 **Contagion:** Fall onto L knee R leg straight in front both arms circle 1-8

8 **Contagion:** Roll to stand up and face front 1-8

**For pop version continue contagion rolling up 1-4*

4 R arm in broken position out wrap out wrap 1,2,3,4 **For pop version arm goes 5,6,7,8*

8 **Move to two lines:** Step R 1 R arm T 2 step L 3 R arm up 4, repeat 5,6,7,8

8 Clean 1-2 contagion R-L both arms up then down 3-8

8 **By Lines:** Front line chaîné 1-2 R arm circles 3 hold 4- back row repeats 5,6,7,8

8 **Move to triangle:** same moving arms


8 **Move to triangle:** same moving arms

8 Ball change R arm slices across body 1-2 ball change R arm goes up 3-4, repeat 5-6, 7-8


8 Clean 1-2 Contagion F-B both arms up then down 3-8

7 **Contagion:** Jump contagion swinging both arms up then down to a tuck 1-6 pose levels 7

Formations

1.  2. _____

3. _____ 4. _____

5. 

Silk fans can be purchased on amazon

Begin in a staggered block with head down

8 Hold 1-4, head up 5-6 **three groups by row:** break to LV, T, or HV 7, close arms to chest 8
8 R HV 1-2, L HV 3-4, circle arms in to LV 5-6, turn over L shoulder 7-8
8 R chassé breaking arms to T 1-2, **every other line:** ball change 3-4 or 5-6, LV lunge 7, switch 8
8 Step L R 1-2, passé 3, step R 4, **contagion L-R** swipe across to lunge 5-8
8 Hold 1-2, L ball change LV 3-4, step L cross wrists 5, high kick L arms 6, turn over L shoulder 7-8
8 Hold 1-2, chassé forward 3-4, step L cross wrists 5, grand jeté HV 6, tuck 7-8
8 Wrap R 1-2, break down R 3-4, **every other line:** kick R 5-6 or 7-8
8 Roll to back in R tendu 1-4, face front wrap R 5-6, break down arm 7-8

8 Move to three groups: stride 1-4, L chassé 5-6, R chassé 7-8

8 Move to three groups: stride 1-4, HV 5, T 6, LV 7, clean 8

8 Three groups L-R: circle arms to R ankle 1-2 or 3-4 or 5-6, tuck swipe R 7, hold 8

8 R flick 1-2, roll L 3-6, punch R to T 7, punch L by ear 8

8 Turn over L shoulder 1-4, three groups L-R: break L arm to T in tendu 5 or 6 or 7, clean 8

8 Outer groups: punch up 1, punch down tuck 2, hold 3-4, LV low knees 5-6, hold 7-8; **Advanced option for center group:** prep RL 1-2, low chaîné 3-4, russian 5-6, R split 7-8; **Intermediate option for 3center group:** prep RL 1-2, low chaîné 3-4, R fan 5-6, clean 7, R split 8

8 Outer groups: Swipe right arm 1-2, roll to face back 3-7, break front 8; **Center group:** roll to face back 1-7, break front 8

8 Move to triangle: stride 1-4, L chassé 5-6, R chassé 7-8

8 Move to triangle: stride 1-4, HV 5, T 6, LV 7, clean 8

8 Contagion F-B: rocket arms to tuck 1-6, low knees clean 7-8

8 Clean arms 1, L broken T and R T 2, clean arms 3, switch 4, R diagonal arms 5-6, switch 7-8

8 Circle L to R 1, L HV 2, repeat 3-4, clean 5-6, contagion L-R: swipe R arm roll to back 7-8

8 Contagion L-R continues: swipe R arm roll to back 1-7, clean front 8

8 Every other layer of triangle: T down 1-2, T up 3-4, T down 5-6, T 7, close arms to chest 8 **OR** T up 1-2, T down 3-4, T up 5-6, T 7, close arms to chest 8

8 Contagion F-B: release head rocket arms to LV 1-7, clean 8

8 R ball change LV 1-2, L ball change HV 3-4, wrap both arms turn over R shoulder 5-6, tuck 7-8

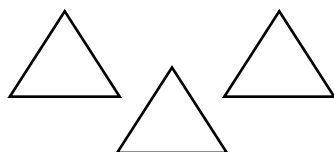
2 Three groups by layers of triangle: L hip R LV, T, or HV 1-2

Formations:

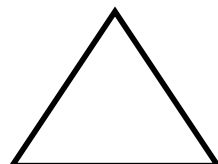
1. Staggered Block



2. Three groups



3. Triangle



“Bad Guy” by: Arrangers Publishing
Int Field Kick – Time 1:33

Begin in a staggered block in a tuck

- 8 **Group 1:** jump out 1-2, head down 3, up 4, snap L 5, snap R 6, booty roll 7-8
- 8 **Group 2:** jump out 1-2, head down 3, up 4, snap L 5, snap R 6, booty roll 7-8
- 8 Swivel R 1-2, swivel L 3-4, **Move to high kick spacing:** touchdown 5, paint 6-7, clean 8
- 8 **(Cont. moving)** 1-2, hook up 3-4, twist L 5, twist R 6, head down up & 7, hold 8

- 8 Graduated kicks: low 1-4, middle 5-8
- 8 High 1-6, close 7-8
- 8 Reverse R around the worlds 1-6, R passé 7, R tendu 8
- 8 Reverse L around the worlds 1-6, L passé 7, L tendu 8

- 8 Straight kicks RLR 1-6, point LR 7-8
- 8 Straight kicks LRL 1-6, point RL 7-8
- 8 **Opposition by lines:** développée kick 1-2, chassé 3-4, grapevine 5-8
- 8 **Opposition by lines:** développée kick 1-2, chassé 3-4, grapevine 5-8
- 8 **Contagion center out:** bow 1-8

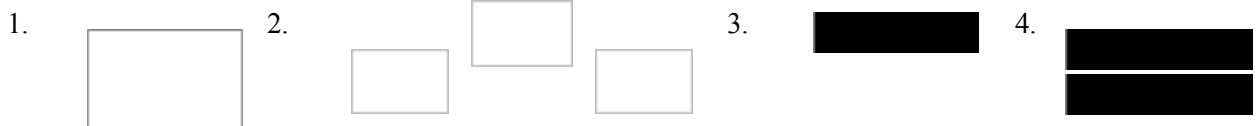
- 8 Hold 1-2, clean 3-4, **Move to three groups:** walk 5-8
- 8 **(Cont. moving)** wrap 1, open 2, T 3, shoulders 4, scoop 5, touchdown 6, breakdown 7-8
- 8 **Three groups R-L every four counts:** chassé 1-2, step jeté 3-4, land to ground 5-6, hold 7-8
- 8 **Finish groups** 1-8

- 8 **Contagion R-L:** roll fanning R leg to stand facing side 1-8
- 8 **(Cont. contagion)** 1-7, close to front 8
- 8 **Move to straight line:** R down 1, up 2, L down 3, up 4, wrap 5-6, clean 7-8
- 8 **(Cont. moving)** R snap 1-2, L snap 3-4, walk 5-6, hook up 7-8

