


2015
MA Dance Nation
Summer Camp
Curriculum Notes



Stronger
Level 1 Jazz

Choreographed By: David Arevalo, Donathan Flucas, Sara Kercho, Casey Potter, Alexis Trost, Karly Wilkins, Breanne Wilson

Beginning position: inside arm over head,

8 - Hold (1-2) arm overhead straight up (3-4) press out and elbow down (5-8)

8 - Head roll (1-4) face front (5-8)

8 - Crossing lines- standing group: walk back (1-4) walk side (5-8)

Floor group: face front jazz walk side (1-4) face side (5-8)

8 - Hands behind (1-2) close elbows to L(3-4) ripple high V (5-7) close (8)

8 - Ronde de jambe wrap (1-2) flick (3) snap (4) shoulders (5-6) R wrap (7) L wrap (8)

8 - Swoop (1-4) walk starting with L front (5-6) look to other line (7-8)

8 - Push arms (1-2) chaine crossing lines (3-4) weight shift (5-6)

step L together L (7-8)

8 - R ball change (1-2) step battement (3-4) walk (5-6) roll snap R (7-8)

4 - Ripple frame face (1-4)

8 - Open arm releve (1-2) swoop press (3-6) head tilt (7) hair flip (8)

8 - Pop shoulder (1-2) parts (3, 5, 7) shoulder R/L (3-4), drag (5-6) drop to the floor (7-8) roll (1-2)
stand/prep (3-4) pirouette (5-6) land (7-8) pop R hip

8 - Continue groups

8 - Finish (5-6) ball change or step (7-8)

8 - R passé (1-2) ball change (3-4) pop hips to straight line (5-8)

8 - Jazz walk (1-4) pose (5-6) pose #2 (7-8)

8 - Head roll (1-4) chest pop (5-8)

8 - Pose (1-4) face front (5) hold (6) face front #2 (7) hold (8)

8 - Jazz walk (1-4) ball change key arm (5-6) jazz walk (7-8)

8 - Hips (1-4) snake down and up (5-8)

8 - New form (1-4) chase step leap to the ground (5,7,1)

8 - Roll to back (1-4) pose (5, 6, 7) hold (8)

8 - Heart (1-2) circle wrist (3-4) lean (5-6) hair flip (7-8)

F.U.N.

Level 1 jazz

Choreography by: David Arevalo, Rhodessa Bell, and Cassidy Hale

- 8 - Start in straight line facing SL R arm on the R shoulder. Hold 1-2 contagion ripple L t R to sit 3-6 snake snap 7-8
- 8 - Separate into staggered lines front line chasse DS 1-4 pose 5-6 switch pose 7-8. Line two hip snap 1-4 chassé 5-8
- 8 - 2nd line pose 1-2 switch pose 3-4 kick 5-6 step prep for chainé 7-8
- 8 - Chainé 1-2 reach forward 3-4 L arm swing 5-6 R arm party 7-8
- 8 - Both arms reach L 1-2 hips 3-4 3step turn 5-8 snap
- 8 - Progression groups on 1-3-5 step passé 1-2 chasse 3-4 pivot turn L foot 5-6 step 7 R battement 8
- 8 - Passé 1 plie tendu looking down 2 or 3-4 or 5-6 everyone rolls wrist to roll up 7-8
- 8 - Cha cha transition to transition to switch lines
- 8 - Rainbow L arm to tuck R on left knee 1-4 rainbow R leg 5-7 snap 8
- 8 - Roll up to standing 1-4 door knob hips and low V hips 5-8 alternating rows
- 8 - Same alternating rows pump either up 1-2 close 3 or pump in low V 5-6 close 7
- 8 - Left shoulder 1 R shoulder 2 shimmy 3 sit on R hip 4
- 8 - Four part group progression on 1-3-5-7 step L dig R 2 chassé DS 3-4 step 5 leap 6 with arms in 2nd land in tuck 7-8
- 8 - Land 1-2 land 3-4
- 8 - Hold 1-2 shampoo your hair 3-4 roll to sit 5-7 L leg out 8
- 8 - Bring leg in 1-2 circle R arm 3-4 kick R-L on 5-6 snake to stand 7- 8
- 8 - Pose either down or up 1-2 switch pose on 3-4. Switch lines one and two with a three step turn R arm on R shoulder 5-6 stop sign hand 7 flex T R arm 8
- 8 - Lines one and two now switch windows SL dancers Vegas showgirl using L hand 1-4 repeat poses 5-6 switch 7-8. SR dancers use R hand to Vegas Showgirl walk repeat your poses 5-6 switch 7-8
- 8 - Everyone chassé back to your spot 1 & 2 step 3 side passé 4
- 8 - Pivot turn 1-2 sassy walk to triangle 5-8
- 8 - Maracas R arm then L 1-4 disco party 5-8
- 8 - Clip turn front 1-4 prep for pirouette 5-6 pirouette 7-8
- 8 - Starburst 1-2 L shoulder 3-4 low v hip 5-6 door knob 7-8
- 1 - L hip pop looking left R knee popped

Preach
Level 2 Jazz

Choreographed by: Jesus Acosta, Sara Ciampa, Donathan Flucas, and Allie Hudak

Straight Line, 2nd position

- 8 - Hold (1-2) look front (3) hold (4) shake to front (5-8)
- 8 - Step front or back (1) snap touchdown (2) walk and press to switch lines (3-6) hip roll (7-8)
- 8 - Twist (1&) Drag (3) passé (4) ball change (5&) cheerio soutenu (6) step 9&-8)
- 8 - Battement (1) step (2) swivel to head (3-4) cha-cha to back (5&6) step, snap (7-8)
- 8 - Groups, side to side(1, 3, 5) pull-pull (&1-&2) swing arms up with hips (3-4) finish groups, continue hips (5-8)
- 8 - Walk to change forms (diamond/triangle) Arms push down (1-8)
- 8 - Snake away from center (1-2) drop over in 2nd (3-4) A's: Slide to floor (5-6) swing legs around (7-8)
B's: Tendu across (5-6) Soutenu (7-8)
- 8 - A's: Kick on floor (1-2) sit on floor (3-4) stand up (5-8) B's: Tilt battement (1-2) Step to partner (3-4)
help partner off floor (5-8)
- 8 - Walk to two lines (1-4) kick ball change (5&6) checks (7&8)
- 8 - Groups (1, 3, 5, 7) Kick step prep (1-2) chaine (3-4) unfold arms (5-6) Reach Left arm up (7) turn to back (8)
- 8 - Wrap waist and swivel hips (1-8)
- 8 - Snake to front with "L" (1-2) step (3) snap (4) turn to face diagonal (5-6) chass, arms in low 1st (7-8)
- 8 - Soute chat, "L" arms (1) step out (2) drag to back, arms in touchdown (3) down (4) chassé to move to trapezoid (5&6) (7&8)
- 8 - Two groups: (front half/back half) swipe and roll (1-4) triplet with swipe arm (5&6) pas de bourree with cheerio arms (7&8)
- 8 - (back half) triplet with swipe arm (1&2) three-step-turn with cheerio arms (3&4) swipe to roll (5-8)
- 8 - Walk to straight line with a double press arms (1-4) groups to face stage left (5, 6, 7) pose up or down (8)

Fire N Gold
Level 2 Officer Jazz
Choreography by Roxanne Gage

- 8 - Hold 1-4 ripple Rt arm over 5-8
- 8 - Ripple Lt arm over head & Rt arm slice 1-4 ripple Rt arm circle up back w/Lt hand on face
- 8 - Walk 1,2 ball change 3,4 turn 5,6 step back passé 7,8
- 8 - Ball change 1,2 fan 3,4 lung w/arms up 5,6 wide 2nd position 7,8 Groups cannon to floor every 2 counts
- 8 - Lunge 1,2 half split 3,4 roll 5,6,7,,8
- 8 - Stand 1,2 pose 3,4 pose 5,6 pose 7,8
- 8 - Jump feet together face side 1,2 chaine back 3,4 "T" on 5,6, chest roll 7,8
- 8 - Releve, arms up 1,2 step back 3,4 slice 5,6 hands on hips 7,8 Front line & back line change windows & switch lines
- 8 - Step drag 1,2(front or back) tour (side) 3,4 step 5, piqué back 6 envelope 7,8
- 8 - Step cross (through lines) 1,2, pirouette endedans 3,4, right shoulder 5,6 left arm circle 7,8
- 8 - Rond de jambe Lt 1,2 walk 3,4 rond de jambe Rt 5,6 walk 7,8
- 8 - Flick kick 1,2 circle Lt arm over 3,4 groups pose 5,6,7,8 8 prepare w/arm circle 1,2 prep 3,4 pirouette 5,6 walk Rt 7,8
- 8 - Grand battement 2nd tilt 1,2 fist 3,4 Eagle chasse back 5,6, step cross 7,8 8 chainé Rt 1,2 calypso 3,4 roll to floor 5,6 sweep Rt arm down & front 7,8
- 8 - Pull back 1,2 roll and look 5,6 Rt arm circles over to back 7,8
- 8 - Fan Rt leg on floor 1,2 stand 3,4 large lunge & swipe hands back 5-8
- 8 - Cut under 1,2 press hands out & passe 3,4 ball change 5,6 grand battement 7,8
- 8 - Step down 1 passé around 2, walk 3,4, pirouette motorcycle 5,6 arms arrow up 7,8
- 8 - Hips salsa 1,2 pose 3,4 step saute arabesque 5,6 step saute in passe 7,8
- 8 - Chasse Rt 1&2 run 3 grand jete 4,5 land 6 run around to Rt on 7,8 8 dance with beginning ripple poses to triangle end facing stage left
- 8 - Chainé 1,2 chainé 3,4 chest roll present arms to 2nd 5-8 Groups cannon front to back every 2 counts
- 8 - Passé around, arms drop down & up 1,2 lunge back 3,4 circle Rt arm over 5,6 helicopter 7,8
- 8 - Spiral sit 1,2 roll face front 3,4 arabesque circle arm up back 5,6 circle down 7,8
- 8 - Sit face back 1,2 group 2 joins 3,4 group 3 joins 5,6 left arm circles back & sit chest lift 7,8

It's Your World
Level 3 OC Jazz
Choreography by Yoshio Pineda

- 4 – Hold (1-2) ronde de jambe to front and drop (7-8)
- 8 – Two groups:
 - A's: Arch up (1-4) two slow walks back (5-8)
 - B's: Hold (1-4) arch up (5-8)
- 8 – Quick walks (1-2) drag to front R hand to shoulder L arm out (3-4) reach up (5-6) open and circle to prep (7-8)
- 8 – Single pirouette hands on shoulders (1-2) step out and swipe the arms up (3-4) grad wrist (5) hip swivels (6) throw arms down (7) ball change swinging arms up to T (8&)
- 8 – Lift the L leg arms open (1) prep (2-3) soutenu (4-5) step (6) inverted fan kick (7) step out (8&)
- 8 – Reach and extend leg (1) drop over (2) arch up (3-4) ball change to switch weight (&5) swivel hips (6-8)
- 8 – Drag (1-2) run (3-4) soute chat with arms in L (5) step out (6) ball change with scooping arm (7-8)
- 8 – Pick up stage R to stage L every count: Reach up with R arm (1) open looking over shoulder to front (2) head roll (3-4) ball change to releve facing front (&5) contract and pull back (6) turn to back (7-8)
- 8 – Shoulder roll (1-2) walking back towards center reaching arms up (3-4) turn to front and continue walking opening the arms (5-6) cha cha jazz square with arms pulling forward (7&8)
- 8 – Turn to back grabbing hand up (1-2) point R L (3&) circle R arm with flexed hand (4) pose to front (5) circle back around hand to mouth (6) open arms (7-8)
- 8 – Pull R arm through turning to the front (1-2) “Hey” (3) sit into R hip (4) pas de bourre with shampoo arms (5&6) walk back arms reaching up (7) cha cha step to back (8&)
- 8 – Finish cha cha (1) passé turning back to front (2) pas de bourre with shampoo (3&4) chaîné in plié (5-6) fan tilt (7-8)
- 8 – Turn out of it (1-2) reach L arm up facing stage L (3-4) ball change wrapping arms (5&) dig and snap (6) start walking upstage switching lines arms lower (7-8)
- 8 – Walking upstage and switching lines (1-4) ronde de jambe R leg to pull body front (5-6) step out and look back (7) pull L dig in (8)
- 8 – Drag on L R arm is swiping (1-2) ball change to coupe (3&) developpe to arabesque (4) prep (5-6) barrel jump (7-8)
- 8 – Swivel arms over head (1-2) dig (3-4) shoulder roll X2 (5-8)
- 8 – Step R (1) shift L (2) Develop R leg (3) step out (4) cha cha step to prep (5-6) double coupe turn in forced arch (7-8)
- 8 – step to R hands on hip (1) L hip roll (2) touch L foot (3-4) snake to R (5-6) pull R to L and snap (7-8)
- 8 – Walk to one line (1-4) in opposition ball change and swing arms up (5-6) twist and open (7-8)
- 8 – Step back throw the hand over and passé (1-2) chasse to prep (3-4) Italian fouette (5-6) repeat to the back (7-8)
- 8 – Two groups starting on 1 and 5: ball change to releve facing front (&1) contract and pull back (2) turn to back (3-4) finish group two (7-8)
- 8 – Contagion L to R in levels posing (1-4) walk to a clump (5-8)
- 8 – Body roll R to L (1-2) touch the R foot (3-4) Reach up (5-6) or (7-8)
- 8 – Turn to back and snap (1) press the arm down as you walk (2-3) cha cha (4-5) turn to front every count (6,7,8)
- 1 – Touch neighbor's shoulder with head pop (&1)

