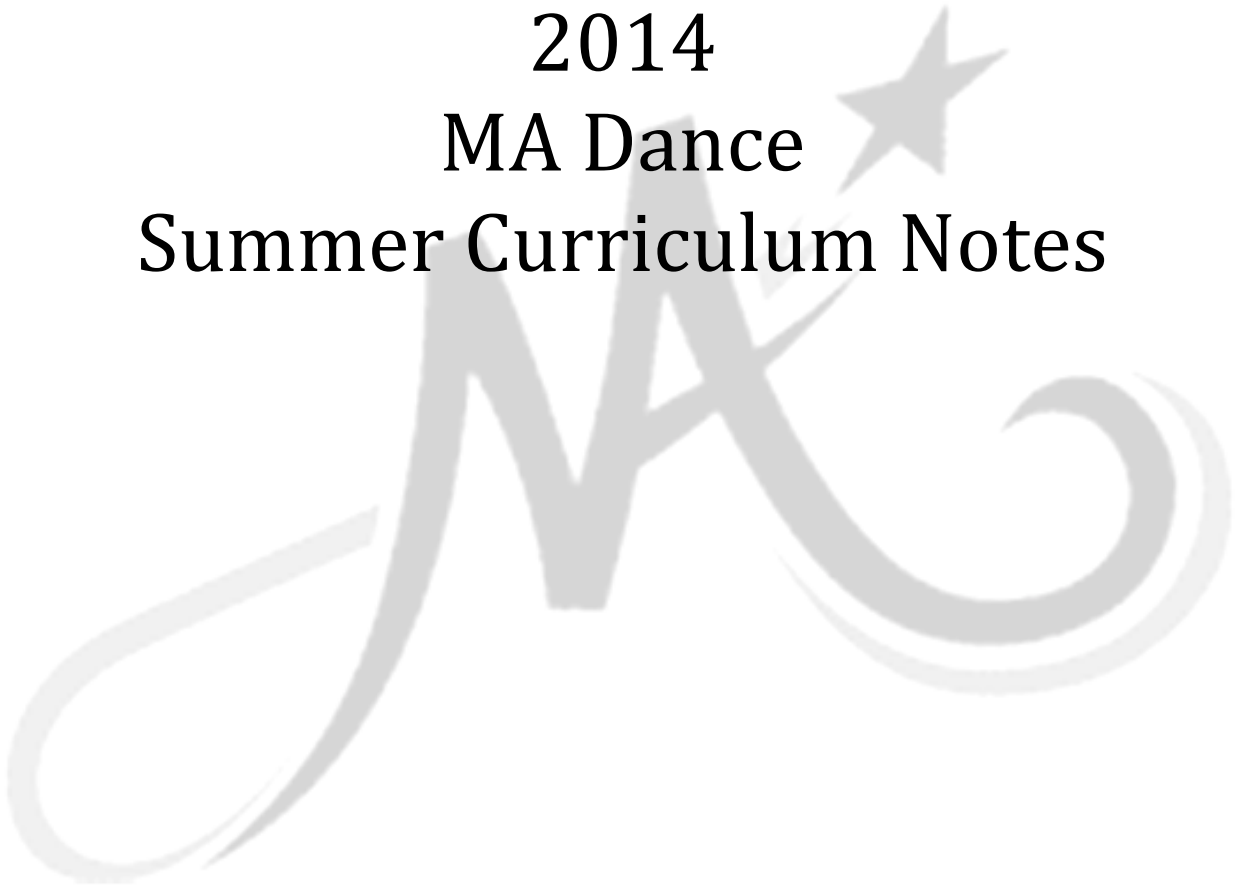


2014  
MA Dance   
Summer Curriculum Notes

*prepared by Allie Hudak*

23  
Level 4 Hip Hop

Start 2 lines tight together

- 8 - Hold 1,2 small bounces 3-6 melt to the left 7,8
- 8 - Pop R knee out 1 and in 2 again out 3 in 4 (parts from stage L on 5,1,5) cross R foot behind unwind over L shoulder 5,6 land in seated crossed leg position 7,8
- 8 - Finish sitting parts 1-8
- 8 - Ripple unwinding feet to stand up 1-8
- 8 - Step R, L hand 1, plié 2, fist 3, knock out hands with L leg up 5,6 pull elbow 7 feet together 8
- 8 - Ball change on L heel 1 close feet 2 R heel out 3, touch R foot to L on 4, R foot slide with opposition elbows R 5 in 6 L out 7 in 8
- 8 - Walk back and shake hands R, L, R 1-6 dust off shoes twist toes R,L 7,8
- 8 - Rock R, L 1-4 knock L shoulder 5-8
- 8 - Switch lines step R 1,2 bend L knee foot to back wall 3,4 step L 5,6 bend R knee 7,8
- 8 - R heel out 1 toe out 2 plié 3 rond de jambe en l'air to the front 4,5 step L 6 R leg to second and grab leg 7 bring it in 8
- 8 - Arms grow twist on R heel 1-6 tuck/jump to second 7 jump forward/lean forward 8
- 8 - Front line cross R leg over and unwind to stand in wide second position upper body released back 1-6 hold 7,8 / second line L arm in box 1 windmill to other side 2-4 close feet 5,6 grab R hand 7,8
- 8 - Front line dip R shoulder 1,2 again 3,4 drop to the R 5 rock back 6 R leg lift 7 hold 8 / second line flip R hand 1,2 again 3,4 same as front line 5-8
- 8 - R leg brushes back 1 chug 2 R leg down 3 face the front 4 down and step L 5 switch R 6 up and L 7 switch R 8
- 8 - Step R 1 heel pop 2,3 shoulder knock on 4 look to the L on 5 L hand out 6 shift and plié R 7, switch and plié & hold 8
- 8 - Transitioning to groups of five, fall run R 1 rebound 2 fall run R 3 rebound 4 straight clock hop on R switch 6 feet together shoulders back 7 grab pants 8
- 8 - Hand on mouth lean L 1,2 switch R 3,4 wrap head lean L 5,6 lean R 7,8
- 8 - R,L,R shoulders 1,2,3 bend R leg 4 R,L,R shoulders 5,6,7 bend L leg 8
- 8 - Step L front 1 hold 2 hop front or back & 3, R foot flick 4, step on it 5 hold 6 roll arms 7 close 8
- 8 - Hips shake & 1 sharp body roll, add on in parts 2-8
- 8 - Continue parts 1-4, rock R,L,R,L 5,6,7,8
- 8 - Brush shoulder 1 feet together 2 brush shoulder 3 feet together 4 circle arms 5 bring in 6 pop L knee out 7 knee in 8
- 8 - (parts front to back 1,5,1) R hand to ground 1 step R 2 hips up 3 continue parts 4-8
- 8 - Continue parts 1-4, jump over shoulder in parts on 5,7,or 1
- 8 - Parts end 2 everyone up 3,4 step R 5 together 6 L side 7 together 8
- 8 - Roll punch 1,2,3 feet together 4,5 lean back 5 up 6 lean back 7 up 8
- 8 - Kick R 1 kick L 2 kick R 3 jump to R 4 scoop 5,6 close feet 7,8
- 8 - Cross wrists and bounce 1-4, snake and walk traveling opposite directions 5-8
- 8 - R shoulder back twice 1-4, snake walk back to lines 5-8
- 8 - Hops 1-4 walk to staggers 5-8
- 8 - Bounce 1-4, step out left 5,6 sit 7,8
- 8 - Pop R should twice 1-4, turn over R shoulder 5-8
- 8 - Shake and walk R,L 1-4, brush shoes 5-8
- 1 - snap 1

*prepared by Allie Hudak*

Addicted to You  
Level 5 Jazz  
Choreographed by Kali Boyd

Begin on the floor facing upstage

8 – Hold (1-8)

8 – Head roll L to R (1-3) R leg extends (4) roll to front (5-6) step and open arms (7) step L (8)

8 – Pull through passé to ball change with swipe arm (1-2) run R L (3-4) switch soute arabesque (&5) land (6) jump out to melting plank (7-8)

8 – Pull legs in L R (&1) meow the wall (2&) rise up (3) pull push grab point arm series (5-7) walk out of it (8&)

8 – step R (1) pitch fan L (2) inside pencil turn (3-4) prepare (5-6) double pirouette in forced arch (7-8)

8 – R knee drops to knee spin (1-2) sit (3) L leg battement (4) stand up (5-8)

8 – Contract passé open with arms rotating back (1-2) elbow leads spiral (3-4) L arm shoots through center extending out (&5-6) grab L knee (7) pull in (8)

8 – Step (&) contract (1) elbows up (&3) extend RL (&4) R leg ronde de jambe to pull to back (5-8)

8 – Run upstage RLR (1-3) reverse jete (4) R leg slides to back to land in child's pose (5-8)

4 – Release over (1-2) hinge up (3-4)

8 – Walk (1-4) passé chug (5-6) three step turn over L (7&8)

8 – Touch and flick (1) ball change (&2) flexed beat (3) ball change (&4) head tail flamingo (5-6) reach and throw (7-8)

8 – Chasse R (1-2) soute basque (3) jete (4) ball change L R (5-6) step L (7) touch R (8)

8 – R arm sweeps across (1) wraps (2) chasse back (3&4) L arm swings across as you turn (5&) battement tilt (6) drop over (7) reach up and release (8)

8 – Back to flat back (1) reach up (2) turn to back (3-4) ball change scoop (5-6) ball change press (7-8)

8 – Hook (1) release (2) step R pas de bourre L (3&4&) R hand (5) L arm grabs watch (&) pull to chest (6) R arm reaches (7-8)

8 – Chaine plie (1-2) tilt jump (3) tuck to floor (4) side plank (5) melt (7-8)

8 – Roll to knees (1-4) head roll (5-8)

8 – Hands (1) feet jump to parallel (2) snake up (3-4) chaine releve (&5) prepare (&6) double pirouette (&7) ronde de soute (8)

8 – Plie to second (1) pinche spiral (2) roll to stand (3-8)

8 – Step touch with snap (1-2) step L (3) release and snap (4) walk to back (5-7) turn front (8)

8 – Meow meow (1-2) rise (3) push down (4) swoop and catch (5) point (6) walk RL (7-8)

1 – Improv release (1)

Almost Is Never Enough  
Level 4-5 OC Lyrical  
Choreography by Regan Jurick

- Start on ground right leg attitude in front, body forward over leg  
6 - Hold 1-3, arch up arms come en haut rise up over right toe 4-6  
6 - Arch arms open & release over right foot 1-3, swivel body to right to roll 4-6  
6 - Watch left leg extend to stage left 1-3, release right arm to come up 4-6  
6 - Carve space under you & roll 1-3, reach r, l, r with hands to pull up right foot tend to the side 4-6  
6 - Slide through 2nd to right 1, beat left leg 2, slide through 2nd to left, double en dans coupe turn on left leg 4-6  
6 - Land in 5th with left foot croise' 1, sissone fie 2-3, pique' onto r leg 4-6  
6 - Move to V form 1-3 cross outside arm 4, hinge outside leg 5, grab ankle 6  
6 - Fie developpe' through window or reach both arms up on releve' 1-3 move to new form 4-6  
6 - Chaîne' r 1-3, ball change left back 4-6  
6 - Wnveloppe' r leg into to turn stage right 1-3 reach arms up 4, melt down 5-6  
6 - Swing r arm back & lunge back on r leg 1-2 contract back w hands on knees 3, soussus reach right arm out to diagonal 4, left arm reach 5, prep for fouetté 6  
6 - Fouetté double pirouette 1-3, prep in 5th &, sauté over r shoulder 4, roll to floor 5-6  
6 - Prep 1, double turn with r leg extended 2-3, step on r foot 4, slide through 2nd to left 5, turn holding an extended right leg 6  
6 - Roll 1-2, shoot out to plank 3, go down on right elbow 4, left elbow 5, r arm 6  
6 - Paddle with flexed feet r,l,r 1-3, arch up 4-6  
6 - Swing left leg to stage left in front attitude 1-3, roll to knees 4, reach up 5-6  
6 - Contract in 2 levels 1-3, arms up in box 4, melt arms 5-6  
6 - Roll up 1-3 step on r releve' r arm unfolds 4, repeat l 5, step into 4th releve' & reach up arms 6  
6 - Prep to stage r in a deep r 4th lunge 1, en de dans turn on the r leg 2-3, step into 4th releve' to stage r diagonal with arms up 4, pull arms down & arch to fall 5-6  
6 - Step back r,l,r 1-3, roll shoulders back r,l,r & release neck 4-6  
6 - Balance' r, l with reaches 1-6  
6 - Chaîne r 1-3, reach back & feet open to 2nd 4-5 pull parallel 6  
6 - Break down improv 1-6  
6 - Reach out 1-3 contract in 4-6  
6 - Look out & up 1-3 roll to get up 4-6  
6 - Step r to r swing left leg across 1-3, step l to l 4, lunge back on r & press arms 4-6  
6 - Collapse over to left side 1-3, pull parallel as r arm flips out on 4-6  
6 - Prep 1-3, forced arch turn on left leg with r leg extended derrière 4-6  
6 - Spiral to floor 1-3, unwind spiral change direction 4-6  
6 - Melt back to beginning pose

*prepared by Allie Hudak*

Am I Wrong  
Level 1 Jazz

Choreographed by: Sarah Duarte, Annie Forman, Caitlin Hendricks, Allie Hudak,

Begin in staggers in tuck upstage leg popped facing opposite directions

8 - Hold (1-4) ripple wrap head lean back on downstage arm other hand on chest (5-8)

8 - Jump to second (1-2) snake up (3-4) reverse ripple (5-8)

8 - FRONT LINE: Three strep turn upstage (1-2) ball change with touch down arm (3-4) jump out to second (5-6) hold (7-8)

SECOND LINE: Drag forward (1-2) pivot around self (3-6) jump out to second (7-8)

8 - Hip roll (1-2) cha cha step (3&4) wrap head (5-6) tuck swinging arms (7-8)

8 - Jump out to second arms burst (1-2) soutenu feeding arms down (3-4) poses (5-8)

8 - Chaine alternating ways (1-4) walk back painting arms down (5-8)

8 - Passe (1) touch (2) ronde de jambe (3-4) ball change wrapping arms (5-6) battement (7) step out (8)

8 - BACK LINE: Drag through (1-2) step dig (3-4) roll chest (5-6) jump to second (7-8)

FRONT LINE: Step flick (1-2) cha cha upstage (3&4) walk (5-7) jump out to second (8)

8 - Circle R to L (1-3) chest pop (&4) body roll back (5-7) ball change (&8)

8 - Moving to triangle chasse RL (1-4) walk with swivel arm (5-6) arms burst up and over (7-8)

16 - Three groups out to in starting 1,3,5: Step passé (1-2) pivot (3-4) jump out pressing back (5-6) release to floor (7-8) slide L leg through (1-2) kick R (3) sit up (4) finish groups (5-8)

8 - Roll to stand (1-4) slow walks with sweeping arms (5-8)

8 - Moving to three lines cha cha step pulling R arm up (1-2) L (3-4) walk with shoulder (5-8)

8 - Ball change pushing R arm across (1-2) cut turn (3-4) open arms jumping out in three groups (5, 6, or 7) jump together touch down arms (8)

8 - Prep (1-2) single pirouette (3-4) step out (5) pivot (6) pose in levels (7) hold (8)

8 - Drag to front with L arms (1-2) chasse (3-4) soute chat (5-6) land on floor (7-8)

8 - Ripple rolling to stand with double leg fan (1-8)

8 - Walking back to two lines windmill arms (1-4) T (5) cross (6) break R (7) L (8)

8 - Front Line pose (1-2) second line (3-4) all switch hips (5-6) roll hip (7-8)

8 - Step to side arms reach (1) dig low v (2) flick switching lines (3-4) chasse (5-6) step into window (7-8)

8 - Front line roll swiping arm (1-4) second line join in (3-6) all wrap head to pose (7-8)

Applause  
Level 3 OC Field Kick  
Choreographed by: Shelley Wayne

Beginning Position: Staggered lines facing L

- 8 - Contagion from L to R, chaine fwd step jete R to tuck
- 8 - Finish contagion
- 8 - Press leap contagion
- 8 - Recover facing back on 4, straight line 5-8
- 8 - Contagion from center out – about face to front w/L into circle hook-up
- 8 - Finish contagion above
- 8 - Graduated kicks (points, waist)
- 8 - 3 straight kicks R, L, R close on 7 hold 8
- 8 - Pop jump R 1&2, chasse R 3&4 bchange back L 5-6 passe L across R 7 step R 8
- 8 - Exercise back R to L corner 1-3 kick L 4, exercise back L to R corner 5-7 kick R 8
- 8 - Jump kicks L to R, L to C, R to C, jump passé L 7-8
- 8 - Chasse L 1&2 cut L switch R 3-4, jump kick R and close 5-7 hold 8
- 8 - Bow into split contagion from center out
- 8 - Finish contagion
- 8 - All lay over 1-4, contagion up with chest 5-8
- 8 - Finish contagion 1-4 recover 5-8
- 8 - Jump kick R cross open 2<sup>nd</sup> 1-4, rpt L 5-8
- 8 - Jump kick R 1-2, R 3-4, jump kick L 5-6, L 7-8
- 8 - Jump kick R to L, R to C, R to R, L to R
- 8 - Jump kick L to C, L to L, R to C and close
- 8 - Pinwheel to R in groups of 4 1-6, pop jump 7&8 (Away from the center of the line)
- 8 - Continue pinwheel to straight line 1-6, bc back 7-8
- 8 - Continue pinwheel to back 1-6, pop jump 7&8
- 8 - Move file into center to make block
- 8 - Finish making block formation
- 8 - Alternating fans – 3 jump fans 1-6, step behind 7-8
- 8 - Step fwd L 1 kick R 2, jump fan back the direction you came from 3-4, 5-6 close 7-8
- 8 - Jump kick R drop to knee in parts 1, 2, 3, 4 finish 5-6 hold 7-8
- 8 - Lay back kick R leg overhead contagion
- 8 - Finish contagion 1-6, up on knee fwd L 7-8
- 8 - Shoot R out to R, connect circle w/arms look R 1-2, head back L 3-4, R to L, 5-6, stand 7-8
- 8 - Exercise kick back L to C kick R on 4 hook R on 5 extend fwd 6, jump kick L 7-8
- 5 - Close 1-2, drop to levels 3-4, pose 5

Army  
Level 3 Officer Camp Pom  
Choreography by Casey Potter

- Formation: triangle or arrow Beginning Position: head released back, knees to front, R knee up
- 8 - Hold 1-4, shake poms along ground 8 shake as body rises gradually, TD 8
  - 8 - Twist pull R to bow & arrow 1, replace 2, circle at elbows 3, buckets front 4, R to ear &, L to ear 5, drop TD &6, circle head clockwise 7 8
  - 8 - Pockets 1, L diagonal relevé 2, drop arm over head to R 3, b/c cross L arm in front 4, TD tornado 5 6, pop R knee out and bend R elbow 7, switch 8
  - 8 - Groups fr-b: wrap R over head L waist 1/2/3, jump seconde reach forward look up 2/3/4 L hip roll 5, pockets lean L 6, triplet rocket front 7, bow and arrow look R 8
  - 8 - Diagonals L-R: drag 'L' 1, clean 2, cross front 3, T passé back 4, clean 5, low V shake 6 7 8 move to staggers
  - 8 - Forced arch throw cross arms 1, R 'L' 2, circle clockwise 3, flick L behind 4, to L shoulder 5, high V 6, L pencil turn behind 7, half T pull front 8
  - 8 - Pull to T 1, half tuck 2, sit back punch L 3, punch R &, clean 4, L diagonal 5, front line face back all R diagonal 6, lasso R 7, head circle 8
  - 8 - Head circle 1, walk R 2, walk L 3, step out high V diagonal 4, three step turn back to center 5-7, face other direction throw R 8
  - 8 - Throw L 1, cheerio circle 2 3, R hip 4, L half T pulls 5, R circles at elbow all face back 6 7, look over L shoulder 8
  - 8 - Ball change to R &1, head lean R 2, hip roll L 3, (groups stgR-stgL 4/5/6) reach to L foot 4, flat back to TD 5, drop arms 6, g2 drop 7, wrap head 8
  - 8 - Flick R 1, R cross chassé 2 3, L jeté 4, land 5, open seconde switch checkmarks 6 & 7, L break in front of face 8
  - 8 - Cross R 1, hold 2, poms hit elbows &, X 3, rocket relevé 4, prep 5, double pirouette arms bow & arrow 6 7, b/c & 8
  - 8 - Lay over R 1 2, open L arm 3 4, (transition to diagonals) step R cross arms at chest 5, R pom in front of head L in back 6, switch 7, clean 8
  - 8 - Shake poms in clap 1-3, plié twist prep 4, tour 5 6, stationary leap 7, tuck 8
  - 8 - (stgR diag) high knees L low V with R behind head 1, switch 2, hands on ground 3, jump to feet 4, (stgL diag repeat 5-8) R high V with L on hip 5, switch 6, L cross 7, open 8
  - 8 - (all repeat) R high V with L on hip 1, switch 2, L cross 3, open 4, release head low V front row 5, middle row release 6, last row release 7, hands on R knee 8
  - 8 - Punch snake up 1 2, (stgL diag 3) step L bow & arrow 3, (stgR diag bow & arrow 4) cross R TD 4, step L with R bow & arrow 5, clean 6, L circles to back plie 7 8
  - 8 - Step R seconde R pom behind head to R shoulder 1, cross to L shoulder 2, open to R 3, drop back 4, shampoo turn L 5 6, cross step 7, battement developpé 8
  - 8 - Land 1, step L pockets 2, cross R 3, L 4, turn over R forced arch low V to back 5, (transition to triangle) shake poms 5-8 8 cont transition 1-2, (rows fr-bk) jump seconde over R to front open high V 3, hands on ground 4, g2 end 5, g3 end 6, head roll L-R 7 8
  - 8 - R knee on ground 1, straighten 2, hands L hip 3, R hip 4, roll L hip hands under chin 5, drop low V to L 6, break L in front of face 7, cross with R 8 8 hold 1, poms to elbows &, X 2, b/c train arm & 3, punch down front 4, (rows fr-bk) diagonal L back up & 5, row 2 & 6, row 3 & 7, roll down & 8, release head back &

B.E.A.T

Level 2-3 Camp Jazz

Choreography by Sarah Ciampa, Donathan Flucas, Caitlin Hendricks, Monique Jordan, Kelsey Joseph, and Sarah Starkweather

Beginning Formation – Straight Horizontal Line

- 8 - Begin standing stage R with arms down and feet together Ripple stage R to stage L hitting pose one (A), pose two (B), pose three (C), 1-8
- 8 - Melt into pose/headroll 1-4, strong stomp on right foot to wide second position, hands flex as body rolls up 5-7, hands frame face on 8
- 8 - Transition to two lines 1-4: swirl hands up around back of neck 1, guns 2-3, ball change and lean to audience with flexed hands & 4, swirl hands to shoulders while turning over L shoulder 5-6, hips and elbows move 7&8 (R, L, R)
- 8 - Hands extend from elbows looking up at L hand 1-4, walk and flick wrists 5-7, pull hands around back 8
- 8 - Shift weight to the R 1, jazz R hand 2, shift weight to the L and jazz L hand 3-4, connect both jazz hands above your head at the wrists on 5 with R foot in bevel, hold 6, paint both walls and shape hips 7-8
- 8 - Opposite lines swoop arms opposite directions; downstage arms move in same direction of hips to swoop 1-2, cover your mouth 3-4, switch directions 5-8
- 8 - Odd lines cross L leg behind, even lines cross R leg behind as arms come up 1, soutenu as arms come down 2-3, clean 4, odd line jazz hands stepping out to stage L 5&6, even lines step L and press ribs 7-8
- 8 - ALL together press 1-2, again & walk 3-4, shoulders & walk to transition to four lines 5-8
- 8 - Parts go by line downstage to upstage 1-2, 3-4, 5-6, or 7-8  
[Phrase: Lift R arm up and rotate R knee 1-2, step R 3-4, L passé 5, step L 6, single or double]
- 8 - jazz pirouette 7-8; step forward with R leg 1-2, rand de jambe R leg 3-4, sit back into R leg with L leg popped 5-6 and roll hips 7-8]
- 8 - (Wait for other lines to catch up by rolling hips 1-4), rand de jambe R leg 5-6, pop R leg and cross arms 7, sit back into R leg and flex hands back 8
- 8 - R chassé 1-2, comb hair with R passé over 3-4, step R L, 5 6, R battement arms in L position 7-8
- 8 - Ball change and grab wit L hand 1-2, drag and release arms back with L leg 3-4, transition to V or semi circle formation with R triplet 5&6, L triplet 7&8
- 8 - R chainé 1-2, walk 3-4, hit flex hand position legs in seconde 5-6, chest pump 7-8
- 8 - Melt 1-2, pose 3-4, melt 5-6 pose 7-8
- 8 - Hands flex in seconde position swing hips L to R 1-2, sit into R hip 3-4, walk to clump 5-8
- 8 - Clap 1-7, frame face with hands 8
- 6 - Transition to three lines 1-4: swirl hands up around back of neck 1-2, guns 3-5, clean 6
- 8 - Parts go by line downstage to upstage 1-2, 3-4, or 5-6  
[Phrase: Step L 1, pull the cord down with L hand and R leg cross passé 2, step R L 3-4,
- 8 - surprise leap arms in T 5-6, roll to L side 7-8 finishing R knee with L knee extended (wait for other lines to catch up by holding 7-8 position) groups finish by 7, face to audience together on 8
- 8 - Dramatic falling hands 1-2, roll to stage L 3-6, snap with R arm side 7, snap front 8
- 8 - Flex R hand and sweep across to transition to beginning formation 1-6, clean side stage R 7, hit beginning pose 8



## Bloodflows

### Level 3 Modern

Choreography By: Donathan Flucas, Allie Hudak, Sydne Miller, Yoshio Pineda, McKenzie Robinson, Vita Sullivan, Michaela Vermeulen, and Amanda Wheeland

Begin in tight formation in down stage right, feet in modern parallel, head down

- 8 – Hold (1) look up (2) Reach hands LR to R shoulder (3&) swing hands up and over to L shoulder (4) reach out with R (5-6) hit R arm up (7) drop over (8)
- 8 – Soute swinging R arm (1-2) reach upstage (3) peel off turning and running into two lines (4-6) open arms to box (7) three step turn dropping over (8)
- 8 – Reach arms to low diagonal R L (1&) rolling with arms boxed (2) drop to lunge facing SL (3) roll away from center and back in or solo (4-8)
- 8 – Reaching arms up (&1) open to T (2) flip to plank (3-4) melt (5-6) plank (7-8)
- 8 – Roll to stand (1-4) run to diagonal line (5-8)
- 8 – Swivel R arm to face upstage right (1-2) ripple back snaking over (3-6) A's pop up (7) drop over (8) B's hold (7) pop up (8)
- 8 – Partner work or solo movement (1-4) move to two lines (5-7) reach out (8)
- 8 – Groups SL to SR 1,3,5: chasse circling arm (1-2) inside attitude turn (3-4) finish groups (5-8)
- 8 – L hand to R should (1) look up (&) open R elbow (2) pop R heel (&) press out and in (3-4) pull R knee to chest (5) chug in arabesque (6) walk around self (7-8)
- 8 – A's: Drop to floor (1-2) pull in (3-4) roll to stand (5-8)  
B's: Soute back (1-2) battement R (3) lunge (4) pull hand to should (5-6) chugs traveling forward (&7, &8)
- 8 – Come to modern first facing upstage left corner (1) swivel knee to front (2) head rolls (3) touch L shoulder (4) prep (5) pirouette (&) drop to floor (6) press out (7) roll to sit (8)
- 8 – Rebound back (1-2) jump to feet (&3) pop up (4) walk with reaching arm to partner (5-8)
- 8 – Repeat beginning movement with partner (1-6) back person step away as front partner circles (7-8)

*prepared by Allie Hudak*

Blue Collar Man  
Level 3 Field Military  
Choreography by Betsy Heathcock

Beginning Position: Facing toward the back feet in parallel first arms at sides.