- 8 Straight kicks RL 1-4, R inside 5-6, R outside 7-8
- 8 Straight kicks LR 1-4, twist L 5-8
- 8 Straight kicks LR 1-4, L inside 5-6, L outside 7-8
- 8 Straight kicks RL 1-4, twist R 5-8
- 8 Hold 1-2, clean 3-4, **Move to two lines:** walk 5-8

- 5 Front row down on R knee 1-2, extend L leg 3-4, pose 5

Formations:



“HandClap” by Fitz & The Tantrums (arr. Paul Murtha)

Int/Adv Field Kick–Time 1:34



Begin in 2 inverted V's

8 Hold in tuck 1-2, outer V stand 3-4, inner V stand 5-6, opposition hips 7-8

8 Ball change kick R 1-3, release to tuck 4-6, overhead clap jumps to stand 7-8

8 **Move to two lines:** chassé L grab hat R hand 1-2, chassé R grab hat L hand 3-4, stride 5-8

8 **Continue moving:** chassé L grab hat R hand 1-2, chassé R grab hat L hand 3-4, stride 5-6, hook up 7-8

8 Twist hips L 1, flip R 2, step kick R 3-4, step back R 5, twist hips L 6, step kick L 7-8

8 Kick L 2X facing L 1-4, fan R 2X facing F 5-8

8 Kick R 2X facing R 1-4, fan L 2X facing F 5-8

8 Kick R-L-R facing F 1-6, close 7, head pop jump &-8

8 F line swing down L-R 1-2, B line swing down R-L 3-4, hold 5-6, step & look w/pointed foot 7, close 8

8 Kick R-L facing F 1-4, twist R 5, **middle section** kick R 6, **outer section picks up** kick R 7-8

8 Kick L-R facing F 1-4, twist L 5, **outer section** kick L 6, **middle section picks up** kick L 7-8

8 Close F 1-2, **Ripple R-L splitting into four lines** L foot chaîné B or L foot turnaround 3-8

8 **Four Lines** Ripple R-L arms falling over to slide into R splits 1-8

8 Finish ripple 1-4, lift chest w/arms in low V 5-6, head nod w/L arm on brim of hat 7-8

8 Ripple R-L w/ head roll to stand towards B 1-8

8 Finish ripple 1-4, pivot w/L 5-6, **walk into two lines** 7-8

8 **Two Lines** walk 1-4, R arm 5, R arm up w/L to shoulder 6, R arm out w/L arm up 7, L arm out hook up 8

8 Point R w/head down 1-2, waist high kick L 3-4, kick R-L 5-8

8 Facing R kick R 1-2, passé R w/head down 3, point R out w/head up 4, kick R-R 5-8

8 Point L w/head down 1-2, waist kick R 3-4, kick L-R 5-8

8 Facing L kick L 1-2, passé L w/head down 3, point L out w/head up 4, kick L-L 5-8

8 Fan R 2X 1-4, close 5, look R while pointing out L 6, close to F 7-8

8 Fan L 2X 1-4, close 5, look L while pointing out R 6, close to F 7, unhook arms 8

8 **Move to 2 inverted V's:** stride 1-4, chassé L grab hat R hand 5-6, chassé R grab hat L hand 7-8

8 **Continue moving:** stride 1-4, chassé L grab hat R hand 5-6, chassé R grab hat L hand 7-8

8 Step prepare 1-2, dbl pirouette 3-4, jump to second 5, jump close 6, step R-L w/arms breaking down 7-8

8 Outer V press leap 1-2, inner V press leap 3-4, hold 5-6, move to low knees, high knees, or standing 7-8

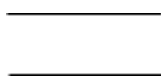
2 Hold 1, break out to low V arms, T arms, or high V arms for final pose &-2

Formations:

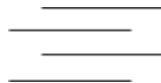
1. Two Inverted V's



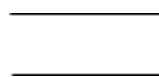
2. Two Lines



3. Four Lines



4. Two Lines



5. Two Inverted V's



“We Found Love” by: Rihanna and Calvin Harris
Int Kick – Time 1:35



Begin in staggered block, separated into 4 quadrants facing front
Dancers begin in a tuck

8 Hold 1-4 **Front L & Back R quadrant:** Jazz square, arms diagonal and wrapped on stomach 5, switch 6, clean 7, arms to your head and pop R foot 8

8 **Front R & Back L quadrant:** Jazz square, arms diagonal and wrapped on stomach 1, switch 2, clean 3, arms to your head and pop R foot 4 **Everyone:** Ball change arms to T 5-6, flick R foot back, arms in L 7, clean 8

8 Swipe R 1, wrap 2, swipe L 3, wrap 4, relevé prep 5-6, single or double 7-8

8 Land pirouette, arms travel to touchdown 1-4, **Front R & Back L quadrant:** Step touch and snap facing front 5-8 **Front L & Back R quadrant:** Step touch and snap front 5-6, facing back 7-8

8 **Ripple** Starting from outside of each quadrant towards the middle, swipe from outside & roll to stand up, end facing each other (1-8)

8 **Merge to high kick spacing** 1-6, hook up 7-8

8 Touch R foot 1-2, Touch L foot 3-4, R straight 5-6 hold 7-8

8 L straight 1-2, R straight 3-4, close 5-6, twist L,R 7-8

8 **Odd lines:** 3 fans to the left **Even lines:** 3 fans to the right (1-7, hold 8)

8 **Odd lines:** 3 fans to the right **Even lines:** 3 fans to the left (1-7, hold 8)

8 2 straights kicks starting with R 1-4, everyone clean 5-6, **Parts:** Odd lines begin 7-8; Even lines begin on 1-2

8 **Parts:** Ball change R to coupé arms swing up 7-8 or 1-2, Ball change back hands come to hips 1-2 or 3-4, arms break to low V 3-4 or 5-6 **Everyone:** cross hands on chest 7, open to shoulders &, snap R arm up 8

8 **Walk to inverted V:** Step snap circle 1-4, wrap hands on chest and roll head 5-8

8 Walk hands on hips 1-6, hook up 7-8

8 **Ripples from center out:** Bow down to flat back, land in kneel L leg up (1-8)

8 **Ripples from center out:** Flat back to standing, arms clean, chaser: arms circle to hook up (1-7) **Odd lines:** unhook 8 **Even lines:** Remain connected 8

8 **Odd lines:** Flat back head down walk backwards through the window 1-6, come up 7, hook up 8 **Even Lines:** développée waist high kicks forward through the window 1-6, feet together 7, unhook 8

8 **Odd lines:** développée waist high kicks forward through the window 1-6, feet together 7, prep 8 **Even lines:** flat back head down walk backwards through the window 1-6, come up 7, prep 8