Mr. Put it Down
Level 3 Camp Jazz

Choreographed by: David Arevalo, Kate Barton, Rhodessa Bell, Kali Boyd, Kayla Campbell, Donathan Flucas, Roxanne Gage, Lauren Geer, Allie Hudak, Sara Kercho

- 8 – Hold in a triangle in pose of choice (1-4) head roll (5-8)
- 8 – Walking forward arms cross (1) shoulders (2) reach forward (3) drop over (4) reach up (5-6) prep RL (7-8)
- 8 – Double pirouette (1-2) step flick to back (3-4) walk (5-6) passé reach (7-8)
- 8 – Hip roll (1-2) swing down and up (3-4) push out (5-6) switch weight head pop (7-8)
- 8 – Groups front to back starting 1,3,5: touch (1-2) soutenu (3-4) prep (5-6) stationary leap (7-8)
- 8 – Finish groups (1-4) ripple stage R to L extending leg and laying back (5-8)
- 8 – Roll to stand swinging leg (1-4) walking to two lines (5-8)
- 8 – Continue walking wrapping arms (1-2) present (3-4) jump out shifting hips (5-6) shift again hands to head (7-8)
- 16 – Two Groups:
 - Back Line: Walk forward (1-4) battement R (5) step out (6-7) dig and snap (8) pivot turn (1-2) step prepare (3-4) chaine (5-6) step (7) jump out turning to the front (8)
 - Front Line: pivot turn (1-2) step prep (3-4) chaine to back (5-6) step (7) jump out (8) walk (1-2) chasse (3-4) soute chat (5-6) step (7) jump out swinging arm (8)
- 8 – Drop over (1-2) slide R leg through (3-4) kick L R (5-6) cross R leg over (7) head back (8)
- 8 – Twist front (1) kick L leg (2) roll to stand (3-6) flick L R (7-8)
- 8 – Turn to corner swinging R arm up down (1-2) wrap and push (3-4) sassy walks (5-6) repeat with arm (7-8)
- 8 – Push arms with passé (1) tendu switch arms (2) head (3) open arms (4) wrap head (5-6) jump in and out (7-8)
- 8 – Front line traveling R, back line traveling L: Drag swiping arm (1-2) step passé (3-4) roll to floor (5-8)
- 8 – Hips up and over (1-2) roll to knee (3-4) open arm (5-8)
- 8 – Stand swinging arms up (1-2) press (3-4) walk to straight line (5-8)
- 8 – Poses up or down (1-2) switch your pose (3-4) hips (5-7) flick (8)
- 8 – Step (1) dig (2) walk to two separate pods (3-4) continue walking arms swing up and down (5-8)
- 16 – Two Groups:
 - Pod One: Drag to front (1-2) step prepare (3-4) soute basque (5-6) step (7) point (8) hip rolls (1-4) step and drop switching arm (5-8)
 - Pod Two: Hips (1-8) Drag to front (1-2) step prepare (3-4) soute basque (5-6) step (7) point (8)
- 8 – Swivel arms to head (1-4) step and drop over (5-6) jump out bursting arms (7-8)
- 8 – Shake hips (1-4) Pod Two walks in to pod one, Pod One hips (5-8)
- 8 – All walk with circle snap arms (1-4) pop L R (5-6) swivel to your pose (7-8)

What Kind of Man

Level 3 Jazz

Choreography By: David Arevalo, Kelsey Joseph, Jessica Kral, Cassidy Hale, Katie Perdue

Begin in straight line, R dig, arms pulled back, head over R shoulder

8 - Ripple from SR→SL: St R out swim through to wrap 1-8

8 - Hip roll 1-2 R snap overhead 3 open T 4 Ripple SL→SR: cross R over and untwist

8 - Transition to staggers - walk RL 1-2 R chassé arms cross chest 3& pull to shoulders 4 relevé shake LRL 5& st L R cross face 6 drag R open 7 st L across 8

8 - R passé contact reach L 1 st back & BC 2-3

2 Groups by lines: A – drag open L 4 roll to ground 5-7 slice over R leg 8

B – drag open L 3-4 st L 5 chug R passé arms reach back 6 st RL 7-8

8 - A – roll front to stand 1-4 B – inverted R fan arms circle in 1 three st turn out 2-4

Transition to triangle - walk 5-8

8 - St R front open and press out 1 pockets snake to back 2 envelope R front fingers extended in 3 through passé 4 BC & 5 single pirouette wrap R to shoulder L behind back 6 st R 7 cut under lunge R side 8

8 - 2 Groups in diagonals: A – snake up arms circle in and dig 1-2 run to diagonal 3-4 russian pas de chat with L arm up R bent in 5 st down 6 turn out 7 R dig arms up 8

B – R tuck to sit under to back 1-2 jump feet up to prep 3 loft leap up R bent L straight 4 swipe knee to L 6-7 R dig arms up 8

8 - Transition back to staggers – st 1& cross back 2 untwist 3-4 chassé R elbow over 5&6 chassé L R sweep across front 7&8

8 - St R drop 1 drag L arms circle overhead 2 BC & 3 R brush kick arms diagonal 4 st R 5 tour de basque arms cross at wrists 6 chassé R arms double throw back 7& flat back reach back 8

16 - 3 Groups SR→SL: A – St L 1 swivel R to degage turn over R push down 2 run 3& jeté 4 st out & 5 BC push front & 6 arabesque kick back R arm throws over 7 roll to ground 8-2

B – hold 1-2 start groups 3-4 finish 3-4

C – hold 1-4 start groups 5-6 finish 5-6

Hold 7 head pop front 8

8 - Roll back to plank 1-2 R leg pulls in to lunge 3 switch legs to kick R over 4 roll back to stand 5-7 dig R front 8

8 - Transition to inverted V: Walk 1-4 st R flick L snap 5-6 st L flick R reach L 7-8

8 - To hips roll 1-2 step to prep 3-4 double pirouette 5-6 push R out 7 st R 8

8 - Ripple SL→SR: St L arms pull up together 1 R dig side arms throw back 2 head pop to front dig to hips 3 finish ripple 4-8

8 - Switch weight through feet 1 flick L back 2 st L 3 touch R out arms open at ribs & R dig arms to ribs 4 rond de jambe R back arms swivel to butterfly 5-6 walk out RL 7-8

8 - Transition back to original straight line: Walk 1-4

2 Groups every other person: A – pose st L swing baby 5 st cross L back cross over knee 6 relevé st L out R arm up L to elbow 7 sit to R and pull arms behind head 8

B - relevé st L out R arm up L to elbow 5 sit to R and pull arms behind head 6 pose st L swing baby 7 st cross L back cross over knee 8

8 - Ripple SL→SR: snake L and touch out 1-4 st L pull R dig hands to R hip look R 5-8

3 - Head looks over to front 1-3

Lean On
Level 4 Jazz

Choreography by: David Avarelo, Kali Boyd, Kayla Campbell, Donathan Flucas, Caitlin Poulton

Begin in a column in parallel 1st with head down.

4 – Hold (1-4)

8 – Three step turn in opposition to create a diamond (1&2) touch turn (3-4) prep (&5) double coupe turn (6-7) jump out to second hands to hips (8)

8 – Swipe arm to flexed t in center (1-2) inverted attitude fan (3-4) stationary leap to corner with arms wrapped (5-6) two groups, Floor group slide down (7-8)

8 – Floor Group: Left leg fans (1-2) roll to stand up (3-4) turn over L should flatten lines (5-8)

8 – Finish head roll (1) snap (2) pop (&3) drag up to touch down (4&) brush to flick (5-6) step (7) slide into second position grand plié arms to flexed high v, every other line go opposite ways to shift windows (8)

8 – Finish plié (1-2) ronde de jambe R (3-4) pas de bouree (5&6) fan to back drop over to front (7-8)

8 – Snake up (1-2) swivel to hip (3-4) pop it (&5) flick L foot (6) step to back R arm circles (7-8)

8 – Drag with push arms (1-2) turn over R should ronde de jambe (3) ball change RL (&4) chaine (5-6) calypso (7-8)

8 – Turn over L should hand to shoulde (1-2) ball change twice opening arms (3-4) walk into a clump (5-8)

8 – Claps (1&) pose (2) look up (&) snap (3) cross out (&4) walk (5-6) step on R pop chest (7) contract in (&) jump out (8)

8 – Look down up (&1) melt it out (2-3) clap (&4) swipe face (5-6) ball change (&7) single turn in forced arch (8)

8 – Step out to 4th rolling ribs (1-2) soutenu (3) jump out to second (4) pop ribs RL (5-6) hands swivel up (7-8)

8 – Moving to straight line melt arms down (1-4) prep to the back (5-6) two and a half pirouettes (7-8)

8 – Two Groups: Step back grab (1) look back (2) reach up and grab (3-4) throw it down (5-6) pull head to side (7-8) Group two does 5-8 and then 1-4

8 – Two Groups stage R/stage L: Stage L walk forward (1-2) press down (3) turn around (4) drop to floor (5-6) roll to stand up (7-8)

4 – Lay back (1-2) ronde de jambe and thread leg through (3-4)

8 – Reach (1-2) roll to stand (3-6) run RL (7&) soute chat (8)

8 – Step out (1-2) chasse (3&4) three step turn pulling into clump (6-7) clap (8&) and melt open as music fades

The Bomb
 Level 4 Officer Camp Jazz
 Choreography by Sarah Starkweather

(SLOW counts)

8 - Hold 1, jazz hands 2-4, Fosse fist to chest & look 5, swivel to front 6-8

8 - Criss cross hands & 1-2, switch 3-4, snap and look & 5, up 6, walk 7, uh 8 &

(FAST counts)

8 - Wrap arm over 1-2, heel 3-4, snap 5-6, shift 7-8

8 - Hop 1-2, arms up or down 3-4, scoot 5-8

8 - Fosse heel walks 1-8

8 - Rand de jambe 1-4, flick prep 5-6, double pirouette

8 - Hinge 1, snap 2, slide 3-4, switch 5, contract 6-7, jazz hands 8

8 - Open 1-2, pas de bouree & 3&4, soutenu 5-6, chug 7&8

8 - Jazz hands duets 1-8// solo walks in middle

8 - Jazz hands duets 1-8// solo fan kick

8 - Jazz hands duet over under 1-4, single walks 5, 6, quick 7&8&

8 - Snap pas de chats downstage 1-4, out and in 5-8

8 - Slow developpe fan 1-4, foot down on 5 hold 6, chuge 7-8

8 - Slow hinge 1-4, hold 5-6, switch 7-8

8 - Scuff ball change pick up go 1-4, or 5-6

8 - or 1-4, kick L heel 5-6, switch upstage 7-8

8 - Step 1-2, bird walks to clump 3-8

8 - Slow drag up side of body with L 1-4, stop 5-6, point 7-8

8 - Foot isolations 1-6, soloist stage R 7-8

8 - Foot isolations 1-6, soloist stage L 7-8

8 - Hop through grand jete 1-8

8 - Slide hands 1-2, leg, 3-4, hold 5-6, snap 7 look 8

8 - Heel isolations 1-6, down 7-8

8 - Walk hands up 1-6, hold 7-8

8 - Shoulders to front hinge 1-5, hold 6-7, ending position on 8

I Put a Spell on You
Level 5 Jazz

Choreography by: Jesus Acosta, Kate Barton, Donathan Flucas, Yoshio Pineda, Caitlin Poulton and Sarah Starkweather

Begin facing upstage in a wide second hands behind back

8 – Hold (1) hip circles (2-4) turn to front shoulder rolls (5-8)

8 – Reaching through L arms (1-2) push R arm forward (3) roll fingers (4) hit hip (&5) head (6) reach up and switch weight (7) flick back to L (8)

8 – Step through and drag (1-2) chasse forward (3-4) cut and ronde de jambe back (5-6) big reach swim arms into envelope soutenu (7-8)

8 – Jump out and slide to second position (1-2) roll to stand (3-4) run and soute chat to down stage left corner (5) Inside leg turn in tilt (6) run glissade (7) chaine (8&)

8 – Grand jete (1) step passé (2) small jete back to L (3) turn out of it to face upstage (4) reach (5&) head roll (6) walk with shoulder rolls (7-8)

8 – Tour to floor (1) flick leg (2) stand (3) rond de jambe with swipe arm (4) pas de bourre to prep (5&6) triple pirouette (&7&) chaine (8&)

8 – Tilt jump (1) roll to stand (2-3) swipe face (4) kick ball change (5&a) three step turn (6&a) sustain and prep (7) chaine (8&)

8 – Axel (1) hold (2) drag to front (3) step to passé (4) run run reverse jete (5-6) hip rolls with hands (7-8)

8 – Head roll (1) swing arms to face front (2) hips and fingers (3) passé with swinging arm (4) battement (5) step step cut turn (6) flick and prep (7) pirouette (8&a)