- 8 - Hold 1-2, open arms to down V palms facing audience 3, close to sides 4, step L toward the back bringing forearms in front of face 5, open to muscle man 6, drop arms to sides while turning to face R 7, bring arms up and around and back to diving up 8
- 8 - Bend arms to  $\frac{1}{2}$  T palms facing front 1, press out front from sh close feet to first 2, plié pressing hands on knees 3, hold 4, jump 2<sup>nd</sup> bringing arms up pressing ceiling 5, hold 6, open to high V 7, press ceiling 8 (*Group 2 finishes with hands pressing up to ceiling by 8*)
- 8 - *Pick up front to back by V's every count* Dive up 1, circle around diving down grande plié 2, continue pickup 3, 4, 5, jump closing feet in first arms to T with flexed hands 6, pray 7, drop to sides 8
- 8 - R passé turned out with arms in diagonal R up L down > s 1, step onto R press R to down > facing L 2, step on L 3, close feet and arms to down V 4, step back on L circle L up and out from sh facing R 5, step on R 6, close feet slice L across to T 7, drop to sides 8
- 8 - Version 2: Step front on R with R arm to front down > L at top of elbow 1, passé R switch to L out in front and R on elbow 2, step front R switch to R out from sh and L on elbow 3, dig with L and reach with arms up R at ear L at forehead 4, lunge R pressing R out 5, press in front 6, switch to L out from sh 7, feet together in parallel first and pray 8
- 8 - *Move to formation #2 starting on count 5* Step back on L degage R foot dive up to front 1-2, step onto R foot drag L while open arms to T flexed hands 3-4, step on L drop R to side leave L up 5, step on R drop L to side lift up R 6, step on L drop R to side and lift up L 7, step on R drop L to side 8
- 8 - Bring R up to L sh 1, bring L up to R sh 2, hit chest 3-4, bring L out sh R in  $\frac{1}{2}$  T 5, dive up 6, bring R out sh L in  $\frac{1}{2}$  T 7, drop both to sides close feet on 8
- 8 - This formation is files and on the first count they separate on 1-4 and then back in on 5-8. Odd lines travel R, Even lines travel L Odd lines chasse R bringing arms out in T flexed hands 1&2, press arms down while ball changing L R 3-4, reverse chasse L bringing arms in a T flexed hands 5&6, press arms up ball changing RL 7-8. Even Lines do the opposite of Odd lines.
- 8 - Once you move out you will be in staggered lines Formation #3 Odd lines: Three step turn R arms out in a T step R 1, step L hands to pray 2, step R 3, dive up to R > L tendu side 4, step on L pray 5, press R hand out from sh keep L hand on R sh 6, circle R arm down 7, circle R arm up and into Indian 8. Even Lines do the opposite of Odd lines.
- 8 - Pickup by lines front to back every two counts (Four Groups) 1, 3, 5, 7  
Turn R kneeling on L press L to down > flexed hand attach R at top of elbow 1-2, circle L arm down a turn front kneeling ending up diving up 3-4, dive down and sit 5-6, continue pickup 7-8
- 4 - Continue combinations 1-4
- 8 - Odd Lines: Flash arms down 1-2, flash dive up 3-4, flash dive down 5-6, open T palms front 7, cross arms at face 8. Even Lines: Flash arms dive up 1-2, flash arms dive down 3-4, flash arms dive up 5-6, open T 7, cross arms at face 8
- 8 - Step out with R diving down touching knee 1-2, stand dive up 3-4, bring hands behind head 5, elbows front 6, slice arms to sides 7, open & slap sides 8
- 8 - Move to Form #4 High V 1, R to down L > L on R sh 2-3, high V 4, L to down R > R on L sh 5-6, down V 7, sides 8

- 8 - Two Groups: A's start on 1, B's start on 3, Prep stepping front L R arm pressing front L out sh1, R pirouette 2-3, land in releve 2<sup>nd</sup> with arms in high V 4, close feet dive down 5, cover face on 6, last group finish on 7-8
- 8 - Pickup by diamonds outside to center every two counts: 1-3-5(While waiting for the combination chop hands together 1-2 or 3-4) Lift up into releve opening arms out keeping elbow attached looking up 1, close arms 2, slice arms down to low V 3, plié and dive down hands overlapped at knees 4, continue pickup 5-6-7-8
- 8 - Pickup by diamonds center to outside: 1-3-5 (While waiting for the combination open arms to down V 1, close 2 or 1-2-3-4) Dive up stepping back R to corner ball change 1-2, R battement or attitude catching R leg (or if needed a R turned out Passe) with R hand and opening L to high > 3-4, hold 5-8 while other groups do the same combination 2 counts later finishing last group on 7-8
- 8 - Everyone together: Cross R over L in a dig drop arms to sides 1, open arms to down V 2, turning over L sh and bringing arms up slow 3, ending in a high V facing front 4, press arms overhead 5, touching knees plié 6, tuck 7, 8
- 8 - Contagion across or from front to back depending on the size of the group: Rolling up 1-2, slap sides 3-4-5-6-7-8
- 8 - Pickup by center Diamond and then by back V starting on 1 & 4 Step back on L bringing arms to down V 1, step back R 2, step front L bringing hands to pray 3, R battement arms in high V 4, chasse R bringing arms to T 5&6, step L prep bring hands to pray 7, R jete arms to high V 8
- 8 - Land in tuck on 1-2, Second group land standing and finish on 3-4-5-6, roll up 7, bring hands in blades to sh &, drop 8
- 8 - Move to form #5 L arm to down > R ½ T elbow up 1, L to up > R ½ T elbow down 2, R to down > L in ½ T elbow up 3, R to up > L in ½ T elbow down 4, switch arms L to down R ½ T elbow up 5, shoot R arm down to L low > bring L to R sh 6, bring R to low > 7, L low > 8
- 8 - Plie and pray 1, jump diving front 2, land parallel and pray 3, touch knees 4, step back on L bring L out sh and R in ½ T 5, dive up 6, R out from sh L in ½ T 7, dive down at knees 8
- 4 - Scoot front onto L foot with R in passé across arms up in high V flexed hands 1-2, step front R bring arms to down V 3, wrap facing the back 4
- 2 - Turn over R sh facing L bring hand to pray 1, press L up high and R down low 2
- 8 - Pickup every count front to back: 1-2-3-4-5-6-7-8 Turn front circle R arm up and around ending up in down V 1, close feet and pray down 2, jump 2<sup>nd</sup> bring arms overhead 3, dive up 4, cross arms at chest 5, touch knees 6, tuck down 7 hold 8
- 8 - Continue pickup 1-6, roll up slap sides 7-8
- 8 - Stepping to the R and facing body toward L press R arm out from sh 1, step on L foot 2, R foot in coupe leg turned out L arm to high > R to low > 3-4, circle L down and end up pressing out from sh facing R 5-6, circle L up and around facing front arms in a T close feet 7, Indian arms 8
- 5 - Hit the back of hands together 1, Indian 2, broken T 3, dive down 4, back to broken T & hit levels low medium and high 5

Born to Rage  
Level 5 Kick

Start in two lines that are close together. Left foot on forced arch and both hand on right hip.

- 8 - Ripple from stage R, switching weight to pop the R foot, arms circling to the L 1-8
- 8 - Move to one line, push arms down 1-4, hook up run R 5 run L 6 R leap 7 land 8
- 8 - Jump kick R,L,R,L 1-8
- 8 - Step left flick R 1, step R front 2, cross L to face R 3, chassé R 4,&5 step L back 6 replace to L arabesque 7 close feet together to the front 8
- 8 - Ball change R foot across 1,2 rond de jambe R,L 3,4 jump kick R 5,6 prep 7 jump twist hips and look R & land front 8
- 8 - R,L jump kicks 1-4 R,L jump fan 5-8
- 8 - Prep L 1 jump point R 2 prep front 3 jump waist kick L 4 prep R 5 jump kick R 6 prep front 7 R jump fan 8
- 8 - Prep R 1 jump point L 2 prep front 3 jump waist kick R 4 prep L 5 jump kick L 6 prep front 7 L jump fan 8
- 8 - Prep 1, jump R foot L foot in coup de pied behind 2, pas de bourre to face the back and unhook 3,&4 chassé R and hook up 5,&6 passé unhook L 7 step L 8
- 8 - Spread out into staggers, step R 1 step L 2 head roll to R step R, L 3,4 walk R,L 5,6 step R 7 pull to dig 8
- 8 - (Part 1,3,5) step R with L hand in front 1 step L with R hand in front 2 step R arms down 3 prepare 4 triple pirouette 5,6,7 ball change R,L to second position arms high "V" &8
- 8 - Ball change R,L to close arms down &1 step R to the back 2, step together in plié 3, press leap to diagonal 4, tuck and roll 5-8
- 8 - R leg hop around to back 1 roll to stand up 2-4 finish groups 5-8
- 8 - Chainé 1,2 R tilt jump 3 land 4 R leg slide to split 5,6 hold 7,8
- 8 - Bring legs together 1-4 roll to stand up 5-8
- 8 - Walk to straight line R,L,R 1-3 step together and hook up 4 jump kick R,L 5-8
- 8 - Every other person double prep 1,2 jump kick R 3, prep 4, jump kick L 5, prep 6, jump kick R 7, prep 8/ jump kick R, L, R, L 1-8
- 8 - "Double preppers" jump kick 1 double prep 2,3/ prep 1, jump kick R 2, prep 3 everyone jump kick L, R 4-7 hold 8
- 8 - Jump fan R 1,2 close and hold 3,4 jump fan L 5,6 close and hold 7,8
- 8 - R Y-scale ripple from stage L 1-8
- 8 - Tilt front 1,2 passé 3, tendu 4 ripple switch to left tendu from stage left 5-8
- 8 - Continue ripple 1-4, ripple from stage R wrap R arm and push 5-8
- 8 - Continue ripple 1-4, body roll R arm up 5-7 snap to levels 8

*Prepared by Allie Hudak*

Born To Rise  
Level 3-4 Pom  
Choreography by Lindsay Roznovsky

- 8 - Hold 1-2 facing back, rt arm up lft arm resting on head with pom touching rt elbow rt leg in dig, in three groups turn over right shoulder in second position arms in a V on first count, lean over arms out from shoulders and head down second count, C jump third count, return to bent over position with arms out fourth count. (go 3, 4, 5,)
- 8 - Ball change rt head release 1 head back up 2, prep 3, lft double pirouette 4 5, land second position grande plié arms in touchdown as body bent at waist head is down 6, clean 7, shake poms at low town down as body remains slightly bent over as you walk to second formation & 8 &
- 8 - Step out to left as arms punch down to rt angle touchdown 1, lft leg into passé as arms swoop down and up to land in touch down &, lft leg drops to clean as arms continue moving down to lft touch down 2, step out to rt on relive as arms punch out from shoulders to lft side focus goes to lft 3, body squares to front as you stay on releve rt arm touch down lft arm down hidden behind bottom &, sit into lft hip as rt ft pops turned out rt arm circles down hide bent behind back lft arm swings up to lft touch down 4, break lft arm down through body to low touch down body bent at waist head down 5, turn over rt shoulder to face back rt arm breaks up through body wrists facing outside as lft arm becomes bent onto back 6, weight goes to rt hip as lft leg pops turned out rt arm drops to T 7, switch weight and head to lft as rt leg pops turned out arms switch &, rt hip goes up 8, rt hip drops &
- 8 - (Front row and back row in opposition) Front row – pull lft leg into rt leg as body turns to front rt angle and arms break through body to touch down 1, step forward to angle with lft 2, rt battement 3, bring leg down 4 as head release. (back row opposite) Front row – lft arm breaks through to half -T as go onto releve in second position 5, rt arm breaks through to complete the T &, weight on lft hip rt leg popped turned out hands rest on lft hip left elbow back rt arm resting across tummy head looks left. (back row opposite)
- 8 - (Front row and back row opposite first two counts) Front row – step forward with rt leg both legs in plié rt arm swings up and over to land in rt low V 1, turn over rt shoulder square to front with arms rotating in an up into high V 2, rt leg slightly lifts off the ground head slightly releases and arms to lft diagonal 3, land weight on rt hip lft leg popped turned out arms in rt diagonal &, rt arms circles down across body to lft side as weight shifts to lft hip lft arm breaks to rest on back 4, rt arm continues to circle up to touchdown weight goes back to rt hip &, turn over rt shoulder to walk back on rt leg arms go to T and head releases 5, lft step in plié 6 to prep, rt jete to rt side rt arm up lft pom at chest 7, land 8
- 8 - Two groups – roll to ground on left hip with rt arm touch down 1, arms to low V as Z sit facing front 2, (counts 3,4 for second group), prep 5, rt double pirouette 6 & hands behind head, land in second position arms opening up to land in low v, 7, jump to bring feet back together arms circle up down landing crossed at wrist in front of pelvis head is released 8
- 8 - Moving to formation 3 – lft check mark 1, rt check mark &, arms out from chest crossed at wrist 2, rotate towards chest and back out &, cross at hips as start going down to knees 3, open on hips &, outside go to their side 4 while front goes to low V and back goes to high V, clean in front low touch down &, (4 parts) rt arm up to touch down lft arm rests on head with pom touching rt elbow 5 & 6 &, switch arms and parts go back other direction 7&8&

- 8 - Two groups will mirror movements – split formation down center to form two groups. Roll on to lft or rt hip to separate formation 1, roll to back knees tucked in arms at side 2, pop hips up by stepping outside leg out one arm down other arm is straight up from your chest 3, twist over outside shoulder to land in Z-sit with elbows up and poms under shoulder 4. Stage left group comes up onto knees left arm shoots out to T head looks lft 5, rt arms shoots out to T head goes rt &, lft arm goes behind head as rt arm onto back 6, switch it as sit on feet &. Second group mirrors with counts 7&8&. (Stage lft arms will end up being lft, rt, lft, rt and stage rt is rt, lft, rt, lft)
- 8 - Punch down to touch floor crossing at wrists 1 focus down, punch down to touch floor arms in low touch down focus down & closing knees &, tuck to toes 2, stand up &, step lft into second arms low V across body 3, stp rt arms break and punch to rt side low V 4, step lft to lft side arms cross at wrists above head 5, rt attitude as arms to low V and head release 6, stp forward on rt to rt side arms in boxes in front of face 7, stp out lft to face back arms in rt diagonal 8
- 8 - (transition back to two lines) turn over lft shoulder to face front lft leg in plié lft arm in broken touchdown and rt arm across body to lft side 1, stay in plié arms to low V & as walk on rt, come out of plié arms to high V 2 as walk on lft ft, arms to box in front of face & walking on rt ft, hips 3 &, weight goes to lft hip rt foot in tendu arms rocket and head up 4, first groups scoops down and up to end in same position on opposite side 5&6, 7&8
- 8 - stp forward with lft arms in low V 1, turn over rt shoulder to face front arms go into touch down 2, stp out rt leg to face lft side weight goes to rt hip as rt pom to rt hip and lft pom out from lft should 3, switch it 4, contagion from stage lft to rt poms open up and down weight goes back to rt hip 5-8
- 8 - Turn over left should erto walk back on lft leg with lft arm high V and rt arm wrapped at belly 1, switch arms as walk on rt foot 2, step lft arms rocket, step out with rt to second position facing lft side poms on feet 4, (four parts) swing rt arm down and up to rt touchdown shaking pom and lft hand on hip 5, 6, 7, 8
- 8 - Stp out rt to rt side arms lft diagonal 1, step out lft as lft diagonal 2, punch down rt arm to lft should lft arm on back elbow up 3, switch to other side 4, contagion to come up bringing lft arms up and over landing in lft low V rt pom behind back 5-8
- 8 - Tuck to rt side arms punch out from chest 1, up to face back 2, move formation closer while walking rt foot rt arm T lft pom at chest 3, switch 4, everyone turn over rt should to walk forward arms go into rocket arms 5 and shake poms as they come down and finish at shoulder 6, turn over rt shoulder to face back arms beside you 7-8
- 1 - Arms T on 1, lft arm by ear rt arm down by side &, turn over rt shoulder to end down on the floor in Z sit head down

Bounce  
Level 1-2 Hip Hop  
Choreographed by: Casey Potter

- 8 - Hold 4, body roll ripple front-back 5-8 8 bounce R 1-2, bounce L 3-4, walk to staggers 5-8
- 8 - Jump seconde hands flat 1, plié 2, kick R 3, step R prep 4, skater turn hands behind head 5, lower to knees 7, lean on R push hips up 8
- 8 - Rise 1, R heel toe 2&3, open R leg 4, elbows down to hip 5, box 6, big step L 7, big step R 8
- 8 - Train arms 1, to flexed foot 2, look up plié 3, head down extend 4, reverse train circle 5, R knee up 6, snake disco arms 7, clap 8
- 8 - L hip up TD 1, L hip up arms drop 2, step forward L bow&arrow arms 3, close ft prayer 4, R step lean away 5, lean R 6, lean L 7, b/c to L snap 8
- 8 - "Michael Jackson" R heel any arms 1-4, switch side "Beyonce" arms 5-8 8 plié circle 12, pop forward 3,4, stgL shake 5, stgR throw cross arms 6, center arms up bounce 7,8
- 8 - Arms open 1, cross 2, shake head kneel 3,4, slide to R 5,6, slide L 7,8 8 R tap open 1, close &, open 2, head swing down turn to back 3,4, half T twist R 5, point down twist L 6, untwist bounce 7&8
- 8 - "Irish" to columns: kick shin hop 1&2, kick shin hop 3&4, hop front 5, back 6, R 7, L 8
- 8 - Alternate: jump down low V 1, back 2, jump up cheerio 3, back 4, hop R turn 5, seconde 6, hop L turn 7, seconde 8
- 8 - Shoulders alternate: seconde high R (or low L)1, high L (low R)2, low R (high L)3, low L (high R)4, ripple snake to oppo directions 5-8
- 8 - Push slide out 1,2, double outside shoulder 3,4, push slide fr or bk 5,6, double opposite shoulder 7,8
- 8 - Barbie hands skitter to face back 1-4, L hip up hands behind head 5, same hip arms open 6, face R 7, chest pump in 8
- 8 - Kick b/c 1&2, kick b/c 3&4, grapevine 5&6&, hops in flexed arabesque 7&8
- 8 - Half T flexed coupé pirouette 1,2, seconde goalpost down 3, close ft goalpost up 4, "get jiggy wid it" twist 5,6, R arm extend pop R knee 7-8
- 8 - Continue pop knee 1, party walk to triangle 2,3, throw 4, party walk 5-7, throw 8
- 8 - Bow & arrow L look L 1, switch bow & arrow look front 2, switch 3, cheerio circle 4, reverse all 5-8
- 8 - R hand barbie to shoulder press into knee 1, switch 2, bent elbows tornado 3,4, bend and bend upwards 5&6, tuck 7, levels 8
- 8 - Bounce L-R 1-4, center 5, shake head &6, head pop hands up &7, point L &, point R 8
- 8 - Blades snake to shoulder level 1,2, pop back L 3-4, stand on R 5,6, pony R 7,8
- 8 - Slide R broken elbows 1, cross L behind hands snap down R diag 2, booty roll to back 3,4, shake hips 5, cross arms to R 6, R hip bounce up 7,8
- 1 - Melt over R leg

Can You Do This  
OC level 2 Pom  
Choreography by Kali Boyd

Beginning formation: Horizontal Straight Line

Arms behind head, R foot in a dig

- 8 - Hold 1-4 Ripple from R to L, arms up and over 2nd position to a low V facing back 5-8
- 8 - Continue ripple 1-4 L to high V 5 R to high V 6 both arms wrap 7 flick R leg to turn front 8
- 8 - step touch pulling up R arm 1-2 step touch pulling p L arm 3-4 double punch R arm to side, L behind head 5-6 wrap R, L to T 7 wrap L, R to low V 8
- 8 - R arm lasso's around head 1-2 arms build up: low v with R 3 bow and arrow L & high V bow and arrow with R 4 swoop R arm in front of face 5 whack L arm behind head 6 prepare for pirouette turn 7-8
- 8 - R single pirouette 1-2 tuck R leg to roll and stand facing the back 3-7 jump to 2nd position 8
- 8 - Hips roll to R 1-2 low check marks R-L 3-4 arms wind up, hips isolate back 5-7 clean front 8
- 8 - (Parts 1, 3, 5) "jerk" with L arm up 1-2 R arm swings to punch & 3 clean 4 arms whip around to R 5-8
- 8 - L diagonal 1-2 R arm breaks across to L 3 arms break through Low L 4 chest isolations R arm punches forward 5 L arm punches 6 R arm Low punch 7 L low punch 8
- 8 - Ball change L, R 1-2 step 3 Saut de chat; arms slice to touch down 4 step through on L 5-6 "clean the table" with R to pivot to back 7-8
- 8 - Continue parts and transition to a triangle formation 1-8
- 8 - Walk forward L behind head, R low v 1-2 switch 3-4 R maraca 5-6 L 7-8
- 8 - Party arms swoop to R 1-2 arms cheerio to R hip 3 L hip 4 quick bow and arrow R, L, R 5 & 6 L check 7 R Check 8
- 8 - "Ride the pony" to face back 1-3 clean 4 step touch R, R arm punches up and down 5-6 L arm breaks to L 7-8
- 8 - Chaine to front, arms to cheerio 1-2 cheerio to R hip, step R-L 3-4 arms down R Leg 5&6 snake up, arms break through 7-8
- 8 - "Starburst" out, double punch 1-2 swoop to half T 3-4 high V to low V 5-8
- 8 - (transition to 3 Lines) arms shoot through rocket and slice to clean 1-4 L arm to shoulder 5 switch to R 6 Switch to L 7 clean 8
- 8 - (parts 1, 5, 1; front to back) ballchange out with R; arms in W 1 clean feet, arms in a low stacked position 2 repeat to L 3-4 pony to R arms slice up 5-6 pony to L; arms slice up 7-8
- 8 - Prep 1 press leap; arms in touchdown 2 land in tuck facing stage R 3-4 continue groups 5-8
- 8 - Continue groups 1-4 facing back; R arm punches up 5 L arm punches up 6 L arm swoops in front of face 7 rocket 8
- 8 - Break through to Low V; head release 1-2 slide out to L elbow 3 battement R 4 knees together 5-6 open L to side to continue rolling towards Stage L to stand up 7-8
- 8 - Continue rolling to stand 1-4 R arm "clean the table" 5-6 punch to low v across the body 7 break to high V 8
- 8 - Step touch with R; arms in low V 1&2 step touch with L 3&4 double punch with R, turn chest to face stage L 5-6 arms half T, twist to back 7 twist front 8
- 8 - (parts by diagonal 1, 3, 5) feet jump to 2nd, arms break through to touch floor 1-2 repeat 3-6 arms TD and snake up to diagonal 7-8
- 8 - Wrap, feet jump together 1-2 pivot with R to face back, arms open to slice by sides 3-4 high V to Low V 5-7 hold 8

*prepared by Allie Hudak*



- 8 - Spiral over shoulder, arms punch low over L shoulder, drag R foot 1-2 walk R, L 1-2 arms across body, to low TD punch L, step R 3 arms across body, to low TD punch R, step L 4 chaine pile 5-6 pitch fan, arms in R diagonal 7-8
- 8 - Land 1 punch R, rebounding off R leg to drag over L shoulder 2 walk R, L 3-4 checks R, L, R, transitioning to horizontal line 5-7 clean 8
- 8 - Repeat ripple from beginning, breaking arms to TD 1-8
- 8 - Quick ripple, R arm breaking through to spiral over L shoulder, flat back, weight over R supporting L, hinge R 1-4 snake up 5-6 arms cross to back of head, R foot dig 7 head looks to R 8



*prepared by Allie Hudak*

Catching Shadows  
Level 3 Officer Contemporary

Start in diagonal, feet together arms by sides.

- 8 - Hold 1,2 sway left 3,4 push contagion from front to back 5-8
- 8 - Lean back 1-4, inverted fan or plié to switch spots 5,6 lunge 7,8
- 8 - Start peel off into staggers 1-6 pick up from stage, jump into second 7,8
- 8 - Throw left arm overhead 1,2 turn around yourself 3,4 drag L foot 5 step L 6 ball change to cross &,7 unwind 8
- 8 - (parts front row then back row 1,3) R step hop to coupé 1,& L step hop to coupé 2,& forward hop 3,& jump back 4,& walk R,L to the back 5,6 saut de basque 7,8
- 8 - Lunge reaching with R arm 1-4, push back and release 5,6 tuck 7,8
- 8 - Grab R leg 1, change directions 2, hop forward 3, L leg développée 4 hold 5 bring leg in 6, straighten leg 7 roll to stand up 8
- 8 - Continue to roll up 1-4, fold over arms on head in random order 5,6,7,8
- 8 - Contagion from front of diagonal, releasing back 1-3 step R 4 turn around 5, step L 6 hip twist 7 prepare &,8
- 8 - Double R pirouette 1,2 run to a triangle 3-6 chaîné 7,8
- 8 - Open pas de chat leap 1,2 jump to the R 3 contract 4 (parts from front to back 5,7,1) reach up &,5,&,6 R arm back 7 close 8
- 8 - Lunge R leg back 1-3 close 4, finish parts 5-8
- 8 - R leg slides out 1,2 jump up and over 3,4 roll with R leg up to tuck 5-8
- 8 - (parts back to front 1,2,3) release back 1 hands on the ground 2, L leg up 3,4 down to face stage L 5 finish parts 6,7 face into center of triangle 8
- 8 - (solo person in the center freestyle 1-8) outside pairs, one partner lay on the ground/ other partner run 1,2 grab hands 3,4 catch partner 5,6 rotate partners 7,8
- 8 - (solo person join in) reach R arm up 1-3 drop arm and partners 4 catch partners head 5-8
- 8 - Rotate partner 1,2 press 3,4 release back 5,6 run to diagonal 7,8
- 8 - Continue running 1-4 lunge ripple front to back 5-7 person in front turn around 8

*prepared by Allie Hudak*

Circle of Life  
Level 2 Pom  
Choreographed by: Magaly Guerra

Beginning Position: R dig front, hands behind back, focus to the L

- 8 - (Group A/B)A-hold 12, hit pockets face front 3, hips shake up/down 4, swivel arms to back of head 56, step back R leg hands reach to F diagonal 7, wrap L front R back 8
- 8 - B-repeat 1-8
- 8 - Step out L cross arms down 1, shift weight R arms dagger 2, rocket 3, L hand diagonal R over head 4, "w" arms hips circle R 56, L arm low "v" R hit hip 7, repeat hip hit shift to sit 8
- 8 - Pivot R arms push out R to L 1, half "t" 2, walk R punch L up R down 3, switch R up 4, circle R down L on hip 5, R "t" 6, circle through elbows to the L 7, switch to L sit R arm on stomach L low "v" 8
- 8 - "drums" punch down RL to low "v" 1&2, reverse 3&4, repeat 5&6, shampoo over head feet close together 78
- 8 - Ripple R to L step out R leg front R bow and arrow 1-4, cross L over R 5, arms slice up crossed 6, feet close arms high "v" 7, circle down to clean 8
- 8 - (transition to staggers/block form) "little circle" indian 1, R dagger L clean 2, switch 3, indian 4, indian to forehead 56, daggers 7, clean 8
- 8 - (continue moving adding pony 1-4) R dagger L clean 1, switch 2, dagger 3, clean 4, jump out hands pocket look L 5, look R &, X look front 6, back to pocket &, hold 78
- 8 - (groups 1,3,5 L to R) close R dig cheerio to R pocket look L 1, high "v" 2, half "t" &, punch front 3, pli  hands to knees 4, look front 5, R look 6, L look 7, front 8
- 8 - Upper body circle R to L 1-3, close feet L to R punch R arm out L clean 4, group 2 close 6, group 3 close 8
- 8 - Cheerio 1, hip dig to side 2, circle right arm 34, (groups 5,7) touchdown throw 5, hit ground 6, sit 7, hips 8
- 8 - Hold 12, cross R 3, L 4, snake up, 56, punch opposite directions 78
- 8 - Roll to stand 1-4, switch lines and shake 5-8
- 8 - "Africa" 1-4, buckets 5, half T 6, daggers 7, close 8
- 8 - Buckets 1, half T 2, push down 3, knees 4, chest 56, low V right 7, left 8
- 8 - Circle behind head 12, rocket 3, prep 4, single pirouette 56, jump out high V 7, close 8
- 8 - (transition windmill arms back to triangle) 1-8
- 8 - Pump pony 1-3, close 4, hips 5, shake 6, rocket 7, close 8
- 8 - (opposition) flick R 1, L 2, R hip 3, L 4, swing R bow and arrow 56, L 78
- 8 - (opposition) swing to buckets 12, deodorant close 34, ball change 56, close and turn 78
- 8 - (opposition) shake and walk R 12, punch cross 3, hit diagonal and look 4, reverse left 5-8
- 8 - Cheerio circle in forced arch 12, daggers 3, close 4, shake into tight formation 5-
- 8- Ripple down to ground 1-6, cross R 7, L &, open 8
- 2- snake up 1-2

*prepared by Allie Hudak*

Coke Bottle  
Level 2 Hip Hop  
Choreographed by: Rhodessa Bell

- 8 - Hold 1-6, Snap 78
- 8 - Snake R 12, Pose 34, Snake 56, Pose 78
- 8 - Claps
- 8 - Dip R 12, L 34, Run 5-8
- 8 - Jumping jack 1-4 line 1 and 3 Booty swivel 5-8 Line 2 and 4 giggle 5-8
- 8 - Line 2 and 4 snake front 1-4 Line 1-3 snake front 5-8
- 8 - Groove 1-4 dip 5-6 pump pump up down 7&8&
- 8 - Snake box to face front 1-4 group progression starts SR to SL on 5-6 flip your box cherio 7-8
- 8 - Knees 1-2 snake 3-4 sit 5-6 push back 7-8
- 8 - Put hand down on 1-2 kick 3 roll to standing 5-8
- 8 - Group two starts 7-8 kick 5 roll to standing 7-1
- 8 - Group three starts 1-2 kick 7 roll to standing 1-3
- 8 - We all hold 4 and tick toc 5-7 throw on 8
- 8 - Push head L 12, R 34, Swing R arm around and step together step 5-8
- 8 - Kick R foot 12, jump out hands on hips 34, circle chest 56, stop sigh R hand 7, switch hands 8
- 8 - (Groups 1,3,5) Point and walk backwards 12, circle arms high 34, throw arms back 56, rock front 78
- 8 - Rock back 12, Rock front 34, step L 56, snap to front 78
- 8 - Walk 1-4, point and run in place 5-8
- 8 - Dagger arms 12, half T arms 34, L arm scoops high 5, switch arms and sit 6, hip pops 78
- 8 - (Groups 1,3,5) Scoop the ground 12, Jump out ½ T arms 12 roll down 58, hands on ground 78
- 8 - Continue groups 1-8
- 8 - Kick runs 12, step R 3, sit snap and pop L leg 4, ½ T 56, goal post arms 78
- 8 - Walk to right and press down 12, lean and snap 34, run to one line 5-8
- 1- Jump out with hand on head 1

*prepared by Allie Hudak*

Come Get it Bae  
Level 3-4 Hip Hop  
Choreography: Justin Liad

Starting formation: Windows with body facing stage right head facing back.