8 Tour jump 1-2, break arms to low v release head & 3, hold 4 **Walk to two lines:** hands on hips 5-8

8 Walking, wrap hands on chest and roll head 1-6, hook up 7-8

8 Star kicks with R foot 1-8

8 Star kicks with L foot 1-8

8 Jump feet crossed 1, open second 2, prep together 3, R side kick 4, repeat with L 5-8

8 3 straights starting with the R 1-6, everyone bow to flat back 7-8

1 **Hit ending pose:** Front line kneeling with R foot up, Back row standing with R foot in front, left arm wrapped against stomach, R arm flexed by your ear

Formations

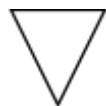


Begin in a triangle right foot in a dig

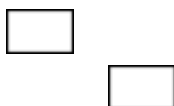
- 8 Hold 1-4, ball change R break to HV or LV 5-6, clean 7-8
- 8 Double checks up or down 1-4, single checks 5-6, open V 7, clean 8
- 8 **Three groups L-R:** push hands front 1-2, break T 3-4, ball change R swing R to L 5-6, close T 7-8
- 8 **Continue groups** ball change L swing L to R 1-2, T 3-4, or 3-6, or 5-8
- 8 **Three groups R-L:** half T L 1, rocket up 2, R 3, rocket down 4, pockets 5-6, flip 7, pockets 8
- 8 **Continue groups** tuck 1-2, or 3-4, or 5-6, levels 7-8
- 8 **Three groups B-F:** hands together down L 1, pull R 2, down 3, LV 4, repeat up R 5-8
- 8 **Continue groups** rocket 1, pray 2, clean and stand 3-4, or 3-6, or 5-8
- 8 **Move to two blocks:** chest 1-2, shoot forward 3-4, T 5-6, clean 7-8
- 8 Repeat 1-8
- 8 **R side group:** step R break LV 1-2, pivot hands to pockets 3-4, repeat 5-8
- 8 **Continue groups** chassé 1-2, jeté 3-4, land 5-6, **OR L side group** 3-8
- 8 **L side group:** stand and bow 1-2, stand 3-4, step back R push hands front 5-6, turn side “L” 7-8
- 8 **Continue groups** switch arms 1-2, flex to back 3-4, close 5-6, **R side group** closes to front 3-8
- 8 **Merge to one block:** Step L cross arms 1, point R HV or LV 2, repeat opposite 3-4, step L 5, point R extend R 6, opposite 7-8
- 8 Clean and chassé L 1-2, R 3-4, face front and close block 5-8
- 8 **Three groups L-R:** chaser arms starting up L 1-8
- 8 **Continue groups** finish chasers 1-2, close R arm 3, L 4, press leap 5-6, land 7-8
- 8 **Continue groups** going 5-4, or 1-8
- 8 **Contagion R-L:** roll up to side 1-8
- 8 **Three groups F-B:** slide R break T 1-2, tuck 3-4, level 5-6, check up LR 7-8
- 8 **Continue groups** check T LR 1-2, check down LR 3-4, or 3-6, or 5-8
- 8 **Three groups B-F:** circle check 1-2, look L 3-4, R hand to L 5-6, swing over to LV 7-8
- 8 **Continue groups** pop shoulders 1-2, clean head down 3-4, or 3-6, or 5-8
- 1 Push flexed hands forward look up 1

Formations

1. Triangle



2. Two Blocks



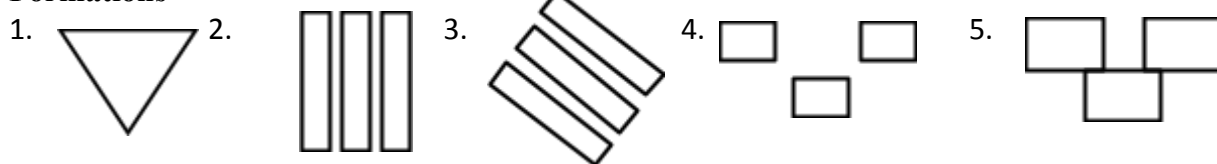
3. Staggered Block



Begin in a triangle, facing left in a tuck

- 8 Hold 1-2, **contagion L-R**: open to front R diagonal 3-8
8 Slice L diagonal 1-2, wrap 3, low V 4, close 5-6, relevé 7, half tuck 8
8 **Contagion F-B**: Relevé to tuck as arms swing to close, roll to stand 1-8
8 **Continue contagion**: Continue/hold 1-4, low check R 5, low check L 6, low V 7, clean 8
- 8 **Move to files**: Stack 1-2, open 3-4, rotate 5-6, switch 7-8
8 **Continue** Close 1-2, stack 3-4, broken T 5, full T 6, clean 7-8
8 **Contagion F-B**: Pray to sunshine 1-8
8 **Front half of file**: Bow & arrow 1, rocket 2, bow & arrow 3, close and face side 4, hold 5-8; **Back half of file**: Hold 1-4, bow & arrow 5, rocket 6, bow & arrow 7, close and face side 8
- 8 **Windmill to diagonals**: Walk 1-4, tuck 5-6, levels 7-8
8 **Three groups**: High cheerio 1-2, low cheerio 3-4, high cheerio 5-6, high V 7-8
8 **Continue groups** Deodorant R down 1-2, repeat L 3-4, low R check 5, low L check 6, low V 7, clean 8
8 **Continue groups** Continue parts/stand 1-6, clip back 7-8
- 8 **Contagion**: Rond de jambe into soutenu 1-8
8 **Three groups by lines**: Ball change T arms 1-2, battement 3-4, close 5-6, continue/hold 7-8
8 **Continue groups**: R pick 1-2, L pick 3-4, cross down 5-6, low V 7, clean 8
8 **Continue groups**: Circle R arm to throw 1-2, hold/continue groups 3-6, break to clean 7-8
- 8 Prep 1-2, pirouette 3-4, land 5-6, break high/low V & 7, clean 8
8 **Alternating lines**: R/L diagonal 1, hold 2, switch diagonal 3, hold 4, break 5, switch direction 6, open diagonal 7, clean 8
- 8 **Move to three groups**: High V 1-2, cross at chest 3-4, low V 5, pockets 6, low V 7, clean 8
8 **Continue** Repeat transition arms 1-8
8 **Groups L-R**: Bow 1-2, hook up 3-4, passé 5, point across 6, passé 7, point out 8
8 **Continue groups**: Body over to clean 1-4, hold/continue 5-8
- 8 **Groups middle/outer**: Close 1, open 2, flat 3, bow & arrow R 4, bow & arrow L 5, flip 6, waterfall down 7-8
8 **Continue groups**: Middle group prep 1-2, chaîné turning disc (modification: T arms and roll) 3-8; outer continue groups 1-4, chassé 5-6, press leap to tuck 7-8
8 Roll to stand 1-4, middle group low checks 5-6, middle group high checks/ outer group low checks 7-8
8 **Opposition**: V 1, rocket 2, pray 3, opposite rocket 4, V 5, slice diagonal to opposite V 6-7, clean 8
- 8 **Tighten formation**: Walk with clock arms 1-8
8 Tuck 1-2, levels 3-4, **3 parts**: R arm 5, L arm 6, hold/continue 7-8
8 **Contagion F-B**: Circle L arm around to low V close 1-8
1 Pose 1