8 – Turns a la second (1-2) changing spot (3-6) pull into a triple pirouette (7&8&)

8 – Jump to second (1) walk back reaching (2-3) walk forward, improvisation (4-5) walk back (6) reach arm and pose (7-8)

Young Blood
Level 3 Contemporary

Choreographed by: Rhodessa Bell, Jessica Kral, Casey Potter, Caitlin Poulton

Beginning form—Diamond Beginning position— feet in parallel with arms down by sides

8 - Hold 1-4, sliding R leg out in plié on L with R arm sliding to heart 5-8

8 - R elbow pulls 1, L elbow hooks 2, twist knees to L with R arm swiping down 3-4, contract over with arms in parallel 5, wrist cross and hands open 6, roll up 7-8

8 - Tendú R foot arms pressing out 1-2, R leg passés arms close to parallel 3-4, flex R leg out arms open 5-6, fouetté R leg to arabesque arms sweep over 7-8

8 - Step R chug 1-2, pencil turn 3-4, chassé rolling shoulders 5-6, step R foot to grab wrist pushing out 7-8

8 - Passé swoop around to faillé through with L leg 1-4, 3 step turn to staggered lines 5-8

8 - Run twice in any direction 1-2, whack L arm to R shoulder 3 to swing L arm back 4, chassé through second R arm up in diagonal 5, back pas de bourse back to spot 6-8

8 - R forearm to forehead 1-2, L arm crosses up 3-4, hook arms to R 5, switch to L side 6, throw arms out straight to L with L leg flexing put 7, lunge back with L leg fists pulling to hips 8

8 - “Nightmare” release 1-4, flex R leg crossed back R arm reaching up 5, flex R leg up to R elbow 6, throw R leg to straighten 7, step to downstage R corner in parallel 8

8 - “Nightmare” contract over forced arch 1-4, odd lines—hop back 5-6 hold 7-8, even lines—reverse

8 - “Sunshine” pulling elbows up to open out 1-4, (lines in opposition) odds—scoop to L 5-6, arabesque R leg 7-8; evens—scoop to R to face back 5-6, step R-L 7-8

8 - Odds—3 step turn to the R 1-4; evens—sauté with R leg in parallel attitude arms swooping up and over 1-2, turn around 3-4; everyone continues with R wrist to forehead 5, hands to low L pocket 6, hands swipe under rib cage 7, arms slide down 8

8 - Transition to diamond formation in upstage R corner—dragging L leg in ronde de jambe with arms scooping in 1-4, ronde de jambe again with R arm hooking over 5-8

8 - Continue running to position 1-4, BC back R leg with R arm swiping across 5-8

8 - Everyone sautés up throwing arms up to contract over 1-4, (2 groups) group 1—stepping out with L leg to undulate torso 5-8; group 2—roll up to stand 5-8

8 - Group 1 continued—step R to chug 1-2, step L-R 3-4, coupé scoop turn 5-6, step R 7, cut under L foot to forced arch hinge with hands behind head & 8; group 2—begins same movement phrase on 1

8 - Group 1—hold 8; group 2—completes phrase by 8

8 - Contract over flexing R leg 1-2, BC crossing R arm 3-4, passé circling arms around to R 5-8

8 - Facing stage L with R arm to L shoulder 1-2, swing R arm down and out to face lines into each other 3-4, hold 5-6, pull back to parallel feet 7&8

8 - Circle R arm up and out to face back in grande plié in 2nd 1-4, enveloppé battement 5-6, land down in lunge with arms pushing out 7-8

8 - Plié center with hands crossing 1-2, reach out in opposition to diagonals 3-4, close back in to center with palms facing in 5-6, stand 7-8

8 - Snake back with arms swinging front 1-2, step back R-L 3-4, drag around to R 5-6, to contract over 7-8

8 - Pop ups—1, 3 or 5 on accents, hold 7-8

8 - Swipe L arm to open in grande plié second 1-4, (2 groups) group 1—circle arms up and over to release into floor 5-8; group 2—step R swipe across to L 5-6, land L leg to BC 7-8

8 - (Groups continued) group 1—scorpion roll 1-4, slide L leg through 5-6, close into tuck 7-8; piqué onto R to passé L 1-2, land down to lunge 3-4, fan R leg 5-6, land side 7-8

8 - (Groups continued) group 1—push R leg out as arms swipe across 1-4, roll to stand 5-8; R arm swipes across 1-4, flex parallel attitude turn 5-6, land front 7-8

8 - Transition into diagonal lines—dragging L leg in ronde de jambe with arms scooping in 1-4, continue stepping into diagonal lines with hands grabbing front 5-8

- 8 - Repeat sliding R leg out in plié on L R arm sliding to heart 1-4, R elbow pulls 5-6, L elbow hooks 7-8
- 8 - Knees to L R arm swiping down 1-2, contract arms in parallel 3-4, hands open 5-6, roll up 7-8
- 8 - Repeat tendú R foot arms pressing out 1-2, R leg passés arms close to parallel 3-4, flex R leg out arms open 5-6, fouetté R leg to arabesque arms sweep over 7-8
- 8 - Whack R arm to L shoulder 1-2, turning pas de bourre 3-6, stand center 7-8
- 4 - High release 1-4



Life of the Party
Level 4 Contemporary

Choreography by Jesus Acosta, Yoshio Pineda, Caitlin Poulton, Sarah Starkweather, and Karly Wilkins

- 8 - Begin in tight clump, walk out breakaway "ballroom" lift when feel partner's touch, solo improv in middle
- 8 - Continue breakout 1-4, walk to line 5-7, turn front 8
- 8 - Swipe front (parts) 1, box 2, slide spiral turn 3-6 thread 7-8
- 8 - Duck head 1-2, isolate hands 3& mount 4-6 arms open 7 box 8
- 8 - Echappe 1, wrap 2, dive "chip hands" 3-4, shoulder 5, elbow 6, foot/hips/torso 7-8
- 8 - Breathe up 1-2, "pray" 3-4 PARTS go on 5-6, or 7-8, or 1-2
- 8 - PARTS thread leg, pull through, wrap and point, floor jump, brush battement roll to floor walk hands up to stand
- 8 - Finish parts 1-2 or 3-4 or 5-6 Soloist moves group moves to soloist &7&8 ("I'm telling you")
- 8 - Lift with soloist 1-8 OR breakout chaine jete follow soloist 1-2 chaine 3-4 jete 5-6 recover 7-8
- 8 - Coupe jete to diagonal line 1-4 ripple down to upstage 5-8
- 8 - Breakout with lift in middle 1-8
- 8 - Hold 1-2, drop 3-4 (box) right hand 5-6 isolate 7-8
- 8 - Wipe down face 1-2, plow 3-4, reach 5-6, arms &7, flip attitude 8
- 8 - Rock back 1-2, space hold turn 3-4, chasse to grand plié seconde 5-6, switch diagonal arms 7-8
- 8 - Inside pencil 1-2, attitude "wack" 3-4, slide to floor 5-8
- 8 - Press up to move leg in 1-2 roll head swivel 3-4 roll 5-6, Battement 7-8
- 8 - Roll to stand 1-4, inside fan jump 5-6, hop out on 7-8
- 8 - Break arms down R, L 1,2, "pray" over L shoulder 3-4, "breathe" 5-6, hip 7-8
- 8 - Soutenu arms float up 1-4, walk to clump leave soloist 5-8

Dollhouse
Level 4 OC Contemporary
Choreography: Jesus Acosta

*Beginning position in triangle with point facing back as soloist

- 8 - Hold (1-4) Head pokes front (5), opposite groups: side (6) circle head front to L/R (7&8) Soloist nods head 3 times and reaches up
- 8 - R/L shoulder (1) L/R shoulder (2) head roll R (3-5) hold (6) Lean hinge (7-8)
- 8 - Run (1-2) ball change (3-4) turn and face front (5-8)
- 8 - Ronde jambe (1-2) left attitude (3-4) ball change scoop arm (5-6) L leg flick (7-8)
- 8 - Monkey roll (1-2) stand (3-4) cobra hands (5) sissonne (6)
face opposite lines (7-8)
- 8 - Circling upper body and R arm: step R (1) step L (2) step R (3) lunge L (4)
switch feet (5-6) double pirouette (7-8)
- 8 - Step (1) tour (2) step (3-4) bird arm chug x2 (5-8)
- 8 - Groups starting (1, 3, 5): passé R arm wrap (1-2) L hip ronde jambe en liar derrier (3-4) R head roll
ronde jambe (5-6) roll (7-2)
- 8 - Leg turn in and out (3-4) back roll (5-6) cockroach (7) drop leg (8)
- 8 - Finish groups (1-4) opposition: fan leg over (5-6) contract and roll (7-8)
- 8 - Roll (1-2) stand (3-4) bird arms to new form (5-8)
- 8 - Low clap (1) Clap heart (2) R shoulder (3) extend arms (4) bend extend (&5)
behind head (6) close elbows L (7) extend (8)
- 8 - Swoop to front (1-2) pop (3-4) R eye (5) stand tall L eye (6) R eye (7) blink (8)
- 8 - Over to under curve (1-2) roll (3-4) front (5-6) left hip to back (7-8) Soloist repeats
Gesture Phrase
- 8 - R leg fan on floor (1-2) roll (3-5) back to form (6-8) Soloist scoops under R leg to
Release and repeat "eye" motif
- 8 - Step R/L (1-2) R tilt kick (3) land (4-5) attitude (6-7) sit back (8-1)
- 8 - Extend leg (2) snake front (3-4) pull back to line (5-8)
- 8 - Swan lake (1-8): L, R, L, R, mini pas de chat, L ronde de jambe back to front
- 8 - Finish (1-4): step L, R, L, Flick R foot, partner leg tilt to plank (5-8)
- 8 - Continue partnering (1-2) walk over (3-6) stand (7-8) Back group R fouette with
L shoulder roll (7-8)
- 8 - Chasse L (1-4) back group turns R to lift (5-8)
- 8 - Stumble walk to new form (1-8)
- 8 - Point front (1) point R (2) point head (3) point side (4) point front (5)
Soutenue back (5-8)
- 8 - Head front (1) side (2) circle L (3-4) R arm flow (5-6) step R/L (7&) kick R (8)
- 8 - Land (1) stand (2) clap low (3) clap heart (4) lean R (5) extend L (6) swoop (7) R eye (8)
- 1 - Blink R hand

Every Little Thing She Does

Level 5 Contemporary

Choreographed by Jesus Acosta, David Arevalo, Kayla Campbell, Kacey Lee, Katie Perdue, Yoshio Pineda

Begin stage right upstage facing back corner parallel

8 – Hold (1-4) walk L R (5-6) slide through plié L (7-8)

2 - Rond de jambe R (1-2)

8 – Step R flick L across reach arms up (1-2) three step turn L (3&4) sauté R wrap R around head (5-6) turn over R shoulder sauté L reach arms (7-8)

8 – continue rotating over R shoulder walking towards L downstage corner roll shoulders back (1) reach out (2) pull elbows in (3) shoot arms down (4) front line crawl to plank, back line fold over roll up (5-8)

16 – Two groups:

Front line: drop to R elbow (1) reach L (2) roll on back bend R inverted fan L

(3-4) swing body around cross R over L (5-8) hands on floor press off R L extended in arabesque (1-4)

run L R L (5&6) jump off horizontally R onto L throw arms in front (7-8)

Back line: R hand L hand to head elbows in (1-2) open (3-4) fold over L and take around to R side hands to floor (5-8) slide into first position grande plié (1-2) extend and turn over L shoulder (3-4) slide out to plank (5-6) come back to grande plié in first position to rotate over R should to roll (7-8)

8 – Front line continue walking to back corner while back line rolls to stand up lines are switched (1-4) walk R L turn over R shoulder to face front (1-2) step side R rond de jambe (3-4) flick R across reach up to back corner (5-6) chaine R barrel jump arms extended front (7-8)

8 – Turn out of it step R into releve twist upper body L arm up R to T (1-2) rotate upper body to L plié and contract in (3-4) step R fouette sauté (5-6) L rond de jambe L around to floor lay on floor arch back (7-8)

8 – contract in (1-2) roll to R shoulder attitude L over (3-4) slide through roll to stand up (5-8)

8 – Hands behind head open elbows (1-2) open R arm circle back (3-4) R hand grab back of thigh (5) L hand to shin (6) R hand grab R toes (7) extend R leg and R arm back (8)

8 – R knee in out (&1-2) R drag turn lead with R elbow (3-4) step through L pas de bourree back R arm thread through (5-8)

8- Inside L turn reaching towards R foot (1-2) ball change back R R arm forward (3-4) brush flex foot R front through passé turn to face R downstage corner (5-6) prep (7-8)

8 – Double outside R wrapping R foot behind L leg arms mambo (1-2) step out to downstage R corner reach close parallel stand up hands to chest (3-4) sway R L (5-6) circle arms out lunge back L ‘grab hat’ (7-8)

16 – Groups 1,3,5: step L R hand wrap around head R foot wrap behind L knee step (1-2) step up to releve R L press arms down (3-4) step L sauté passé R arms L (5-6) step back small hop R L face front (7-8) sway until last group joins