8 - Look front 3 1<sup>st</sup> Group stage left to right [chest roll 5-6 chest pop 7 chest pop foot behind 8]

8 - 2<sup>nd</sup> Group 1-4 3<sup>rd</sup> Group 5-8

8 - Footwork: Left foot 1 both feet 2 right foot 3 left foot 3.5 cross behind 4 hold 5 grapevine with arms circling to layout 6-8

8 - Step right 1 step left with arms up in 90 degree angles 2 lift right leg and bring arms together 3 cycle legs through 4 hold 5 swing right arm 6 bent arm 7 open hands, plie, tilt head left all on 8

8 - Recover on 1 cross right foot swing arms forward 2 arms half T 2.5 unwind hands down head back 3 hop land 4 arms open cross over face 5 arms flexed and up left foot back 5.5 right arm to left shoulder, left arm to left hip, head turned to back 6 left arm to right shoulder, right arm to right hip, head facing front 7 hip roll down 8

8 - Hold 1 cross swing arms face back 2 face front arms half T 3 step right arms right diagonal 3.5 step in left arms 90 degrees 4 elevate arms twist straight up 5 drop arms and lean head back on way down 6-7 head up on 8

8 - 1<sup>st</sup> group back to front [jump out hip right 1 hip left 2 cross right foot and drop on 3 up on 4] 2<sup>nd</sup> group 5-8

8 - 3<sup>rd</sup> group 1-4 right hip face audience 5-6 unwind 7 hit chest in 8

8 - Right arm 90 degrees up right foot at 45 degrees flex 1 step as right arm goes down 2-3 arms on hips feet in 2<sup>nd</sup> 4 plie clap arms straight in front hips go left right 5-6 right foot crosses arms rounded hit right 7 arms hit behind 8

8 - Snake down 1 hands on left knee plie 2 hold 3 pivot right leg 3.5 recover 4 up, right arm on hip, head tilted right 5 hold 6-7 right foot forward point forward 8

8 - Right foot stage left left arm over stomach right arm behind head face stage right 1-2 hit half T 3 face front legs together plie arms on knees 4 head up 5-6 step left whack arms 7 cross right whack 8

8 - Unwind face back extend arms 1-2 step right left right 3-4 drop 5-7 right foot up 8

8 - Snake up 1-2 arms in right left out stage right left shoulder up 4 right leg 90 degrees arms 90 degrees with elbows in right shoulder up 4.5 right leg down left shoulder up 5 left foot cross right shoulder up 5.5 open and close hands 7 transition to lines 7.5-8.5

8 - In lines arms up 1 hold 2 break through new arms positions 3 triplet as arms break down and moving to windows 5-6 arms on right knee push down 7 right arm up right knee up 8

8 - Step back right left hands open at armpits 1-2 feet right left right as arms go from right 90 to left 90 3-4 arms chug twice as right leg twists twice forward 5-6 right foot step forward arms swing front 7 pivot right arm straight up facing back 8

8 - 1<sup>st</sup> group stage right to left [hop forward swing arm 1 left foot dig arm 90 in front 2 step out left as straight arms clap thrice down 3-4] 2<sup>nd</sup> group [5-8]

8 - 1<sup>st</sup> group front to back [step left 2<sup>nd</sup> plie right hand fist meets with left hand 1 chest pop arms open right foot towards front 2 arms slap thighs body now facing stage left head facing down 3 arms at a half T left foot meets right foot in dig head facing down 3.5 right foot dig face up 4] 2<sup>nd</sup> group [5-8]

8 - 3<sup>rd</sup> group [1-4] head down arms swing back ronde jambe right leg 5-6 step right 7 step left face back 8

8 - Step front right torso down right arm behind head left arm stomach 1-2 left leg step out deep

2<sup>nd</sup> plie facing back hands on knees 3 hands on left knee 4 chest out 5 chest in 6 step out and chest roll from right to left 7-8

8 - Throw arms front lean left, right, or back depending on formation 1-2 recover arms on hips 3 chest pop 4 ripple from stage left snake down to floor arms follow body down 5-8

8 - Jump with hands meeting up 1 land on 2<sup>nd</sup> plie body facing stage left, left arm front, right arm back 2 chest pop twice while going up 3-4 left step face front 5 right hand on sternum 6 look left 7 step out right in front body and face stage left

6 - Frame face as you turn to audience 1 snake down then up with arms to side 3-4 reach right arm across 5 pivot to face back right arm low V 6



*prepared by Allie Hudak*

Come On Feel the Noize  
Level 2 Field Pom  
Choreography by Emily Woodard

3 groups forming diagonal – face back in a tuck head down

8 - Hold 1-6, roll up 7-8.

8 - (1 3 5 back to front) jump 2<sup>nd</sup> slice to cheerio 1-2, finish groups 3-6, cheerio down 7, turn over L to front ½ T close feet 8.

8 - (1 3 5 front to back) open L to 2<sup>nd</sup> low V look L 1-2, finish groups 3-6, fold in 7, high V 8.

8 - Step front R check mark 1, W 2, feet together buckets 3-4, R wrap head L tummy step R 5-6, recover to R 7-8.

8 - Moving to block: drags R T 1-2, L T 3-4, shake to TD 5-8.

8 - Plie daggers 1, jump 2<sup>nd</sup> poms to hips 2, RL wipers 3-4, (opposition by lines R or L) drag L diagonal arms 5-6, R diagonal 7-8.

8 - Chasse side slice T arms 1-2, ball change at chest 3-4, rocket up pencil turn 5-6, recover to cheer 7-8.

8 - Ripple outside of each line starts: sunshine around towards 50 (every other line levels to high knees) 1-8.

8 - Ripple same way: outside pom pulls to ear shake head back 1-8.

8 - A: roll towards 50 to stand face side 1-8. B: break clean step RL 'X' leap 1-4, cross behind unwind to face side 1-8.

8 - Moving smush to columns: R ½ T 1 bucket 2, L 3-4, touch top of legs sunshine around to high needle 5-8.

8 - Moving rotating by chunks of 3 to one line (front girl rotates towards L): high V shaking 1-4, slice R across to low V 5-6, L 7, both ½ T 8.

8 - Leap progression: step RL arms down 1-2, jete high V arms land down 3-6, tuck 7-8.

8 - Jump open 4<sup>th</sup> parallel to L diagonal R high V angle 1-2, finish progression (form changes to diagonals of 3) 3-6, L slices to meet R 7, circle R to low V square shoulders front 8.

8 - Moving to triangle: deoderant arms -- L to low V 1-2, R to high V 3-4, L to high V 5-6, cross at wrist 7, L diagonal 8.

8 - Repeat deoderant arms 1-6, cross at wrist 7, squeeze elbows &, to hips 8.

8 - Clockwork step open to R with L 'L' looking R 1-2, switch to L side 3-4, rotate down head down 5-6, switch to R side head up 7-8.

8 - (1 2 3 4 5 by diagonals) pencil turn L shoulder wrap head & tummy to cheer 1-3, finish 4-8.

8 - Step open R ½ T to R diagonal 1-2, switch to L 3-4, T 5, fold to ½ T 6, TD 7, behind head 8.

8 - Step front R throw to low TD 1-2, pivot to ½ T 3-4, R chasse to back T's out in out 5-7, hold 8.

8 - (1 3 5 back to front) step forward L punch R to ear 1-2, finish groups 3-6, pivot front switch poms through daggers 7-8.

8 - Prep 1-2, single pirouette 3-4, jump 2<sup>nd</sup> low V 5-6, R ½ high V 7, both to ½ high V &, plié high needle 8.

8 - Jump together high V 1-2, ripple front to back circle in front of face to low V shaking plié head down 3-8.

8 - Separating to 3 groups: drag front or side break to T's 1-2, sit and roll to leveled down or standing 3-8.

8 - Circle daggers towards L shoulder 1-2, low V 3, clap 4, push to high superman 5, hold 6, shake in to chest head down 7-8.

1 - Ending pose 1

Drop It Like This  
Level 1 Kick

- Start in one line facing stage left, with feet together and arms by sides. Hold this position during beginning talking.
- 8 - Every third person jump to second with arms pushing out parts 1,2,3 look front on 4, part to L on 5,6,7 sit into hip on 8
  - 8 - Pivot turn parts starting on 1 or 3, R foot pivot 1 face the back 2 step 3 pivot 4 hold 5,6 everyone cling arms by sides 7 hook up 8
  - 8 - Corner exercise kicks start with L foot stepping back to kick R 1-4, repeat to opposite corner to kick L 5-8
  - 8 - Step R,L,R 1,2,3 passé R 4 tendu ripple from stage L 5-8
  - 8 - Jump kick R and L 1-4, prep feet together 5 jump to second 6, hold 7,8
  - 8 - Prep feet together 1 jump to second 2 jump kick L and R 3-6 close and hold 7,8
  - 8 - Corner kicks changing directions R leg 1-6 hold 7,8
  - 8 - Ball change L foot back 1,2 close feet together 3 hold 4 jump kick R 5,6 hold 7,8
  - 8 - Corner kicks changing directions L leg 1-6 hold 7,8
  - 8 - Ball change R foot back 1,2 close feet together 3 hold 4 jump kick L 5,6 hold 7,8
  - 8 - Separate lines start walking on R arms down 1,2 cross chest 3,4 "L" 5,6 switch "L" 7 by sides 8
  - 8 - Pirouette in parts starting on 1 or 3, R foot ball change back to prep for pirouette on 1,2 R pirouette 3,4 step out to R 5,6 second group finishes on 7,8
  - 4 - Ripple from stage R to face stage L 1-4
  - 8 - Close lines in moving arms wrapping to sides 1-4, odd number lines cling and hook up 5,6 even lines 7,8
  - 8 - Jump kick R,L,R,L 1-8
  - 8 - Odd numbered lines jump kick R 1,2 hold 3,4 hips to switch 5&6 hold 7,8 even numbered lines jump kick R,L 1-4 hold 5,6 hips to switch 7&8
  - 8 - Step L 1 fan R 2 step together 3,4 bow to flat back 5,6 recover to standing 7,8
  - 8 - In opposition, odd numbered lines chassé left 1&2 jump kick R, L to corner 3-6 hold 7,8 even numbered lines chassé R 1&2 jump kick R,L to corner 3-6 hold 7,8
  - 8 - Traveling back to center chassé 1&2 jump kick R, L front 3-6 hold 7,8
  - 8 - Ripple from stage L cross right and unwind, step out with R foot and windmill arms 1-8
  - 8 - Continue ripple 1-4, step L 5 R kick 6 step R 7 tuck 8
  - 1 - Level to ending pose in "L"



Electro Remix  
Level 4/5 Military

Abstract Pose attached in levels-Triangle

4 - Hold 1-2, Lift head up 3, look front 4

8 - Pull inward all different direction 1-3, press out pulsing & 4, change directions pulling inward 5-7, press out pulsing & 8

8 - Jump into first forced arch cross arms at chest &, drop arms to down V 1, dive up looking up 2, pray 3, open T stepping &, dive touching R knee 4, press arms out with flexed hands lifting head 5-6-7, bring hands together down &, press heels of hands out down V 8

8 - Press down 1, start bringing in L foot lifting arms up 2-3, and step out 2<sup>nd</sup> pull inward & press out from sh 4, bring r to up > wrap L at waist 5, turn L press R to down > turning R leg in 6, open to down > 7, circle arms L to R keeping elbows at waist &, turn toward the R wrap R at waist and L pressing behind flexed hand L foot in a dig 8

8 - Facing R front corner bring forearms to parallel to the floor extend L leg degage flex foot 1, lift arms up 2, step back on L open arms to box flexing R foot 3, close fore arms together step on R 4, Move to staggered lines: step on L box arms 5, step on R box arms 6, slice L arm around to back and while circling R arm down around 7, back up to forehead on 8

8 - Pick up Section starting on count 5-6 in three groups Bring R up ½ goal post L out sh palm back 1, turn L connecting R elbow to inside of L arm out from sh 2, drop R arm down switching arms and end up facing front with R up by ear and L attached at R elbow 3-4, step across with L foot pressing R arm out from sh L attached to elbow 5-6, bring R leg down facing back arms up parallel 7-8

8 - Sit to the L 1-2, kick R leg out extend R arm out parallel to floor 3-4, sit facing R 5-6, lift up into a box 7, sit 8

8 - Scoot back 1-2, Bend and turn and face front placing R hand on floor inverting R hand bend R knee 3-4, continue pickup thru 7-8

8 - Flip hands out 1, jump out 2<sup>nd</sup> 2, wrap waist 3, lift up close and peak through forearms 4, elbows pull out in out 5&, press back to T 6, windmill over L sh 7, touch L to knee R T 8

8 - Formation Change eventually ending up in a file or a diagonal Robot walk R slow forward 1-3, pop low 4, reverse step back R opposition arms 5-7, pop low 8

8 - Pony lift R ½ T 1, L to ½ T 2, drop to sides 3, open and slap & 4, contagion pressing in levels to corner (stay tight in form) 5-8

8 - Tilt arms LRL switch walking side 1-3, press down towards walking direction 4, ½ T 5, flex kick R side L personality R sh flex 6, step out 7, step back K plié towards center 8

8 - Drop over 1, back to K 2, close in front of face 3, hit R 4, hit L 5, hit together 6, circle down plié drop 7, jump 2<sup>nd</sup> 8

8 - Shift out plié lunge outside R ½ T L T 1-3, turn to parallel diagonal &, shift to opposite direction down diagonals 4, (outside) circle parallel to drop 5-7, pop up and drop & 8, (center) box from L to R 5-7, pulse up and drop & 8

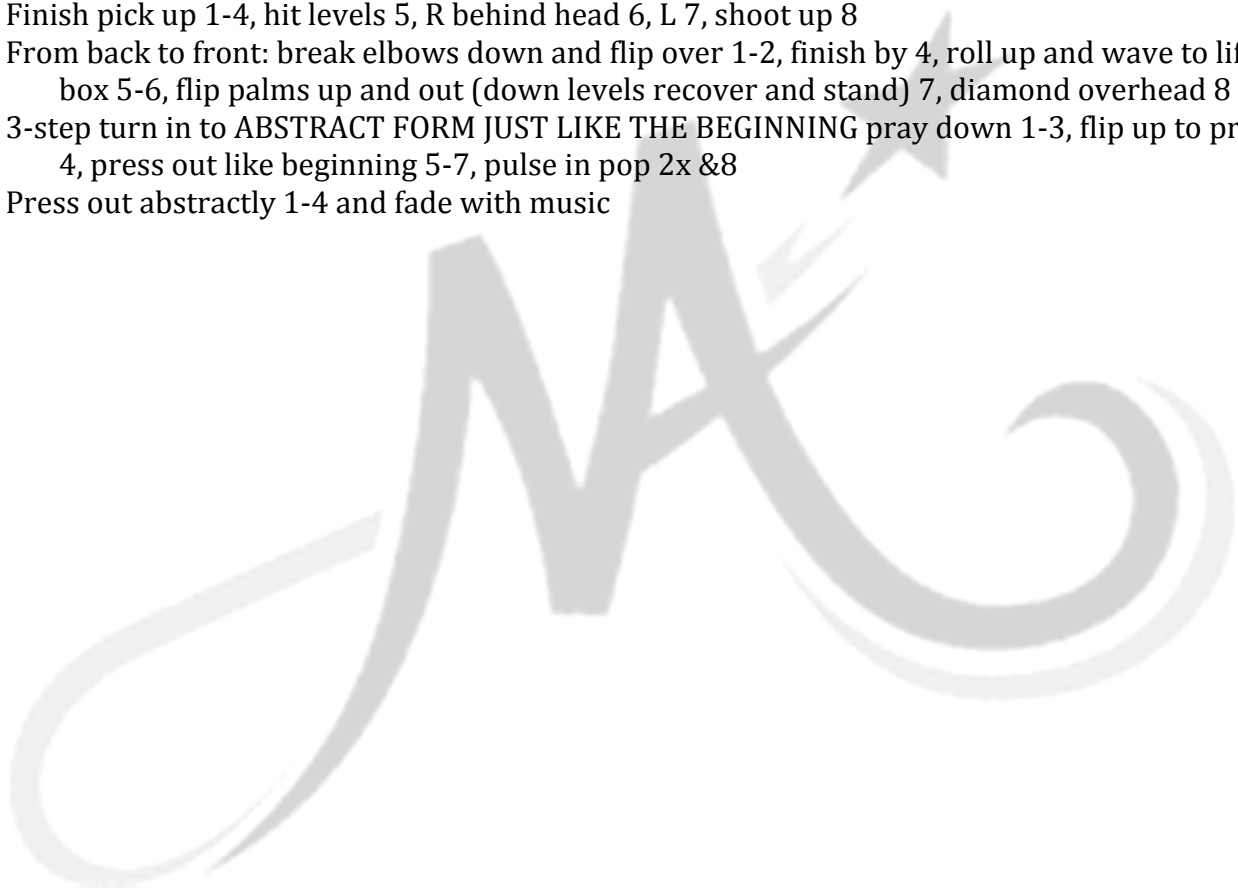
8 - Snake up outside 1-3, pop chest & 4, walk R front L up overhead 5, step L 6, circle R up to Indian 7-8

8 - Press out to L flex across 1-2, turn over R sh forced arch turned out passé arms switch to R up L parallel 3-4, st out to side 5, drop over ripple SR → SL finish R bent up to face 6-8

8 - Switch arm as knee pulls up 1, step 2<sup>nd</sup> R diagonal 2, circle down to hips 3-4, slice down clean 5, shoulder pop & 6, circle up to pray tilt L 7-8

8 - Flip over to pray low R 1-4, palms press to L "Donald Duck" 5-6, flip R 7, back L 8

- 8 - Indian tilt to R 1, roll out 2-4, tilt back to L 5-6, pick up in 3 groups lift up from plié R hand sneaks behind back 7, return 8
- 8 - Tilt back to R kick R flexed 1, step back lunge 2, finish pickup 3-6, circle L sh to R cheerio 7-8
- 8 - Transition to V: Indian 1, pull up to face 2, Indian 3, broken T 4, cross shoot down 5, open low V 6, clean 7, break up and close & 8
- 8 - Pick up front to back St R front T 1, step to back and wrap 2, chaine 3-4, jete 5-6, spiral to floor to knees 7-8
- 8 - Finish pick up 1-4, hit levels 5, R behind head 6, L 7, shoot up 8
- 8 - From back to front: break elbows down and flip over 1-2, finish by 4, roll up and wave to lifted box 5-6, flip palms up and out (down levels recover and stand) 7, diamond overhead 8
- 8 - 3-step turn in to ABSTRACT FORM JUST LIKE THE BEGINNING pray down 1-3, flip up to pray 4, press out like beginning 5-7, pulse in pop 2x & 8
- 8 - Press out abstractly 1-4 and fade with music



*prepared by Allie Hudak*

Feel Again  
Level 2 Camp Jazz

Start in staggered lines. Every other line either on knees or standing with L foot in dig

8 - Arms raise into box 1,2 out to second palms up 3,4 circle face 5,6 leg lift roll to stand in lunge 7,8, second row arms raise into box 1,2 out to second palms up 3,4 L arm swipe across body 5,6 circle face 7,8

8 - Continue to roll up/ envelopé to a lunge 1-4 press back release 5,6 step L 7 passé jump 8

8 - Walk L, R 1,2 cross back R unwind 3,4 reaching ball change R back 5,6 close and hold 7,8

8 - Opposition front row traveling stage L, second row traveling stage R, step to second 1,2 cross to prep 3,4 chainé 5,6 L foot in dig arms up 7 look stage R 8

8 - (parts from stage left starting on 1,3, or 5) passé 1, tendu 2, circle R arm 3,4 feet together and switch "L" 5,6 step L 7 battement R 8

8 - Throw L arm across and tendu L 1,2 groups finish 3,4 or 5,6 everyone arms box L foot dig 7 grab 8

8 - Rond de jambe L 1,2 relevé 3, L forward to prep 4, single R coupé turn 5,6 jump out to second arms reach forward 7, pull to hips 8

8 - R arm reach to front and walk starting on L to a triangle 1-8 finish arms by sides

8 - (parts in diagonals from stage R starting 1,5,1) sit in R hip arms on hips 1, switch hips and hands to head 2 jump to R flick L and close 3,4 ball change head release 5,6 close down hands to knees 7,8

8 - Parts continue 1-8

8 - Step on right plié 1,2 drag R foot in tendu to L 3,4 step R,L to face the back 5,6 R arm up 7 windmill R to back and L to head 8

8 - L arm up circle and snap with hip 1,2 L arm second circle and snap with hip 3,4 both arms to second and reach front walking and traveling to lines 5-8

8 - Run R,L 1,2 jump flicking R,L 3,4 drop to tuck 5,6 shoot legs back weight on hands 7,8

8 - Tuck 1,2 sit up 3, throw R arm from R to L 4, roll to get up 5-8

8 - (parts from stage L 1,5,1) walk R,L facing stage L 1,2 chassé front 3&4 step L 5 R leap 6 land 7 jump to second

8 - Continue parts

8 - Odd rows start up even rows start low step R 1 clap 2& step L 3 clap 4 switch levels and step R 5 clap 6& step L 7 clap 8

8 - Ripple from stage L arms up and open with feet together in parallel relevé 1-8

8 - R chainé 1,2 R passé 3,4 relevé second 5,6 drop to R 7,8

8 - Drag to L arms up 1,2 R,L 3,4 feet together arms from L to R and wrap 5,6 bend over 7,8

8 - Body roll up 1,2 lower to R knee 3,4 reach L arm and foot out 5,6 roll to stand up 7,8

8 - Continue rolling 1-4 move to triangle 5-7 jump to second on 8

8 - Drag R toe in and out 1,2 lunge push to "L" 3,4 drop body to the right circle and plié 5-8

8 - Head roll 1,2 R knee down in tuck 3,4 level out high/low left leg tendu 5,6 arms box up like beginning 7,8

1 - Palms turn up and release head

*prepared by Allie Hudak*

Feisty  
Level 4 Hip-hop

- 4 - Hold 5, circle opposite directions 6-7, snap opposite directions 8
- 8 - Scoop LRL 1&2, step RL to side &3, flick back "and", look front 4, lasso 5, chest roll 6, step back or front 7, body roll forward 8
- 8 - Hold 1, bevel R foot "and", look R 2, hold 3, ball change circle arms R &4, serve 5, lean back jazz hands 6, two chest rolls L 7, 8
- 4 - Lean back jazz hands 1, chuckle lean back 2, chuckle lean back 3, step L 4
- 8 - R leg 90 degree angle 1, step together to back 2, flick R hand 3, turn to front flick L hand 4, step R wave R arm down to diagonal 6, punch R in 5, L "and", R 7, step L 8
- 4 - Chest roll hands side of chest 1,2, run to L body roll up 3,4
- 8 - Kick R back 1, switch hips 2, three-step turn to R 3&4, step R back hands to hips 5, step L back hands to head, RL to back hands to daggers 7, look front 8
- 8 - First group: walk front 1,2, snap 3,4 Second group: snap 1,2 walk front 3,4  
All Together: chest pop R 5, chest pop L 6, chest pop R 7, improvisation on word "feisty"
- 8 - Swipe down 1,2, lean back shoulder pop 3,4, all in opposition: back group step together head roll from R to L shoulder 5,6, snake down 7, snake back 8
- 8 - Step side 1, kick R "&", switch hips bend R & flex 2, pony opposite direction crossing arms 3,4  
Back group: step forward R 5, turn over L shoulder 6, step R 7, punch up down &8  
Front group: step forward R 5, drag to floor 6, step R on ground 7, punch up down &8
- 4 - Jump to R corner 1, chuckle lean back 2, chuckle lean back 3, jump together 4
- 8 - Back group: hip-hop floor drag R arms straight 1, bend elbows 2, hip-hop floor drag L R arm box 3, switch R arm down 4 (switch lines), push R foot forward and step L fist to head 5, step L "and", step back R 6, chest pop 7,8  
Front group: drag R arms straight 1, bend elbows 2, drag L R arm box 4, switch R arm down 4, RL ball change lock arms up 5&, close together 6  
Groups (front group first, on 7 and 1): press arms back 7,8
- 4 - Circle arms forward 1,2, lasso R 3,4
- 8 - Hips R 1, hips L 2, shoulders R 3, shoulder L "and", close feet shoulder R 4, continue group 5,6, step L and cross 7, bevel R foot and release upper body over 8
- 8 - Hold 1,2, pop 3, pop 4, step R pop R 5, pop to L 6, pop to R arms in parallel box 7, pat head &8
- 8 - Chasse R arms circle 1&2, chasse L arms circle 3&4, walk R 5, walk L 6, kick R arms out in front "and", R foot to L knee indian arms 7, step out clean "and", sink R ear to R shoulder 8
- 8 - Hold 1,2, R shoulder roll 3, body roll 4, step L 5, kick R arms up "and", step R 6, kick L arms up "and", close 7, (in opposition, split formation in half), point inside foot in 8, bevel inside foot inside hand to hip "and"
- 8 - Inside arm to low diagonal 1, hand to mouth bend knees "and", flip hand palm out straighten legs 2, wave inside arm down to diagonal 3, wave arm to side of body 4, scoop flat back L to R 5,6, step R 7, step L turn to front 8
- 8 - Drag R 1, step L L arm box "and", R flex foot L arm parallel box 2, drag L 3, step R R arm box "and", L flex foot R arm parallel box 4, run backwards 5,6, step R foot to side arms behind body 7, close 8
- 8 - L hand to hip R hand down R leg kick 1, R foot to L knee L arm behind lead 2, R shoulder forward 3, L shoulder forward "and", R shoulder forward 4, step R cross arms 5, hips to L hands to shoulder "and", sit in R hip 6, R lasso 7, R lasso close feet look R 8
- 8 - 4 body rolls into center to face center 1-4, step back foot to back of room 5, switch step 6, switch step 7, touch inside foot 8, bevel inside foot inside hand to hip "and"

Find You  
Level 4 Kick

- 8 - Hold right hand behind head, left behind back facing back 1-2, PARTS (1) straighten arms windmill 3-4, (2) 5-6 (3) or 7-8
- 8 - Cheerio box either front or back 1-2, 3-4, pull back to left hip 5-6, chaine front arms down 7-8
- 8 - Pull to passe 1-2, drop to splits in parts 3-4, or 5-6, or 7-8
- 8 - Upper body lifts 1-2, roll up 3-4, walk 5-7 hook up 8
- 8 - R straight kick 1-2, L straight kick 3-4, cross L over 5, jump to second 6, jump together 7, turn hips to diagonal 8
- 8 - Step R 1, L developpe waist high 2, step L 3 inside fan R 4, ball change on diagonal with R 5-6, pull to passe 7, down 8
- 8 - Cut on the diagonal front back 1-2, alternating kicks R L R on left corner 3-4, 5-6, 7-8
- 8 - R front 1-2, L front 3-4, plie 5, passe &, sit back 6, degage L across 7, close 8
- 8 - Graduated kicks around the world, low R across 1-2, L waist high front 3-4, 2 R open on diagonal 5-6, 7-8
- 8 - Reverse, L low across 1-2, R waist high front 3-4, L open on diagonal 5-6, close 7 look front 8
- 8 - Step front with R upper body folds 1-2, drop arms down 3, pull up to chest 4, ball change 5-6, tour 7-8 arms straight up
- 8 - Step front w L arms back hook up 1-2, arabesque R leg 3, down 4, arms raise 5-7 drop on 8
- 8 - Parts; (1) drop L leg down to floor 1-2, sit facing back 3-4 head roll 5-6, plank over R shoulder 7-8, (2) hold 1-4, drop L leg 5-6, face back 7-8 (3) hold 1-8
- 8 - (1) R leg up to arabesque 1, attitude over 2, roll over and face L wall 3-4, 5-6, hold 7-8, (2) head roll 1-2, plank 3-4, arabesque 5, attitude 6, roll up 7-8 (3) start drop down 1-2...
- 8 - (1) holds 1-6, (2) rolls up and holds 1-6, (3) R leg up to arabesque 1, attitude over 2, roll up 3-4, 5-6, everyone reaches out 7, pull foot and arms in 8
- 8 - step R leg left arm reaches 1, windmill drag 2 arms in T, step R 3, pull through T 4, move back to line arms in to half T 5, elbows drop 6, straighten 7-8\
- 8 - run run 1-2, fouette jump on diagonal 3-4, back group: ball change 5-6, single pirouette 7-8; front group: roll to the floor 5-6, and stand up 7-8
- 8 - back group: chaine 1-2, step pull through to T 3-4; front group: reach L arm 1 windmill 2 step pull through 3-4; everyone: walk to lines 5-8
- 8 - ripple L arm in plie leaning L 1-7, hook up 8
- 8 - ball change on 1-2 or 3-4, pivot 3-4 or 5-6, step 7, arms raise 8-3 hook up 4 (4 count break)
- 8 - facing back/front every other person, R star, jump R across 1-2, front 3-4, open 5-6, front 7-8
- 8 - drop 1-2, chaine 3-4, back group: drop 1-2, face front 3-4, walking 5-7, arms windmill around to hold 8