Formations



“Ex-Wives” by: Broadway cast of Six
Intermediate Novelty – Time 1:40



Begin in staggered lines clumped up stage

8 Hold 1-2, look up 3-4, **ripple** clip turn to R dig push arm up 5-8

8 **Continue ripple** 1-4, melt arm down 5-8

8 Walk fwd & spread out 1-4, continue walking low V 5-7, close 8

8 Jump out low V 1-2, hands to head 3-4, high V 5-6, pose touch R knee 7 - 8

8 **Parts by line:** step back L prep 1-2, R chaîné 3 - 4, step R TD 5, touch R knee 6, finish groups 7 - 8

8 Relevé R arm up 1-2, pose look R 3-4, relevé L arm up 5-6, pose look L 7-8

8 R BC 1-2, R battement 3, close 4, clip turn T 5-6, face back 7-8

8 **Ripple** L-R: Step R with R hand on back of head and L low V 1-6, extend R arm 7, tuck 8

8 **Parts center - out:** step out extend outside arm to diagonal 1-2, dig to face out 3-4, continue 5-8

8 **Parts outside - center:** step fwd and snap 1-2, continue parts 3-6, step 7, dig R 8

8 Step R w/R arm extended 1-2, step L T 3-4, step R swing arms up to TD 5-6, sit back pop R knee 7-8

8 R foot over L 1-2, clip turn 3-4, prep 5, R sauté 6, land to floor 7-8

8 **Ripple** roll to face the back 1-8

8 Snap R to audience 1, back 2, drag fwd L arms 3 - 4, roll hips LR 5-7, dig L snap up TD 8

8 Step back L push fwd 1-2, step back R T 3-4, step out L swipe cheek 5-6, lean R swipe cheek 7-8

8 **Transition to triangle:** open up to W 1-2, walk 3-4, melt 5-8

8 **Opposition** clap up/down by V 1-2, switch 3-4, step fwd R ½ T 5-6, BC back L push fwd 7&, close 8

8 Step our L pull R elbow back 1-2, throw R 3, face R wall 4, 4 **parts F-B:** step fwd L punch R 5, 6, 7, 8

8 R passé 1, L lunge to floor 2, plank 3-4, mermaid on L hip 5-6, face back on elbows 7-8

8 Kick R 1, L 2, R 3, both legs up 4, melt up 5-6, L mermaid 7-8

8 **Parts by line:** pick up hips 1, R kick from floor 2, roll to R 3-4 stand 5-6, finish parts 7-8

8 **Ripple R-L:** snap out T to waist 1-4, **Transition to 2 lines:** Roll shoulders 5-8

8 **Continue transition:** Swoop up R arm to head 1-2, swoop up L arm to head 3-4, high V 5-6, melt 7-8

8 **Opposition R/L by line** chassé 1-2, push down back BC 3-4, switch sides 5-8

8 **Opposition** clap square 1-4, close feet 5-6, prep 7-8

8 Double pirouette 1-2, jump 2nd 3, close feet TD 4, step back L pull down W 5-6, step back R clean 7-8

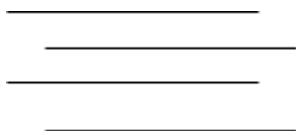
8 **Ripple L over R** clip turn to tuck 1-8

8 **Parts center out:** Pop out to levels 1-5, shoulders 6, swing arms up to TD 7-8

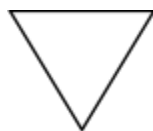
1 Melt arms down to W

Formations:

1. Staggered Lines



2. Triangle



3. 2 Lines



Begin in 1 line, facing back in dig with arms wrapped across chest

8 Hold 1-4, stagger front or back stepping R, L 5-6, ripple turn & pose 7-8

8 **Move to V:** Snake up 1-2, elbows closed 3, open 4, touchdown 5, T 6, point **OR** close 7-8

8 **Two groups:** Center group: fan kick 1-2, T 3, pose 4, passé 5, tendu 6, prep 7-8 **OR** Outside: V Pose 1-4, push and walk opposition 5-8

8 **Two groups:** Center group: à la secondé turns 1-2, 3-4, 5-6, 7-8 **OR** Outside V in opposition: Ripple arms 1-4, step dig circle arms 5-8

8 **Two groups:** Center group: à la secondé turns 1-2, 3-4, dbl pirouette 5-6, land & pose 7-8 **OR** Outside V in opposition: pony 1 & 2, 3 & 4, Monkey arms 5-6, 7-8

8 **Move to staggered lines:** Chassé R 1-2, chassé L 3-4, prep 5-6, dbl pirouette 7-8

8 Jump out 1, together 2, circle head 3, collapse R 4, snake up L 5-6, lunge R 7, Drag L 8

8 Chaîné 1-2, turning disc 3-4 **Parts:** A: Roll to stand dbl chug **OR** B: split and arch swing legs to back 5-8

8 Prep 1, kick R 2, arch 3, jump snap 4, **Switch lines:** cross 5, flick 6, Low Vs R, L 7-8

8 **Continue transition:** Chassé R 1-2, chassé L 3-4, roll and touch R across and out 5-6, disco 7-8

8 Run RL 1-2, tilt 3, land 4, Three Groups (go 5, 6, or 7): slide through 5-6 swing legs 7, prep 8

8 Kick R on ground 1, hold 2-3, turn back in tuck 4, straddle 5, roll to stand 6-8

8 3 step turn 1 & 2, collapse 3, arabesque 4, **Transition to 3 triangles** prissy walk hand on hips 5-8

8 **Two groups:** Center group: step L 1, low brush kick 2, ball change & 3, triple pirouette 4-6, land to knee 7-8 **OR** Outside: Step snap 1-2, 3-4, circle 5-6, pose 7, pose 8

8 **Two groups:** Center group: push 1-2, scoop 3-4, step 5, snap back 6, step L 7, R 8 **OR** Outside: pull & up 1-2, pull & down 3-4, pose back 5, front 6, point & drop 7-8

8 Pop chest w/ hands on hips or head 1-2, switch arms and repeat 3-4, pivot L 5-6, walk back L, R 7-8

8 **Move to 3 lines:** Drag back L 1-2, chug 3-4, step R 5, jump together 6, ball change close 7 & 8

8 Jump 2nd 1, jump together arms touchdown 2, push R, L 3-4, directional side cross 5-6, chaîné 7-8

8 Calypso 1, roll to stand 2-4, switch directions to ball change 5-6, cut & prep 7-8

8 2 chaîné turns 1-2, 3-4, chassé 5-6, circle hips 7, snap 8

8 **Transition to triangle:** Cut & slice R 1, clean L 2, walk R, L & snap 3, 4 cross & low V 5-6, swivel 7-8