24 – Reverse groups 1,3,5: drag L back to R arms L (1-2) step through L step back R suspend L passé in (3-4) step back ball change back R roll shoulders (5-6) run R L (7-8) turned in pas de chat turn over L shoulder (1-2) step L reach R parallel to floor (3-4) pull through passé flew foot close to parallel (5-8) wait while over groups finish. Farthest on stage R run through push off farthest on stage L to end in front

8 – Swivel knees L to R (&1-2) hands on floor jump to other side (3-4) ball change R (5-6) coupe R half turn to back (7) step R (8)

8 – Coupe L sauté extend L (1-2) step L turn over R should flex R foot roll head face back press down on R (3-6) releve twist upper body wrap (7) twist back (8)

8 – rainbow arms over L shoulder plié ball change back (1-4) chaine in plié R (5-6) tilt R (7-8)

8 – turn over R shoulder to face upstage R corner plié swing arms up (1-2) hinge back L to chest (3-4) swing to releve face downstage L corner (5-8)

4 – Farthest stage L lay on back on floor. Everyone else melt down on L leg

Grateful

Level 2 Lyrical

Choreography by: Kelsey Joseph, Karly Wilkins, David Aravelo

Begin in clump facing the back

8 - Hold 1-4 head roll R 5-6 reach third arabesque arms R 7-8

Breakout soloist 1: drag R third arabesque arms 7 st turn out 8

8 - Circle L arm down and around 1-2 peel out from shoulder L 3-4 st R 5 rond de jambe cut around to front R 6 st back and reach L up tendu 7-8

Breakout soloist 1: pique turn 1-2 BC 3-4

Breakout soloist 2: st pique arabesque 3-4

8 - St L 1 reach out jump contract over & 2 R arm to waist 3 L arm peel drag out 4 st cross prep RL 5& barrel jump arms slice around 6 envelope R leg brush arms up 7-8

8 - BC elbow back 1-2 st L push side 3 roll to bug 4-6 3 Groups SL→SR (5,6,7): R arm circle over 5 thread roll to stand 6-8

8 - Finish groups 1-2 Reverse Groups SR→SL (3,5,7): R arabesque brush back circle arm over 3 walk back RL 4& slice R flick L behind 5-6 st L 7 relevé R circle over 8

8 - Turn out to front 1-2 finish groups 3-4 (last group does not turn out) R elbow drag st 5 L elbow drag st 6 three step turn to staggers 7&8

8 - R brush battement side arms lift to V 1 arms continue circle st R 2 brush L leg plié tendu side arms lift from elbows underneath 3-4 st L swivel R arm down and around brush across and contract 5-8

8 - Passé L release back 1-2 st L 3 st R rock baby down 4 swing baby over turn L shoulder 5-6 run to diagonal RL 7-8

8 - Passé sauté arms brush up land tuck 1-2 extend to plank 3-4 contract to fetal position in 3 Groups: 5-6-7 hold 8

8 - Push legs to other side box arms 1-2 reach up and over 3 sit and swing R leg to stand side 4-6 push back degage R 7 walk back RL 8&

8 - Cut drag L over slice arms 1 st L cross 2 soutenu 3-4 walk R arm brush 5 L arm brush 6 st arms circle 7 contract and drop over 8

8 - 3 Groups (1,3,5): st RL circle contract in 1-2 swivel R arm down and around to passé up 3 st R 4 swivel L rond de jambe back 5 st cross R leg over bird reach 6 chaîné 7-8

8 - Run RL 1& jeté release T 2 tuck 3-4 hold and finish groups 5-7 R arm circle over lift up 8

8 - Swipe leg to roll back and stand 1-4 Transition to original clump: triplet arms swipe over 5&6 three st turn wrap arms 7&8

8 - St L reach out third arabesque arms breathe 1-2 R arm peel through T to side 3-4

Breakout soloist: crawl front 5&6 back in 7&8

Group: drop 5 roll up 6 crawl front 7&8

8 - Breakout soloist: box elbows up 1 lift and reach up 2-4 lower front 5-8

Group: melt down 1-4 hole 5-8

Invincible
Level 4 Lyrical
Choreography by Sara Ciampa

- 8 – Begin in 4 STAGGERED LINES: Arms up in releve BROKE (2 &), T in 17lié towards left DOWN (3), left hand on shoulder on hit (5), shampoo w/ right hand ground (6-8),
- 8 - Right arm paint right (1), paint left (2), brush chest (3), reach right diagonal (4), monkey to the floor (5-6) 1st and 3rd lines: ball change (7) spin to the front (&8)
2nd and 4th lines: lands on right leg, 7,8
- 8 - Face front on (1) hold (2) NO ONE HEARS 1st and 3rd lines: reach (56), reach (78) hold, 2nd and 4th lines: roll on back (1-4), roll up to stand (5-8)
- 8 - 2nd and 4th lines: reach left then right (&1), hold (2). ALL: take breath (34) and travel to clump (5-8)
- 8 - Big and strong improvised movement (12) FREEZE (3) hold (4), repeat move (56) FREEZE (7) hold (8) (choose 2 people to do a moderate lift, freeze and hold on (3) and a separate pair on (7)
- 8 - Slide forward with running arms right arm (12), left arm (3), hold (4), gather the flowers (arms up and over) (56), Ailey arms on (7), hold (8),
- 8 - Reach right hand (1), slide to floor (2), spin to back (34), snake to floor arch (56), left leg over (78)
- 8 - Get up (1-4), move to 4 lines (5-8)
- 8 - Eschappe (&1), drop to lunge facing left diagonal (2), ball change right (&3), arabesque in releve reach on diagonal (4), hold (5), cross in front arms in 3rd position (6), turn accent is on (7), complete turn (8).
- 8 - Walk to columns facing partners (one in the center) (1-4), big circle arms (56), hands on tummy (78).
- 8 - Repeat. Eschappe (&1), drop to lunge facing left diagonal (2), ball change right (&3), arabesque in releve reach on diagonal (4), hold (5), cross in front arms in 3rd position (6), turn accent is on (7), complete turn (8).
- 8 - Center person does FREE solo. Group: travels to staggered lines with big arms (1-4) head roll on (5-8)
- 8 - (Soloist joins the group) Low chaine (12), turning stag leap (34), chaine (56), arabesque (78).
- 8 - Coupe (1), step (2), chug back (3), chaine facing back (4-6), hold (78).
- 8 - PARTS- 1st and 3rd lines: a la seconde battement (12), fondu to 2nd arabesque (34), hold (5-8).
2nd and 4th lines: hold (1-4), a la seconde battement (56), fondu to 2nd arabesque (78)
- 8 - Pull right foot to sous sous with bird arms (12),
Left Group: soutenu in plie w head releasing right (&34), gather the flowers (56), cross arms in front and plie to the floor (78).
Right Group: soutenu w/ arms spiraling up (&345), end facing the back and reach arm (6-8).
- 8 - Right Group: drag (1), cross (&2), chaine (34), fan (56), left flexed foot swing (7) ball change (&8).
Left Group: breathe and roll RIGHT (12), to the ground lift leg (34), roll LEFT for over the mountain (56), get up (78)
- 8 - ALL- Prep (12), double coupe turn (34), ball change to face each other (56), run (78).
- 8 - Right Group: soute chat (12), thrashy arms on (34), run (5-8)
Left Group: slides to the floor (12), roll over (34), get up (5-8)
- 8 - Run to DIAGONAL LINE (1-8)
- 8 - PARTS left to right (1) or (3) or (5) or (7). Coupe jump right up sweeps over (12), ball change (34), fan (56), roll to the floor (78).
- 8 - Reach right hands connected (12), push left hip with flexed foot (34). (All groups hold until last group begins ripple left hand towards face left harm straight out (3-8)
- 8 - (All groups hold until last group begins ripple left hand towards face left harm straight out (3-8)
- 8 - Walk to a CLUMP (1-4), circle arms (56), grab your shirt (&7), let go and contract (8)

Elastic Heart
Level 4 Lyrical

Choreography by Jesus Acosta, Kayla Campbell, Sara Ciampa, Donathan Flucas, Yoshio Pineda, and
Bridget Shnider

Starting formation: Straight Line, Partner Couple(s) Slightly behind line

Beginning pose: face front, feet in parallel 6th position; couple face each other

- 8 - Hold (1-4) Elbow pull out (5) push plié (6) open hello side, rebound (7-8)
- 8 - R arm circle to 5th, weight shift \$ (1-2) plié arms 1st (3-4) reverse path of R arm over (5-6) melt plié R bevel turn out, S arms (7-8)
- 8 - ALL join; parallel 4th plié face in, arms bent arms reach (1-2) shift arabesque plié (3-4) outside hand wipe mouth (5) Arc tap (6) continue curve recover (7-8)
- 8 - GROUPS 1st group drop fall roll (1-2) 2nd group drop fall (3-4) 3rd group drop fall (5-6) ALL walk (7-8) 4th group walk (1-8)
- 8 - Walk R L (1-2) pique R (3) L passé over (4) pique fiouette arabesque fendu; arms paint the sky (5-8)
- 8 - Chug (1) Thread under to roll on ground to stand (2-4) Hands to shoulders walk to partners (5) melting down (5-8) face partner
- 8 - Parts ron de jambe R (1-2) pique up scoop shield OR arabesque fendu reach (3-4) step R L (5-6) reach L up & over (7-8)
- 8 - Chaîne turning back face partner (1-2) place low base arms OR pique push on partners arms (3-6) stay connected unwind (7-8)
- 8 - Detach face back / front, wrap stomach and hip (1-2) lift arabesque sauté up (3-4) down (5-6) lifter stands OR lifte swipes L arm (7-8) moved to staggers
- 8 - Mouth swipe to plié 5th (1-2) low 1st position rounded back (3-4) developpe (5-6) pique press L arm (7) step (8)
- 8 - Back pas de bourre traveling to corner downstage R (1-3) prep (4) double pirouette turned out passé (5-6) plié (&) slow single low back attitude pirouette (7-8) moved to diagonal line
- 8 - 1st dive slide to ground (1) roll to plank (2-3) L leg up (4) 2nd grab leg to pull in (5-8)
- 8 - Runner contract (1-2) point R ron de jambe (3-4) pique (5-6) Soutenu (7-8)
- 8 - Plié chasse (1) slow attitude w angel arms R arm high (2-3) land (4) GROUPS ron de jambe head stays front (5-6) run back diagonal (7-8)
- 8 - Stag arabesque changing directions (1-2) shift back present fendu (3-4) shift forward leg develops then ron de jambe (5-6) face back (7-8)
- 8 - 2nd group (1-2) 3rd group (3-4) ALL hold (5-6) angry shoulders step back R L (7-8)
- 8 - GROUPS 1st group drop scatter (1-2) 2nd group (3-4) 3rd group (5-6) 4th group walk the entire time (1-6) ALL walk (7-8)
- 8 - Recover keep walking to clump on diagonal (1-4) parallel cabriole beat (&5) back step (&6) reverse feet step R L (7-8)
- 8 - GROUPS pique arabesque R hand mouth L hand hand hip (1-2) Step L R prep (3-4) cross tuck jump (5-6) side chasse R arm up (7-8) OR pique arabesque (1) step through (2) sustain back push off prep (3) chaine barrel roll to ground (4-8)
- 8 - GROUPS ctd. Side chasse repeat (1-2) OR high knees prayer sway R (1-2) ALL prayer sway L (3-4) face frame (5-6) head wrap (7) ground group: throw arms to roll OR up group: turn face back (8)
- 8 - Standing group: ron de jambe (1-2) step (3) R glissade (4) walk to partner (5-6) roll in sit into arms, prep (7-8) OR ground group: roll (1-2) floor jete to stand (3-4) recover (5-6) wait for partners w arms to scoop under (7-8)
- 8 - PARTNER small jete L (1-2) small jete R (3-4) gazelle jete (5-6) R knee in L leg fan around (7-8)
- 8 - Recover (1-2) Lifte, stand behind partner (3-4) push out (5-6) fan (7-8)

8 – Recover (1-2) walk to hold hands (3-4) crawl under elbow wrap (5-6) move out begin to connect facing back (7-8)

8 – Lock elbows look in (1-2) push down to ground (3-4) stand up slightly shadowing back person (5-8)