*prepared by Allie Hudak*

Fire  
Level 2-3 Camp Hip Hop

Hold in two lines, front line down, back line standing

- 8 - Hold (1-2) switch levels (3) all stand to front (4) pull arms forward (5) back (6) snake arm forward (7) snap back (8)
- 8 - Switching lines low walk (1-2) Walk with pulls (3&4&) roll the dice (5-6) pull down (7-8)
- 8 - Three Groups 1,3,5: Swing arm up and over (1-2) pops while groups finish (3-7) pose (8)
- 8 - Walks forward in levels (1-2) drop to floor or three step turn (3&4) leg (5&) jump up or turn around (6) look front (7-8)
- 8 - Ripple pointing L arm looking over L shoulder (1-7) hop around to front (8&)
- 8 - Transition to new formation: Running with body roll arms up and over (1-4) running snaking back up (5-8)
- 8 - Jump out (1) head pop (2) shoulders L R (3-4) ball changes with arm swings (5-6) pull elbows (7-8)
- 8 - Snake up L R (1-2) walk back arms crossed (3-4) add arms (5-6) parts turning around self (7-8)
- 8 - Ball change steps with arms swinging out and in around self (1-4) spreading out coming forward (5-8)
- 8 - Front line turns to floor (1-2) second line (3-4) crawling arms (5-6) kicks (7&8&)
- 8 - Ripple to roll to stand and hit a pose of choice
- 8 - Criss Cross Up Down X2 (1-4) high knee walks into straight line (5-8)
- 8 - Sway opposite ways alternating people (1-4) spread back out (5-8)
- 8 - Nay Nay (1-6) dust it off (7-8)
- 8 - Jump to second lines facing alternating ways pointing front (1-2) chug walks forward (3-4) runs snaking body up (5-6) chug walks (7-8)
- 1 - Pose front "Fire"

*prepared by Allie Hudak*

Freak  
Pom Level 1-2

Beginning Position: face back, R cross dig over L, R box over head

4 - Hold 12, snake to the front 34

8 - (groups fr-bk 1/3/5) rocket releve 1, sit T 2, deodorant 3, low V 4, g2 end 56, g3 end 78  
(groups 1 and 2 lower to levels to finish out the 8)

8 - "build it" R punch across low 1, switch side 2, punch at level 3, switch side 4, punch at high diagonal 5, switch side 6, L high V 7, slice clean 8

8 - (groups fr-bk 1/2/3) step R front with L diag 1, step L with R diag 2, R step seconde to side punch diag TD down 3, hold for g2 punch 4, g3 punch 5, hold 6, open R low V front 7, replace 8

8 - Ball change front high V 12, slice clean back 3, hold 4, cross punch step R 5, R high or low V 6, cross punch L 7, high or low V 8

8 - Bounce hip shake switch V 1-4, clap step R back 5, pivot 6, dig R 7, hold 8 8 R chainé 12, step plie R with L arm diag 34, flick R circle arm to T 5, step R 6, L point half T 7, cross punch 8

8 - T 1, half T 2, R punch TD 34, (transition to triangle) shake down 5-8 8 circle L-R at elbows 12, circle again 34, tuck 56, high knees 7, clap 8

8 - (ripple fr-bk): rocket circle L-R sit on heels, sunshine to bug 1-8 8 cont ripple 1-4, punch R up groups bk-fr 5/6/7, break through punch L 8

8 - (groups 1/5) R slices to L lean on L 1-2, contract forward 3, half tuck to R 4, g2 5-8 8 roll to stand 1-4, jump seconde low V 56, double pump L 78

8 - T b/c R back 12, slice clean 34, (transition to block) R checkmark 5, switch L 6, R 7, 8 8 clap shake 12, rocket 34, T 56, R bang the wall 78

8 step seconde punch R TD 1, shake circle to L up close ft 2-4, step L prep T 56, single pirouette cheerio 78

8 - Jump seconde high V 12, deodorant roll down &, low V 3, hold 4, pockets lean R 5, lean L 6, shimmie 7, wrap waist 8

8 - (groups 1/3/5) jump seconde high V 12, checkmark R 34, circle L in front of face 56, high V 78

8 - Rocket at shoulder level to L 1, break R 2, switch bow & arrow 3, punch L across 4, rise circle L 56, finish plié 78

8 - G2 finish 12, g3 finish 34, raise half T 5, plié 6, slice T demí plié seconde 7, cheerio 8

8 - Alternate switch circle cheerio 1/3, punch R down 5, cross L 6, snake down side 7, clean 8

8 - (groups stgR-stgL 1/5/1) R chassé forward arms by side 12, step L cross at chest 3, R jeté high V 4, g2 5-8

8 - G3 1-4, hold 56, punch R to T 78 8 roll over L shoulder to stand side 1-6, punch R bucket 7, switch L bucket 8

8 - Shake in clap to clump 1-4, L behind head lean to R low V 5, switch to L 6, shimmie 7, lay over R thigh 8

*prepared by Allie Hudak*

Get Lucky  
Level 3 Field Kick

- 8 - Ripple up, Right arm up Left arm at hip 1-8
- 8 - Ripple soutenu back 1-7, hook up 8
- 8 - Grapevine opposite directions 1-2, 3-4, ball change 5-6, passe 7, down 8
- 8 - 3 alternating kicks on the corner 1-2, 3-4, 5-6, jump close 7, jump front 8
- 8 - Chasse back to center 1 & 2, walk 3-4, chasse away 5 & 6, walk 7-8
- 8 - Chaine to center 1-2, walk 3-4, ball change back with L 5-6, arms cross 7, hook up 8
- 8 - Passe parts; L 1-2, R 3, L 4, drop back heel 5, couple L 6, degage L 7, sit 8 head tilts, second group starts passe 5-6, 7, 8
- 8 - First group holds 1-4; second group drop back heel 1, coupe 2, degage 3, sit 4, salsa arms, ball change 5-6, face front or back 7-8
- 8 - Switch lines; group facing front: chasse 1-2, cross arms and step 3, leap 4, walk 5-6, cross arms 7, face back 8; group facing back: triplet 1 & 2, triplet 3 & 4, drag 5-6, cross arms 7, face front 8
- 8 - Group facing back now, triplet 1 & 2, triplet 3 & 4, walk 5-7 hook up 8; group facing front chasse 1-2, step 3, leap 4, walk 5-7, hook up 8
- 8 - (1) jump R kick front 1-2, L fan 3-4, L front 5-6, R fan 7-8; (2) hold 1-4, jump R front 5-6, L fan 7-8
- 8 - (1) R front 1-2, L front 3-4, R front 5-6 hold 7 drop arms 8; (2) L front 1-2, R fan 3-4, R front 5-6, hold 7-8
- 8 - Front line: walk back with flat back 1-7, hook up 8; back line walking kicks 1-2, 3-4, 5-6 close 7 drop arms 8
- 8 - New front line: walk back with flat back 1-7 hook up 8; back line walking kicks front 1-2, 3-4, 5-6, 7-8
- 8 - Exercise kicks; back L 1-2, R 3-4, back R 5-6, L 7-8
- 8 - Exercise kick on R corner 1-2, 3-4, walk back to center 5-6, hold 7 close 8
- 8 - Ripple R arm up L arm across 1-8
- 8 - Ripple arm wraps head and down 1-8
- 8 - Ripple drag roll to the ground and standing 1-8
- 8 - Continue last ripple 1-4, push back 5-6, drop 7 hook up 8
- 8 - Jump low R 1-2, jump low L 3-4, jump waist high R 5-6, L 7-8
- 8 - Jump high R 1-2, L 3-4, R 5-6 hold 7-8
- 8 - Front line jump kicks R 1-2, L 3-4, R 5-6, hold 7 drop 8; back line jump kicks jump 1 jump R 2-3, L 4-5, R 6-7 close 8
- 8 - Chaine away 1-2, salsa arms and walking 3-4, arms slowly come to T 5-6, 7-8
- 8 - Hip shakes, hit 1-2, shake 3-4, hit 5-6, shake 7-8
- 8 - Hit 1-2, shake 3-4, hit 5-6, shake 7 everyone closes 8
- 8 - Envelope R open 1-2, passe 3, down 4, R kick 5-6, jump 7 switch to opposite corner 8
- 8 - Envelope L 1-2, passe 3, down 4, L kick 5-6, jump 7 front 8
- 8 - Parts reach up 1-2, or 3-4, or 5-6, rolling around to levels front 7-8
- 5 - Continue 1-2, left arm opens 3, down 4, break through to finish & 5

*prepared by Allie Hudak*



"Give us a Little Love" Level 4 Modern  
MA Summer Camp Curriculum 2014  
Choreography by Sarah Starkweather

Formation One – Tight clump

8 - Facing corner one with feet shoulder width apart, hold 1, groups go 2, 3, or 4 (from stage L to stage R) accent rib to the right, melt into improvised minimal movement (motive=discovery/waking up your bones)

8 - Groups go 1, 2, or 3 (from stage L to stage R): ball change R foot to corner one point then corner four, arms point L finger then L hand flexes on counts 1 and 2, wrap R arm over head and R passé count 3 to upstage, pillow downstage count 4, look at palm of hand\* 5-7 (other groups finish 6, 7), head roll to the left on 8, clean R arm down on &. Soloist or small group crawls to look up at group 7-8.

Formation Two – Spread clump out to three lines

8 - Clockwise circle R arm through the toaster then trace left arm during three step turn to transition to formation two, 1-4, parts 5-6 (even lines down 5, arms up 6; odd lines R arm up 5, down 6), hands sprout from heart position, elbows stay in on 7-8

8 - Grow arms to a broken diagonal line, jazz hands palms forward 1-2, swing L arm over to hold the basketball 3, hands under chin 4, PARTS: group open hands and look down, soloist or small group crawls to look up at group.

8 - Groups go 1, 3, or 5 (from downstage to upstage) R jazz hand under chin 1, swipe hand up to diagonal line 2-3 while L leg comes up to parallel table position, flip hips to stage R and hold cup in R hand 4, step L then R 5,6 while L arm comes over head cleaning that elbow to the ceiling, bring palms together and slice L arm around on 7, inside turn on 8

8 - Second group inside turns on 2, third group inside turns on 4, transition to lift phrase 5-8

8 - Lift phrase 1-4 or 1-6 transition to diagonal lines or block formation 5-8 or 7-8 ending with motif\* from second 8 count

Formation Three – Diagonal lines or block formation

8 - Three groups stage R to stage L starts on 1, 3, or 5

[Jump phrase: Run upstage R diagonal R, L 1, 2 passé jump 3-4 (do not turn out of this jump), run L, R 5-6, fouette jump R leg in arabesque 7-8, ball change put both hands in the chip bag

8 - &1, coupe 2 extended pas de chat 3-4, single stag leap 5-6, faille 7-8

8 - Battement envelopé R leg 1-2, battement envelope 3-4, grand plié seconde 5-6, turn out 7-8

8 - Second group turns out 1-2, third group turns out 3-4, transition to formation four 5-8

Formation Four – Several small clumps

8 - Weight sharing 1-8

8 - Weight sharing 1-8

8 - Relevé 1-2 facing corner one, spiral over R shoulder to the floor 3-4, reach L hand forward to bug roll 5-6 tracing the floor, leg swing with L leg 7-8

8 - Roll up from floor over L shoulder 1-4, transition to formation five leading with hips and focusing on maintaining contraction

Formation Five – One clump (Isolation phrase)

8 - Group one rolls up 1-2, group two rolls up 3-4, head to the right 5&, R shoulder up 6, release right arm 7, swirl through 8

8 - R arm up in fist 1, peace sign 2, release to back diagonal and focus back 3-4, cross R arm over mid line 5 grab R hand with L hand under 6 bring to sternum separate hands 7 press down 8

8 - Half of group repeats prior 8 count. Rest of group returns to minimal movement from beginning

2 - Ball change R foot to corner one point then corner four, arms point L finger then L hand flexes on counts 1 and 2



*prepared by Allie Hudak*

## Gone

### Level 3 Contemporary

Choreographed by: Natalie Tomlinson, Breanne Wilson, David Arevalo, Lesly Powell, Ariana Salazar, Kristin Schulz

Starting in two diagonals; front diagonal sitting on their knees, back diagonal standing feet together, everyone's head is down.

- 8 - Everyone holds until the words "lying there", R arm crosses over to L shoulder on 1, L arm wraps around waist to the R on 2. L arm stays there while R arm pushes back on 3,4 with head looking at R arm.  
Ground People: Push off on R leg to arm stand on 5,6 hold the arm stand on 7,8. Come to standing up on 1,2, all the way up on 3,4.  
Standing People: R leg comes forward with flexed foot arms following into table top on 5,6. Come around to the front on 7,8,
- 8 - Grabbing air with both arms and folding over on 1,2, sneak up on 3,4 Everyone steps back on the L foot to release back with R leg in front and flexed on 5,6, step R, L on 7,8.
- 8 - Swipe R passé R leg wrap arms 1-2, R arm on hip L arm extend and circle 3-4, groups (5 & 1) pull R passé up and turn 5, close feet 6, arch down 7-8
- 8 - Continue groups 1-4, R arm over head 5, L arm to back 6, slide to box and roll up 7-8
- 8 - Groups (1 & 5) swipe R ball change 1-2, prep to back 3-4, pas de chat leap to front 5-6, pencil turn 7-8
- 8- Lunge L leg back 1-2, R arm extended up 3-4,  
First group: sit on L leg R leg extended out 5-6, windmill to back to roll 7-8  
Second group: continue pickup 5-8
- 8 -  
First group: roll to standing 1-4, hold 5-8  
Second group: pick-up feet R L 1-3, pas de chat kick handstand 4-6, drag to face back 7-8
- 8 - Switching lines drag on R foot L arm around 1-2, step L 3-4, jump to front arms up 5, half tuck 6, roll up 7-8
- 8 - Reach R 1, reach L 2, ball change arms in 1<sup>st</sup> 3-4, inverted R fan 5-6, prep to back 7-8
- 8 - Chainé 1-2, grande jete back attitude 3-4, roll on ground 5-6, on R knee L leg extends out L arm swipes 7-8
- 8 - Rolling to standing over L shoulder 1-4, walk LRLR arms dragging up body to hips 5-8
- 8 - R arm extends out 1, L arm extends up 2, swipe scissor arms R in front 3-4, switch arms "and", running arms demi plié 5-6, head roll to R 7-8
- 8 - Chug forward L leg bends back head releases back 1-2, roll up body 3-4, ripple R to L contracting and pushing to L, top person releases upward 5-8
- 8 - Hold 1-2, ripple front to back pencil turn around R shoulder 3-8
- 8 - Chassé R R arm swipes body to down 1-2, chassé L L arm swipes body to down 3-4, walking RLRL L arm to hip R arm circles backward 5-8
- 8 - Groups (1, 3, & 5) prep to right back corner 1-2, press leap to front 3-4, roll on ground 5-6, stand and hit hips 7-8
- 8 - Continue groups 1-4, reach R arm step R back 5, reach L arm step L back 6, step R 7, prep arms in broken T 8
- 8 - Double pirouette arms folding out 1-2, step R and lean over with arms wrapped around body 3-4, 2 groups (5 & 7) windmill arms 5, check mark 6, continue groups 7-8
- 8 - Prep swipe arms 1-2, hop to back L leg extended arms throw out 3-4, prep demi plié R leg 5-6, cross R to parallel 4 position arms in L open to front 7-8

8 - Compress arms R leg bends and flexes 1-2, push limbs out 3-4

Front group: spin to floor to face back 5-8

Back group: pencil turn over R shoulder to face back 5-8

8 - R arm wrap around chest 1, L arm wrap around stomach 2, R arm presses back 3-4, melt to back 5-8



*prepared by Allie Hudak*

Good Day  
Level 2 Jazz

Formation: staggers Beginning Position: weight on L, R arm resting on head

- 8 - Hold 1-4, R wrist roll up 56, R wrist roll in T 78
- 8 - Groups stgL-stgR(1/3/5): rond de jambe 1, sit in R hip R arm on hip 2, rond de jambe L wrap L over head 3, sit in L hip 4, R hip up 5, (g2 ends) sit 6, (g3 ends) R hip up 7, sit 8
- 8 - Step R T 1, step L drop arms 2, step R box headache look up 3, step L drop arms 4, step together step to R half T 5&6, step side L 7, R battement 'L' arms 8
- 8 - Leg down 1, seconde to back 2, R hand to hip lean R 3, L hand to hip lean L 4, head roll 5, face side 6, shake 7-8
- 8 - (center) step R front 1, L arm TD 2 (outsides) R T across 1, R T open 2, everyone three step turn 345, step R to seconde 6, hip roll R hands under chin 78
- 8 - (back group) shift weight R 1, lay over leg 2, L windmill 3, R arm up 4, pirouette 5, passé front 6, walk forward R 7, L
- 8 - (front group) hip to R 1, hip L 2, shift weight R 3, lay over leg 4, L windmill 5, R arm up 6, pirouette 7, passé front 8
- 8 - (back group) walk R 1, L 2, b/c R back 34, run R 5, L 6, R jeté 'L' arms 7, land 8 (front group) b/c R back 12, run R 3, L 4, R jeté 'L' arms 5, land 6, lean R arms low V 7, lean L cross wrists 8
- 8 - (transition to triangle) wrap body 1, pull hands oppo 2, R behind head 3, elbow in front of face 4, snap R 5, drop 6, hands on hips high passé walks 78
- 8 - (fr-bk groups 1/3/5 hold in dig) plie R arms reach side 1, slide L arms 'L' 2, cross R 3, L chassé 4&5, R passé 6, fourth position 7, L passé arms TD 8
- 8 - Land 1, step R 2, roll to ground 34, extra half roll 5, extend R leg up 6, roll out 7, pose to back 8
- 8 - G2 pose 12, g3 pose 34, release ripple stgR-stgL 5-8 8 roll front to stand 1-4, L hand pocket L step side face front 5, face SR walk backwards 6, step L 7, face back R step R hand pocket 8
- 8 - Hip roll L 12, relevé hands behind head hip LRL 3&, plié 4, pivot R arms open 5, front 6, half T chest pop 7, pop flick TD 8
- 8 - Step R melt arms 12, cross wrist 3, open 4, push down L leg 56, head roll to R 7, hands to R knee 8
- 8 - Step back L 1, wrap waist to back 2, drag push down 34, prep 56, double pirouette 78 8 land seconde low V 1, look L hands waist 2, stgL pivot 3, face back 4, center pivot 5, back 6, stgR pivot 7, back 8
- 8 - StgL turn to front over L shoulder 1, center face front 3, stgR face front 5, push down to R 7, push down to L 8
- 8 - G1 b/c 12, R fan 35, face side 56, g2 b/c 56, R fan 78 8 g2 land face side 12, drag to L with R arm 34, cheerio pencil turn 56
- 8 - Slide to ground oppo directions 12, stomach roll 34, body comes up 567, hands on floor jump out to seconde 8
- 8 - Snake R 12, snake L 34, cross hands &, hands on hips 5, hold 6, R rond de jambe 7, sit on R 8
- 8 - Pose 1, hold 2, pose 3, hold 4, shoulders down up down to R 5&6, opposite to L 7&8 8 wrap arms over head clump 1-4, step R front 5, pivot to side 6, hands back 7, cross chest 8
- 8 - Ripple tornado arms break down stgL-stgR 1-4, three pose levels melt 5-7, look front 8

Happy  
Level 1 Jazz

Choreographed by: Julie Rowley, Kelsey Joseph, Kacey Lee, Sarah Duarte, Magaly Guerra

Begin in triangle, facing back in wide 2<sup>nd</sup> hands to hips and head down

4 - Hold 1-2, knee pops down 3-4

8 - Pop down 1-2, turn over R sh L arm up 3-4, 2 groups: st R cross over head 5, touch L out T 6,  
2<sup>nd</sup> group goes 7-8

8 - Hip roll 1-4, pop down &5-&6, relevé cross to R corner 7, sit back and pull 8

8 - St R clean 1-2, cut under to passé arms break to touchdown 3-4, st out R back pocket 5-6, L 7-8

8 - Hands in front bounce hips R-L 1-4, shift R scoop up 5-6, sit L wrap R behind head 7-8

8 - St R open out to T 1-2, St close to face L corner wrap across chest 3-4, St R out to face back  
flick at sh 5-6, flick low V 7, close to dig back hands to hips 8

8 - 2 groups (1/5): Chainé R 1-4, drag R side touchdown 5-6, st through 7-8

8 - St to R flick and press L through 1-2, chasse L 3-6, 1<sup>st</sup> group steps to touch R out with arm up  
7-8 as 2<sup>nd</sup> group finishes their chasse

8 - Transition to lines: walk R as arms brush up 1-4, wrap and close 5-8

8 - Claps in opposition – St 1, double clap 2&, shift 3, clap 4, reverse 5-8

8 - Jump together touchdown 1-2, 4 groups (3/5/7/1): st R break down 3-4, flick to back 5-6, st R  
through 7-8

8 - Close to front 1-2, hold to finish groups 3-8

8 - Passé hands behind head to corner 1-2, press BC back 3-4, passé front 5-6, BC prep 7-8

8 - Single pirouette 1-2, jump 2<sup>nd</sup> 3-4, hips shift RL 5-6, dig R in arms bow R 7, switch 8

8 - St L wrap in 1-2, snap down R dig 3-4, pony R with L arm up 5&6, L 7&8

8 - St R out and snake arm over head 1-2, pop knees 3-4, st R check 5-6, L 7-8

8 - Switch lines walk L to hip and R points smile 1-4, down side 5-7, close 8

8 - Ripple SL→SR: St R tornado over head to tuck side 1-8

8 - Ripple SR→SL: Extend R leg and release back 1-8

8 - Sit forward on hip knees together R arm hit up 1-2, arm close R flick forward 3-4, roll to stand  
back 5-8

8 - Heels to R arms break to R 1-2, toes R switch arms 3-4, heels 5, toes 6, heels 7, toes 8

8 - 2 groups (1/5): Drag over L sh L 1-2, chassé 3-5, st L cross 6, jeté high V 7-8

8 - Tuck 1-2, 2<sup>nd</sup> group finishes 3-6, legs pop up 7-8

8 - Snake up in opposition by lines 1-2, drop 3-4, st cross down 5, break diagonal up 6, st out  
circle down 7, dig snap down 8

8 - Switch knees arm to sh 1-2, switch legs and arms 3-4, hips roll back W arms 5-6, sit back in  
low or high V by lines 8

8 - Shake and switch levels 1-4, reverse 5-8

8 - Close 1-2, BC R back 3-4, R battement L arms 5-6, st forward 7-8

8 - Transition back to triangle: walk facing back 1-4, flick R out to sh 5-6, L 7-8

8 - Shimmy 1-4, st R to back close arms 5-6, pivot front 7, touch R leg out arm breaks from sh to  
cross over 8&

Higher  
Level 5 Hip-hop  
Choreography by Katie Perdue

- 2 – hold 1-2
- 8 – hold 1-2, R arm up or down straight 3, bend R arm/raise shoulder 4, L arm up or down straight 5, bend L arm/raise shoulder 6, press down 7-8
- 8 – Repeat 3-8 arms going opposite direction thru 6, drag R circle arms 7-8
- 8 – Step L back 1, turn to side 2, chest pop 3, chest pop to demi-plié 4, swipe R hand pressing L knee out 5-6, snake head down and up 7-8
- 8 – Punch R arm across 1, punch L arm across “and”, punch R arm behind back 2, punch L arm behind back “and”, chest pop 3, R foot in 4, turn R leg out “and”, look R 5, head nod “and 6”, pull arms to chest and L leg out 7-8
- 8 – Upper body roll 1-2, punch down 3, broken T “and”, thrown arms down L leg kicks up 4, step L forward R arm out L hand to chest 5, switch arms 6  
front group: step R forward arms to broken T 7, jump with arms thrown down 8  
back group: step R out arms throw up 7, step R forward arms to broken T 8
- 8 – Front group land, back group jump 1, back ground land 2, pas de bourree to outside 3&4, press palms into center 5, back to stomach 6, circle arms in front of body 7,8
- 8 – Knee to elbow 1, switch 2, hold 3, throw arms down “and”, arms up 4, R hip forward 5-6, repeat 7-8
- 8 – Step back with outside foot cross arms 1, step back with opposite foot open arms 2, hold 3, knees invert “and”, legs turn out inside hand to mouth 4, snake head down and close feet 5-8
- 8 – Groups 1,3,5: press R palm out 1, L palm out 2, hold 3, invert knees touch hands “and”, back out 4, broken T 5, bend L leg arms behind back 6, arms in front of body 7, R leg bends fists to hips 8
- 8 – LRL shoulder pop 1&2, circle to half tuck 3-4, groups finish 5-6 and 7-8
- 8 – Back slightly raises 1-2, front group snakes back, back group continues raising back 3-4, snaking back or front (opposing groups) 5-6, again 7-8
- 8 – Move to triangle: R foot flex L arm circled above head 1-2, switch to L foot 3-4, switch to R foot 5-6, jump out 7-8
- 8 – In grande plié R arm sways L 1-2, sways R 3-4, R arm behind back 5-6, L arm behind back 7-8
- 8 – Kick R arms to broken T looking down 1, step R arms to pray “and”, step L arms broken T 2, circle R leg and arms 3-4, run to L side R foot 5, L foot 6, R foot L arm opens up R arm down hold position 7-8
- 8 – L knee to chest 1, kick ball change behind body 2-4, press palms out arms half way out 5, hands to stomach 6, press palms out arms fully extended 7-8
- 8 – Clean feet 1-2, jump feet out 3, feet in “and”, R leg kicks bent behind arms in circle above head 4, circle knee out 5-6, repeat 7-8
- 8 – Step R 1, step L punch hands together 2, step R circle arms down 3-4, step L backwards 5, close feet 6, tap L foot pressing palms down leg 7&8
- 8 – Step L 1, close to front arms to chest 2, step L foot side pressing palms out 3, touch R arms to chest “and”, step L foot side pressing palms out 4, step R forward R arm punch out “and”, L arm punch out 5, punch hands together “and”, arms down 6, straighten arms upward 7-8
- 8 – Bend knees arms to shoulder height 1-2, kick L palms up “and”, step L arms out in front of

- body 3, step R arms out “and”, hands to hips 4, hips to R 5, hips to L 6, R ear to R shoulder  
hips to R 7, hips to L 8
- 8 – Move to columns: pull L arm step R 1-2, pull R arm step L 3-4, bend knees circle arms 5, arms  
to 90 degree angles L knee up 6, step L circle arms down 7, close feet head down 8
- 8 – Front group: cross arms 1, tuck down 2, shoulders raise 3,4,5, hold 6, R elbow up 7, L  
elbow up “and”, look up 8  
Back group: cross arms 1, step R forward 2, arms slowly raise up 3,4,5, hold 6, R arm to  
shoulder height 7, L arm to shoulder height “and”, arms straighten up 8
- 8 – Keeping arms where they were: sway R 1-2, sway L 3-4, sway R 5-6, sway L 7-8
- 8 – Step R bent knees sway R 1-2, sway L 3-4, arms to quads sway R 5-6, sway L 7-8
- 8 – Circling arms sway R 1-2, sway L 3-4, low run to triangle 5-8
- 8 – Jump back on L foot arms behind back 1, step R arms broken T “and”, close to R corner 2, step  
L forward R arm punches down 3, L arm punches down 4, sink 5-6, step L circle arms  
down 7, close to box arms 8
- 8 – Step L open box arms 1, close feet and arms “and”, step L open box arms 2, step R open to the  
back arms up 3, arms down and head back 4, melt 5-6, step R 7, L knee to chest 8
- 8 – Step L to R side of room 1, R knee to chest 2, step R to open to front 3, L knee to chest arms  
circle to cross 4, step L forward R arm out L hand to chest 5, switch arms 6, weight  
forward R elbow to L hand 7, bend knees step R forward 8
- 8 – Feet closed body roll (from pelvis to head) to outside of formation 1-2, repeat 3-4, repeat  
with inward circling arms 5-6, upper body over legs 7, roll up arms to broken T 8
- 6 – Hold 1-3, chest pop 4, press palms down 6

*prepared by Allie Hudak*



Hit Me With Your Best Shot  
Level 3 Field Jazz  
Choreographed by: Shelley Wayne

Beginning Position: Files of 5 or 6 facing back

4 - Hold

8 - Contagion from back to front of file, clip turn to front and arms up and down

8 - Open into triangle in parts, step cross step circling arms. Parts 1-2, 3-4, 5-6, hold 7 head 8

8 - Hold 1 chaine to the center 2,3,4 ball change spray open 5-6-7-8

8 - Formation change to block

8 - (Parts every other row) Odds -Ball change &1 to 2<sup>nd</sup>, bc &2 crossed, step out R 2<sup>nd</sup> 3, punch R  
4 Back to 2<sup>nd</sup> 5 drop low pose 6 seated facing back 8

8 - (Evens - repeat above) Odds - hold 1-2, shoot up 3 low V 4, punch R then L 7-8

8 - (Evens - continue repeat) Odds - hold 1-2, tuck facing front 3-4, R arm up 5-6, down 7-8

8 - (Evens - finish entire repeat to end in tuck on 3-4) All stand 5-6 close 7-8

8 - Push R elbow and hip to R 1, L 2, cut L back and push arms to R 3 level L 4, chaine to R 5-6  
Chasse R 7&8

8 - Throw R over L and passé L 1 down 2, step to back feet together 3 fwd R 4, step bc L 5&6, step  
bc R 7&8

8 - (Parts every other row) Odds - 3 step turn to back end front 1-2 drop to lunge 1-4  
Evens - Hold 1-4, repeat 5-8

8 - Contagion - Kick out L leg and roll to R

16 - Step L 1 battement R 2 walk RL 3-4, swing arms to "T" front/back in parts 5-6, chasse fwd  
7&8 step R jete to ground 7-8 (start parts every 2 counts) Continue parts until everyone is  
in a tuck

8 - Contagion full tour off ground streamers touch overhead land in tuck

8 - Finish contagion 1-6 all stand on 7-8 -

8 - Move to staggered triangles

8 - "

8 - Step back L 1 passe R 2, pivot to back 3-4 walk RL 5-6, bc back with R to face front 7-8

8 - Chasse R fwd 1&2 press leap to ground 3-4-5 hold 6, up 7-8

8 - Push R elbow and hip to R 1, L 2, cut L back and push arms to R 3 level L 4, chaine to R 5-6  
Chasse R 7&8

8 - Throw R over L and passé L 1 down 2, step to back feet together 3 fwd R 4, step bc L 5&6, step  
bc R 7&8

8 - Everyone 3 step turn to back end front 1-2 drop to lunge 1-4, hold 5-6 stand 7-8

8 - Move to end formation 1-6, drop to tuck 7-8

1 - Leveled pose

Human  
Level 4 Contemporary  
Choreography by Sara Ciampa

Move through the counts. Begin in 2 staggered lines.