8 Double R groove arms 1 & 2, double L 3 & 4, circle hips and arms 5-6, pop T R 7, pop Low V L 8

8 Swing L arm 1-2, Point up R, touch R behind point down 4, pony 5-6, jump High V 7, Low V 8

8 Disco Pickup in Vs 1-4, point R across 5, open 6, circle high or low 7-8

8 Ball change & 1, kick 2, arch 3, tuck 4, levels 5, rock R 6, Rock L 7, ground 8

1 Pose 1 - Opposition Arms in Outside High Vs

Formations:

1. Straight line

2. V/Triangle

3. staggered lines

4. 3 groups

5. 3 Lines

6. triangle



Begin in one line facing the front

8 **Opposition:** hold 1-2, touch shoulder 3-4, extend arm 5-6, together 7-8

8 **Continue opposition:** Roll to stand up 1-8

8 **Finish opposition:** reach 1-2, together diamond arms 3, plié 4, circle arms 5-6. extend 7, down 8

8 **Move to staggered block:** low V arms 1-2, face 3-4, R arm reach and touch heart 5-6, circle head 7-8

8 **Continue moving:** low V arms 1-4, heart 5-6, low V arms 7-8

8 Reach R arm across 1-2, ball change 3-4, fan kick 5-6, reach R arm 7-8

6 Extend L arm to back diagonal 1-3, R arm cross 4, L arm cross 5, plié 6

8 Extend 1-2, chassé 3-4, step 5, jeté 6, land 7-8

8 R arm around 1-2, kick 3-4, release arm 5-6, straddle reach RL 7-8

8 Roll back 1-8

8 **Move to triangle:** two slow drags 1-4, low V arms 5-6, R arm to L shoulder 7, L arm to R shoulder 8

8 Arms down 1-2, up 3-4, R chaîné 5-6, down 7-8

8 **Opposition:** relevé T arms 1-2, arms cross down 3-4, check mark 5-6, down 7-8

8 R chaîné 1-2, low chaîné 3-4, **Int:** calypso 5-6, or **Beg:** T arms 5-6, roll 7-8

8 Continue rolling to R side 1-8

8 **Move back to connect triangle:** cross arms 1-2, down 3-4, arms to head 5-6, down 7-8

8 **Continue moving:** low V arms 1-4, **Opposition:** reach arms L/R/L or R/L/R 5-7, hold 8

8 Plié 1-2, press leap 3-4, land down 5-6, release 7-8

8 Continue release 1-2, arms hug legs 3-4, roll to back 5-8

3 Reach to R diagonal 1-2, pose 3

Formations:

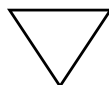
1. Vertical Line



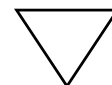
2. Staggered Block



3. Triangle



4. Connect Triangle



“What was I made for?” by: Billie Elish
Int/ Adv Lyrical – Time 1:38



Begin in two lines facing back

8 Hold 1-4, **Group 1** step back RL 5-6, turn forward 7, contract down &8

8 Hold 1-5, **Shift to 4 Staggered Lines Group 2** step back R 6, turn forward 7, contract down &8

8 Arabesque &1-2, R reverse fan &3, R chassé &4, step & jeté forward 5-6, land 7, overcurve 8

8 Roll 1, leg extension 2, roll to stand 3-5, step R 6, step L as R arm extends 7, R chassé 8&

8 R passé jump &1, R ball change 2&, clip turn 3-4, prepare &5, double pirouette turn 6-7, leap 8

8 Roll to stand 1-3, R arm 4, L arm 5, circle arms 6, contract 7, **Opposition:** present arms & ball change &8

8 **Continue opposition:** unwind 1-2, sauté &3, arabesque &4, arch back 5-6, **Move to triangle:** circle 7, face 8

8 **Continue moving:** face 1, drop R 2, drop L 3, hug 4, head roll 5-6, prepare &7, high chaîné &8

8 Low chaîné &1, turning disc &2, roll 3, touch knee 4, roll to the back 5-7, prep 8

8 Surprise leap &1, land 2, R rond de jambe &3, roll to stand up 4-6, overcurves L/R 7-8

8 L coupé &1, step 2, R flick &3, ball change &4, R fan kick &5, R chassé as arms reach up &6, contract 7-8

8 **Move to staggered lines** running 1-8

8 **Continue moving** 1, R arm 2, L arm 3, pivot &4, drag 5, face front &6-7, tour en l'air &8

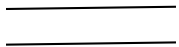
8 Prep &1, **Adv:** 3 à la second turns 2-5, à la second lift &6, lunge 7-8, hold 8, **Int:** pirouette turn 2-3, land 4, overcurve arms L/R 5-6, lunge 7-8

8 Plank &1, melt to floor 2, reach &3, melt 4, roll to stand facing back 5-8

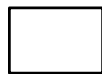
8 Walk around 1-3, push R arm and roll to floor &4-6, pose 7

Formations

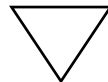
1. Two Lines



2. Staggered Lines



3. Triangle



4. Staggered Lines



Soloist #1 begins facing the back, away from the block
Tight block faces front with head facing the right

6 **Tight Block:** Hold 1-3, look R to L 4-6, **Soloist #1:** Reach R arm over 1-3, roll to floor front/back attitude 4-6
6 **Tight Block:** Contract D/U/D 1-3, step R/L/R 4-6, **Soloist #1:** Arms cross 1-2, push 3-4, rond de jambe L leg to handstand 5-6
6 **Tight Block:** Look R 1-3, contract down 4-5, contract up 6, **Soloist #1:** Reach & fall to ground 1-3, roll to stand 4-6
6 **Tight Block:** Look to L to contract to L 1-3, **Soloist #1:** Stand up face back 1-3, **Both:** Walk to 2 Lines 4-6
3 **Tight Block & Soloist #1:** Walk to 2 Lines