Crave
Level 3- Modern
Choreography by Sara Ciampa

- 8 - Begin in CLUMP (near your partner). Sway stepping on (1), (3), (5), (7)
- 8 - GROUP Sways stepping on (1),(3), hands to pockets on (5) melt (6-8). SOLO Arms out (&), hands under chin (1), around the head (2), arms out to Left diag &, bring chin to hands on (3), hold (4) push back to right diag with hands in pockets (5-8).
- 8 - Contract Right shoulder (1-3), hand on hamstring & pull leg in (45), swivel the feet hands on thighs on (78).
- 8 - GROUP reaches in lunge towards soloist (1-4), breath up (5-8). SOLO tap leg out (1), in (&), out (2), out grab left foot (3), hold (4), flexed and bent a la seconde left leg freeze (56), reach out (78)
- 8 - Grab your partner w/ one hand (12), lower down (34), partner rolls over the back (5-8).
- 8 - Walk to DIAMOND with pushing arms (1-4), punch down muscle arms (56), punch Right arm knee pops out (78),
- 8 - Step back push arms down body (1-4), swivel to behind the head (&5), hold (6), pop to plie second position w/exploding arms (7), hold (8)
- 8 - Look right (1), right leg to lunge (2), lean on right leg reach right arm on (34), walk to a DOUBLE DIAGONAL (5-8).
- 8 - Strong arm thrashes (1-5), arms go through a straw to releve (6-8)
- 8 - Modern swing down (12), and up (34), hands on the floor (56, monkey crawl (78)
- 8 - Push right arm to left (12), pull arm (34), push (56), step left (7), passe right leg arms up (8)
- 8 - Step right (1), fouette arabesque with back pack arms (&2), step left pull back pack (34), GROUP 1: roll to plank (56), drop to elbows (7) slide left leg in to stand (8) GROUP 2: delay step left pull back pack (3-5), soule basque arms in V (6), lunge facing right in contraction (7), roll up (8)
- 4 - Stand in 2 STAGGERED LINES. (1-4)
- 8 - Ronde de jambe right with arms pushing right (1), left (2), right (3), left (4), ball change (56), flexed parallel front attitude turn (7), land in right croisee in releve (8).
- 8 - Contracted ball change w/ grabbing hands (12), again (34), parallel pas de chat w/ bat woman arms (5), land with left leg behind (6&), grounded barrel turn (78).
- 8 - Ronde de jambe right leg in plie with left elbow to the sky (12), Giselle runs right (3), left (4), catch step hinge (&5), chug back on left leg (6), elbow pulls right (7), pulls left (8).
- 8 - TRAVEL TO STRAIGHT LINE Step right and hop w/ left in coupe (12), repeat left (34), step right (5), spin left with swirl L arms (67), to face front (8).
- 8 - Arms straight out in front step on right foot right hand over left (1), lean right left hand over right (2), reach up right hand (3), break arm down (&4), plie and dip head (&), look up left diagonal 5 PARTS: ball change back left to right (&6) or (&7) or (&8)
- 8 - PARTS: On (1), (3), (5), (7). Step (1), sweep right leg and arms to the right with a hop (2), roll to right diag (34), leg swing (56), roll straight back to stand (78).
- 8 - Walk on even counts (1-6), everyone swings leg back to fouette to front attitude (leg closest to the center) (78)
- 8 - Walk to CLUMP (1-4), elbow pulls right (56), pulls left (78)
- 8 - (Everyone does same solo as beginning. Slightly different counts.) Arms out &, hands under chin (1), around the head (2), arms out to Left diag (&3), bring chin to hands on (YOU) (4), push back to right diag with hands in pockets (56), contract right shoulder (78)

St. Jude
Level 5 Officer Modern
Choreography by Roxanne Gage

- 8 - Hold 1-4 chest roll Rt w/arms in 2nd 5-8
- 8 - Side curve Rt 1,2 pivot to diag w/hand over mouth 3,4 chest lift 5-8
- 8 - Push out lunge 1-4 contract and roll arms 5,6 repeat 7,8 (Solo 1)
- 8 - Punch up 1-4 pound chest 5,6 repeat 7,8 (Solo 2)
- 8 - Open book Rt, Lt 1,2 move it Rt 3,4 circle hands in 5,6 up 7,8 (Solo 3)
- 8 - Drop & catch shelves 1-4 step back Rt hand on face 5,6 Lt hand 7,8 (Solo 4)
- 8 - Hands on face Lunge 1,2 curve 3,4 lunge 5,6 curve and throw arm over 7,8
- 8 - Step back & battement Rt 1,2 envelope 3,4 walk around to partner 5-8
- 8 - Heavy burden partnering walking Rt, Lt, Rt. Lt 1-8
- 8 - Lean away from each other 1,2 catch partner 3,4 help recover 5,6 walk 7,8 or release & curve Dance ensemble
- 8 - Chest lift drag 1,2 step fouette 3,4 side curve drag 5,6 turn Rt 7,8
- 8 - Reach in arabesque 1,2 slide hand through 3,4 chasse Lt 5,6 step coupe 7,8
- 8 - Step back cross leg 1,2 coupe front 3,4 saute, chest lift, leg in 2nd 5,6 walk Lt curve side 7,8
- 8 - Turn Lt w/Lt arm up 1,2 brush coupe 3,4 walk back push 5-8
- 8 - Step 1 chug back in arabesque 2, cut under turn Rt 3,4 rond de jambe 5,6 turn back 7,8
- 8 - Lunge back 1,2 enveloppe 3,4 step prep 5,6 double pirouette 7,8
- 8 - Fondue arabesque 1,2 step to rt 3,4 attitude turn 5,6 roll to floor 7,8
- 8 - Step left foot out 1,2 roll over Rt shin 3,4 roll to get up 5,6 double pencil turn 7,8 Group moves downstage Rt walking fast with quick hand gestures
- 8 - Push out hand 1,2 roll 3, roll 4 punch up 5,6 pound chest 7, pound chest 8
- 8 - Fall out and catch recover 1-4 walk backwards open book 5,6 move it Rt 7,8
- 8 - Back dancer- Fall out & catch recover 1-4 walk backwards circle hands in 5,6 up 7,8
- 8 - Front dancer- Fall out & catch recover 1-4 roll to floor left 5-8 in silence place hand on face

Satisfaction
Level 1 Military

Choreography by: David Avarelo, Mackenzie Robinson, Bridget Shnider, Alexis Trost,

Starting formation: Staggered Lines

Beginning pose: Bug, parallel arms, focus down

- 8 - Hold (1-4) Ripple, chop arms up to down high knees back to bug (5-8)
- 8 - Continue ripple (1-4) GROUPS front line low knees, back line high knees; low rocket head down (5) low V head pop up (6) return to rocket hold (7-8)
- 8 - Dagers, high knees (1-2) Step R Wrist cross right (3-4) Stand feet together switch cross L (5-6) rocket center, step R (7) Return L cross (8)
- 8 - GROUPS head press L or R (1-2) High or Low diagonals L or R (3-4) Switch head press (5-6) press up (7) return to L cross (8)
- 8 - PARTS Heel dig R (1) Robot arms open R (2) R arm extend, R ft flat (3-4) Switch arms, deep plié levels (5-6) Serve arms, 2nd position parallel (7-8)
- 8 - 2nd group finish (1-2) 3rd group finish (3-4) ALL broken T (5) R arm slice cross low diagonal (6) Slice open R diagonal flex hand, plie (7) jump together prayer (8)
- 8 - Chaine in circle forming a diamond (1-4) push front flex hands (5) open T flex (6) Wrists flip down up (&7) back to prayer (8)
- 8 - PARTS Front Low V Flex (1) Middle open K flex to sides (2) Back High V feet stay together (3) ALL jump connect 4, hands to shoulder straight arms, front hands to hips (4) Matrix (5-8)
- 8 - Jolt hands to hips (1-2) Chug R L (3-4) Chug R slight diagonal, X cross (5) Chug R deeper diagonal low V (6) Half diagonal R down plié (7) Switch up jump together (8)
- 8 - PARTS slices switch switch palms back step R (1-2) Flat back, cling arms (3-4) (2nd group finish 5-6) 3rd group finish (7-8)
- 8 - Head up (1-2) Cling (3-4) quirky penguin jump slap hands, moving spots in diamonds (5-6) sides head in, middle head up (7-8)
- 8 - GROUPS cheerio up R ft dig (1-2) low V back (3-4) dagers front (5) fold down cling (6) 2nd finish dagger cling (7-8)
- 8 - CHORUS R arm present open step 2nd (1) R arm Close shift plié (2) Hold w music (3-4) R eyebrow (5) Shift L peer (6) Hold (7-8)
- 8 - Step out, face in, R hand "stop" (1-2) Hold (3-4) Robot bounce to straight line (5-7) cling (8)
- 8 - jump to second, High scarecrow (1) deep plié low scarecrow (2) Hold (3-4) groups, Shift L or R Elbow, switch sides (5-6) jump cling out (7) hold (8)
- 8 - Ripple hip lead, front to back (1-3) flack back elbows thighs (5-8) soloists robot jump wave (7-8)
- 8 - Up (1-2) robot transition R (3-4) switch L (5-6) quirky penguin (7-8) moved to staggers
- 8 - 4 GROUPS every 4 counts - Step back R L, low angles R L (1-2) Chasse cling (3-4) step Cross (5) R jete (6) recover ground (7-8)
- 8 - Hold (1-2) 2nd group finish (3-4) hold (5-6) 3rd finish (7-8)
- 8 - Hold (1-2) 4th finish (3-4) ALL repeat chop arms (5-8)
- 8 - L hip sit (1-2) knees side (3-4) roll to stand to back (5-8)
- 8 - Step out to in low or high salute (1) hips ft together (2) reverse low / high salute (2) return hips (4) pivot to front hip dagers (5-6) box L or R (7) switch (8)
- 8 - Dagers (1) fold over low rocket, demi plié (2) double clap (3-4) L's R or L (5-6) switch (7-8)
- 8 - 1st group close Box stand (1-2) 2nd group (3-4) Chaine to clump (5-6) Robot pose (7-8)

H.S.K.T.

Level 2 Military

Choreographed by: Allie Hudak, Yoshio Pineda, Caitlin Poulton and Sarah Starkweather

- 8 – Hold (1-2) Flexed K away from center or phone pose (3-4) switch arms or blink (&5) circle arms to close (6-7) swivel hip (&8)
- 8 – Parts front to back 1,3,5: March (1) plié in second (2) pull and down (3-4) flex and hip or finish parts (5-8)
- 8 – Moving to two lines three step turn (1-4) walk (5-6) motif pose (7-8)
- 8 – Reach (1) stack (2) group parts go 3,5,7: box to stage right (3) closed box (4) finish parts (5-8)
- 8 – Step touch traveling downstage circle arms forward (&1) open close (&2) parts dropping to floor with circle arm (5-6) levels (7-8)
- 8 – Parts front to back starting 1,3,5: motif pose (1) drop arm down (2) rock the baby (3-4) L K (5) circle to high V (6) flexed rocket (7) Body roll to tuck (8)
- 8 – Finish groups (1-4) stand (5) hold (6) demi plié in first low flexed check (7) close (8)
- 8 – Switching lines: Walk with low flexed check (1-4) in opposition to switch windows step together step close with bow and arrow rocket bow and arrow close (5-8)
- 8 – Hops front or back (1-2) hop R or left to make columns (3) drop over or what up (4) switch poses (5-6) high or low v (7-8)
- 8 – Break opposite arms (1-2) in and out (3-4) pose in opposition (5-6) present arms (7-8)
- 8 – Circle to head splitting lines (1) rocket (2) prep for turn (3-4) single pirouette hands to head (5-6) jump out motif pose (7) blink (8)
- 8 – Travel to big column front rocket (1-2) open close (3-4) candle sticks (5-6) close (7-8)
- 8 – Ripple to motif pose (1-6) reach up or down (7-8)
- 8 – Ripple to jump back to center (1-6) jumps (7-8)
- 8 – Penguin walk (1-4) free style (5-7) stop pose (8)
- 8 – Parts 1 or 5: swivel to flexed diagonal (1-2) open (3) point to foot (4) group two (5-8)
- 8 – Walk your foot in (1-3) jump front or back to split lines (4) two groups 5 or 1: step L (5) battement (6) turn to back (7-8)
- 8 – Step battement (1-2) turn to front (3-4) bow (5) head drops (6) body up (7) head up (8)
- 8 – Finish (1-4) plié (5-6) close (7-8)
- 8 – Walking back to original formation motif arm (1) drop (2) rock the baby (3-4) K (5) swing to flexed high V (6) flexed rocket (7-8)
- 8 – Point to foot (1-2) walk it in (3-6) pose (7-8)