- 8 - Begin hands on knees, Hold 1,2, Reach left right hand on mouth right leg in attitude 3,4, arms out & 5, hands to mouth on releve 6, hold 7, arms to thighs & hands to knees 8.
  - 8 - Roll to the floor on 1, 2, snake right leg through on 3,4, jump to a parallel position left arm up & 5, come up on look down on 6, arms down look forward 7, arms out one at a time & 8.
  - 8 - Swing parallel passe 1,2, through arms back releve 3,4 turn over left shoulder right arm up left arm by side 5, swivel fist to chest 6,7 ball change and 8.
  - 8 - Double coupe turn L arms 1,2, ronde jambe to pique to the right with parallel back attitude 3, right knee to chest 4, push it down arms up 5, arms down 6, float arms up and arch step forward 7,8,
- (tempo change)
- 8 - Spin 1, abrupt stop facing front 2, step 3,4 spin around 5, abrupt stop to face front 6
  - 8 - Step cross 3,4 step cross 5,6, step cross 7,8 -
  - 8 - Prep 1,2, double coupe turn 3,4 drag with L arms 5,6, run 7,8,
  - 8 - Run 1,2, straight leg pas de chat 3,4 walk to switch lines 5,6,7, down on 8.
  - 8 - 3 groups right to left every 2 counts. Star jump up 1, 2, down 3, up 3,4, down 5, up 5,6 down 7 hold 8.
  - 8 - Staccato step forward arms to side 1, leg out flexed arms to T 2, passe to back crossed lunge right arm reaching left 3, look on 4, ronde jambe right leg turn 5,6 wide second plie 7, arms up 8, tilt right &
  - 8 - Right arm reach left and pull you forward 1,2, arms wrap to forward folded flat box 3,4, Look up 5,6, right leg reverse low fan 7,8,
  - 8 - Slide backwards to sit on the floor arms straight ahead 1,2, jump to feet rise over left shoulder 3,4, thrashing arms on 3,4, head roll on 5,6 prep on 7,8
  - 8 - Double Pirouette 1,2, wide second releve V arms 3,4, lean head into left should 5,6 step cross on 7,8
  - 8 - Chaine 1,2, ronde verse 3,4, step back with right leg left arm curves over towards back 5,6, step left 7, flick right arm and left leg 8,
  - 8 - Step right left 1,2, brisse to the right corner arms straight up 3, ball change out right left & 4, scoop left up 5,6, and push away 7,8
  - 8 - Run back left steps first first 1,2 face front 3,4,5,6, jete 7, land & 8.
  - 8 - Step right flick left 1,2, step left flick right 3,4 hands to chest jump back 5,6, parallel pas de chat 7,8
  - 8 - Fall forward in 3 groups left to right every two counts. fall 1,2, fall 3,4 fall 5,6 slide forward on right knee left foot on floor 7,8
  - 8 - Left arm reaches right left leg straightens out 1,2 step forward 3,4 arms up 5,6 step back 7,8 -
  - 8 - Rond de jambe right leg 1,2, rond de jambe left leg 3,4 parallel passé turn 5,6, forward fold 7,8
  - 8 - Stand up right facing forward and hug yourself 1,2 open arms 3,4, look up 5,6,7,8

I Know You Want Me  
Level 3 Field fan/scarf  
Choreography by McKenzie Robinson

Start tucked in a triangle with the fan spread out in front.

- 8 - Ripple from stage L, step back on R foot and return to tuck 1-8
- 8 - Ripple from stage L, opening fan overhead to the right and shaking 1-8
- 8 - Transition to block, starting on L foot, fan to left hip 1,2 R hip 3,4 circle above head 5-7 down by side 8
- 8 - Repeat same transition
- 8 - Ball change (parts front to back on 1,3,5) fan in R hand sweeping down to L ball change R 1,2 close feet and R arm to "T" 3,4 fan circle above head ball change L 5,6 close feet and R arm to "T" 7,8
- 8 - Repeat groups continue to add on 1-6 everyone tucks to the ground on 7 hold 8
- 8 - Jump to R leg and windmill fan R 1,2 roll to stand up 3-8
- 8 - Ball change R back fan to left shoulder 1,2 step R 3 step L 4 pop fan twice 5,6 step R to front seven close 8 with fan in front of face
- 4 - (parts front to back on 1,5, and 1) ball change R and peek-a-boo with fan 1,2 close 3,4 L ball change 5,6 close 7,8
- 8 - Repeat groups and continue to add on 1-8
- 4 - Continue to add groups 1-4
- 8 - (parts front to back 1,5, and 1) odd lines travel R, even lines travel L, three step turn 1,2,3 step 4 "X" jump 5 cross behind and unwind 6-7 feet together 8
- 8 - Continue with parts 1-8
- 8 - Ball change and release head 1,2 passé toward center 3 foot down on 4 move to columns 5-8
- 4 - Continue moving 1,2 feet together and fan down in front 3 hold 4
- 8 - Ripple from front to back every other person opening R or L to tuck starting on 1, chase with another ripple step back toward column and back to tuck fan up and down start on 5
- 8 - Chase ripple closing into column 1-8
- 8 - Ripple back to front closing fan down 1-8
- 8 - Move back to staggered lines, fan low R diagonal 1,2 circle above head 3,4 small circles R 5,6,7 by side 8
- 8 - R high or low fan 1,2 L 3,4 switch levels to R 5,6 close by side 7,8
- 8 - (parts stage R to L 1,3,5,7) jump fan up and down to tuck 1 tuck 2
- 4 - Knees down 1,2 spread fan 3,4
- 8 - Ripple from stage L, step out with R foot fan up and over, close knees, swipe front and roll to stand up 1-8
- 8 - Continue ripple 1-8
- 8 - (parts every other line start 1 or 5) step R 1 drag with fan up 2 walk R,L 3,4 walk around fan 5-8
- 4 - Feet together and fan down 1,2 step R,L to prep 3,4
- 8 - Double pirouette 1,2 step out with R and circle fan 3,4 low diagonal 5 hold 6 continue with groups 7,8
- 4 - Second group finishes 1,2 everyone open fan and look front 3,4
- 8 - Three step turn L 1,2,3 high diagonal 4 three step turn R 5,6,7 fan down 8
- 8 - (parts from stage L 1,3,5) run R,L 1,2 leap front 3 land to tuck 4 continue with groups 5-8
- 8 - Hold in tuck 1,2 ripple step back L fan up 3-8
- 8 - Continue ripple 1-4 ball change R front 5,6 close feet 7,8

*prepared by Allie Hudak*

- 8 - Moving to triangle, L foot, fan to left hip 1,2 R hip 3,4 circle above head 5-7 down by side 8
- 8 - Repeat transition step close fan down in front on 8
- 8 - Ripple front to back, drop and stand with fan up 1-8/ front parts leveling R knee down 5,6 L knee 7,8
- 2 - Arms out and shake 1,2



*prepared by Allie Hudak*

## La La La

### Level 2 Camp Pom

Choreography by: David Arevalo, Sarah Ciampa, Adrianna Cortez, Caitlin Hendricks, Hillary Hoffman, Allie Hudak, Hayley Mitchell, Emily Woodard

Start in tight staggered lines facing stage R & L, dig downstage foot, head down

8 - Hold 1-4, A/B lines hi or low cheerio stepping downstage 5-7

8 - Switch cheerio levels face back 1-4, A: face front close to R circle cheerio to L hip 5-7, 4<sup>th</sup> parallel box arms to R wall 8. B: R chasse through A's punch front to R hip 5-7, 4<sup>th</sup> parallel box arms to L wall 8.

8 - Square front high V or low V 1-2 switch box arms 3-4 front line swing to rocket 5-6, back line swing to rocket 7-8

8 - Ripple L to R circling needle to R leg plié 1-6, snake head towards L close to L foot 7-8

8 - Moving to deep block chasse salsa arms R 1-2, L 3-4, wrap L R high V 5, both high V 6, switch sides 7, clap at chest 8.

8 - Jump 2<sup>nd</sup> level V to L angle 1, break R open to level pizza 2, steering wheel R L 3-4, (5 6 7 front to back) jump together R to ear L dagger 5, plié hands on knees 6, finish groups 7-8.

8 - Chasse side R or L by lines 1-2, ball change low V 3-4, 3 step turn back to staggers 5-7, touchdown arms 8.

8 - Shake down to low V 1-4, step prepare 5-6, single pirouette Indian arms 7, jump 2<sup>nd</sup> open Indian 8.

8 - (1 5 1 L to R) R diag 1-2, punch through to face L wall 3-4, pump ½ 2x look front 5-6, step R TD arms 7, clean to face back 8.

8 - Finish groups 1-8.

8 - Party high RL 1-4, triplet with R arm 5-6 step 7 jump to front cheerio arm 8

8 - Hips pulling arms R 1&2 walking to columns hands to L hip 3-4 shaking at chest 5-8

8 - Ripple front to back jumping to second swinging arms T to L 1-4 step punch to high L 5-7 turn to back arms in second 8

8 - Ripple back to front punching to rocket 1-4 turn to front arms at chest 5 step back into column arms to T 7 close 8

8 - Walking back to staggered lines R candlestick 1-2 L 3-4 shake arms up 5-7 close 8

16 - FRONT LINE: Hips 1&2 L 3&4 ball change 5-6 run 7-8 soute chat 1-2 land 3-4 hold 5-6 low knees 7-8

BACK LINE: Hips 1&2 L 3&4 R 5&6 L 7&8 ball change 1-2 run 3-4 soute chat 5-6 step 7 jump to second 8

8 - K arms alternating ways 1-4 swing to high V 5-6 swing to L high diagonal 7-8

8 - Break 1 switch diagonal 2 FRONT LINE: tuck 3-4 hold 5-6 BACK LINE: swing R cross open 3-4 L 5-6 ALL: jump to second cross punching arms 7 close 8

8 - Moving to triangle chasse salsa arms R 1-2, L 3-4, wrap L R high V 5, both high V 6, switch sides 7, clap at chest 8.

16 - Groups out to in 1,3,5: Ball change 1-2 passe 3-4 square to back break arms to T 5-6 step across punch arms forward 7-8 tuck 1-2 finish groups 3-6 hit levels 7 hold 8

8 - Wrap arms looking R 1 open to low V 2 wrap arms looking L 3 hit level 4 shake arms into chest 5-7 punch R arm up 8

Let's Have a Kiki  
Level 2-3 Kick  
Choreographed by: Sydne Miller

- 8 - 1-3 hold pose (facing B or F) 4 snap up reverb, (look F if facing B) 5-7 2nd, shake, hands drag up from thighs to TD 8 close, hook up
- 8 - (kiki) (opposite facings) 1-4 R traveling exercise kick 5 6 R corner 7 prep R corner 8 turn to face L corner
- 8 - 12 step L flick R 3 4 step R flick L (waist) 5-7 walk LRL, lay back to stand gradually 8 clean to F
- 8 - 12 R straight 3 bevel R & 4 hip pop (parts L-M-R) 5 tuck to L, push L hand to knee, rest R hand on ground, look over R shoulder 6 step B L, pop R, wrap arms palms out, look up 7 2nd, snap up R, look L, L hand at hip (everyone face F) 8 hook up
- 8 - (opposition) 1 step R/L 2 fan L/R 3-5 circle bow to stand R/L 6 look F, stand 2nd 7 pull hands to ribs 8 head roll R (everyone)
- 8 - (work) 1-8 straights
- 8 - 12 R cross 3 4 R straight 5 6 L straight 7 8 hold
- 8 - 12 R point 3 4 L point 5 6 R waist 7 8 L waist
- 8 - 12 R straight 3 4 L straight 5 hold 6 hands to hips 7 & 8 shake booty
- 8 - (house) (dance section, pick up 1-3-5 every 3 people R-L) 12 walk RL, TD arms 3 4 walk RL frame face 5 6 walk RL, clap x2 at L side of face 7 step R, clean arms 8 prep, L arms (creates 6 lines)
- 8 - 12 double turn 3 4 jump out, hands down 5 6 pose (levels: 1 & 4 sit R, L leg popped side, L hand on knee, look L 2 & 5 sit R, L leg popped side, jazz hands at shoulders, look L 3 & 6 sit R, L leg popped side, pull arms over head to R, look L 7 look F & 8 hip pop
- 8 - (parts 1-3-5 L-R) 12 chasse R, arms clean 3 4 step L cross arms, leap R F, TD arms 5 6 tuck to F, head down 7 8 stand, sit L, pop R, clap x2, L by face
- 8 - 1-4 continue clapping parts 5-8 (transition to 3 lines: 1 & 2, 3 & 4, 5 & 6 combine) walk R-L, hands at hips, pop chest x4
- 8 - (break)(hook up ripple) 1-8 (L-R) point R foot F, plie L, hand down leg and back up, hook up
- 8 - (kiki) (opposition: 1 & 3/2) 12 R/L fan 3 4 R/L fan 5 6 chasse R/L 7 8 pop jump, focus up
- 8 - 12 chacha walk L/R 3 4 chacha walk L/R 5 6 turn to R/L, grab hips, shuffle back, focus F 7 8 hook up, clean feet
- 8 - 12 R point 3 4 R high 5 6 L point 7 8 L high
- 8 - 1-6 straights 7 hold 8 clean
- 8 - (let you have it) (transition to triangle) 1-4 walk R-L, drag up hips 5-8 pick up feet walk, hands behind head
- 8 - 1 step R cross hands F 2 catch step to extend R, arms push back 3 4 step RL arms clean 5 battement R, L arms 6 step R, clean arms 7 8 tuck to R
- 8 - (parts 1-3, inside-outside) 12 stand, split, nose to knee R 3 4 rotate 2nd, L hand hip, R snap reverb 5 6 finish parts/hold 7 8 outside: roll to ground, sit outside, look outside - inside: chaine R/L to weight outside, both hands on hips - middle: step
- 1 - (fade out) 12 outside: flip hair outside hand, throw down, inside: flip hair outside hand, throw down - middle: flip both hands, throw down 3 outside: L hand to hip, look L, inside: hands to hips, look L, flip sit R pop L

*prepared by Allie Hudak*

Louder  
Level 3 Kick

Choreography by: Lesley Powel, Michaela Vermulen, Adriana Cortez, Lauren Gier, Angie Gonzalez, Kate Barton, Thalia Molina

- 8 - Hold 1-4 Ripple ( L sutenue, arms high rocket into low V to levels) 5-8
- 8 - Continue ripple 1-4, floor roll to standing 5-8 or standing rocket arms 5-6 hook up 7-8
- 8 - R exercise kicks 1-4, R kick 5-6, prep 7, L kick 8
- 8 - Pose 1, pointe L side 2, feet together 3, jump &4, L side step 5, R fan 6, R chase 7-8
- 8 - R cross cut 1, L step behind 2, chase 3-4, R pose 5-6, L pose 7-8
- 8 - R ronde de jambe to L corner 1-2, R ball change &3, L pose back 4, step 5, R pose 6, step 7, twist &8
- 8 - Graduated L corner 1-6 step L to R corner 7, close R side 8
- 8 - Graduated R corner 1-6, step R to front 7, close front 8
- 8 - Double R kick 1-4, double L kick 5-8
- 8 - Straight 1-6 close 7-8
- 8 - Chaine drag ripple R-L w/ arms swinging to rocket and re-hooking 1-8
- 8 - Circle bow R-L 1-2, up 3, close 4, R ball change w/ head 5-6, close 7, clean 8
- 8 - Pick up 1,3,5 groups forming 3 lines (drag on L foot pushdown arms 1-2, step 3, R passé 4 "L" arms 4, torre 5-6, L step 7, close 8)
- 8 - Walking pivots into center 1-6, hook up 7-8
- 8 - Opposition fans every other line 1-6, close 7-8
- 8 - Chasse back to center 1-2, step 3, three inside leg kicks 4-8
- 8 - Straights 1-6, close 7-8
- 8 - Three group down fans 1,3,5 (first count L step, second count R fan, third count R kneel down)
- 8 - Ripple 1-4 (straighten out L leg w/ head roll) chase with ripple to standing arm swinging 5-8
- 8 - Cont. ripples 1-4, drag to "L" to right side 5-6 chase to L front diagonal 7-8
- 8 - L step 1, R leap 2, tuck 3-4, roll to stand 5-8
- 8 - Walking to form arms clean 1-8
- 8 - Jump forward w/ R leg, L leg coming to back coupe w/ L arm swinging to floor and roll tp standing 1-8
- 4 - Open to R to L side arms opening 1-4

*prepared by Allie Hudak*

Love Runs Out  
Level 3-4 Jazz

- 8 - Right dig on diagonal, right arm swings 1-2, flick walks 3-4, 5-6, prep 7, inside pirouette 8
- 8 - Fourth releve 1-2, hands to open and hips & 3-4, hip roll 5-6, point back 7-8
- 8 - L shoulder/heel stomp 1-2, pull up L hip 3-4, hip roll arms in T 5-6, soutenu to back 7-8
- 8 - Prep &1, double pirouette 2-3, prep &4, double coupe turn 5-6, prep 7, leap 8
- 8 - Tuck 1-2, fan R leg 3-4, push over 5, walk up w straight legs 6-7, snap 8
- 8 - Move with swirly arms moving formations 1-6, parts start (1) run 7-8 (2 & 3) hold 7-8
- 8 - (1) tilt jump 1-2, second 3, release 4, ron de jambe 5-6, ball change battement 7-8 (2) start running 3-4, tilt 5... (3) start running 7-8
- 8 - (1) cross L arm across 1, pull 2, R arm 3 down 4, left knee drops 5 kick R foot 6, in 7 R hand & head drops 8 (2 & 3) continue counts
- 8 - (1) snake up 1-3 sit back 4 and hold (2) ends on 8 (3) continues
- 8 - (1 & 2) hold 1-4, (3) ends on 4, everyone shakes 5 & 6 & 7, drag left foot
- 8 - Left foot front contract over 1-2, up 3, right leg swoops 4, front line - reach up 5 reach right 6 roll head 7, ground 8, back line - reach up 5, ground 6, up 7, right 8
- 8 - Slap hips 1-2, draw up while changing formation 3-4, 5-6, jump second 7 facing right or left, jump to dig facing front or back every other line 8
- 8 - Chainé right 1-2, walk walk 3 &, right arabesque 4, walk back 5-6, prep 7, inside pirouette 8
- 8 - Releve fourth 1-2, PARTS (1) arms up 3 plie 4, step prep 5-6, low chainne 7-8 (2) start arms on 5 (3) start arms on 7
- 8 - (1) calypso 1-2, left arm down in plie 3-4, hold 5-8, (2) calypso 3-4, left arm down 5-6, hold 7-8 (3) calypso 5-6, down 7-8
- 8 - Together snake up 1-2, ball change side arm across face 3 flick left 4, chasse left 5-6, run 7-8
- 8 - Surprise leap front 1-2, PARTS kick out to the right (1) on 3-4, (2) on 5-6, (3) on 7-8
- 8 - Lay on left arm 1, kick right leg up 2, up to sitting 3, right shoulder hits front 4, roll to facing back 5-8
- 8 - Left arm wraps up and over head 1-7 look front 8

*prepared by Allie Hudak*



Mmm Yeah  
Level 2 OC Jazz  
Choreographed by: Yoshi Pineda

Opening form is a tight clump. Free formed. Facing diagonal, bevel R. Head down.

- 8 - Hold (1-2) step back R, reach arms under eyes (3-4) swivel to face front (5) tilt head, slap hips (6) pivot to diagonal, flick diagonal arms
- 8 - Step L, hip R (1,2) reverse(3,4) step back behind LR(5-6) flick L leg(7) sit back L, arms in V, looking back(8)
- 8 - Groups adding on every 2 counts, transitioning to new form. \* walk RL, arms T and down(1,2) R,L arm up and down(3,4) prepare T and 3rd(5,6) soutenu (7-8)
- 8 - Charge forward into staggered block form(1-4) scuff R (5) jump to second, slap hips(6) hold (7) bevel L to R, look R(8)
- 8 - Tendu L, R diagonal arms snaps, head whip L(1-2) sit R, R arm presents under and around, look L (3-4) ball change L behind, T arms (5-6) triplet LRL to prep (7-8)
- 8 - Double pirouette(1-2) step R, arms snap up and around (3-4) roll to the back(5-6) back line rolls to stand up, front line to knee(7-8)
- 8 - Two different parts\*frontline: tap L, reach palm up L(1)bring leg back, Arm drapes over head(2) hip roll(3-4) roll to back, squeeze legs together (5-6) finish roll (7-8) back line: tap R, reach R palm up(1) bring leg back, arm drapes over head(2) hip roll(3-4) reach R , lunge forward (5-6) close L to R, arm closes to L hip(7-8)
- 8 - Frontline: stand up (1-2) chasse LRL to the back(3-4) back line: hip roll, R right arm throws(1-2) chasse LRL to front(3-4) back together: fouetté R front flexed foot, arms up(5) press and layout(6) step R(7) touch and close L to R (8)
- 8 - Roll arms and tap L (1) switch to R, cross arms(2)whack and behind(3-4) "eagle jump", arms point side(5-6) step L to R, R hand curls(7-8)
- 8 - L knee, close, slide, close(1&2&) reverse(3&4&) hop L,R(5-6) jump to the back(7) cut R leg, L arm up, R on hip(8)
- 8 - Cross R(1) step L behind(2) tap R and close(3) slap hips (4)jumping jack, arms side down close(5-6) ball change L back, R foot flexed, hands snap, look L(7)close forward(8)
- 8 - Slide L, in plié second, body circles L 1 1/2 times(1-3) close R to L, pop chest (4) jump and flick R leg, arms throw(5) prep in 4<sup>th</sup> (6) soutenu to face front, arms half T and clean(7-8)
- 8 - Three groups every 2 counts: slide R to lunge force the arch, L arm wraps R arm reaches, look behind(1-2) second group (3-4) third(5-6) all together close R to L, both arms wrap(7) return (8)
- 8 - Contagion L to R: crossover turn R over L, R arm lasso over head, finish front contracted over
- 8 - Three groups R to L, every 2 counts: ball change RL to second releve,arms in T(1-2) ball change RL to cross, arms in L shape(3-4) passé R turned out, switch L arms(5-6) step crossed R, L arm across face(7) face back in second(8)
- 8 - 2nd group finish(1-2) 3rd group finish(3-4) right fist to hip(5) sit and look L (6) swivel hips L to R(7) tendu L, R hand shoulder(8)
- 8 - Two groups on 1 or 5: step L, close R, arm second and snap(1-2) chasse R in diagonal(3-4) step side(5) grand jete front, arm in up(6) tuck (7-8)
- 8 - Second group finish(1-4) kneel front, touch R hand(5) sit in right hip, reaching with R arm(6) roll to stand to (7-8)
- 8 - Finish standing(1-2) tap L(3) step side L (4) snake head, open front L arms(5-6) close R to L, arms wrap, look L(7) open arms, look front(8)
- 8 - Form change to triangle, arms melting down: walk RL(1-2) chasse RLR(3&4) step behind L(5)

- repeat fouetté flexed foot to face the back(5-8)
- 8 - Three groups every 4 counts: house step L,L,&toe step R(1,2&3,4)add in second group(5-8)
- 8 - Add in third group(1-4) switching rhythm, step L, shift back and kick L, step down.  
reverse(5&6&7&8&)
- 8 - Step L with hips, arms in T and wrap(1-2) close R to L releve, arms circle up and down(3) step R (4) triplet chasse LRL(5&6)pivot R,L to face front (7,8)
- 8 - Repeat charge forward into tight triangle form(1-4) scuff R (5) jump to second, slap hips(6)  
hold (7) bevel L to R, look R(8)



*prepared by Allie Hudak*

Move  
Level 4 Jazz  
Choreography by Caitlin Poulton

- Begin in triangle, L leg in plie R in parallel tendu side, L hand at pocket R over head
- 8 – Hold (1) look front (2) arms slide up sides and close feet (3) tap R foot (4) walk front RL (5-6) hand curls over mouth and hip roll (7) snap R arm and dig R foot (&) pop (8)
- 8 – BC back RL (1-2) swipe R hand over forehead and sit on R leg (3-4) run over R shoulder with arms en bas (5-6) soute chat to front (7) land (8)
- 8 – 2 Groups: Odd Lines: Jump out to 2<sup>nd</sup> head releases up (1) look front (2) step L to prep (3) tilt battement (4) back pas de bourre (5-8) Even Lines: Jump out to 2<sup>nd</sup> with hands on the ground (1) sit into tuck (2) lean on L hand to prep (3) tilt battement on floor (4) roll to stand (5-8)
- 8 – Transition into staggered lines by count 4: Kick BC arms in diagonal and then R over head (1&2) step together step while R arm slides across chest (3&4) R arm switches over head (5) push across with the L arm (6) dig R foot in and point R hand with bent elbow (7) push away with R arm and look L (&) back to front (8) head nod up (&)
- 8 – Back to looking front (1) step up with R foot into releve hands flexed at hips (2) sit into hips and arms into high V (3-4) chacha step together step (5&6) pique lame duck arms break through to T (7-8)
- 8 – Slide R hand into back pocket (1) L (2) step to prep (3-4) double pencil pirouette (5-6) fouette into double passé pirouette (7-8)
- 8 – Jete with back leg in attitude arms in high release (1-2) roll to stand (3-4) switch lines front to back with arms pressing down (5-8)
- 8 – 3 Group SL to SR 1,3,5: Drag to front arms in L (1-2) step chug (3-4) run around R shoulder RL to prep (5-6) Russian pas de chat (7-8)
- 8 – Finish parts: Group One: hip roll sit with arms in low V (1-2) finish groups 2 and 3 (3-6) everyone press shoulders RL (7&) hands to eyes (8)
- 8 – Transition back to triangle: flick hands out (1) press arms down (2-4) step R and snap (5) L (6) arms cross front and release upper body over (7) come up to sit with arms in low V (8)
- 8 – Step out R and roll chest (1-3) dig R foot in and pop chest (&4) chug to face SL palm of R hand facing out (5-6) push R arm away (7) pivot to back (8)
- 8 – Jump out to 2<sup>nd</sup> (1) look front over L shoulder (2) run RL to prep (3-4) reverse jete (5-6) hip roll R with R arm sliding across chest (7-8)
- 8 – Transition back to original staggered lines: catch step with R arm snapping (&1) jazz walk RL (2-3) R chaine (4-5) run RL to prepare (6-7) side tilt jump (7-8)
- 8 – 2 Groups: Group 1 – roll to floor out of side tilt to land with R knee up (1-4) leap over on floor to land on R knee (5-8) Group 2 – land in coupe from side tilt and back pas de bourre over L shoulder (1-2) BC RL (3-4) fan R leg to back with arms pressing down (5-6) land with L leg in parallel tendu (7-8)
- 8 – Continue with 2 Groups: Group 1 – snake head up and slide L leg in (1-2) pop shoulders (3-4) roll to stand (5-8) Group 2 – snake head up (1-2) pop shoulders (3-4) back pas de bourre over R shoulder (5-8)
- 8 – BC RL with R arm pressing down side (1-2) R battement with arms in L (3-4) run L (5) prep jump together (6) soute jete (7) land in tuck on floor (8)
- 8 – Roll to stand (1-4) moving back to triangle R arm flexes over L (5) both arms flex out (6)

- extend arms into High V and down to sides (7-8)
- 8 – Continue moving to triangle arms cross in front (1) unfold arms to low V (2) slide hands up sides of hips (3-4) step to prep RL (5-6) double pirouette (7-8)
- 8 – Land pirouette jumping to 2<sup>nd</sup> while arms circle over head (1) drop arms down (2) pop chest arms to broken T (3) pop chest arms back down (4) pas de bourre LRL (5&6) arms push out and to pockets (7-8)
- 8 – Sit into R hip (1) clap (2) sit R (3) clap (4) crawl down R leg RLR (5&6) snake to pose (7-8)



*prepared by Allie Hudak*

Neon Lights  
Level 2 Kick  
Choreographed by: Allison Terrell

Starting formation: Triangle. All dancers on lowest level knees, hands by side, and head down

8 - Hold (1-4) 3 groups front to back: head pops up and hands fold to love on chest (5-6-7) all dancers come high knees hands stay on chest (8).