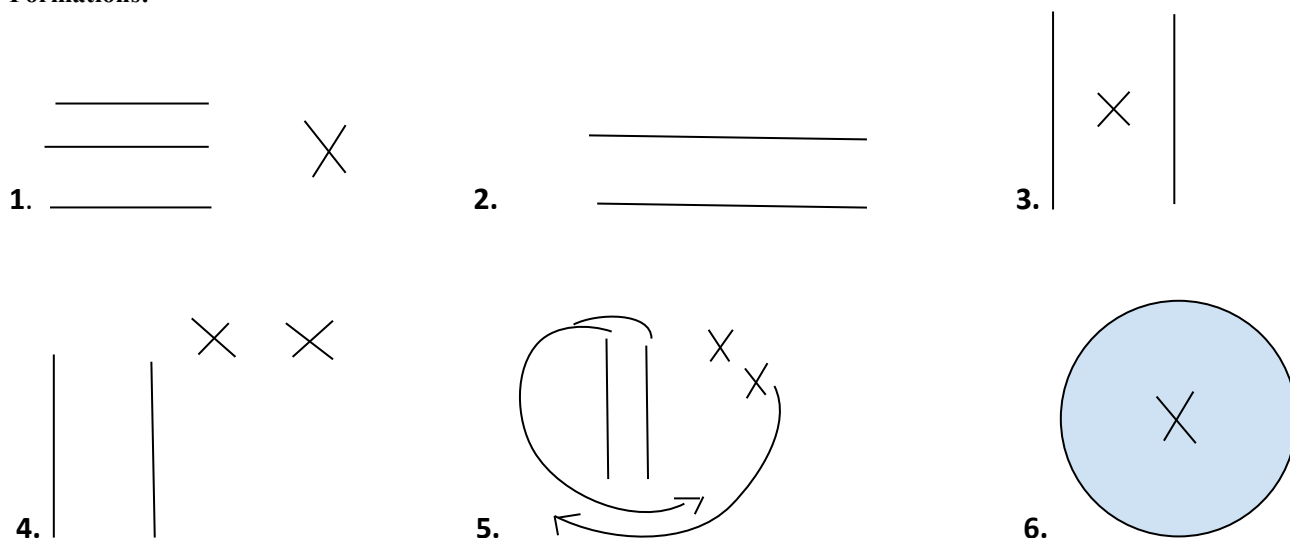
6 **Move to 2 Lines:** Step R brush L foot back break hands from head 1-2, release on 3, reach D/U/D 4-6, release step back L 6
6 Release step back L 1-2, look 3, R arm punch L arm punch & 4, step L, R, L body roll 4-6
6 Turn to L 1-2, stomp & contract 3, **Soloist #2:** Step R Kick L leg out 5, turn R 6, **Everyone:** Contract hold 4-6
6 Look R 1-2, cross L &, open R 3, up &, down 4, coupé unfold arm 5-6
6 Contract to 5th position 1-2, step R 3, drag to turn over R shoulder 4-5, land in parallel second 6
6 Look R 1, center &, contract down 2, hold 3, contract roll up 4-6
6 **Front Line:** chassé R 1-3, roll on back 4-6, **Back Line:** chassé L 1-3, chaîné 4-6
4 **Front Line:** reach R 1-2, open arms 3, roll up 4-6, **Back Line:** reach L 1-2, hands on head 3, pivot turn 4-6

8 **Move to 2 Columns:** Pas de bourrée R 1-2, repeat L 3-4, coupé jump R 5, coupé jump L 6, drag R arms reach over 7-8
8 Repeat starting on L foot
8 **Soloist #1:** R arm cross 1, L 2, swipe 3, chest 4, swipe 5-6, prayer hands 7-8, **Columns:** Ripple F-B arms crossing over to low V 1-4, **Group 1:** Up 5-6, Down 7-8, **Group 2:** Opposite 5-6, 7-8

Soloists meets Soloist #2 to create a Duet, Columns stay

8 **Soloist #1:** Drag front R & L 1-4, run forward 5-6, drag to floor 7-8, **Columns:** Chaîné turn contract down 1-4, repeat opposite 5-8, **Soloist #2:** Run R, L Dive Roll 5-8
8 **Duet:** Stand up 1-2, pas de bourrée 3-4, body roll 5-6, chassé R 7-8, **Columns:** Arms T 1-2, contract 3-4, middle 5-6, look back 7-8
8 **Duet:** Chaîné R 1-2, reach R 3-4, turn 5-6, ground 7-8, **Columns:** reach front 1-2, back head 3, down 4, reach out 5-6, face middle hand on head 7, contract 8
8 **Duet:** Cross legs 1-2, rond de jambe to pike 3-6, push 7-8, **Columns:** Hold 1-2, reach out 3-4, step T arms 5, step across 6, drag 7-8
8 **Duet:** Look R 1-2, fold over 3-4, fish roll 5-8, **Columns:** Drag 1-2, pivot turn 3-4, pivot turn 5-6, contract down 7-8
8 **Duet:** Contract roll up 1-4, reach R 5-6, reach L 7-8, **Columns:** Hold 1-4, contract roll up 5-8
8 **Move to circle:** Run in circle 1-8
8 Run in circle 1-8
8 Reach R 1, reach L 2, contract 3-4, run to middle and melt 5-8, **Soloist #2:** Arms up & stay standing 5-8

Formations:



“Can’t Get You Outta My Head” by: Sophia Karlberg
Int Contemporary – Time 1:32



Begin in 4 lines facing back

2 hold

8 Hold 1-4, arms shoot up 5, arms behind head 6, close 7, open 8

8 Ripple 1-4 looking over left shoulder, head roll 5-6, clean 7-8

8 Roll up 1-4, **Shift to staggered lines** step front arms behind 5-6, contract 7-8 **OR** step back pac man arms 5-6, low V 7-8

8 **Levels** knee drop 1-2, sit 3-4, roll up 5-8 **OR** clip turn 1-2, hold 3-4, fan kick 5-6 hold 7-8

8 Prep 1-2, single pirouette 3 &, land 4, R elbow punch 5, L hip 6, step RL 7-8

8 Jeté 1, land 2, slide middle split 3-4, roll to stand 5-8

8 Move to triangle: contract run 1-4, shampoo 5-6, low V 7-8

8 Continue moving T 1, pac man arms 2, shampoo 3-4, low V 5-6, clean 7-8

8 High V 1, hands on hip 2, rond de jambe 3-4, snake arms 5-6, contract 7-8

8 Knee drop or stand 1-2, K arms 3-4, clean 5-6, prep for plank 7-8

8 Plank 1-2, walk up 3-4, hands behind 5-6, slide to left 7-8

8 Cross step RL 1-2, turning pas de chat 3-4, land K arms 5-6, illusion 7-8

8 Land 1-2, diagonal arms 3, box arms 4, flex inside turn 5-6, prep 7, press leap 8

8 Land 1-2, half split 3-4, roll to diagonal 5-8

8 Drag back high V 1-2, hands on heart 3-4, contract **Contagion L-R** 5-8

8 Move to lift formation: 1-4, prep 5-6, up 7-8 **OR** contract 5-6, breathe up 7-8

8 Down 1-2, clean 3-4, **Move to 3 groups** hands up arms shoot up 5, arms behind head 6, close 7, open 8

8 Continue moving back low V 1, front 2, hands on 3-4, low V 5-8

8 **Three groups R-L (1, 3 or 5):** step R 1, contract 2, T 3, lunge 4, K drag 5, back 6, prep 7- 8

8 **Continue groups** 1-6, hold 7-8

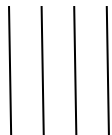
8 Arms T 1, pac man 2, kick R leg 3-4, roll back 5-8

8 **Move to clump:** contract run 1-6, up 7, in 8

1 Low V 1

Formations

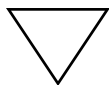
1. Four Lines



2. Staggered Lines



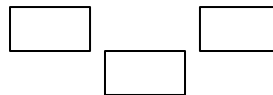
3. Triangle



4. Lift/Clump



5. Three Groups



6. Clump



Begin in a staggered block in tuck (option for featured soloist at beginning)