Delirious
Level 5 Military
Choreography by Betsy Heathcock

- Beginning Position: In groups of 3, Front Group: Pressing front arm out sh back foot in forced arch and plie, Back Group: Tuck position
- 8 - Front Group: Broken T 1, turn to the outside pressing front arm down to knee 2, Back Dancer: Toe touch 1, land 2, press up R with L in $\frac{1}{2}$ T 3, turn to L pressing R to down > 4, circle R arm back while flexing L foot 5, end up pressing out from sh 6, R passe with diagonal arms L high R low 7, lunge back with R dive down to down R > 8
- 8 - Swivel hips touching hips and moving feet heel toe diamond to hips 1-2, pray 3, high V 4, step L forearms together 5, step R Indian 6, bring R to forehead and L to waist plie as you step 7, close feet 8
- 8 - (Pickup: 1-2, 3-4, 5-6) Step toward the L dive down 1, brush R leg back extending L out sh and R in $\frac{1}{2}$ T 2, R chaine turn pressing arms from sh all the way down sides 3-4, arabesque saute 5-6, land in tuck 7-8
- 8 - Continue pickup 1-2, 3, layback extend R leg out 4, bring back in 5, roll to the back and stand 6-7-8
- 8 - Releve step back R hands behind head 1-2, turn over the R sh and bring elbows to the front facing front 3, throw arms down 4, roll shoulders 5, bend arms with elbows connected to waist 6, step L bring arms to cover face palms facing in 7, open hands out &, bring to diamond overhead closing feet 8
- 8 - Step out 2nd R to down L > with L on R sh 1, lift into forced arch switching arms 2, drop feet switch arms 3, step back with L lifting R out from sh 4, slide L arm down R arm while turning toward the back over L sh diving up in the back close feet 5-6, turn back over R sh wrapping hands around head 5-6, press arms out into R up and L down > 7-8
- 8 - Bring R foot into L while bending R in front of face 1, press back out 2, 2nd group finishes on 3-4, (Transition to Files) L arm at R elbow cross 5, switch toward the L 6, slice R open 7, drop down to inside of elbow 8
- 8 - Dive through 1, switch 2, circle inward 3, out from sh 4, (Pickup front to back) bring broken T twist arms R 5, press R to low down > facing toward the L 6 finish pickup 7-8
- 8 - Contagion front to back pressing arms to ceiling 1-4, turn R or L extending front arm out from sh and L arm bent in front of face 5-8
- 8 - Step back with L foot bringing front arm up to face 1, temps de flesh 3-4, plie press 4, step back L R wrapping hands around head and pressing arms parallel to the high > 5-6, step L and lung R with arms in a K 7-8
- 8 - L chasse arms up parallel and breaking through sh and down to sides 1&2, step R L 3-4, switch tilt with arms in a diagonal facing front or back & 5, land on the floor roll on the floor and stand 6-7-8
(4) Stepping backwards on L bringing R arm out from sh 1, step back R bring R up by ear and L out sh 2, step back on L bring R out sh and L up by ear 3, step back on R blades to sh &, step back on L drop to sides 4
(4) Tempo Changes: Turn to the front on step on R bring R hand to belly button 1, step on L bring L just above R hand 2, step on R bring R to chest 3, close feet and bring both hands to mouth 4
- 8 - (Center Dancer has a different part) Jump out into 2nd position grande plie pressing hands down 1, inverting R bending arms up to $\frac{1}{2}$ T &, pressing back down 2, inverting L lifting arms up to sh &, pressing back down 3, crossing feet and bringing hands together forming a diamond &, jump out 2nd with arms in a low V with inverted hands 4, Pray 5, dive up to the high > while you tendu with the inside leg (this is done in opposition) &, back into pray in 2nd position 6, dive out from sh facing in opposite direction 7, flex hands &, bring arms to diagonal with flexed hands 8 - (Center Dancer: Pray 5, dive up &, pray 6, bring hands up to waterfall 7, down V 8)

- 8 - (Center Dancer has a different part) Isolate ribs to R bringing R to serving 1, isolate ribs to L bringing L to serve 2, (Center Dancer: Circle arms inward and end up matching front dancers 1-2) circle arms inward dropping over slightly 3-4, flip R hand out 5, flip L hand out &, lift up pressing heels of hand together and pressing to down front > 6, plie bringing hands in front of sh 7, lift arms and head up 8
- 8 - (Three Groups) Dive down to the floor into a push up position 1, 2, 3, finishing last group by 4, lift up R arm with flexed hand 5, push up 6, lift L up 7, bend to sh &, push up 8
- 8 - Jump legs out 1, close 2, walk hands in 3 & 4, (2nd line of dancers moves into windows) CONTAGION hitting abstracts across the group 5-6-7-8
- Transition to next formation (Back center dancer travels to the front on transition)
- 8 - Stepping on R hit sides 1, stepping L bring blades to sh & to sides 2, step R bring arms to Indian 3, close feet lift into releve crossing arms in front of face &, step front on R bringing arms to down V 4, bring R back in while flashing arms 5, lunging front R arms thrown back in low V 6, hitch L bringing crossing arms in front of face 7, R tilt kick arms thrown down to low V 8
- (Traveling in two different directions either front or back)
- 8 - Step front R bring L to R sh 1-2, slice L arm around soutenu turn over L sh either a single or 1 ½ turn facing front or back 3-4, step R 5, step L, R jete 7, land 8
- 8 - Stepping with R L circle R hand in and out 1-2, stepping R L circle L hand 3-4, step out 2nd throw R arm and upper body and hips 5-6, reverse L 7 & 8
- Two Parts (Front Group & Center Back Dancer)
- 8 - Pray 1, stepping back with inside leg and throwing reaching up with outside arm 2, pressing inside arm out sh and outside arm serve 3, turn toward the center pressing outside arm to down > facing partner and opposite hand on hip 4, bring back leg in dropping arms to sides 5, step toward partner with leg closest to the front pressing arms out from sh 6, bring same leg back in crossing arms at chest and facing front 7, step forward on R throwing arms down in low V 8 (Back Center Dancer: Pray 1, dive up releve 2, circle arms inward plie 3, toe touch 4, land 5, roll front 6-7, Z sit on the floor arms to the outside 8)

Shut Up and Dance

Level 1 Kick

Choreography by: Jordan Baird, Lauren Gier, Cassidy Hale, Karly Wilkins and Breanne Wilson

Start in staggered lines

- 8 - Hold 1-4 Ripple from stage L, R arm circling down to face the front 5-8
- 8 - 3 groups, 1,3,5 – Arms pressing out to face back. Step R 7, arms drag up on 8
- 8 - Pas de bourree 1-3, close feet on 4 Right hand grabs by mouth 5-6, passe', arms in L 7-8
- 8 - Prepare 1-2, chaine 3-4, walk R, L, R 5-7. Close 8, arms up or down.
- 8 - Arms circling up or down, walking forward or backward to close the 2 lines into one 1-3, hook up 4 ball change to the back 5-6, close 7-8.
- 8 - Exercise Kicks R,L
- 8 - 3 Straight kicks
- 8 - Double R, Double L
- 8 - Close 1-2, passé 3, R Leg out on 4, passé 5, close 6, shake to the right 7, close 8.
- 8 - Chasse' L 1-2, Ball change head to the L, Chasse' R 5-6, ball change 7 head to the R, close 8.
- 8 - Ripple from Stage L, R arm circling, R leg in passé then straight out. 1-4, Channe'5-8 back or front diagonal
- 8 - Continuing ripple 1-4, Drag back into line 5-6, hookup 7-8
- 8 - Graduated kicks
- 8 - Graduated kicks, closing last one on 7-8
- 8 - Around the world kicks, R
- 8 - Around the world kicks L
- 8 - Close 1-2, Separate the lines into staggered lines, front or back, moving 3-8. R arm up, L arm up, circle arms up to close on 8
- 8 - Ball change, 1-2 while wrapping L arm on stomach and R arm goes out. Ball change 3-4, R down, L arm up in touch town, prepare and close arms 5-6, single turn 7-8
- 8 - Jump out with explosion arms on 1-2, Two groups starting on 3-4- dropping to the floor and rolling to the back 5-6, kicking to the back 7-8
- 8 - Roll up 1-2, next group rolls up 3-4, hold 5-6, jumping closed to the front in a touch down position on 7-8
- 8 - Close 1-2, pivot to the back 3-4, walk 5-6 getting into a tighter formation, snake around to the front in levels, arm out and bent with a flexed hand

Light It Up
Level 2 Kick

Choreographed by: Jordan Baird, Cassidy Hale, Amber McMillan, Casey Potter

- 8 - Hold 1-5 with R leg tendú derriere, ripple pivot break arms to low V stg L-R 6-8
- 8 - Every other- rocket to knees 1, R arm up 3, hook up 5, group 2 hook up 7, head lift 8
- 8 - Exercise kick step L back 1-4, opposite exercise kick 5-8
- 8 - Step L 1, R cross passe 2, R side chassé 3-4, R pop 5, L pop 6, prep 7, seconde 8
- 8 - R kick 12, seconde 34, L kick 56, pop jump 78
- 8 - Ripple step R kick tendú 1-8
- 8 - Pivot or walk forward 1-4, (2 groups 5 or 7) L arm circle 5 tuck 6, R leg extend 78
- 8 - Roll to stand 12, g2 end 34, move to original lines 5-8
- 8 - R cross kick 12, R front kick 34, R open kick 56, R point corner 78
- 8 - L cross kick 12, L front kick 34, L open kick 56, L point corner 78
- 8 - Bow ripple 1-8
- 8 - (opposite) pas de bourré 1-3, passé 4, pas de bourré 5-7, kick 8
- 8 - LRL 1-6, close feet 7, hold 8
- 8 - (2 groups) step L fan R 12 or 34, (g1) kneel 34 (g2) b/c 56, twist L 7, center 8
- 8 - Transition spread out 1-4 TD 3, clean 4, b/c prep 56, pirouette 78
- 8 - Move tighter push arms 1 or 3, hands to R hip 56, R reach across 7, hook up 8
- 8 - Graduates 2 low 1-4, 2 medium 5-8
- 8 - RLR 1-6, close feet 7, hold 8
- 8 - (Split at center) step outside 1, cross kick 2, step 3, open kick 4, up stage chassé 56, step cross 7, tendu outside 8
- 8 - Step cross 1, tendu inside 2, kick outside 34, passé outside 56, kick inside 78
- 8 - Clean 12, 2 g's prep 3or5, chaine 5or7, b/c front high V 7or1
- 8 - Ball Change back low V 1or3, levels 5, R arm TD 6, L arm 7, release head and arms 8

Five More Hours

Level 3 Kick

Choreography by: Jordan Baird, Cassidy Hale, Casey Potter, and McKenzie Robinson

Start in staggered lines facing the back diagonal

- 8 - Hold 1-4, ripple turning to the front 5-8
- 8 - Chassé 1 and 2 step 3 leap 4 land 5 close 6 pivot 7,8
- 8 - Chassé 1 and 2 windmill hookup ripple 3-8
- 8 - Bow ripple from stage L 1-4 passé to point ripple from stage L 5-8
- 8 - L exercise kick 1-4 R exercise kick 5-8
- 8 - Exercise kick to the front 1-4, jump kick R 5,6 close 7 cross L 8
- 8 - Drag R 1,2 arm circle 3,4 step L fan R 5,6 twist R 7, switch 8
- 8 - Step R kick L 1,2 step passé 3,4 chassé 5 and 6 pop jump 7,8
- 8 - R ball change 1 and passé 2 step 3 close together 4 step L kick R 5,6 jump kick L 7,8
- 8 - Two jump kicks L 1-4, two R kicks 5-8
- 8 - Close 1, ron de jambe 2, dig 3, kick ball change 4 and 5, sit 6 shake 7,8
- 8 - Parts (1,3,5) weight shift forward and back, close 7,8
- 8 - Flick kick 1,2 chassé 3 and 4, pas de bourré 5 and 6, step fan 7,8
- 8 - Three straight kicks 1-6 close 7 hold 8
- 8 - Flick kick 1,2 chassé 3 and 4, pas de bourré 5 and 6, step fan 7,8
- 8 - Close feet 1,2 split ripple stage left 3-8
- 8 - Stage R bow ripple 1-4, sit up 5-8
- 8 - Z sit 1,2 knees 3,4 stand up 5-8 every other row face back
- 8 - Step 1 drag 2 step 3 push side 4 ball change 5,6 together 7 prep front 8
- 8 - Double pirouette 1,2 chaîné 3,4 sit in to hip 5,6 step 7 kick 8
- 8 - Walk 1,2 shampoo 3,4 shoulders 5,6 hook up 7, hold 8
- 8 - Alternating graduated kicks 1-8
- 8 - Reverse kicks 1-8
- 8 - Step back 1 ball change 3,4 snap 5,6 snake 7, pose 8

Insomnia
Level 5 Kick

Choreographed by Amber, Cassidy Hale, Mackenzie Robinson and Sarah Starkweather

- 8 - Hold 1-4, walk hands out 5-8
- 8 - Push-up to leg developpe 1-4, roll on back 5-8
- 8 - Fan kick 1-4, stand up 5-8
- 8 - Partner lift 1-6 (ripple) hook up 7-8
- 8 - Jump kick 1-2, pli  3, Eschappe jete &4, pas de bouree 5&6, inside R fan 7-8
- 8 - Flick kick 1-2, head jump pop 3-4, rand de jambe 5, 6, knees 7-8
- 8 - Step out &1 pass  2, Soutenu hook up 3-4, croise kicks R 5-6 L 7-8
- 8 - R fan kick 1-2, R fan kick 3-4, batteau eschappe 5-6, jete 7, jete 8
- 8 - Pas de bouree single counts 1-4, rand de jambe inside to flick 5, step 6, straight kick 7 close 8
- 8 - Hop switch hips 1-2, ("ball-oh-t )**** check spelling***** 3-4, tour 5-6, prepare 7-8
- 8 - Tombe coupe 1-2, "Allison jump" 3-4, recover to floor 5-6, double pirouette 7-8
- 8 - Burst 1-2 snap 3-4 isolations 5-6 roll 7-8
- 8 - Hit 1-2 Parts to arabesque go 3 hit 4, hit 6, hit 8
- 8 - Squat pirouette 1-4, floor hop 5-6, place hands 7-8
- 8 - Elbow leg switch hit 1-2 recover to stand 3-4 walk back 5-6 clap 7 hook up 8
- 8 - Cross low kicks head change 1-4, flick mid kick 5-8
- 8 - High kick 1-8
- 8 - Dolphin 1&2, behind kick 3-4, envelope kick to pass  5-8
- 8 - Chasse 1-2 attitude promenade 3-8
- 8 - Peel off/ripple chasse out step step inside R fan hitch kick to lunge
- 8 - Finish peel off/ripple
- 8 - Extend R leg to semi-split 1-2 rand de jambe 3-4 roll 5-8
- 1 - Finish