8 - Reach R (1) Reach L (2) Both hands center down (3) straighten legs keeping hands center (4) snake up to right corner (5-7) clean (8).

\*Transitions into a straight single kick line\*

8 - Transition: swing arms around to a wrap above head (1-4) slice down to clean (5-6) snap R (7) clean (8).

8 - Transition: swing arms around to a wrap above head (1-4) slice down to clean (5-6) snap R (7) hook up (8).

8 - Slow box kicks R: prep (1) kick R (2) prep (3) feet out to second (4) prep (5) kick R (6) hold (7-8).

8 - Slow box kicks L: prep (1) kick L (2) prep (3) feet to second (4) prep (5) kick L (6) hold (7-8).

8 - Step forward L (1) Right passé (2) head pop down (3) head up while cleaning feet (4) run towards left corner starting with burr kick R (5) L (6) R (7) flip R kick to the right corner waist high (8).

8 - Continue to R corner: waste L (2) high R (4) front prep R (7) clean and close (8).

\*next sequence in two groups of every other girl down the line. Groups A and B.\*

24 - A's: L chase wrapping R arm across waist and L arm in T (1-2) R chasse wrapping L arm across waist and R arm in High V (3-4) sassy walk (5-6) L pivot to back (7-8). L pivot to front (1-2) step L (3) R (4) L prep for (5) R battement arms high V (6) plant foot down in front (7) turn body to L side (8) sassy hips back (1-2) front (3-4) back (5-6) front (7-8).

B's: Holding (1-4) L chasse wrapping R arm across waist and L arm in T (5-6) R chasse wrapping L arm across waist and R arm in High V (7-8) sassy walk (1-2) L pivot to back (3-4) L pivot to front (5-6) step L (7) R (8). L prep for battement (1) R battement arms high V (2) plant foot down in front (3) turn body to L side (4) sassy hips back (5-6) front (7-8)

8 - Step towards back wall L (1) R (2) close L to R and clean towards front (3-4) HU Candlesticks (5) shoots R arm to touch down and left to clean (6) swing to shoulders hooking up (7-8)

8 - Straight starting with R

8 - Right star kicks (R to L corner, R to front, L to front, R to R corner)

8 - Left star kicks. (L to R corner, L to front, R to front, L to L corner.

4 - Holding (1-2) pop jump/ dolphin (&3) hold (4).

8 - Ripple R-L close clean and lift and then down to squat position.

8 - Ripple L-R sunshine around and down to hook up.

8 - Exercise kicks starting stepping back with L. (1-4) exercise kicks stepping back with R (5-8)

8 - Double R straights (1-4) double L straights (5-8)

8 - Graduated kicks. Low (1-4) medium (5-8)

8 - Continue grad high (1-7) close clean (8)

8 - All tuck (1-2) A's go lowest knee and B's high knee (3-4) wrap L arm across waist and R arm T (5-6) wrap R arm across waist and L arm T (7-8)

1 - Wrap L across waist R arm high V (1)

On My Own  
Level 4 Jazz  
Choreography by Allie Hudak

Start in two lines facing the back, R foot popped

8 – hold (1-4)

Back Line: Turn to SL rolling R arm (5-6) pump arm up (7) down (8)

Front Line: hold (5-6) Turn to SL rolling R arm (7-8)

8 – All pump with bent arm (1-2) flick L leg over switching arms (3-4) triplet R (5&6) L inside drag turn (7-8)

8 – BC (&1) Battement (2) step out (3) jump together L arm out (4) pull R arm (5) BC to low box (&6) double coupe turn with box arm up (7-8)

8 – Jump out swing R arm up and over (1-2) soutene (3-4) step across (5-6) straight legged barrel jump (7-8)

8 – step out (1-2) prep (3) inside R pirouette (4) extend right leg in tilt (5-6)

Back Line: A's: roll to front (7-8)

Front Line: B's: step (7) drag to back (8)

8 - A's: Finish roll (1-2) switch weight (3-4) kick R (5) roll on stomach to stand (6-8)

B's: Run RL (1-2) soule chat R (3) ball change LR (&4) swing to tuck and out (5-6) hands to hips (7) look front (8)

8 - A's: finish standing (1-2)

B's: Swirl arms (1) look (2)

All: Step L (3) jump together arms snap to touch down (4) walk to triangle melting arms down (5-8)

8 – Groups starting 1,3,5: pressing arms RLR (1&2) snake to floor facing SL (3-4) finish groups (5-8)

8 – Step back R (1) arch up (2) prep (3) triple pirouette (4-6) chaine (7-8)

8 – Chaine (1-2) brush to tilt (3) lunge (4) hold (5) spiral up and over (6-8)

8 – Roll to stand (1-3) walk to straight line (4-7) connect touching R hand to shoulder

8 – Walking forward with left and shoulders popping (1-4) step to second hip roll (5-6) roll head to switch sides (7-8)

8 – Repeat walks w/ shoulders on R (1-4) touch R foot front, back (5-6) sweep hips to pose (7-8)

8 – Ripple SR to SL changing pose (1-4) roll or chaine to split into two lines (5-8)

8 – Step L arms to flexed T (1) swing L leg back arms to L (2) pas de bourre to down stage L corner (3&4) double pencil turn plie double pirouette (5-8)

24 – Chaine opening arms through L (1-2) dig (3) pop chest (&4)

Three groups starting 5,1,5: Chaine X2 Calypso step around look front

While holding repeat beginning movement until pick up

All: Walk back to center (5-6) ball change with tilt arm (&7) step out (8)

8 – Three step turn (1-3) flick (4) walk back (5-7) pose (8)

4 – Ripple to ending pose

On The Dance Floor  
Level 2 Military  
Choreography by Caitlin Hendricks

Start in 2 staggered lines (Front line on knees & back line standing)

8 - Hold 1,2 diagonal 3 wrist flip 4 pockets 5 diagonal 6 prayer 7 high or low V 8

8 - Ripple R to L 1,2,3,4,5 ,6 pop up 7 8

8 - Snake up 1 2, robot into files 3 4 extend diagonal 5 6 ball change circle arms 7 8

8 - Parts A's Rocket 1 Sit 2 roll to back 3 4 5 6 jump right arm 7 8

B's Tuck 1 2 roll up 3 4 head roll 5 6 jump right arm 7 8

8 - Trans to 4 staggered lines slap 1 2 hand slap 3 4 indian 5 6 open 7 close 8

8 - Trans to 4 Staggered lines forehead 1 2 circle down 3 4 low V 5 face 6 T 7 close 8

8 - Arm across 1 2 ear 3 4 box serve 5 6 fan 7 & 8

8 - Plie rocket 1 clap 2 clean 3 prep 4 pirouette 5 6 step out hips 7 arms up 8

2 - Swipe down 1 2

8 - Parts 1, 5, 1 slow pop 1 2 fast pop 3 pop 4 diagonal 5 behind head 6 rocket turn to back 7 8

8 - Pivot 1 2 run 3 run 4 jete with T arms 5 6 land 7 8

8 - Parts

8 - Roll to L on high knees 1 2 hinge back 3 4 5 6 up 7 focus to L 8

8 - Ripple roll to back 1 2 3 4 5 6 7 8 -

8 - Ripple roll back 1 2 3 4 step forward rocket 5 box 6 fan self 7 switch 8

8 - Transition to V pivot 1 2 indian 3 shoot low 4 R pocket 5 low 6 L pocket 7 L diagonal 8

8 - Transition to V R arm swing up to high V 1 2 wrist flip 3 flat 4 wrist flip 5 flat deodorant down 7 8

8 - Parts by diagonal 1 3 5 broken T 1 low V 2 broken T 3 T 4 broken T 5 high V 6 swing L 7 broken T 8

8 - Parts 1 2 3 4 table top 5 broken T 6 pump to L diagonal 7 8

8 - Clean 1 2 walk forward with snake 3 4 5 jump out 6 robot 7 clean 8

8 - Transition back to 4 staggered lines

8 - Diamond 1 2 pray 3 4 broken T 5 6 K 7 8

8 - Ripple to switch K 1 6 fan yourself 7 8

8 - Swing to rocket 1 2 swipe down 3 4 chest pops 5 6 7 8

8 - Rocket 1 2 Level 3 4 hand to hips 5 6 fan yourself 7 8

*prepared by Allie Hudak*

Over You  
Choreography: Clayton Cross  
Level 5 Lyrical

- 8 - Facing back crossed tendu, hold 7-8 - rond de jambe front 1-2 scoop reach 3, tuck 4 swivel stand 5-6 arabesque to back corner 7-8
- 8 - Touch Herat 1, cross cross open push arms 2 and 3, L arm across and 4, attitude throw and 5 cross touch heart and 6 circle tie and 7 push 8
- 8 - (3 groups pick up, 1, 3 or 5) circle arms 1 tuck 2 head swivel front 3 step cross and 4 battement 5-6 chug 7-8
- 8 - Hinge 1 circle 2 drop head in first 3 hug throw and 4 jump 5 push arms and 6 stand 7 step to back diagonal and 8
- 8 - Flex reach 1 step 2 pique reach 3 step arabesque swing 4 coupe turn 5 plié arabesque 6 drop swing reach 7 step 8
- 8 - Repeat in 2 groups to opposite corners,
- 8 - (floor group) run 1-2 drop floor reach 3 roll 4-5, knee 6 leg 7 roll 8
- 8 - Jump stand 1 prep 2-3 coupe turn 4-5 drop 6 circle shoulders reach 7 push hands back 8
- 8 - (standing group) swing 1-2 push turn 3-4 wrap 5 swivel leg to battement push down 6-8
- 8 - Same as floor group second 8
- 8 - (3 groups go 1, 2 or 3) step reach and 1 chaine coupe jete 2 and 3 unwind roll to floor 4 head roll 5-6 tuck 7-8
- 8 - Wait for groups 2-3 to catch up 1-4 circle leg 5-6 lunge reach 7-8
- 8 - Arabesque reach sauté 1-2 run 3 push 4 chasse 5-6 leaping dear 7-8
- 8 - Together reach across 1 wrap 2 coupe turn 3-4 double pirouette 5-6 x jump to back 7-8
- 8 - (groups go 1, 2, or 3) reach drag 1 step 2 and front attitude turn 3 step reach across face 4 tuck 5 hold for groups to catch up 6-7 all head roll with hands reaching out 8
- 8 - (standing group) pique 1-2 pique 3 extend 4 pas de boure 5-6 scoop reach 7-8
- 8 - Reach arms cross 1 plié 2 turn 3 pray 4 reach 5 pique 6 reach front touch heart 7-8
- 8 - (floor group) pique 1-2 pique extend 3-4 roll to floor 5-8
- 8 - On knees cross reach 1-2 roll stand scoop reach 3-4 overhead reach 5-6 turn 7 pray 8
- 8 - Reach 1-2 pique arabesque face front touch heart 3-4-5 both groups together repeat from beginning to different counts cross and push 6-7-8
- 8 - Attitude cross and 1 heart 2 circle hand 3 push 4 roll to standing pose or floor pose 5-8
- 4 - Establish pose 1-4



Pompeii  
Level 2 Lyrical

Choreographed by: Yoshio Pineda, Sara Ciampa, Vita Sullivan, David Arevalo, Sara Duarte, Hillary Hoffman, Ariana Salazar, Magaly Guerra

Beginning Position: feet in first parallel, hands by side, focus down

8 - Hold 1-4, look up 5-6, reach R arm to L corner 7, grab R arm with L hand 8

8 - Push hands together to R side shoulder level 1-2, both hands to L hip 3-4, push down to floor R leg up 5-6, hold focus down 7-8

8 - Extend R leg back R arm to audience 1-4, tuck R leg in full body roll R to L 5-8

8 - Roll to stand 1-3, pull R elbow back 4, walk to spread out into staggers 5-8

8 - Press hands out 1-2, drop to floor extending R leg to side 3-4, brush R leg F invert attitude R arm swings back 5-6, sit L leg on top facing corner three 7-8

8 - Brush hands through floor and up 1-2, press down side of body 3-4, floor roll to the R on toes 5, roll to stand 6-8

8 - R arm reach out with R arabesque 1, L grab R 2, chasse back pulling arms in 3-4, templevé arms half "t" with L elbow up 5, formation moves to diagonal(s) 6-8

8 - Continue walking to formation 1-2, reach R to diagonal 3, reverse L 4, R to stomach 5, reverse L 6 contracting over, circle arms through elbow releasing chest out 7-8 - (\*this 8 - is used for the last person in the diagonal to run in front)

4 - (4 part on each count) step out R leg forward circle R arm front to back ending reaching to person forward (\*jump out in second and slide out)

8 - Drag R leg R arm extended rabbit ear L bent at chest 1-2, walk backwards moving to diamond/triangle at the corner 3-4, continue moving arms push down palms up 5-8

8 - (3 parts on 1,3,5) passé R arm extending from bottom 1, L passé extend arm fully 2, templevé 3-4, step out L 5, low chaine 6-7, R fan 8

8 - R step 1, cross R arm to L shoulder 2, R arm reach front 3, L 4, hands to chest 5-6, melt to knees 7-8

8 - Group 2 catches up 1-2, group 3 3-4, releve R arm reach up L at chest 5-6, legs push back on floor 7-8

8 - Roll to face the back 1-2, R side kick on L knee 3-4, roll to stand 5-7, b/c front 8

8 - Rond de jambe R leg R arm slice across L under chin 1-2, soutenu arms press on side 3-4, transition to block arms push up 5-6, melt down 7-8

8 - Kick b/c both arms circle down R to prep 1-4, double pirouette (optional single) 5-6, b/c second with arms 7, cross L front b/c arms press down 8

8 - Step R flick L arms press down 1-2, reverse 3-4, passé R circle both arms circle over head 5-6, R arm extended to second L wrapped around stomach in a L lunge 7-8

8 - Walk slow to clump R/L 1-4, fast walking 5-8

8 - Repeat reach R/L 1-2, chest 3-4, ripple melt to knees front to back 5-8

4 - Continue ripple 1-4

Primitive  
Level 5 Pom  
Choreography by Emily Scoville

Begin in rocket facing front

- 8 – shake arms down (1-4) Parts starting on 5,6,7 or 8: Wrap head and punch down (5-6) touch floor (7) slide on floor (8)
- 8 – Slide on floor (1) Step into fourth released over (2-3) arch up (4-5) punch front (6) low V back (7) open to T rolling back into the floor (8)
- 8 - Roll (1-2) step back into fourth released over (3) finish groups (4,5,6) hold (7) ALL: sit (8)
- 8 – Alternating rows punch up up down (1&2) or (3&4) swing arms forward (5) back (6) kick (7) cross over to start roll (8)
- 8 – Roll to stand (1-4) walk to change forms shaking poms behind back (5-8)
- 8 – 3 Groups 1,3,5: Tuck (1) battement (2) lay out (3) tuck (4) finish groups (5-8)
- 8 - Jump out with pumping arms (1-2) roll down body (3-4) twist arms (5-6) punch and turn alternating sides row by row (7-8)
- 8 – Pick up SL to SR 1,3,5: Swing and pull arms (1-2) reverse (3-4) again (5-6) all same direction (7-8)
- 8 – Walk to spread out: wrap arms (1) switch direction (2) prep (3-4) turns in second (5-8)
- 8 – turns in second (1-4) double pirouette (5-6) jump out (7-8)
- 8 – Running arms and feet (1&2) punch break down (3&4) snake up (5-7) touch down (8)
- 8 – Ripple up up down SR to SL (1-4) prep (5) tilt jump (6) land (7) jump to second box arrow front (8)
- 16 – Parts SR to SL 1,5,1,5: Beat arms over head (1&) punch low v (2) pop and punch (3-4) repeat 3 times adding groups each time (5-16)
- 8 – Step clap (1-2) run around self (3&4) Windmill SR to SL (5-8)
- 8 – Jump back (1) over (2) win mill SL to SR (3-7) rocket front (8)
- 8 – Groups SR to SL 1,3,5: Prep (1-2) double pirouette (3-4) soute to floor (5-6) finish groups (7-8)
- 8 – Finish groups (1-2) move to tuck (3-4) soloist toe touch (5-7) all stand box arms over face (8)
- 8 – Groups SL to SR 1,2,3,4: Jump out hands behind head (1) plie arms to T (2) back to head (3) turn to face side (3) open arms straight out (4) back to head facing front (5) swing arms around to touch down (6-7) to head again (8)
- 8 – Finish groups (1-4) step battement step to back (5-8)
- 8 – Groups Every other line 1,3: wrap (1) out (2) wrap (3) L (4) windmill over (5-6) finish (7-8)
- 8 – Cut turn arms rocket (1-2) swing back tuck turn (3-4) jump out to second (5-6) drop poms (7) hit hips (8)

*prepared by Allie Hudak*

Problem  
Level 3 Jazz  
Choreographed by: Casey Potter

Formation: parallelogram Beginning Position: R heel dig, hands on hips, looking down L  
4 - hold

8 - R rond de jambe 1, shift weight to R look front 2, push front cross wrists 3, T &, look R  
4, swipe up hips 5, flick L in front L arm up 6, run LR 7&, R arabesque reaching L 8

8 - Pivot land 1, lunge R forced arch 2, L double en dedans pirouette 3, L step across 5,  
R tendu touch top of foot 6, roll shoulders and body up 7&8

8 - GA (even rows): b/c seconde arms wrap over head &1, pivot press arms 2, brush 3, L  
battement back 4, cross L 5, throw pivot half turn 6, step L 7, R battement back 8 gB (odd  
rows): tendu R push 'L' 1, tuck L knee to roll 2, extend R leg 3, jeté with R arm on ground  
4, land roll up 5, press arms R forced arch 6, brush 7, L battement back 8

8 - Cross 1, hands press up legs seconde 2, lean L lower arm to T 3, wrap body lean R 4, L chassé  
across 5, R brush tilt 7, passé &, slide to ground 8

8 - Roll to stomach 1, raise upper body 2, raise pelvis 3, bend R knee 4, swing L leg back 5, turn  
upper body 6, R battement R corner 7, lunge 8

8 - G1/2/3: double ronde jambe 1, elbows together to ceiling 2, run RL 3&, test L balance R bends  
4, land 5, R stomach L over head L leg cross behind 6, g2 7, g3 8

4 - Ripple contract pivot to forced arch R arm reach front L back 1-4

8 - b/c swipe hips &1, big step seconde 2, R shoulder roll 3, L snap T 4, (transition) walk L 5, walk  
drop R 6, hands to shoulders triplet 7&, flick 8

8 - Soutenu &12, step R wrap head 3, drop 4, free pose 5, pose 6, tip R 7, tip L 8 gA: cross  
behind turn 1, prep corner &2, double pirouette 3,4, soutenu back hands  
push up &5, circle down to hip 6, hold 7 gB: pas de bourré 1&2, unwind 3, prep corner  
&4, double pirouette 5,6, soutenu back hands push up &7, circle down to hip 8

8 - Swing up 1, down 2, push arms slide 3 drop 4, (transition) pose 5, pose 6, tip 7, tip 8

8 - T R point 1, R half T rib isolation 2, push across 3, plié fan face &4, hands drop 5, b/c cross  
arms 6, cheerio high R 7, cheerio flat L &, cheerio R pocket 8

8 Tap and arms open 1&, tap and cross 2&, snake forward 3, close 4, swing R 5, pop R hip 6, circle  
at elbow 7,8

8 - Circle cheerio 1, 'L' 2, R taps L shoulder 3, R taps R &, drop plié 4, R arm raises relevé 5, switch  
plié 6, cheer double circle 7,8

8 - Push down flat hands plié 1, raise look R &, replace L 2, booty swing open 3, hands together 4,  
tuck 5, jump seconde 6, R T opens 7, sit L circle at elbow &, snap up 8

8 - (sgL-sgR 1/3/5) R chasse to back corner 1-2, L step 3, reverse jeté 4, land 5, push R across  
through shoulder 6, g2 push 7,8

8 - G3 push 1,2, circle wrist 3, snap 4, clump 5-7, melt 8 1 pose

Run Boy Run  
Level 3-4 OC Modern  
Choreography by Roxanne Gage

Beginning position in close diagonal line

- 8 - (captain runs for 4, 8counts) Ripple circle Lt arm over, lunge face back
  - 8 - Ripple, circle arms, lean back w/flex foot 1-8
  - 8 - Ripple, run pose face back, release center, run pose face front 1-8
  - 8 - Slow mo run on Lt 1-4, slow mo run on Rt 5-6
  - 8 - Ripple push lunge 1-6 jump up 7, down 8
  - 8 - Ripple lean back 1-4 pencil pull together 5,6 step scoot arabesque 7,8
  - 8 - Prance/run(to stags) 1,2 step saute arabesque 3,4 step turn left 5, step 6 twist 7, twist 8
  - 8 - Prep grab fist 1,2, pirouette in attitude 3,4 walk sideways 5,6 whap in attitude 7,8
  - 8 - Run backwards 1,2 jete 3, down 4, jete 5, down 6 scoops while turning 7,8
  - 8 - Flying squirrel 1,2 turn 3,4 walk to partners 5-8
  - 8 - Spin partner in run pose,down, up, 1-8 (Partners move to diagonal)
  - 8 - Place partner on floor and roll to floor & up 7,8
  - 8 - Step kick 1,2 step attitude tilt 3,4 twirl to Floor Work 5-8
  - 8 - Finish roll 1, kick 2, step back in plank 3,4 twist to fall on left hip 5,6 roll over 7,8
  - 8 - Walk feet Lt, Rt, 1,2 sit up Martha Graham 3,4 lean back & kick 5,6 roll to get up 7,8
  - 8 - Half cartwheel inversion 1,2 up 3,4 run to group facing back-Captain face front 5-8
  - 8 - Captain-slo-mo walk front, Group Balance Rt, Lt 1-4 shift Rt, Lt 5,6 shift front, back 7,8
  - 8 - Lift the captain, reach towards audience 1-7, throw arms up 8
  - 8 - Spiral plie 1,2 walk over left shoulder 3-6 to stags, Swoop circle arms 7,8
  - 8 - Walk Rt,Lt 1,2 Flick & circle arms 3,4 reach out to Lt, 5,6 2nd position, roll arms 7,8
  - 8 - Tilt Rt, extend Lt up 1,2 enveloppe 3, turn over Lt 4, look frame face 5,6 reach 7pull 8
  - 8 - Release down 1,2 stand twist 3,4 slow mo arabesque 5-8
  - 8 - Spiral walk back Rt, set front 1-4 sway left 5,6 sway Rt & down 7,8
  - 8 - Walk Rt, Lt open Left hand 1,2 saute arabesque 3,4 step together 5,6 sissone 7,8
  - 8 - Rock front, contract 1,2 rock back, chest lift 3,4 contract walk to group 5-8(captain run)
  - 8 - Set up group 1,2 All touch backs & scan room 3-7 lean back 8
- (Captain runs around the room to downstage left 1-6 see the group releve 7, lunge towards them 8)

*prepared by Allie Hudak*

Salute  
Level 1 Hip Hop

Choreography by: Kali Boyd, Hayley Mitchell, Julie Rowley, Natalie Tomlinson, Amanda Wheeland

Start in a block formation with every other line facing the opposite direction.

Hold 3-8 (intro beats)

8 - Bounce 1-6, everyone stand to open second front 7-8

8 - Every other line goes opposite direction, chest forward upper body swing R of L 1-2, switch direction 3-4, circle upper body around 5-8

8 - R hand comes to a salute position ft together 1-2, Pick up 3-5-7: front group step R ft R arm swing back 3-4, 2<sup>nd</sup> group picks up stepping on the L ft R arm swing front 5-6, 3<sup>rd</sup> group picks up stepping on the R ft R arm swing back 7-8

8 - Everyone kick L ft flexed to side 1, land L leg 2, cross R ft behind 3, hold 4, rock on R ft forward as arms cross paths to place behind head 5-6, step back on R ft and cross wrist in front 7-8

8 - Drop to a tuck with R arm and head down, L hand on knee 1-2, everyone look front 3-4, Parts from R-L 5-7-1: 1<sup>st</sup> group kick L leg to front 5-6, back in 7-8

8 - Parts continued-1<sup>st</sup> group- stand in wide 2<sup>nd</sup> position to the back with R arm extended by ear 1-2 or 3-4 or 5-6 hold or continue parts 7-8

8 - Hold or continue parts 1-2, everyone look over R should and drop R arm BT 3-4, roll R hip 5-8

8 - Switch lines low runs with chest over 1-6 salute R hand to head 7, take R elbow in 8

8 - Pull R elbow down so R fist is next to R hip 1-2, step back with R ft swing upper body to back 3-4, back to front 5-6, close R ft to L 7-8

8 - Parts L-R 1-3-5: 1<sup>st</sup> group-Step with L ft arms out to "scarecrow" 1, step R back in arms cross to chest 2, step out with R "scarecrow" arms 3, back in 4, step front with R ft arms open front to a "field goal" shape chest press through 5-6, close R ft to L arms in daggers in front of face 7-8

8 - Parts continue on to finish on 1-2 and 3-4, everyone shake R hip as R elbow pulls down on 5-8

8 - Ripple L-R starting with the 1<sup>st</sup> group for previous part step L to back scoop chest around and back to front close ft 1-8

8 - Transition to parallelogram with stage left side down stage, start stepping on R ft kick L ft in 1-2, switch 3-4, switch 5 add R arm slice up and over 6-7 hold 8

8 - Continue transition repeat ft work 1-5, add arm 6-7 hold 8

8 - Salute bounce to R 1-2 close everything on 3 hold 4, repeat to the L 5-6 close everything on 7, hold 8

8 - Step back with R ft bounce with elbows 1-2, close 3 hold 4, step back with L ft bounce with elbows 5-6, close front 7, hold 8

8 - Parts from stage L to R on 1-5-1: 1<sup>st</sup> group- step to diagonal with R ft on releve, L fist to opposite shoulder, R arm down 1-2, pivot on R ft to back diagonal drop to tuck, R fist to opposite shoulder 3-4, step with R ft to stand switch fist again 5-6, open to front and switch R fist to L shoulder with elbow front 7-8

8 - Parts continue 2<sup>nd</sup> group steps on R ft to back diagonal 1-2, to open to front 3-4, 3<sup>rd</sup> group-steps on R ft to back diagonal 5-6, to open to front on 7-8

8 - Military arms: Everyone take R arm to upper diagonal L arm ½ diag 1-2, slice R arm down and L ½ diag up 3-4, switch to make R arm ½ diag and L arm upper diag 5, cross arms 6 to create an "X", open 7, take hands behind head 8

- 8 - Transition to triangle 1-8
- 8 - Continue transition and make the form tighter, low runs 1-6, close and stand 7, hold 8
- 8 - Parts on 1-3-5 F-B or S-S: 1<sup>st</sup> group- scoop L arm down 1-2, pull L elbow up and stand 3-4, switch to scoop R arm down 5-6, pull R elbow up and stand 7-8
- 8 - 1<sup>st</sup> group continued- jump to 2<sup>nd</sup> position to body roll down 1-2, drop chest and head over resting elbows on thighs 3-4, continue parts 2<sup>nd</sup> group body roll down 5-6, over 7-8
- 8 - 3<sup>rd</sup> group body roll 1-2, over 3-4, everyone snake up 5-6, jump ft together hands daggers 7-8
- 8 - Chug 4 times with R ft to get to back, leave L arm in dagger as R arm stays 1-2, snap down 3-4, back up to dagger 5-6, snap 7-8
- 8 - Shift over to L R arm to shoulder 1-2, switch hip and arm 3-4, "dcc" shift to L open chest R arm up 5-6, turn over R shoulder wrapping R arm behind back and L to R shoulder 7-8
- 8 - Parts 1-3-5 F-B or S-S: spin over L shoulder around to front with ft together 1-2, over 3-4, or spin 3-4, over 5-6 or spin 5-6, over 7-8
- 8 - Transition to get in tighter- low runs 1-5, salute R hand to head 6, take elbow in 7, drop fist to hip 8
- 1 - Jump into a wide 2<sup>nd</sup> position and throw to the R arm over 1

*prepared by Allie Hudak*

Shatter Me  
Level 4 Officer Contemporary  
Choreographed by: Jesus Acosta

Begin facing different directions in a scattered form, in windows facing front and back, or in windows facing diagonals