8 Hold
8 Roll up 1-8
8 R arm to shoulder 1-2, L arm to shoulder 3-4, swing arms 5-8
8 Step L 1-4, circle to flat back 5-8
8 **By Lines:** Reach arm low or high 1-2, switch reaching level 3-4, extend arm to T 5-6, extend other arm 7-8
8 (**Cont. by lines**) beat arms and switch feet 1-2, flat back over 3-4, coupé turn with elbow 5-6, lunge 7-8
8 (**Cont. by lines**) walk 3x to opposite sides, reach outside arm 1-4, walk 3x to spot, reach outside arm 5-8
8 Shampoo arms 1-4, prepare 5-6, double or single coupé 7-8
8 **By Lines:** Slide R leg to sit on floor 1-4, flip over to plank 5-8 **OR** step out 1-4, lunge R leg back and clasp 5-8
8 (**Cont. by lines**) Roll up 1-4, step R 5-6, step L to face front 7-8 **OR** circle hands to L hip 1-4, look front 5-8
8 Step L 1, extend L leg to tendu, touchdown arms 2, step L drag R 3-4, run R, L 5-6, R saut de chat 7-8
8 (**Cont. by lines**) Step L, T arms 1-2, wrap arms, look R 3-4, pas de bourrée L, shampoo arms 5-7, step L 8
OR R knee drop 1-4, L floor kick 5-6 roll to stand 7-8
8 step L 1-2, step R 3-4, three step turn over L shoulder 5-8
8 R chassé, T arms 1-4, collapse R elbow 5, L elbow 6, flat back over with clasp hands 7-8

8 Move to triangle with side files: Walk L, hands at chest 1-2, walk R 3-4, walk LR lowering arms 5-8

8 (Cont.transition) flat back over 1-8

8 **Adv part** R arm on head 1-2, L arm 3-4, flex high v 5-6, prep 7-8

OR Int part sway away center 1-2, sway toward center 3-4, grab partner hand 5-6, twirl 7-8

8 **Adv part** 3 à la seconde turn 1-6, pull to double turn 7-8

OR Int Part facing away from center lean into hands 1-4, push back up 5-8

8 **Adv part** step out 1-2, hold 3-4, step forward R and melt to flat back 5-8

OR Int part facing away from center melt bending both legs 1-4, hand hits floor 5, hold 6-8

8 **Adv part** roll up 1-4, reach and look R 5-6, reach and look L 7-8

OR Int part flip to tuck facing center 1-4, R group stand 5-6, L group stand 7-8

8 Move to block: **Adv part** step back L, clasp 1-2, Step back R, hands to chest 3-4 **OR Int part** step back with inside arm, reach inside arm to face front 1-2, step to parallel first, clasp into chest 3-4 **ALL** flat back 5-8

8 (Cont. transition) step back L, stop sign hand with L 1-2, repeat with R 3-4, broken T 5-6, hands down 7-8

8 Step back R, R HV 1, step back L, L HV 2, step prepare RL 3-4, double or single pirouette 5-6, prep 7, press leap 8

8 **By Lines:** tuck 1-2, roll to the L 3-4, reach TV arms 5-8 **OR** tuck 1-4 roll to the L 5-8

8 (**Cont. by lines**) roll back to center 1-4, roll up to stand 5-8 **OR** reach TV arms 1-4, roll back to center 5-8

8 (**Cont. by lines**) hold 1-4 **OR** roll up 1-4 **ALL:** high chaîné front 5-6, low chaîné front 7-8

8 **Adv Front part** calypso 1-2, turn out 3-4, high chaîné front 5-6, low chaîné front 7-8

OR Int Part calypso 1-2, roll out to tuck 3-8

8 **Adv Front part** russian 1-2, roll out to stand 5-8

OR Int part contagion L to R extend L leg, circle L arm around to bug

8 **Adv Front Part** lunge 1-2, dive to stomach 3-4, roll on stomach 5-8

OR Int part continue connotation circle R arm down to low v 1-8

8 **Adv part** sit facing back 1-2, floor jump to stand 3-4, walk back R 5-6, walk back L 7-8

OR Int Part throw R arm across and roll to back 1-8

8 Move to tighter block: Step L, passé right, hug arms 1-2, walk RL 3-4, T arms 5-6, arms down by side 7-8

8 (Cont. transition) flat back 1-6, stand 7-8

8 **By Lines:** step back R, L arm down 1-4, **OR** other group 5-8

8 Roll up 1-4, step forward R, extend R arm down 5-6, step L, L arm down 7-8

5 Slowly lower, looking down, hands come to shoulder 1-5

Formations

1.  2.  3. 

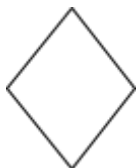
“Love me or Leave me” By Little Mix
Adv Contemporary - Time: 1:33



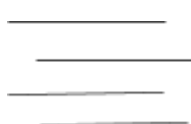
Start in Diamond Formation, facing back with feet apart looking down

- 8 Hold 1-3, head up 4, reach out 5, other way 6, above head 7, drop over 8
 8 Turn to front 1-2, leg hold 3-4, bend-straight 5-6, roll and stand 7-8
- 8 Continue to stand 1-2, 3-step-turn 3-4, reach out with arms 5-6, drop down 7, wide second 8
 8 Fall over R leg 1-2, **Groups:** in 3, grasshopper 4, roll to stand 5-8 **OR** hold 3-4, roll 5-6, floor leap 7-8
 8 Hold/stand up 1-2, swivel leg 3-4, tour 5-6, step 7-8
 8 Arabesque 1, hold 2, contract through back attitude 3-4, soutenu 5-6, criss cross 7-8
 8 **Groups:** (1 or 3) battement on ground 1-2, reach 3-4 front coupé 5, step back 6, reach up 7-8
 8 Everyone contracts 1-2, scan the room/up and over 3-4, switch 5-6, **Groups:** knee fall 7-8
 8 Next group 1-2, come up and throw 3-4, roll and stand to back 5-8
 8 **Move to Staggered Block:** step 1, coupé 2, repeat 3-4, repeat 5-6, clean 7, twist hips & 8
- 8 Run, run throw 1-2, step 3, arabesque 4, leg down 5, jump up and switch & 6, head side-side 7-8
 8 Up 1, contract 2, low chaîné 3-4, renversé 5, left split 6, lift head up 7-8
 8 Roll 1-2, head roll 3-4, roll and stand 5-6
 8 Run run kick (up/down) 1-2, switch 3-4, **Move to Straight Block:** 5-7, low chaîné 8
- 8 Calypso 1 **2 Groups:** roll 1-3, stand 4, body roll 5-6, down-up 7-8 **OR** Calypso 1, back coupé turn 2, Allison leap 3, roll to stand 4-6, step 7, up 8
 8 Contract/fall down 1-2, come up 3-4, step 5, turn around 6, run run 7-8
 8 Switch arabesque & 1, roll and stand 2-4, step 5, drag 6, brush 7, front 8
 8 Head roll 1-3, front 4, step 5, brush skirt 6, prep 7-8
 8 3 à la seconde turns 1-6, double turn 7-8
 8 **2 Groups:** out 1, in 2, up 3, prep 4, back attitude leap 5, down 6, head roll 7, down 8
OR 3 à la seconde turns 1-6, double turn 7-8
 8 Brush skirt out 1, hold 2, illusion roll contagion 3-8
 8 Finish contagion 1-4, R hand head 5, other head 6, come up 7-8
 8 **Move to triangle:** step 1, back 2, again 3-4, arms up and over 5-6, other way to triangle 5-8
 8 Prep 1-2, double front coupé 3-4, plie &, double back coupé 5-6, low chaîné 7, fan 8
- 8 Clasp hands 1-2, bring head up 3-4, firebird to land 5-6, hold 7-8
 7 High knees 1-2, lay down 3-4, up 5-6, side 7