Booty Bounce
Level 1 Hip Hop

Choreography by: Jordan Baird, Kali Boyd, and Alexis Trost

Beginning formation: Clump

- 8 - Hold (1-4) parts (5, 7, 1) legs wide 2nd, Right arm up (5) plié down (6) chest isolation (7) down (8)
- 8 - Cabbage patch around to face right (1-2) continue parts (3-6) clap (7) face back and snap (8)
- 8 - Shake hips (1-3) punch/kick (4) step front, body facing side (5-6) repeat (7-8)
- 8 - Body Low to transition form (1-4) solo booty bounce (5-8)
- 8 - Pony to transition to 3 or 4 lines (1-4) step claps (5-6) (7-8)
- 8 - Roll it down, legs second (1-2) invert right leg (3-4) roll it down, legs second (5-6) snap right, lift left leg and pop (7) body over left leg (8)
- 8 - Jumping jack (1-2) T arms (3) fold arms (4) body swoops to left (5-6) chest drops (7) close feet and throw arms up (8)
- 8 - Transition through lines/ either drop and swoop to walk or face back (1-4) booty bounce to face stage left (5-6) booty hops (7&8)
- 8 - Wrap head (1-2) arms pull body to face right (3-4) head nod (5-6) snake and snap left arm out (7-8)
- 8 - (Parts 1, 3, 5) Jump Left (1-2) Jump right (3-4) swivel to the ground, drop right knee down (5-6) hold (7-8)
- 8 - Push left leg out (1-2) swoop body over to Left (3-4) kick right leg (5-6) open in 2nd (7-8)
- 8 - Continue groups (1-4) snake up (5-6) chest pops (7-8)
- 8 - (Transition to make diagonal lines) swoop body to Right (1-2) Swoop body to Left (3-4) pony lasso (5-8)
- 8 - Repeat transition movement (1-8)
- 8 - (Ripple) body up and over/ arms fountain out to face back (1-8)
- 8 - Arms behind back, hips shake (1-8)
- 8 - Roll chest to right (1-2) punch and swivel to face front (3-4) walk right, left (5-6) scuff right to jump to 2nd (7-8)
- 8 - Left arm swings across face (1) pull right (2) repeat to right (3-4) punch and pop (5-8)
- 8 - (Parts 1, 3, 5) scuff right leg to open to second (1-2) invert left leg (3-4) swoop to bow and arrow (5-6) continue groups (7-8)
- 8 - Continue parts (1-4) point Right, Left (5-6) booty right, left, right (7&8)
- 8 - Transition low and up (1-4) repeat (5-8)
- 8 - Step out in (1-4) grapevine (5-8)
- 8 - Three step turn moving in tight (1-4) ripple (5-8)
- 8 - Ripple (1-4) hips (5-8)
- 1 - Pose

Untouchable
Level 1 Hip Hop

Choreography by: Jessica Kral, Kacey Lee, Caitlin Poulton, Katie Perdue

- 2 - Hold off stage
- 8 - Stage right pony into center, salute &1
- 8 - Stage left pony into center, salute &1
- 8 - Stage right pony into center, salute &1
- 8 - Stage left pony into center
- 8 - Step into stagger lines; step R come here 1-2, step L 3, fan R sit &4, hip roll L 5,6, head nod &7, turn light bulb &8
- 8 - Single ladies 1&2, swipe 3, snap R 4, change lines 5-8
- 8 - Line opposition – walk 1-3, goodbye hands 4, walk opposite way 5-7, shake off 8
- 8 - Walk back 1-3, jump out salute in opposition &4, ripple pencil turn to files 5-8
- 8 - Front line L arm bow and arrow to knee 1,2, back line bow to clap 3,4, walk around partner 5-8
- 8 - Partner forward kick 1-2, back kick 3-4, shimmy shake R 5-6, shimmy shake L 7-8
- 8 - Box step group A: pony back lasso 1-2, scoop L 3-4, pony cross open forward 5-6, scoop R 7-8
box step group B: pony cross open forward 1-2, scoop R 3-4, pony back lasso 5-6, scoop L 7-8
- 8 - Move to triangle walking low 1-4, slide L box arms 5, close inwards daggers 6, slide R box arms 7, close inwards daggers 8
- 8 - Punch RL down 1&, broken T 2, contract chest in 3-4, roll R arm 5-6, snake L 7-8
- 8 - Kick ball change opposition 1-2, repeat opposite way 3-4, snake 5, opposite snake 6, contract salute 7, contract chest 8
- 8 - 3 groups starting 1,3,5: circle R arm to knee 1-2, broken T RL 3&, push look front 4, spin to back broken T arms 5-6, continue groups 7-8
- 8 - Continue groups 1-2, push R arm back 3, push L arm back 4, rotate triangle 5-8
- 8 - Clap groups starting 1, 5, 1: step R 1, clap L 2, stomp LR 3&, clap down R, repeat opposite way 5-8
- 8 - Repeat to R 1-4, clap under R leg 5, clap L leg up 6, slap RL 7&, swipe clap L 8
- 8 - Pony back 1 arms up or down 1&2, jump out 3, pancake clap &4, pose levels 5,6,7, clap &8
- 8 - Pivot turn 1-2, walk to clump 3-4, push back R 5, push back L 6, head roll 7, salute and sink 8 and 1

DJ Turn it Up
Level 2 Hip Hop

Choreography by: Kayla Campbell, Kacey Lee, Casey Potter

- 8 – Hold (1-4) back line swivel and stand (5-6) front line (7-8)
- 2 – Chest pops (1-2)
- 8 – Transitioning to new formation claps (1-3) pose (4) repeat (5-8)
- 2 – “Turn up the base” lasso arm and point (1-2)
- 8 – Jump in circle and throw (1-2) reverse (3-4) pull back (5) punch (6) booty bounce (7&8)
- 8 – Two Groups: Swing leg through (1) back (2) ball change back with push arm (3) snake to other side (4) snap (5-6) finish groups (7-8)
- 8 – Travel to columns with triplet feet (1-8)
- 8 – Poses (1-4) snake in levels (5-6) change level (7-8)
- 8 – Spreading back out into lines kick kick chug X4 (1-8)
- 8 – Rocks (1-2) Cannon stepping through to switch windows (3-8)
- 8 – Hip rocks (1-4) pony hand on head (5-6) hands on hips (7-8)
- 8 – Drop down (1) twist knee (&2) ball change to switch sides (&3) stand up (4) poses down the line (5,6,7) hold (8)
- 8 – Groove it out step touches to split into two lines (1-8)
- 8 – Three Groups 1,3,5: swing forward (1) snake back (2) just kidding arm (3) back (4) finish parts (5-8)
- 8 – Two Groups 1,3: slide leg through to floor (1-2) swing around to sit (3-4) finish groups (5-6) shoulder pops (7-8)
- 8 – Step to second position (1-2) arch up (3-4) chest out in (5-6) shoulders (7&8)
- 8 – Freestyle freak out (1-4) jump back and push (5-6) repeat (7-8)
- 8 – Three step turn ripple (1-4) hold (5) head pop front (6) slide back over with swiping arm (7-8)
- 8 – Walking to switch lines clapping (1-4) clap and hips (5-8)
- 8 – Whip (1-4) pivot turn (5-6) level (7) pose (8)

Worth It
Level 2 OC Hip Hop
Choreographed by: Rosie Torres

Beginning Position: cluster facing inward, first position parallel, looking down.

- 8 - Hold 1-2, starburst isolate hips 3-4, undulate head to hip 5-6, undulate hips to head 7-8.
- 8 - All face front 1, isolate head and shoulders &2&3, hand articulation starburst w/knee twist &4, plie with knee work 5&6&7, close 8.
- 8 - Scuff with arms pressing into close &1&2, change within formation 3&4, exploding arms into chest and press 5-8
- 8 - Walk out starburst 1&2, walk back in 3&4, jiggle wiggle with heel presses 5-8.
- 8 - Ball change twist to right with attitude head pop &1-2, step forward snap to close 3-4, ball change back with contraction to close 5&6, rotate back to original form 7&8.
- 8 - Hip sway with pressing hand to snap left and right 1-4, form change with arms in goal post pulsing 5-8.
- 8 - Jump to wide second position with arms pounding &1, open hands in goal post position 2, walk it back with a sway 3&, press hands into chest 4&, dig 5, twist &, hold 6, "give it to me" 7&, step back 8.
- 8 - Twist to left &, "whats up" arms 1, attitude head pop 2, hold 3, "lights in the club" &4&, close with body undulation to close 5-6, "shy" to ½ cheerio 7&8.
- 16 - (2 groups) A's: Walk forward with attitude 1-4, walk back 5-7, face side 8. Dig step 1-4.
B's: Contract legs and torso 1-4, repeat walk forward with attitude 5-8. Walk back 1-2, connect dig step &3&4, transition 5-8.
- 16 - (Jazzy – 2 groups) A's: Chasse right with scarecrow arms &1-2, chasse left with arms in circular motion to wrap 3-4, single Hip Hop pirouette to floor 5-6, hold 7, snap 8. B's: chasse opposite direction 1-2, chasse back 3-4, melt to flat back then undulate to standing 1-8. Repeat 1-8.
- 8 - All roll back to knee with pulse 1&2, roll forward unto knee 3&4, wave out to levels, low V, T, high V 5-6, wave back to close knees and clean 7-8.
- 8 - Scoop to standing 1-4, form change 5-8.
- 8 - "Visual arts-Starburst" Step out undulate 1-2, undulate back to close 3-4, scoop out 5-6, scoop in to close 7-8.
- 8 - Step out to wide second R/L with arms opening R/L &1, contract &2, swivel right leg to close 3&4, head to "drop it low" isolation 5-8.
- 8 - Ball change twist to right with attitude head pop &1-2, step forward snap to close 3-4, ball change with contraction 5&6, switch formation 7&8.
- 8 - Jump with pounding arms &1&2, open left knee with scooping arms 3, flick hands &4, swivel left knee in and out with scooping arms 5-7, "Yea Baby I'm Worth It" &8&1

I Don't Like it I Love it
Level 2 Social Officer Hip Hop
Choreography by Kali Boyd

- 8 – Hold (1-4) Hips (5-6) Groups starting 7, 1, 3: tuck (7) jump out to back (8)
- 8 – Finish groups (1-4) all pop (5-6) give it to me reach (7) clap (8)
- 8 – Hold (1-2) grab and swing arms (3) look (4) ball change swiping arm (&5) step out to second (6) pop L R (7-8)
- 8 – Drop swing (1-2) kick ball change with throw arms (3&4) lasso arm (5-6) heel twist (&7&8)
- 8 – Pull together (1-2) grove it out (3-4) push arms down & turn back (5-6) swing arms up L R (7-8)
- 8 – Swivel to front (1) push (2-3) swivel arms to head (4-5) paddle turn (6-8)
- 8 – T pop (1) cheerio lift toes (2) repeat (3-4) low cheerio pop R (5) switch and swivel (6) low V nay nay L R (7-8)
- 8 – kick step touch with roll and snap arms (1-2) repeat L (3-4) hop hop snap (5-6) change lines high knees (7-8)
- 8 – Transition to triangle slide box (1-2) again (3-4) slide low (5-6) again (7-8)
- 8 – Punch down (1) crank back (2) lasso (3) down (4) scoop (5-6) clap (7-8)
- 8 – Pick up front to back 1,3,5,7: Swing (1) pop (2) swing (3) pop (4) repeat to finish (5-8)
- 8 – Triplet hips pick up side to side 1,3,5,7 (1-8)
- 8 – Kick R (1) Kick L (2) Kick R (3) clap and kick (4) drop to knee (5) in out (&6) step back and point (7-8)
- 8 – Moving to two lines: Hop and turn (1) heel twist (2) bring it back to the front (3-4) walk with flick arms (5-6) up middle down arm (7&8)
- 8 – Repeat (1-8)
- 8 – Groove it out (1-4) booty pop around (5-6) snake it to files (7-8)
- 8 – Parts Front Line 1, Back line 3: Swing leg up (1) run pose (2) snake to other side (3) clap (4) wipe your sweat (5-6) finish parts (7-8)
- 8 – Stay low moving to ending files (1-4) pivot to back (5-6) head swivels to levels and pose (7-8)