- 8 - Roll up 1-4, prep w/ arms 5-6, L low back attitude turn 7-8
- 8 - Down to R side on floor 1-2, reach out and in 3-4, back crawls 5-8
- 8 - Roll over R w/ L leg extension 1-4, arm weaving 5-8
- 8 - Paint the ceiling w/ R fouetté 1-4, walk to lines 5-8
- 8 - Scrunch dress 1-2, box 3-4, mechanical 5-6, L passé w/ elbows 7-8
- 8 - Low L arabesqué w/ windmill arms 1-4, R barrel jump 5-8
- 8 - R arm feathers 1-4, fouetté w/ contraction 5-6, R pirouetté w/ head 7-8
- 8 - Walk 1-2, grab L/R hand 3-4, grab L/R foot 5-8
- 8 - Slam foot and drag 1-2, walk back 3-4, souté in passé 5-6, extend L/R 7-8
- 8 - Run back to windows 1-4, "frozen" 5-6, contract to earthquake 7-8
- 8 - Slide forward 1-2, bow and arrow 3-4, contraction w/ souté 5-6, R knee 7-8
- 8 - Spiral L 1-2, release forward 3-4, L leg swipe to 2<sup>nd</sup> 5-6, flex L turn 7-8
- 8 - Fly through window w/ hair 1-4, roll up 5-6, swipe R and L 7-8
- 8 - Surf 1-2, mirror w/ R hand 3-4, run around partner 5-8
- 8 - Run through 1-2, slice L arm 3-4, R flex around 5-6, R arm circle, bowl 7-8
- 8 - Crash 1-2, partner hinge (weight sharing) 3-4, roll L to tuck 5-8
- 8 - Inverted pas de chat 1-4, R arm circle 5-8
- 8 - Partner lifts A's 1-2, B's 3-4, C's 5-6, run to line 7-8
- 8 - Mouth gesture to face L 1-4, ripple L to R with head pop 5-8
- 8 - R arm to chest 1-2, grab own chest 3-4, stomach L 5-6, souté w/ head 7-8
- 8 - Partnering arabesque 1-8, separating parts 1-8, or lean away 1-8
- 8 - Pop cork screw jumps A's 1-2, B's 3-4, C's 5-6, run 7-8
- 8 - Run across to partners 1-4, spiral to floor 5-8 or hug and shatter 5-8

*prepared by Allie Hudak*

Show Me How to Burlesque  
Level 3 Field Jazz  
Choreography by Lilian Mason

BEGINNING POSITION IN FORMATION #1 (Triangle): tuck facing back

- 8 - Hold 1-2, three groups from inside to outside V, swipe R arm over to on top of head 3-4, 5-6, or 7-8
- 8 - R arm up 1, throw both down look front 2, pop 3, 4, ball change R foot back & 5, battement 6, reach R 7, throw across 8
- 8 - Jump together arms parallel up 1, throw R or L (alternating lines) 2, together 3, throw R or L 4, 3 reach arms forward 5 ripple front to back breaking into L arms 6-8
- 8 - Ball change R press arm down 1-2, passé 3 tendu 4 prep wrapping arms 5-6, single pirouette 7, land 2<sup>nd</sup> position low V 8
- 8 - Groups front to back 1,3,5: Swipe over 1, parallel up 2, step R T arms 3, circle to back pockets look R & 4, continue groups 5-6, 7-8
- 8 - Alternating lines up or down, snake flat back R to L 1-2, party arms circle L to R 3-4, tuck 5-6, flick press L 7, step through flick R arm up 8
- 8 - TRANSITION TO FORMATION #2 (Staggered lines): R foot step off, arms wrap and low V 1-2, switch 3-4, wrap arms 5-6 passe 7 touch 8
- 8 - Throw R or L alternating lines 1, switch 2, circle extended arm over 3, point and bring feet together 4, ball change back, press arm across 5, close feet wrap arms 6, passé, hands to heart 7, ball change lunge arms in L & 8
- 8 - Drag side parallel arms 1, T 2, ball change forward swipe the ground 3-4, cha-cha ball change forward 5-6, step R foot to side T arms 7, wrap arms pivot front or back 8
- 4 - Step R in front cross low V 1, drag L arms R arm up 2, prepare 3-4
- 8 - Chaîne 1-2, reach R arm up 3, switch arms, plie passé 4, dive up step back L 5, low V sit 6, shake hips & 7, ball change R back & 8
- 8 - Battement L arms 1, step across arms wrap tummy & 2, triplet 3&4 chaîne back 5-6 circle arms to hips 7-8
- 8 - RIPPLE starting stage L, drop down feet together, arms circle up, open out diagonally, tuck and wrap down 1-6, RIPPLE starts stage R windmill L arm over to hip, R arm to on top of head 7-8
- 8 - Continue 1-2, RIPPLE starting stage L, windmill both arms over, dig R foot behind to dive down, turn over R shoulder, arm under chin to low angle 3-7, step out R hips R low V 8, arms high V shake L &
- 8 - TRANSITION TO FORMATION #3 (thick block—something deeper or more condensed than before): R foot step off, arms flick overhead 1, switch 2, behind head flex T 3, switch 4, chasse float to high V 5, paint down 6, passé wrap 7, T 8
- 8 - CONTINUE TRANSITION: triplet parallel arms throw down 1-2, switch 3-4, shimmy 5, slap hips 6, swipe 7, throw down 8
- 8 - RIPPLE SL to SR parallel up 1, drop 2, or 3-4, 3 or 4 groups stage R to L wrap swipe L 5, tuck 6, or 7-8 (4<sup>th</sup> group wouldn't tuck after swipe)
- 8 - Ball change 1-2, fan kick arms high 5<sup>th</sup> 3, step back 5, release head front to back 5-7 head up 8
- 16 - 2 GROUPS 1,5: Monkey arms 1-2 prep 3-4 stationary leap 5-6, second group finish 1-2 all roll to stand 3-6 level front 7 wrap chest facing back 8
- 8 - Walk low v arm 1 prep 2 chaîne upstage 3-4 step out 5-6 jump to front touch down arms 7-8
- 8 - Chasse 1-2 soute chat 3-4 land 5-6 wrap head 7 pose 8



Simple Simone  
Level 3 - Military  
Choreographed by: Rosie Torres

Beginning position: On the floor tucked with forearms parallel, hands in blades. Formation should be a parallelogram, stage right being the top of the formation.

Hold - Aahh!

- 8 - All pop up into 'bulldog' position, hands in blades facing inward 1-2, rotate hands to outside R, L & 3, push body to standing knees, arms push to low V with blades palms facing down to pray & 4, snake to right side with arms following body to right side rocket, while stepping onto right foot, 5-6, snake body over left shoulder with arms following body into pray position, while left leg opens to wide second position 7-8.
  - 8 - Peel hands to up box, with body melting then undulation 1-2, fold wrists R,L, & 3, flip wrists and hands to blades 4, extend arms to cross right over left with swim through motion to half T 5-7, push right bow n arrow with left lunge &, close to half T 8, push left bow n arrow with right lunge &.
  - 8 - Snake over left shoulder, left arms stays extended while right arm waves through chest into parallel arms and flexed hands, into levels, low, medium, high 1-2, flick hands down, down, R,L & 3, flick hands back to flex same order & 4, bring left knee to center, body and arms to flat goal post facing center 5, bring right foot to right side twisting body over to the right 6, undulate to standing, wave arms to follow body to face forward with arms in up goal post 7-8.
  - 8 - 3 groups, movement from right stage to left stage: step out with right leg to right side into hinge, left leg stays extended arms close to 'big pray' position, (group 1) 1, (group 2) 2, (group 3) 3, all slide onto left foot with right leg tendu parallel, arms in up goal post 4, transition parallelogram into opposite diagonals, arms fold to down goal post, then to clean, the to center rocket, finally to pray 5-8.
- 3 groups big section
- 8 - Group 2&3 hold with feet together arms tight by side, (group 1) grand plié chasse to right side with hands over thighs while body isolates right to left, into two head and neck isolations 1-4, grand plié with low V arms and flexed hands 5, tilt battement with right arm up diagonal and flexed hands while looks at left hand 6, release and step onto right foot, clean arms 7, fold slide left leg under 8.
  - 8 - Group 3 holds. (Group2) repeats chasse battement. (Group1) rolls back over right shoulder to tuck facing audience 1-4, left arm slides to left side bringing right arm to up diagonal with flexed hands 5-6, close to tuck 7-8.
  - 8 - (Group3) repeats chasse battement. (Group2) repeats roll back 1-4, but will add right battement on the floor with right arm up diagonal flexed hands 5-6, bring right foot to floor and slide into folded tuck 7-8. (Group1) holds 1-4, right battement on the floor with right arm up diagonal flexed hands 5-6, bring right foot to floor and slide into left folded tuck 7-8.
  - 8 - All sit onto left side, switch legs then push to standing on left leg 1-4, transition to staggered lines 5-8
  - 8 - From stage left to right: wave right arm to high V, while stepping to wide second position 1-4, stage right to left: wave right arm to low V across the body, while snaking body to the left side onto right knee, left arm slides across on top of right shoulder 5-8.
  - 8 - From stage left to stage right: open body to the audience with both arms waving to T position

with blades hands, palms forward, left leg extends to tendu parallel 1-4, from stage right to stage left: step forward with left leg into double lunge parallel, arms waving into center rocket 5-8.

- 8 - From stage left to stage right: grand plié opening towards right side swinging rocket arms to up rocket, recover with left leg tendu derrière 1-4, all cross left foot over right, bring arms to cheerio with left body over curve, spiral to audience bringing arms with body 5-8.
- 8 - Recover with closed feet, arms in cheerio 1-2, press cheerio arms to body 3-4, transition to stunt with clean arms 5-8.
- 8 - T lift stunt into tilt lift 1-8
- 8 - Turn stunt side ways, base lunge, 'flier' step up arabesque stunt 1-8.
- 8 - All step away to face top right corner 1-2, lunge towards floor R,L 3-4, handstand to flat plank 5-8
- 8 - Fold right arm up to extended right arm 1-2, fold right arm then pass through floor and left arm to collapse 3-4, roll over left shoulder to standing facing back with left leg extended tendu derrière 5-8
- 8 - Step left, pivot over right shoulder 1-2, chasse forward on left with circling arms landing into low V arms, unto double lunge position &3&4, hands to hip hip, R, L, arms to low V, R, L, both hands to hip, both hands to low V, close right leg clean arms 5&6&7&8.
- 8 - Three step turn transition (switch families) 1-4, half T arms R, L 5&, full T arms extension 6&, both arms half T 7, press push arms forward to cross over wrists &, then back to half T 8.
- 8 - Push right arm to high V 1, fold back to half T 2, push left arm to high V then back to half T &3, both arms push to high V &, fold arms back onto half T but twist body to left 4, right high chaine with clean arms 5-6, walk walk, R,L arms to pray 7-8.
- 8 - Grande jete with arms in high V 1-2, fold to knee collapse 3-4, roll to standing over right shoulder to standing in wide seconde position facing audience 5-8.
- 8 - Repeat chasse with body isolations to left side, into battement, fold to left knee collapse 1-8.
- 8 - Roll over right shoulder to standing facing the back, right leg extended 1-6, step right pivot over left shoulder, arms pressing from low V to high V 7-8.
- 8 - Chasse forward with right leg arms press to low V 1-2, step prep on left leg into inside pas de chat with arms pressing into cheerio on abdominal then over head, recover with right foot forward 3-8.
- 8 - Step back slide with arms pressing into center V arms 1-2, step back slide with low V arms 3-4, press down to right knee, while snaking body pressing right arm across to low V, left hand at right shoulder, (visual in three groups)A's 5-6, B's 6-7, C's 7-8.
- 1 - All collapse to bulldog arms while extending left leg to left side.

Sing  
Level 2 OC Jazz  
Choreographed by: Roxanne Gage

- 8 - Begin in triangle, facing back Hold 1-4 pose Rt. arm up 5,6 lean back 7,8
- 8 - Drag bag 1,2 drag 3,4 salsa 5,6 twist 7, Rt leg out 8  
(3 groups pk up every 2counts)
- 8 - Bird dive 1,2, up 3,4, back pocket lunge 5,6 hold 7,8
- 8 - All turn Lt 1,2 (groups chase pk up) chasse 3,4, face back 5,6 sit w/rt hand on hip7,8
- 8 - Jazz walk Lt diag 1,2, windmill arms 3,4, passe up,down 5,6 wrap head 7, pose 8
- 8 - Circle arm 1,2 pirouette 3,4 walk to stags, arms high "V" 5,6 circle arms 7,8
- 8 - Chasse 1,2 step kick Rt 3,4 walk to Lt 5,6 Kick arms up 7, down 8
- 8 - Walk and Wrap 1-4, turn Rt, hands back pocket 5,6 flick 7,8
- 8 - Step passe "L" arms 1,2, step arabesque low 3,4 step push w/90 degree leg 5,6 sit Rt 7,8  
(3 groups pk up every 4counts)
- 8 - Drag face front 1,2 prep 3,4, pirouette 5,6 chasse 7,8
- 8 - Continue pk up saut de chat 1,2 "X" leap 3,4 turn back 5,6 roll to floor 7,8
- 8 - Continue pk up group 1 sits facing back 1,2 group 2 sits 5,6 hold 7,8
- 8 - Continue pk up group 3 sits 1,2 ALL--roll look, with Lt arm up 3,4 stand 5,6 step back 7,8
- 8 - Hip "V"s to left diagonal 1-4, feet together Fosse arms 5,6 extend Rt leg side, arms down 7,8
- 8 - Chaine 1,2 chaine 3,4 ball change back 5,6 prep saute arabesque 7,8
- 8 - Walk to one line 1,2 begin walk & wrap 3-8
- 8 - Ripple poses 1-6 jump feet together w/hands on hips 7 step out 8
- 8 - Ripple tuck & roll, chaine Rt, beginning pose
- 8 - Continue ripple 1-4 feet together 5,6 lean back 7,8
- 8 - Pick up (3 groups)walk back (form a V) from center out, arms in high "V"1-6 pivot turn 7,8
- 8 - Cross ball change 1-3 turn pas de bourree 4-6 double pirouette 7,8
- 8 - Cross 1,2 chaine Rt, 3,4 chaine Rt 5,6 releve 7, lunge 8
- 8 - Move to tight triangle, shampoo hair arms 1-5, releve 6, turn back 7, sit front, arms up 8

*prepared by Allie Hudak*

Space Jam  
Level 3 Officer Hip Hop  
Choreography by Kacey Lee

Beginning formation- Diagonal everyone facing the back

8 - G1 swoop to the front point and sit G2 swoop to the front point and sit

8 - G3 swoop to the front point and sit G4 swoop to the front and shake G1-G3 drops and points

8 - Cabbage patch switching diagonals

8 - Twists with hands up close 7 drop and point on 8

8 - Push head and jump to the right push head and jump to the left

8 - Random claps moving to diamond close feet on 7 jump out on 8 right hand up

8 - Push down & look down 1, look up 2 and roll shoulders 3-4, lasso around 5-6 shake hips 7-8

8 - Pull through arms by chest close feet 1-2, pop chest 3-4, step back and turn to the front 5-6, down 7, look on 8(uhh)

8 - Body roll 1-2 shake shoulders down 3-4 step back turn to left side 5-6, rock shoulders 7-8

8 - Step back with right swoop to the front 1-2, G1 right hand behind head twist left foot out 3-4 G2 left hand behind head twist right foot out 3-4, half T rainbow push out going separate directions 5-6, swing to the front to half T close feet 7-8

8 - Cross feet jump out freestyle arms moving two places in clockwise order

8 - Continue jumping 1-4, push left arm around right to left close feet 5-6 hold 7 twist arms and hips to the front on 8

8 - G1 (1-4) G2 (3-6) G3 (5-8) bring right knee up arms in running position, kick back, rotate leg and close

8 - Snake head around towards the back 1-4, get low and move to two staggered lines 5-7 Front line jumps up on 8 arms push down, back line holds

8 - Front line lands and brings arms to broken T on 1, back line jumps up arms push down on 1 land and bring arms to broken T on 2, everyone punches right arm down and then across body on 3-4, front line holds 5-6 while back line does forward roll between front line, front line closes feet arms to back of head twist hips 7-8 back line continues to stand up from roll

8 - New front line steps back with right foot left arm straight to front right hand behind head 1-2, punch down bring right leg up on 3, drop foot and pop chest AND 4. New back line steps forward right foot right arm straight towards front left hand behind head 1-2, punch down bring right leg up on 3, drop foot and pop chest AND 4. Everyone does a pencil turn to the front 5-6, hold 7, pop right knee drop to right side and point to the front 8

8 - Step back Right foot 1-2, step back left foot and shake jazz hands by hips on 3-4 repeat 5-8

8 - Switch back to original diamond freestyle transition

8 - G1 drops to jazz splits 1-2 G2 goes 3-4 G3 goes 5-6 hold 7-8

8 - Bring both knees together 1-2, slide to back 3-4, turn to front 5-6, shake shoulders and stand up 7 and 8 and

8 - Cabbage patch grove drop arms 8 hit open cheerio on And

8 - Knee bounce grove starting with right knee

8 - G1 step to right arms in a box point down 1-2 step to left swing arms up to chest 3-4 G2 picks up as G1 continues 5-6 and 7-8 G3 picks up 1-2 and 3-4, everyone pencil turns right foot behind 5-6, drop 7 G3 (back person) stays up and poses on 8

8 - Slide to right 1-2 hit shoulders down 3-4 slide to left 5-6 hit shoulders down 7-8

8 - Drop to ground, right hand on mouth left hand on knees 1-2, arms in cheerio rodeo legs right then left 3-4, pencil behind with right 5-7, throw left arm up 8 and walk off

Step Back  
Level 4 Pom

Formation: diamond Beginning Position: seconde facing back, wrists cross at low back

8 - Hold 1-4, bounce heels and pop poms 5,6,7,8

8 - (groups: front center 1, stgL 2, back center 3, stgR 4) low V 1, wrap waist look R 2, low V turn over L 3, L hip 4, g2 ends 5, g3 ends 6, g4 ends 7, hold 8

8 - Tuck knees to R low V 1, rise 2, rotate R 3, rocket 4, swing levels to outside of formation 5-7, cheerio 8

8 - (groups: stgL 1, middle 2, stgR 3) close elbows together pop R knee 1, extend L arm pop L knee 2, L bow & arrow 3, g2 ends 4, g3 ends 5, break L &, extend L 6, punch L down across body 7, circle to diagonal R arm up 8

8 - (spread out) R to head L on hip 1, close diag box 2, pull apart &, reverse explode 3, opposition circle 4,5, L arm up 6, wrap around head 7, clean arm 8

8 - (groups: diagonal halves 1/3) jump seconde low or high V 1, switch 2, b/c punch front cross wrists & 3, R battement 4, land flat back 5, diagonal R up kneel on L 6, both knees down slice R arm to meet L 7, diagonal L up step on L 8

8 - Rocket 1, half tuck 2, g2 tuck 3,4, hold 5,6, roll arms up to cheerio 7&8

8 - Ponies- cross wrists 1, open 2, cross 3, open 4, b/c cross wrists & 5, buckets to R 6, hips &, "TV" R up L across 7, kneel on R switch "TV" 8

8 - High knees R high 'L' 1, break to L low 'L' 2, circle R arm across 3, side angle extend L leg 4, (ripple L-R) push chest to ground, L attitude, switch R, tuck to R with R knee up 5-8

8 - Cont ripple 1-4, step R buckets 5, pull in to hips 6, step R buckets 7, stand R up 'L' 8 - 8 - step L swing down R 1, flick R leg across and R arm under L 2, step R 3, L passé throw R across 4, run L 5, R 6, reverse L bent R extend 7, land 8

8 - (transition to staggers) open L 'L' rotates to R 1-4, connect elbows at chest 5,6, extend R &, break 7, extend L &, break 8

8 - (ripple fr-bk) jump to seconde grab elbows over head then punch down 1-4, lean to center inside arm half T 5, lean out 6, plié 7, close in columns 8

8 - (groups fr and bk 1) lean out outside arm half T 1, switch 2, plié out 3, chassé high V &, low V 4, middle groups join repeat 5-8

8 - Pencil turn towards center half T 1,2, drop arms 3, bounce L hip & 4, push down side flamingo turn 5,6, prep 7,8

8 - Double pirouette half T 1,2, L passé arms in 'L' 3,4, roll to stand facing back 5-8 8 - (transition to flat lines) L behind head and R in T 1, circle R in 2, R behind head and L in T 3, rocket 4, T 5, break &, T 6, circle arms 7, jump seconde hands at low back 8

8 - (ripple stgL-stgR) low V 1, wrap waist look R 2, low V turn over L 3, L hip 4, g2 ends 5, g3 ends 6, g4 ends 7, hold 8

8 - (ripple stgL-stgR) step forward or back low V, pencil turn, open arms around to rocket, slice arms down

8 - Jump L checkmark 1, jump R checkmark 2, L to L shoulder 3, switch &, poms to L hip 4, bow & arrow L up 5, break L to punch down & 6, box with R up 7, extend R down &, switch #4 8

8 - Roll inward 1, #4 upward 2, break to T 3, break to low V 4, (transition to diamond) wrap elbows over head 5-7, clean 8

8 - (3 groups fr-bk 1/2/3) R 'K' 1, cheerio 2, poms on L knee 3, cross R behind swing open R 4, hands on ground 5, extend knees 6, roll forward 7,8 8 - unravel forced arch 1, land Z-sit 2, g2 ends 3, g3 ends 4, roll to L 5-7, bug 8 1 high knees cross arms at wrists release head

Stop Sign  
Officer Camp Level 3 Hip Hop

Starting form: two vertical lines with one girl upstage center

3 - Center girl runs up through the two lines as they merge to one line behind her

3 - 1's jump out to right, everyone look right 1, 2's jump out to left, everyone look left 2, 3's stay center look, everyone look center 3

8 - Step right, tap hips twice 1&, step left, throw hands up 2, tap right foot forward, cross hands in front 3, transition right foot to back & step on right foot behind, right arm in half T, head to back 4, right elbow front, body lean back &, switch to elbow open, lean forward 5, switch back to forward and lean back &, lean forward and close arms 6, step twice to open to triangle, point to pointing girl on (7) &7, point girl shake solo 8

8 - Step hop 'bird arms' right open 1, repeat left close 2, repeat right open 3, step together, arms at chest 4, right elbow up 5, left elbow up &, pull right arm back and look 6, roll down to ball 7-8, upstage left girl solo 7-8

8 - Step right to 2nd 1, step left to 2nd &, snap left arm to right knee 2, throw left arm 3, two claps right left &4, walk right box arms open 5, walk left box arms close &, step right to 2nd box arms up 6, double chest roll &7, right foot flat arms box with jazz hand 8, pull right in and close hands and arms to box in front of face &

8 - Step left to face back 1, snap left arm down to right side look at audience 2, unwind 3, step left foot forward pull arms through chest 4, run right back arms T 5, tuck right in arms half T &, left leg up punch arms down 6, close everything &, step right to 2nd left arm up 7, left to hip &, right arm up 8, right to hip &

8 - Both hands on right hip looking down to right hip push tap right heel 1-3, left arm up &, left arm hip 4, right arm swing with right knee wobble front 5, back 6, front 7, back 8

8 - Step hops with shoulder back to tight triangle right 1, left 2, right 3, left 4, right snap shake 5, left snap shake 6, close to stage right 7, double clap &8

8 - Slow hip push with hands up 1-4, look back &, look front with stop right hand 5, hold 6, step right shake hands &7, step right throw right hand 8

8 - Throw right arm down with bend 1, left 2, move to circle with one girl in center 3-4, lyrical for soloist 5-8 outside circle plank fall to ground in ripple 5-8

8 - Circle group roll to stand into two lines 1-4 soloist GO NUTS 1-4 individual poses on each count 5-8

8 - Wave in opposition, front line start right front, back line start left back 1, switch 2, switch 3, center 4, step right pull left arm half T 5, reverse 6, shimmy shake head with left arm up 7, reverse 8

8 - Front line throw circle both arms to right in front of face right knee up 1, hands on hips elbows front left knee up 2, chest pop with elbows 3, chest roll 4, back line repeats 5-8

8 - Wave same direction front right 1, back left 2, front right 3, center 4, move to throw group and stage left soloist 5-6, prep 7, throw or jump 8

8 - Land and move 1-2, move and clap 3-4, house cross body 5, open 6, step right back 7, step right to 2nd point left arm 8

8 - Finish point across 1, half T left 2, flat back 3, snake up 4, close to stage left 5, double elbow punch &6, body rock up &, down 7, up &, down 8

8 - Claps to line 1-4, number one hand 5, head pop 6 get in flat back 7-8,

8 - Soloist runs across backs and jumps off at end, line falls to ground on silent beat after 'stop sign'

Superbad  
Level 3-4 Pom

Start in a diamond feet together arms by sides and head down facing the back.

4 - Hold 1-3 head pops up on 4

8 - (parts back to front starting on 1,3, or 5) plié 1, arms high "V" 2, circle to high "V" 3,4 close 5, behind your head 6, hips 7,8

8 - Punch front 1 passé 2 windmill to front 3,4 check marks to the R 5,&6 check marks to the L 7,&8

8 - Finish parts 1-6, kick ball change 7,&8

8 - Walk forward R,L 1,2 step 3 passé chug 4 whip R arm across 5,6 whip L arm across 7,8

8 - (parts from stage L 1,5) cross over 1, switch arms 2 turn around yourself 3,4 low "V" 5,6 hips R,L 7,8

8 - Continue parts hips 1,2 diagonal 3 switch 4 circle in opposition 5,6 pull elbow back punch 8

8 - Pump it up or down 1,2 switch directions 3,4 roll hips 5,6 punch R pom 7 open 8

8 - Rocket up 1, prep L forward 2, R double pirouette 3,4 chaîné R 5,6 step R 7 jump together 8

8 - Step L 1, R battement 2, step R 3, point L 4, shake R pom up 5,6 wrap arms 7, switch 8

8 - Rocket 1 opposition by lines behind head 2, rocket 3, switch opposition 4 L "K" 5 punch "K" 6, "T" 7 wrap to R 8

8 - (parts by line 1,3) arms pump up 1,2 shake front 3,&4 shake back 5,&6 finish groups 7,8

8 - Transition to switch lines traveling forward or back, rocket 1,2 "T" 3,4 turn 5,6 roll poms 7, cheerio 8

8 - (parts from stage L 1,3,5) step R cross L 1,2 chaîné 3,4 tour jeté with back leg in attitude 5 roll to the ground 6-8

8 - Punch R up 1 look L 2 finish groups 3-6 wrap arms 7 throw back 8

8 - Sit 1 punch L 2 roll to stand up 3-6 start walking to triangle 7,8

8 - Transition step, punch R 1,2 punch again 3,4 R arm cross over chest 5,6 switch 7,8

8 - Punch and shake to low "V" 1,2 again 3,4 front part of triangle level to knees/ back part shake poms up and down 5-8

8 - High "V"/outward "K" 1 switch direction 2 switch back twice 3,4 broken "T" 5 (parts front to back) low "V" 6, "T" 7, high "V" 8

8 - Rocket 1 ripple front to back L arm behind head R arm straight 2-6 rocket 7 R arm behind head L straight 8

8 - People that are standing R three step turn to back 1-4, people on ground roll to stand up 5-8

8 - (parts front to back 1,3,5) R chassé 1&2 step L 3 side leap 4 land 5,6 straight 7,8

8 - Roll up 1,2 punch L,R 3,4 finish groups 5-8

8 - (parts every other diagonal 1,5) step R,L 1,2 turn under yourself 3,4 second group 5-8

8 - Tighten up triangle 1-4 "K" front and pivot 5 turn 6 "K" rocket and pivot 7 turn 8

1 - Hips/connect

*prepared by Allie Hudak*

The Movement  
Officer Hip Hop Level 2  
Choreographed by: Rosie Torres

Beginning position: facing inside circle with right leg forward in hip hop squatting position.

Hold- Ugh!