1. Diamond



2. Staggered Block



3. Straight Block



4. Triangle



“Off the Wall” by: Michael Jackson (arr. Major Music)

Int HBCU Jazz – Time 1:54



Begin in two blocks, facing the side

8 **Two Blocks:** Ripple down inside to outside 1-8

8 Ripple back outside to inside 1-8

8 Prep feet together 1, hitch kick 2, layout 3, down 4, kick 5-6, roll up 7-8

6 Cont. rolling up 1-2, pivot to front 3-4, pop up 5, sit 6

8 **Moving to form Block:** Push arms jazz walks L 1-2, R 3-4, L 5-6, R 7-8

8 **Continue Moving:** Swing R arm jazz walks 1-7 clean 8

8 Pops out 1-2, in 3-4, twist R-L 5-6, step 7, passé 8

8 Step across arm down 1-2, **Group 1:** step 3-4 **Group 2:** pivot 3-4, **All:** scoop R 5-6, scoop L 7-8

8 Clean 1-2, **Group 1:** pivot. 3-4, pivot 5-6, down 7-8 **Group 2:** pivot 3-4, down 5-6, hold 7-8

8 Snake up 1-4, switch arms R,L,R 5&6, switch arms L,R,L 7&8

8 Wrap head 1-2, hips 3-4, wrap R arm 5, L arm 6, push out 7-8

8 Prep for turn 1-2, single turn 3-4, out 5-6, step 7, snap 8

8 **Move to Two Lines:** Jazz Walk w/ arms 1-8

8 **Continue Moving:** Jazz walk w/ arms 1-4, pivot 5-6, clean 7-8

8 Chassé to R 1-2, Front line: chassé to the window 1-2, rock back 3-4, windmill around 5-8

8 Parts pick up arms R, L up 1 sit 2, or up 3, sit 4, or up 5, sit 6, all up 7, sit 8

4 Step L w/arm 1, clap 2, arms around 3-4

8 Groups: Press leaps 1-2, or 3-4, or 5-6, hold 7-8

8 Roll up 1-4, scoop to front 5-6, clean back 7-8

8 Chaîné turn 1-4, hitch kick 5-6, down 7-8

8 Snake up 1-4, hips R,L,R 5&6, hips L,R,L 7&8

8 **Stand Section:** Throw R arm 1-2, cross 3, throw 4, circle 5, buck 6, up 7, buck 8

8 Buck R 1-2, buck L 3-4, circle arms 5-6, pop 7-8

8 Pull arms & 1-2, hold 3-4, circle hips 5-8

8 **Move to Triangle:** Walks w/ arms up 1-4, wrap 5-8

8 **Continue Moving:** Jazz walks break arms 1-8

8 Step Cross R 1-2, L arms up 3-4, arms down R 5, L 6, snap up 7, down 8

8 Shimmy jump down 1-4, by V: up 5, sit 6 or up 7, sit 8

4 Reach front R arm 1, reach front L arm 2, swipe face 3-4

8 Inside turn 1-2, split 3-4, or turn 3-4, split 5-6, or turn 5-6, split 7-8

8 Recover 1-2, knees 3, kick 4, roll 5-6, knees 7, arms 8

1 Sit 1

Formations:

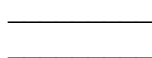
1. Two Blocks



2. Block



3. Two Lines



4. Triangle



Begin in pyramid, facing front

- 8 **Groups back to front** starburst out 1-2, 3-4, 5-6, snake up 7, snap T arms 8
- 8 Majorette walk 1-4, buck 5-6, shake hips 7&8
- 8 L 3 step turn 1&2, roll hips 3-4, buck 5-6, circle hips 7-8
- 8 Chug L arms **right side** 1-2, or **left side** 3-4, circle arms 5-6, both arms & down leg 7-8
- 8 Snake up 1-2, body shake in cheerio 3&4, kick ball change w/cheerio arms, double 7-8
- 8 Clean 1-2, touch down arms &3, arms down &4, R chaînés & 5-6, hitch kick 7-8
- 8 **Move to windows** majorette walk twist right arm 1-8
- 8 **Move** chassé R 1-2, L 3-4, R 5-6, jump together 7-8
- 8 Press R arm 1-2, L arm 3-4, touch down 5, T 6, wrap 7, T 8
- 8 Run R L 1-2, tilt jump 3, land 4, roll 5-6, hitch kick on ground 7, lay out 8
- 8 Stand w L leg 1-2, windmill to R 3-4, buck cheerio to T to front 5-6, repeat 7-8
- 8 Hula hoop RL 1-2, swipe LR 3-4, pop 5-6, T arms 7, wrap 8
- 8 Zig-zag contagion splits 1-8
- 8 Continue contagion 1-4, z-sit 5, knees 6, step up 7-8
- 8 **Move to 3 groups:** R arm up 1-2, L arm 3-4, arms down 5-8
- 8 Repeat 1-8
- 8 Pose RL 1-2, wrap 3, swipe 4, scoop leg 5, booty roll &6-7, snatch arms &8
- 8 Ball change 1-2, hips 3-4, head roll 5-6, arms &7, &8
- 8 Cheerio wrap 1-2, roll head down 3, down 4, pop 5-7, swing leg back 8
- 8 T windmill 1&2, snap 3-4, roll hips 5&, down up 6&, pop 7-8
- 8 **Front group:** prep 1-2, à la seconde 3-8, **back groups:** high chaîné, low chaîné 1-4, calypso-roll 5-8
- 8 **Front** double or **back** stands 1-2, **front** pop out-in or **back** holds 3-4, roll-touch ground, arch up 5-8
- 8 **Move to pyramid:** majorette walk twist right arm 1-8
- 8 Continue moving 1-4, run-run split leap 5-8
- 8 Pop out legs 1-2, snake to R 3-4, buck swinging R arm then L 5-8
- 8 Buck R arm hammers 1&2, L arm 3&4, cheerio 5-8
- 8 Cheerio roll R then L 1-4, swipe ball change &5-6, step kick 7-8
- 8 **Pick up from R to L:** group 1: scoop R arm 1-2, then L 3-4, group 2: repeat 5-8
- 8 Group 3 repeat 1-4, surprise drop on R leg group 1 on 5, group 2 on 6, group 3 on 7, pop head on 8
- 4 Nugget 1, pop legs 2, snake 3-4, pose on &5

Formations