- 8 - Group(1) pops up in wide second with right arm fist pump to touchdown position 1-2, group (2) pop up the same 3-4, all sway inside, outside, double inside with open hook right leg, 5-8.
- 8 - Step left prep, open right hook with up box arms single pirouette, right leg chasse out 1-4, walk and move to column with right arm "talking" 5-8.
- 8 - In opposition: step out with full body scoop 1-2, reverse movement 3-4, chasse out with full body scoop 5-8
- 8 - Still in opposition: step back with body sway to back 1-2, step tap to close 3-4, chasse into column with full body scoop 5-8.
- 8 - Step out to staggered lines &1-2, step forward with right leg and row the boat shoulders with arms 3&4, wobble knees, left, right, double left 5-8.
- 8 - Beat the drum, right arm, left arm, double the right with right leg flexed hook 1-4, step slide back with right foot, close tap left foot 5-6, transition into a triangle form, by going into a three step turn 7&8.
- 8 - Stepping out into wide second, right foot then left, &1-2, body roll body while popping head, chest, hips into deep pli , 3&4, wobble knees with elbows, right, left double the right into picture frame hands 5-8.
- 8 - Push picture arms from right side to left side chest level, 1-2, contract fists to chest, push, chest, 3&4, crump body and wobble knees while twisting right 5&6, stomp to close feet, right, left, twist upper body to left 7&8
- 8 - Scuff crump towards right side,1, stomp right foot 2, transition into staggered lines by three step running recovering in run forward or run back position while in opposition 3&4, stomp, walk, walk, body roll forward or from folded over in Demi pli  position, 5-8.
- 8 - Boxing punches with sway, right, left, double the right into full punch across chest with left leg coming up into open hook, 1-4, stomp left, slide right leg into close, bringing left hand to hip and right hand in "vogue" pose, 5-6, popping head and shoulders 7&8.
- 8 - Pony around oneself and clinching hands into closed fist 1-4, step forward with right foot and undulate body forward to right pointer finger, 5, stamp left foot close and right hand points to self, 6, hand gesture 'Don't speak well' and skater pivot to the back wall over right shoulder 7-8.
- 8 - Fold body to half position and walk back, twisting upper body while hands whip, left then right, 1-2, stamp left foot, square body to back, 3, pivot forward over right shoulder grabbing pants 4, pony forward while body is folded forward, 5&6&7, quick step out to wide open second position, right left, &8.
- 8 - Point with two fingers, right left, right over left side, 1&2, reverse it to snap with left hinge 3&4, whip body with left knee wobble, 5-6, step ball scuff to left side with arms in goal post 7&8.
- 8 - Step back with right leg, close left with a slight lean back 1-2, raise arms with attitude, mid level to high level, 3-4, step tap turn over right shoulder 5-6, switch lines transition with walk, walk, close 7&8.
- 8 - "Stomp the yard" Line 1: stomp right hook left with right arm punching over head, repeat to



- left, step right, step left and prepare for flip, then flip to sitting 1-8. At the same time, Line 2: stomp right close left, then alternate 1-8.
- 8 - Line 1: while on the floor: sway and punch arms across body, starting to front then alternating 1-8. Line 2: repeats, stomp right hook left with right arm punching over head, repeat to left, then flip, 1-8.
- 8 - All push over right knee to landing on both knees facing left side 1-2, wave shoulders to left knee lift 3&4, stomp left foot, hook right with punching left arm across 5-6, stomp right close left foot and change body direction to left side 7-8.
- 8 - "feel the spirit" right hand waving while changing body levels while standing facing left corner 1-4, walk back R, L, R, L, while waving both hands in front of shoulders 5-8.
- 8 - Stomp right foot forward with circular crumpling arms 1-4, 'look around' everyone should have different levels, 5-8.
- 8 - "We build this from the ground up" 1-4, transition walk to triangle form, 5-8
- 8 - Repeat stomp foot forward w/ circular crump, 1-4, 'look around' without hand over eyes 5-8.
- 8 - Repeat " We built this from the ground up", 1-4, step back with right foot while scooping right hand with body, into three step turn to front and tap left foot 5-8.
- 1 - all jump out to wide second with right hand fist pump

*prepared by Allie Hudak*

The Power  
Level 1 Military  
Choreography by Rhodessa Bell

Start in a diagonal line in a flat back connected to the person in front of you.

2 - Hold

8 - Hold 1-4, ripple pressing to fourth position 5-8

8 - Ripple stage L to R in a "T" 1-4 close to center rocket 5-7 hand over mouth 8

8 - Transition to staggers 1-8 opposition arms

8 - Half "T" flex 1-4, "L" 5 switch 6, lower top arm 7, switch "L" 8

8 - (parts by lines in opposition starting 1 or 3) swing to "T" 1,2 diagonal 3,4 lunge 5,6 stop sign  
7,8

8 - "T" rocks 1-4, rainbow arm 5,6 finish groups on 7,8

8 - Transition to straight lines, penguin slaps 1,2 cheerio 3,4 prayer 5,6 arms by sides 7,8

8 - Step touch ( odd lines travel stage R even lines travel stage L) 1-6, swing to check 7,8

8 - Back to staggers walk 1-4, high rocket 5,6 cover mouth 7,8

8 - Rocket popcorn ripple starting from both sides, 1-7 hands on hips 8

8 - Walk to triangle 1-4, half "T" 5,6 front rocket 7,8

8 - "helicopter" 1-8

8 - Level poses low "V", opposition "K"s, and high "V" 1,2 wave out to clean high "V" on 3,4, "K"  
cleans 5,6 low "V" clean 7,8

8 - "chop and serve" 1-8

8 - Finish "chop and serve" 1,2 body roll 3,4 pivot turn 5,6 "T" 7 low "V" 8

8 - "vogue" 1-8

8 - Rotating diagonal 1-4, "wax on and off" 5-8

8 - Move to straight line 1-4, cover mouth 5,6 hip circle 7,8

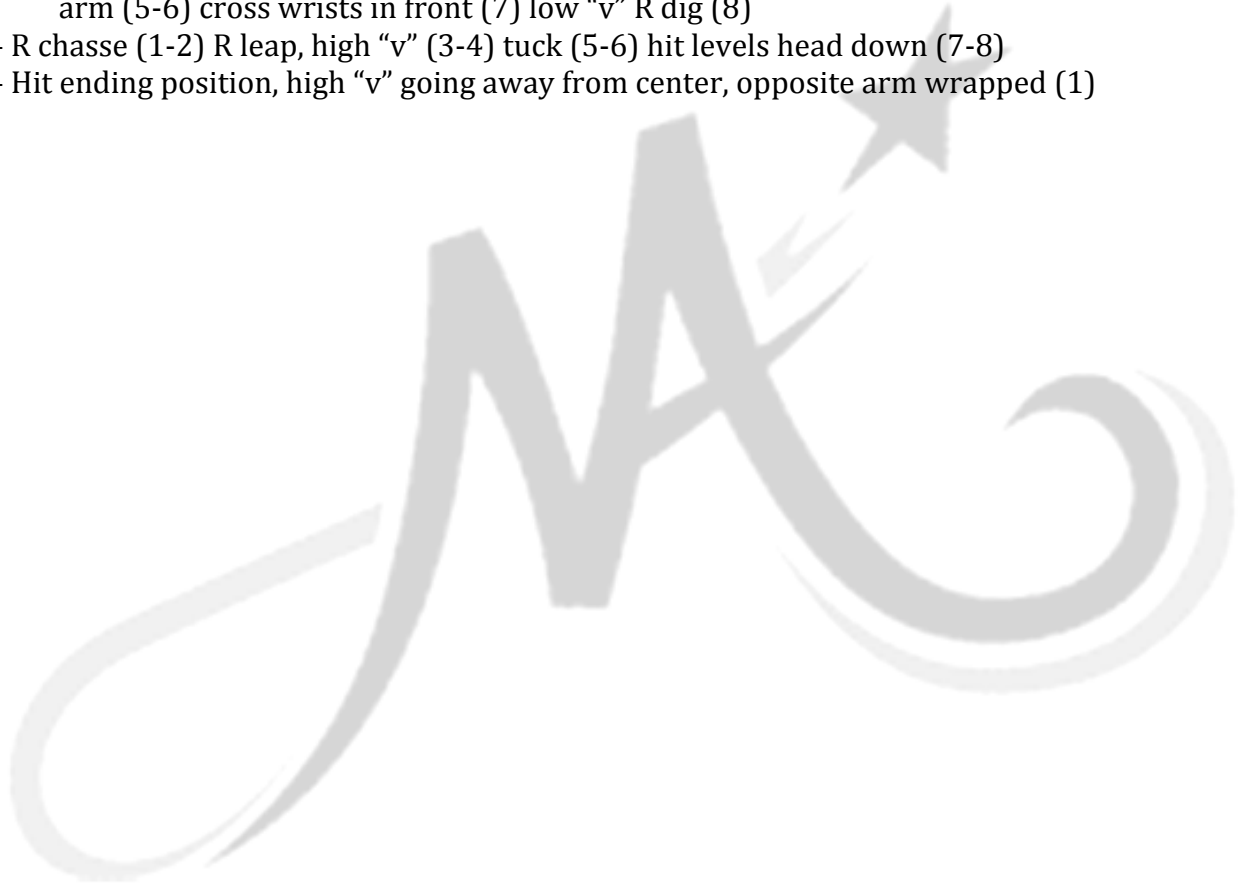
1 - Pose in diagonal 1

*prepared by Allie Hudak*

Timber  
Level 3 Field Kick

- 4 – FORMATION: triangle or “v” with point at the back BEGINNING POSITION: facing the back, R foot in dig, L arm wrapped, R arm touchdown; hold (1-4)
- 8 – PARTS: odd line goes 1, even line goes 3; step open w/ R foot, R arm comes down to low “v” for two counts, turning over R shoulder, body facing stage L (1-2) even line goes (3-4) everyone steps to stage L diagonal w/ L foot, arms crossing at chest (5) R battment, “L” arms (6) release head back, L arm wrapped, R arm low “v”, R leg in passé (7-8)
- 8 – R pivot to face back, arms glued (1-2) step R drag L, arms open up, head released (3-4) step, step, arms glued (5-6) turn over L shoulder, L fourth position on relevee, R hand at hat, L hand hip (7-8)
- 8 – PARTS: front group 1 middle group 3 back group 5; cross R foot over left, R arms comes across face (1-2) middle group goes (3-4) back group goes (5-6) step L, dig R, R arm swoops down to come up touchdown (7-8)
- 8 – MERGE: into either one or two lines; start walking together, R arms “paints” down leading w/ elbow (1-4) L arm touchdown (5-6) hook up (7-8)
- 8 – Twist R (1) twist L (2) ball change (&3) R flick to high kick (4) drag (5) close (6) out out, RL (5-6) in in, RL (7-8)
- 8 – Ball change back R, releasing head (1-2) rond de jambe R (3) booty relevee (4) twist L, R knees together (5-6) front (7-8)
- 8 – Four straights (1-8)
- 8 – Step left (1) R fan (2) two steps traveling R, R then L (3-4) R passé across (5) down (6) face front & hold (7-8)
- 8 – R corner (1-2) L corner (3-4) stay turned to left corner, point R (5) point L (6) small “x” jump (7&8)
- 8 – Same combo starting with L corner (1-6) head pop w/ small popcorn jump (7&8)
- 8 – PARTS: every other person, group 1 and 2;  
GROUP 1: Step forward R to pivot, touchdown (1) pivot back, arms come down (2) close feet together and hold (3-4) step to the side R foot (5) pose, L foot popped, L arm wrapped R arm “t” (6) step L, leaving arms there (7) pose, R leg flick behind, arms in L, R arm up (8)  
GROUP 2: Step forward to R pivot, arms glued (1) pivot to back, touchdown (2) step R to separate lines (3) close (4) step L side (5) pose, R leg flicked behind, L arms R arm up (6) step R, leave arms there (7) pose, L leg popped, L arm wrapped, R arm “t” (8)
- 8 – PARTS: group 1 starts 1, group 2 starts on 5; R chaine to the front (1-2) R prep (3-4) double pirouette, GROUP 2 starts (5-6) step out of it front on R foot, “t” arms (7) tuck, L shin on ground, head down (8)
- 8 – GROUP 1 holds, GROUP 2 finished (1-4) RIPPLE: from stage L to R, step onto L foot, popping R, L arm straight up, R hand grabbing elbow (5-8)
- 8 – L leg flicks, arm pushes down, facing stage R (1) step across, arms close (2) step out R to face front, arms reach forward hands touching (3) sit into R hip, hands on pockets (4) hip roll (5-6) plie, arms low “v”(7) jump together, touchdown (8)
- 8 – Shake x4, R foot in dig, arms “painting” down walls (1-4) MERGE into kickline(s); arms come up through front (5-6) wrap (7) hook up (8)
- 8 – RIPPLE; L fan ripple to ground landing with L knee back on ground, from L to R (1-8)
- 8 – RIPPLE; L to R, right leg rond de jambes to stage R, head follows (1-8)
- 8 – Ripple continues (1-4) slide into R split (5-8)
- 8 – “z” sit, head down (1-2) L leg up (3-4) stand up (5-6) hook up (7-8)

- 8 – R fan (1-2) L straight (3-4) R corner x2 (5-8)
- 8 – Rock back and forth (1-2) R leg to passé (3) R waist (4) R straight (5-6) L straight (7-8)
- 8 – R corner kick facing stage L corner (1-2) passé (3) point it back (4) tilt head R (5-6) tilt head L (7-8) \*tilt head in opposition if more than one line
- 8 – Graduated, point R (1-2) L waist (3-4) R high (5-6) L straight (7-8)
- 8 – Jump split (1-4) RIPPLE from L to R unhooking to roll to standing, facing the back (5-8)
- 8 – Keep rippling (1-4) MOVE back to center, triangle with point in front, arms glued (5-8)
- 8 – MOVING to triangle, ARMS wrap L, “t” R (1-2) wrap R, L touchdown (3-4) wrap head w/ L arm (5-6) cross wrists in front (7) low “v” R dig (8)
- 8 – R chasse (1-2) R leap, high “v” (3-4) tuck (5-6) hit levels head down (7-8)
- 1 – Hit ending position, high “v” going away from center, opposite arm wrapped (1)



*prepared by Allie Hudak*

Wake Me Up  
Level 3 Field Kick  
Choreographed by: Lauren Gier

- 8 - Hold 1 2 3 4, contagion passé-point to right w/ arms circling up 5 6 7 8
- 8 - Finish contagion 1 2 3 4, 5 passé, point L 6, switch feet 7, switch hips and relevae 8
- 8 - (exercise kicks) Step L 1, together 2, step L 3, kick R 4, step R 5, together 6, step R 7, kick L 8
- 8 - Feet together 1 2, bow contagion 3-8
- 8 - Jump kick R 1 2, jump kick 3 4, cross 5, jump out 6, prep 7, R kick 8
- 8 - Prep to R corner 1, point 2, prep 3, mid-kick L 4, prep 5, high kick R 6, prep 7, fan kick L 8
- 8 - Chassé 1 2, ball change 3 4, step R 5, passé jump 6, pas de bourrée L R L 7 8 1
- 8 - Feet together 2, point R 3, point L 4, feet together 5, twist R 6, switch 7, front 8
- 8 - Part 1- Pivot arms up 1 2, face back hook up 3 4, 2 R corner kicks 5 6 7 8/ Part 2- arms & head down 1 2, hook up 3 4, 2 R corner kicks 5 6 7 8
- 8 - Hold 1 2, Part 1: arms down 3, hook up 4, 2 R kicks 5 6 7 8/ Part 2: pivot arms up 3, face back hook up 4, 2 R kicks 5 6 7 8
- 8 - Hold 1 2, pivot unhook 3 4, Part 2: chassé L 5 6, chassé R 7 8/ Part 2: feet together 5 6, chassé R 7 8
- 8 - Step L 1, R leap 2, step L 3, touch dig 4 (ending in 2 staggered lines), 3 PARTS: Part 1: ball change R L 5 6, R fan 7 8/ Part 2: hold 5 6, ball change R L 7 8/ Part 3: hold 5 6 7 8
- 8 - 3 Parts cont.: Part 1: R knee kneel 1, L tondue 2, hold 3 4 5 6 7 8/ Part 2: R fan 1 2, R knee kneel 3, L tondue 4, hold 5 6 7 8/ Part 3: ball change R L 1 2, R fan 3 4, R knee kneel 5, L tendu 6, hold 7 8
- 8 - Step L to front 1 2, stand up clean 3 4, pony (traveling to straight line) step R w/ L arm up 5 6, pony switch 7 8
- 8 - 3 parts: Part 1: Drag "L" arms L arm up 1 2, walk L R 3 4, Tour en l'air 5 6, step L 7, break arms up straight parallel & feet together 8/ Part 2: Drag "L" arms L arm up 3 4, walk L R 5 6, Tour en l'air 7 8/ Part 3: Drag "L" arms L arm up 5 6, walk L R 7 8
- 8 - Part 1: Triplet R L R 1&2, step L 3, front forced arch arms in "T" 4/ Part 2: step L 1, break arms up straight parallel & feet together 2, step L 3, front forced arch arms in "T" 4/ Part 3: Tour en l'air 1 2, step L 3, front forced arch arms in "T" 4. Everybody: step side 5 arms swing down, hold 6, bring L foot to R on relevae as R arm swings up 7, step down L as R arm swings to L 8
- 8 - Touch turn 1 2, prepare R L 3 4, pirouette 5 6, jump out to second 7, twist upper body and grab hat on 8
- 8 - Stride to straight line for full 8
- 8 - Stride cont. for 4, head down 5 6, hook up 7 8
- 8 - Bow contagion to passé point from center and splitting (1-6), close feet 7 8
- 8 - (REPEAT) Jump kick R 1 2, jump kick 3 4, cross 5, jump out 6, feet together 7, R kick 8
- 8 - Prep to R corner 1, point 2, prep 3, mid-kick L 4, prep 5, high kick R 6, prep 7, fan kick L 8
- 8 - Chassé 1 2, ball change 3 4, step R 5, passé jump 6, pas de bourrée L R L 7 8 1
- 8 - Feet together 2, point R 3, point L 4, feet together 5 6, ENDING TWO PARTS: Part 1: R knee down 7 8, tondue L foot with L arm in 'high V' 1/ Part 2: close together & head down 7 8, tendu L foot with L arm in 'high V'

We are One  
Officer Camp Level 3-4 Pom  
Choreographed by: Rosie Torres

Beginning Position: In a circle, facing center with left leg in tendu derrière, arms in a high 45 degree angle, poms in buckets, shaking before music starts.

- 8 - Hold beginning position while shaking poms, 1-4, open body to left bow n arrow while stepping on left foot 5, punch right arm to meet left arm in center bow n arrow while stepping on right foot 6, transition to parallelogram with small circle arm movement to pray while taking three step walk to form 7&8.
- 8 - Salsa feet forward, with punch arms, 1-4, group 1; run run Develope jete direction change to left wall clip turn to front, while others flat back, 5-8.
- 8 - Salsa feet, with right T arm into left L arms, twist to right wall, 1-4, group 1&2; run run grand jete in second clip turn, while others flat back to step out to right to face back, 5-8.
- 8 - All salsa feet with half cheerio arm right to left half cheerio arm, 1-4, all run run reverse jete to twist cheerio facing the back, 5-8.
- 8 - All head roll to front placing hands on right hip, 1-2, step slide to left side with arms opening to up box &3-4, transition to triangle or trapezoid while jazz walking with shimmy to wrap at abdominal, 5-8.
- 8 - (hip hop section) all jump out to wide second, arms half T, to left punch across, to right arm across, to both arms cross punch forward 1-4, odd lines, double punch high V, even lines punch high V to low V 5&6, all cross in front of face, right/left, 7&, odd lines low V, even lines high V 8.
- 8 - All assemble with right arm touchdown 1, step left with arms to heart 2, tap right foot with left arm touchdown 3, ball change prep with L pressing arms, &4, low chaine rombersay or tilt with high rocket arms into left runners lunge 5-8.
- 8 - Hold 1, windmill over right shoulder to closed tuck 2-4, roll up to high V, 5-6, sit on left side to roll back, 7-8.
- 8 - Continue roll up to standing on left foot with right leg in tendu derrière right arm up, shaking Pom, 1-2, twist back over right shoulder into wide second position with touchdown arms shaking poms, 3-4, chug to left with isolating body and arms pressing into low touchdown behind, 5-8.
- 8 - Transition to staggered lines, pony with arms in box then to hips, 1-4, 'wiper arms' 5-8.
- 8 - Pump right then left into scuff open wide second while punching arms across, 1-4, pulse body and arms with flexing foot- left arm swing up to touchdown, right arm punch across, both arms to right L, to ball change with arms pulled to left hip, 5-8.
- 8 - Right leg flick into parallel attitude with right L arms 1, step on right foot with arms in cheerio 2, chasse to left on left foot with undulating body as cheerio melts to flat cheerio 3&4, tap right foot close with right L arms 5, step on right with flat right L arms 6, pas de bourre turn with clean arms to left prep 7&8.
- 8 - Double pirouette with arms in pray 1-2, sauté right battement to 90 degrees with arms in up rocket 3, recover to the back on right foot 4, transition to visual formation with rolling arms 5-8
- 8 - Repeat salsa forward with alternating single touchdown arms 1-4, (visual) step, step, punch out rocket 5&6, bring it back into close and pray 7&8.
- 8 - Repeat salsa side with right T punch arm into left L punch arms 1-4, (visual) step out and opposite into lunging attitude, while soloist in center sauté firebird 5-8.
- 8 - Repeat cheerio salsa 1-3, clean to left wall on 4, low chaine double stagg w/ cheerio arms 5-8

8 - Recover from double stagg on right foot facing audience with poms on right hip 1, push pivot to the back wall and walk back, R,L, 2-3, pique front attitude with left Pom at ankle, right Pomto touchdown &4, continue walking back R, L, 5-6, step right pivot to audience over left shoulder 7-8.

4 - Flick kick ball change to ending pose, different levels 1-4



*prepared by Allie Hudak*

What I Like About You  
Level 1 Pom

Begin in column feet and arms closed tight, head down

- 8 – Hold (1-6) group 1 rocket up (7-8)
- 8 – Group 1 release over (1-2) Group 2 rocket up (1-2) release over (3-4) back soloist X jump (5-6) all close feet hands to chest (7-8)
- 8 – Step out alternating directions swinging outside arm up to high diagonal (1-4) punch down to center across body (5-6) close feet hands to chest (7-8)
- 8 – Walking to lines: Wrap and low v (1-2) switch direction (3-4) circle arm up and over to low wrap (5-7) open to low v (8)
- 8 – 2 Groups starting 1,3: wrap (1-2) pivot with low V (3-4) arms to head front line facing back (5-6) back line finish facing front (7-8)
- 8 – Rocket (1-2) step out R low arrow (3-4) chaine to switch windows poms shaking at chest (5-8)
- 8 – Walk to switch lines arms swinging down to up (1-4) swing arms to low rocket, then high rocket new back line moves back into window (5-6, 7-8)
- 8 – T (1-2) wrap arms (3-4) hip roll (5-6) punch to SL (7-8)
- 8 – Open arms to L shaking 1,3,5,7 SL to SR groups (1-8)
- 8 – Step to second arms to diagonal (1-2) break to switch diagonal (3-4) touch knee (5-6) low V look front (7-8)
- 8 – All hold (1-2) clean to chest (3-4) 2 groups: prep (5-6) pirouette (7-8)
- 8 – land down on floor (1-2) finish (3-4) swing arm up and over (5-6) shift to sit on hip (7-8)
- 8 – Kick front (1-2) roll to stand (3-8)
- 8 – Walk to change form: Swing arms around (1-4) Center K Center K (5-8)
- 8 – Groups 1,5: Tuck swinging arms around (1-2) jump out (3-4) hands to head (5) out (6) hips (7-8)
- 8 – Finish groups (1-4) hips (5-8)
- 8 – Step (1-2) battement (3-4) step down (5-6) arms creak and close (7-8)
- 8 – Ponies in groups (1,3,5-8)
- 8 – Punch R arm across body (1-2) punches in levels (3-4, 5-6) center body hands to hips (7-8)
- 8 – Circle arms all the way around in rocket (1-6) close feet arms low V body to diagonal (7-8)
- 8 – Walking: box arms switching (1,3,5,7)
- 8 – Step to second arms swinging to L slow (1-4) clock work (5-8) *prepared by Allie Hudak*
- 8 – Finish clockwork (1-8)
- 8 – 2 Groups (1,5): swing to pull arm to broken T (1-2) ball change (3-4) stationary leap (5-6) land (7-8)
- 8 – Finish groups (1-4) hold (5-8)
- 8 – Hit levels rocket front (1-2) crazy arms (3-8)
- 8 – Ripple front to back swinging arms over head and body to tuck (1-6) stand up (7-8)
- 8 – Walk into straight line with cheerio arms (1-8)
- 8 – Jump to face side in groups (1,3,5) Look front (7)
- 5 – Strum the guitar (1-4) punch to low V (5)



What I'd Say  
Level 3 Field Pom

Begin with feet tight, hands at chest, head down

- 8 – Hold (1-4) double break into left L (5,7) Hold (8)
- 8 – Swing to Rocket (1-4) step out low arrow (5-6) face SL low diagonal (7-8)
- 8 – Parts SL to SR 1,5,1: Circle to Low V (1-2) back to low diagonal (3-4) open to T (5-6) punch to high diagonal SR (7-8)
- 8 – Double break L diagonal facing back (1-4) finish groups (5-8)
- 8 – Finish Groups (1-4) Ripple SR to SL to break top (5-8)
- 8 – Turn to front arrows alternating RLRLR graduating up (1-6) touch down (7) close (8)
- 8 – Walking to new formation: punch down (1-4) reverse (5-8)
- 8 – Walking to new formation T (1-4) circle circle close (5-8)
- 16 – Front Line: Step touch (1-8) repeat arms with legs going down to high knees (1-8) Second line: Hold (1-8) step touches (1-8)
- 8 – Shake arms up and around opposite ways (1-4) R hand to chest (5) L (6) front middle V (7) chest (8)
- 8 – Sharp clock arms (1-4) shake around front (5-8)
- 8 – Front line drop over and hold (1-8) second line prep (1) stationary leap (2) land (3-4) high V bringing body up (5-6) tuck facing opposite wall (7-8)
- 8 – Front line repeat last 8 (1-8)
- 8 – Roll to back (1-4) fan R leg (5-8)
- 8 – Roll to stand (1-4) swivel arms to head (5-6) out (7) back (8)
- 8 – W (1) T (2) twists (3-6) out (7) arrow down (8)
- 8 – Ripple SL to SR arms up up down (1-6) close to chest (7-8)
- 16 – Walking to change windows 2 groups: Group one punch R arm (1-4) L (5-8) shake (1-8) Group two reverse the 8 counts while facing the back (1-16)
- 16 – 2 Groups: Group 1: Swing arm in L (1-4) prep (5-6) pirouette (7-8) Rocket (1-2) circle around (3-6) tuck (7-8) Group two: pivot to front (1-4) shake arms up and over (5-8) swinging L arm (1-4) circle to tuck (5-8)
- 8 – Ripple from alternating sides by row shaking arm up to sky (1-8)
- 8 – Groups dropping over to bug (1,3,5) hold (7-8)
- 8 – Stepping up punch front (1-2) stand all the way up high V (3-4) K to the L (5-6) again (7-8)
- 8 – Swinging arms to broken T and touch down (1-4) ball change back (5-6) run forward (7-8)
- 8 – Soute chat (1-2) pivot to back (3-4) walk upstage shaking arms up to touch down (5-8)
- 8 – Shake arms down to low V walking around to face front (1-4) wrapping arms (5,7)
- 8 – Wrapping arms low (1,3) Groups opening arms in L (5,6,7) hold (8)
- 8 – Hips (1) switch (2) Rocket (3) low V (4) pencil turn wrapping arms (5-8)
- 8 – Starburst arms (1-2) chest (3-4) punch front (5-6) chest (7-8)
- 8 – High diagonal (1) chest (2) other way (3) chest (4) up and over (5-6) tuck (7-8)
- 8 – Roll up (1-4) double break to L (5,7)
- 8 – Swing to Rocket (1-4) step out low arrow (5-6) face SL low diagonal (7-8)
- 8 – Circle to Low V (1-2) back to low diagonal (3-4) open to T (5-6) punch to high diagonal SR (7-8)
- 8 – Double break L diagonal facing back (1-4) Ripple SR to SL to break top (5-8)
- 8 – Turn to front arrows alternating RLRLR graduating up (1-6) touch down (7) close (8)

- 8 – Repeat facing upstage (1-8)
- 8 – Pivot turn groups (1,3) finish (5-6) low V (7) wrap arms looking to SR (8)
- 8 – Ripple SR to SL to drop down (1-8)
- 8 – Ripple SL to SR shaking R arm up (1-8)
- 8 – Ripple front to back standing up to face back in X shaking (1-8)
- 8 – Ripple back to front swinging arm to shake front (1-8)
- 8 – Step touch (1-4) fast building arms (5-8)
- 5 – Cross soutenu to face back (1-4) release with low V arms (5)



*prepared by Allie Hudak*

Word Up  
Level 2 Hip Hop  
Choreographed by Kali Boyd, Kacey Lee, and Katie Perdue

- Begin in tight triangle, legs in second, facing stage right holding pants
- 8 – Hold (1-2) lead with the head, snaking (3-6) step RL (7-8)
  - 8 – Kick step touch R (1-2) upper body swoops to L (3) kick R snap L (4) open formation up (5-8)
  - 8 – Step to second clapping (1&) change the light bulb (2&) thrust and pull (3-4) chicken wing push to back (5-7) hips (&8)
  - 8 – Point to L (1) point to R (2) roll and snap turning to front (3-4) BC LR (&5) seat belt (6-7) snap (8)
  - 8 – Shout and point (1) snap and throw (2) check your watch and shake your hips (3&4) swoop (5-6, 7-8)
  - 8 – Cross out (&1&2) snake to starburst (3-4) retrograde (5-6) step to back R (7) jump to second and snap (8)
  - 8 – Single ladies (1-4) Parts L to R crossing arms (5 or 6 or 7) head (8)
  - 8 – Cabbage patch / NKOTB (1-8)
  - 8 – Do your dance pull up your pants (1-8)
  - 8 – Criss Cross and shake it (1-4) Criss Cross what's the word (5-8)
  - 8 – Transition to staggered lines: Step throw (1-4) grab pants and move (5-8)
  - 8 – Snap and cross (1-4) T-Rex hip hop (5-8)
  - 8 – Parts from R to L 1,3,5: Drop L knee (1) peace and flex R (2) in (3-4) continue groups (5-8)
  - 8 – Walk it up (1-4) R shoulder pops (5-6) Can you hear me (7-8)
  - 8 – Traveling to Column: Robot (1-8)
  - 8 – Swoop (1) What's up (2) back to center (3-4) Repeat reversing side (5-8)
  - 8 – Up and over ripple (1-6) what's up pose (7-8)
  - 8 – Transition back to triangle: circle (1-4) Miriah Carey (5-8)
  - 8 – Parts 1,3,5 front to back: Grate the cheese (1-2) Pat the weave (3-4) repeat picking up groups (5-8)
  - 8 – Continue parts (1-2) wind it up (3) throw (4) step L (5) jump to second (6) Snap front (7)

*prepared by Allie Hudak*