BANJI

Level 2 Hip Hop

Choreography by: Rhodessa Bell, Kali Boyd, Kacey Lee, and Katie Perdue

- 8 - Hold in circle R arm on dancer to the R 1-4, 2 rocks 5-8
- 8 - 2 rocks snap R arm up 1-4, move to staggered lines 5-8
- 8 - Fan R 1, fan L 2, slap head 3, throw R arm 4, lean down 5, stand 6, clap 7-8
- 8 - Scoop R 1-2, punch L 3-4, cross to shoulders 5, open to shoulders 6, punch open knees 7&8
- 8 - Cross R 1, step R back 2, cross jump 3, jump out 4, knee swivel R 5-6, head roll L 7-8
- 8 - Punch R 1, punch L 2, punch R down 3, punch L down 4, opposition hip sit 5-8
- 8 - Back row: walk forward arms out 1-4, "nae nae" back 5-6, tuck push arms out 7, close 8
 Front row: 3 step turn over R shoulder to back 1-4, walk forward snap arms out 5-6, point back 7, close 8
- 8 - Opposition: cross chest 1, open diagonal 2, cross chest 3, opposite open diagonal 4, body roll down 5-6, swing L arm down 7, hit L hip kick R out 8
- 8 - Transition to 3 pods: elbows out 1, close 2, repeat 3-4, pony elbow circle in 5-8
- 8 - Continue transition elbows out 1, close 2, repeat 3-4, pony lasso 5-7, close tuck 8
- 8 - 3 groups starting 1,5,1: swerve L arm 1-2, plié 3-4, repeat to R 5-8
- 8 - Repeat L 1-4, repeat R 5-6 chest pop 7-8
- 8 - Scoop to outside of group 1-2, box arms up 3-4, roll arms body roll down 5-8
- 8 - Scoop to inside 1-2, walk to partners 3-4, continue walk fan arms 5-8
- 8 - 1 partner face back, 1 partner face forward: kick R 1, kick R 2, jump out 3, jump over R shoulder to face other way 4, repeat 5-8 - jump to face each other
- 8 - Jump to L diagonal 1, pelvis hit 2, jump to R diagonal 3, pelvis hit 4, circle around each other 5-8
- 8 - Transition walk to triangle 1-3, clap 4, continue walking "raise the roof" arms 5-7, close 8
- 8 - Circle arms R plié 1, hit arms up flex L foot 2, repeat opposite way 3-4, arms up circle chest 5-6, close feet dagger arms circle chest 7-8
- 8 - Scoop arms L 1-2, head nod & 3, hold 4, R elbow rock back 5-6, L elbow rock back 7-8
- 8 - Step out L arms to head 1, close 2, step out R hands on hip 3, close 4, step L point R 6, step R forward arms up 7, close 8
- 8 - 3 groups 1,3,5: pivot R foot to back 1-2, group 2 3-4, group 3 5-6, jump out 7, pose to front 8

Chingalinga
Level 3 OC Hip Hop
Choreography by Amanda Wheeland

Starting V or diamond

- 8 – hold (1-2) outside groups look at soloist and soloist gives a sassy pose (3) sit into left hip, left hand on hip and bounce (4 & 5) fast arms right left (& 6) right front (&) head down (7) head up (&) bounce twice (8 &)
- 8 – pull to drag right (1-2) bounce (3-4) pull to drag left (5-6) touch right foot and click clack arms right left (7-8)
- 8 – Hop (1) throw right (2) hop (3) throw left (4) close to half T (5) group one collapse down (6) group two (7) group three (8)
- 8 – ‘no’ hand left while stomp drag right foot (1-2) two jerk points to beat (3-4) pay me to left (5-6) two body beats right (7-8)
- 8 – Hip roll flat back to right (1-4) fire in direction given (5-7) sassy point ‘but you gotta’ (&8)
- 8 – Two point’s back with right elbow (1-2) left hip up (3) push down (4) right hip up (5) push down (6) snap right (7) double hop jump together (&8)
- 8 – Step back left pump center up (1) repeat (2) half T (3) close arms (4) chugs to back right diagonal (&6&7&8)
- 8 – Right elbow step side (1-2) repeat to front right diagonal (3-4) tap right foot across half T (5) step back (6) hop back half T (7) land (8)
- 8 – Three runs with arms (1-5) move to diagonal (6-8)
- 8 – Ripple front to back with slow melty poses (1-8)
- 8 – Step right grab front (1) hands to hips (2) chingalinga hands (& 3) step together close (4) kick right to front (5) back (6) big center jumps punching hands together over head (7) melt arms to side (8)
- 8 – Bounce down to the middle (1-2) Slap clap to the left (3-4) bounce down to the middle (5-6) Slap clap to the right (7-8)
- 8 – “Who got the keys” Group one pose (1-3) group two (4-6) group one hands to head, group two flat back snake up (7-8)
- 8 – Punch both arms up to left (& 1) down to left (& 2) half T close to right (& 3) chest pops two (& 4 & 5) close feet (6) punch up slowly (7-8)
- 8 – Groove step to the right (1-2) close (3-4) groove to the left low with chingalinga hand (5-6) close (7-8)
- 8 – Groove to right with rolls (1-2) pull knee up (3-4) repeat to left (5-8)
- 8 – Move to stunt (1-4) prep (5-6) lift ‘Kingdom’ (7-8)
- 8 – Recover (1-4) move to straight line (5-6)
- 8 – Ripple to back fall/roll/stand and move to circle (1-8)
- 16 – Continue in circle with walk walk hop hop walk walk hop hop (1-4, 5-8) Repeat (9-16)
- 8 – Swings to right (1-2) left (3-4) point left arm while snaking right (5-6) close feet and arms (7-8)
- 8 – Step drag right with chingalinga hand (1-2) step drag left left with right arm throw (3-4) brush bounce right (5-6) left (7-8)
- 8 – Step right to drive group one (1) group two (2) group three (3) hold (4) pull to start car in (5) out (6) in (7) hold (8)
- 8 – Move to throw stunt (1-4) prep (5-6) throw (7-8)
- 8 – Hop twice with bent arms (1-2) pop with arms on head (3-4) two slow bounces (5-6, 7-8)
- 8 – Step back left with right thumb pointing ‘I know’ (1-2) hips right left (3-4) step right (5) chingalinga legs (6-8)
- 8 – Point right head left (1-2) head right (3) left (4) hold (5) stomp right foot pointing right arm up (6-7)
- 8 – Step right (1) hop right (2) double step left to close (&3) throw right arm (4) ripple to ending pose to back (5-8)

Go Hard or Go Home

Level 4 Hip Hop

Choreographed by: Kacey Lee, Katie Perdue, Casey Potter, Yoshio Pineda

- 8 - Soloist contract 1-2, step back 3, seconde 4, point up 56, isolate R 7, isolate L 8
- 8 - Swoop R down 12, soloist snap/ group step on R 3, slide R ft back 4, switch knees &5, cross wrists hands up 7, open arms 8
- 8 - Scoop R 12, walk LR 34, switch ft twice &5, head back 7, contract upper body 8
- 8 - Transition to staggers- freestyle 1-8
- 8 - Flick L back 1, flick R 2, land R 34, diag box L on top 5, flip box 6, pump R arm up 78
- 8 - Forced arch arm roll pivot 12, kick R out 3, close ft 5, switch hips hit L shoulder back 6 shoulder back 7
- 8 - Hands press down at R hip 1, relevé 2, twist R hip forward 3, lift L knee 5, small hip twist &6, pull half T left 7
- 8 - Hop on R half T 1, hop on R punch over head 3, heel-toe any arms 5-8
- 8 - R hand press side 1, push away 2, L hand press side 3, push away 4, invert knees 5, turn out 6, skitters back with upper body snake extending arms 7&8
- 8 - Pull R elbow across 1, reverb 2, punch R across 3, b/c close feet to R diag &5, twist hips 7/8
- 8 - Grande plié body down R 12, L hand press head 3, R hand press head &, L hand head 4, donkey kick L 5, down 6, donkey kick R 7, down 8
- 8 - Kick pull up L knee 1, heel down 2, slide with muscle 3, chug 5, hand across chin 7
- 8 - Slide 12, walk RL 34, cross wrists at R hip 5, at L shoulder 6, over head 7, bounce R hip 8
- 8 - Throw R hand up 1, circle 2, plié "money" 34, groove 56/78
- 8 - Walk R 1, double bounce 2, walk L 3, double bounce 4, jump bk on R 5, L 6, jump bk on R snap 7
- 8 - Fight arms RL 12, punch R 3, fight arms LR 56, L rond de jambe R wrap 78
- 8 - Walk back LR 12, look over L shoulder to fr 34, walk RL 56, seconde with R arm up 7
- 8 - Bounce R hip twice 12, bounce L 3, bounce R 4, R shoulder hits forward 56, drop to front kick R 7
- 8 - BC back 12, tuck 34, spin to L 56, slide on R 78
- 8 - Stand up 12, step R scoop arms 34, point L up 56, lay L arm 7, half T 8
- 8 - Punch &, reverb 1, slide diag opposites 34, close double shoulders 56, slide oppo 78
- 8 - R elbow to L knee 1, push R down across 3, b/c switch hips 56, R hand makes '5' at chest 7, L makes '5' below 8
- 8 - Fist 1, together 2, body roll 34, cross chest 5, switch shoulders 6, R bow&arrow 7, L bow&arrow to fr lift L knee 8
- 8 - R knee swivel 12, step hands at hips 34, 3 g's push fr 56, plié 7, g2 781
- 8 - G3 123, close ft fist R 5, slide R back push R hand 7
- 8 - Lift L knee swipe R across 12, lift R swipe up 34, step together roll out 56, again 78
- 8 - Transition to triangle- freestyle 1-8
- 8 - Nae-nae up or down 1-8
- 8 - Continue nae-nae switch arm level 1-4, step R 5, slide R back 6, step L 7, slide back 8
- 8 - Punch R under L 1, pull back R elbow &, punch R hand into L 2, hips fr forced arch 3, heels down 4, R point up with arm to R diag 5, bring elbow towards body 6, snake head to front 7&, R knee twist L 8, heel down 8
- 8 - R hand press side 1, push away 2, L hand press side 3, push away 4, invert knees 5, turn out 6, skitters back with upper body snake extending arms 7&8
- 1 - Kneel facing out of triangle

Get Low
Level 4 Hip Hop

Choreography by: Rhodessa Bell, Jessica Kral Caitlin Poulton, Karly Wilkins

Start in staggard lines in 1st position turned out bent over.

- 8 - Hold 1-2 roll sternum R to L in grande plie 3- & stand up arm half T 4 clean &
- 8 - First group dives R arm toward audience 1 half T & cover face 2 switch R arm 3 L & scarecrow 4 - Roll out of it 5 drop heels 6 & crank r elbow 7 & 8
- 8 - Group two repeats same movement
- 8 - Step R 1 hip front & step L 3 step R & clap legs 4 step and sink 5 twist l hip & 6 Egyptian pose 7 & 8
- 8 - Drop R arm 1 switch & both arms up 2 reach back and close & 3 twist hips & 4 crisscross 5-6 pull to half T & slide down leg 7 box to circle swirl & 8 &
- 8 - Snake pop 1-2 dip pop 3-4 snake head clap front 5-6 same to the back 7-8
- 8 - Kick R 1 & kick L 2 & ball change back on R foot 3 & 4 side kick & 5 & 6 & 7 hop twice & 8
- 8 - Clasp 1 flip 2 shoot to T 3 half T 4 press 5 lock 6-8
- 8 - CC 1-4 prep 5 monkey jump 6-7 thunder clap 8
- 8 - Switch spots 1-6 body rock 7-8
- 8 - Snap L arm 1 grab & twist knee in out 2 & roll 3-4 move closer 5-6 swim 7 grab ponytail 8
- 8 - Heel drop R 1 & L 2 & open knees 3 headache & 4 beyonce 5-8 - while connected
- 8 - Snake front 1 knee 2 pony L foot 3-6 scoop to knees 7-8
- 8 - Hop throw 1-2 other side 3-4 shake flick 5 & clap 6 body roll back 7 twist 8
- 8 - Rodeo hit 1-2 three step turn to transition to triangle 3-4 hop twist to keep moving R arm 5-6 L 7-8
- 8 - Smooth 1-2 clean table & 3 ball change & 4 low V kick 5 bend high knee 7 straight leg 8
- 8 - Step 1 bounce down 2 & swivel L hip 3 sit into R hip 4 stomp L 5 hip L 6 stomp R 7 hip R 8
- 8 - Fold all the way over 1 clean 2 body roll walks to move in closer 3-4 repeat snake pop 5-6 repeat dip drop 7-8
- 8 - Slice 1-2 R arm slice L 3-4 half T 5 circle 6 7-8
- 1 - Look upstage grab ponytail 1

Gas Pedal

Level 5 Hip Hop

Choreography by Kate Barton, Cassidy Hale, Amber McMillan and Katie Perdue

- 4 - Hold head down in one line
- 8 - 3 groups: push R hand 1-2, close 3-4, 2nd group add in repeat 5-8
- 8 - 3rd group add in repeat 1-4 to triangles, drag R circle L arm 5-6, drag L circle R arm 7-8
- 8 - Pump up 1, pump forward 2, chest pump 3-4, drag R 5-6, half tuck to R 7-8
- 8 - 3 groups starting 1,3,5: roll up 1,2, kick L forward 3, step L back 4, step R back wave arms 5-6, step back L pacman R arm up 7, switch arms 8
- 8 - Continue groups 1-4, jazz hands 5-6, switch arms 7, switch again 8
- 8 - Windmill arms to front 1-2, tuck arms crossed 3-4, step out R or L one arm bent one straight 5-6, half tuck 7-8
- 8 - Snake blossom out 1-4, chest pump 5-6, chest pump 7-8
- 8 - Snake in to standing 1-4, scoop R 5-6, scoop L 7-8
- 8 - Run to 1 line 1-4, R shoulder hit back 5-6, again 7-8
- 8 - Run to staggered lines 1-4, arms in "what" arms push L 5-8
- 8 - Roll arms in 1-2, step R forward 3, hold 4, elbows out & 5, hold 6, head roll L 7-8
- 8 - Throw R arm cross down 1, feet together bow arm 2, throw R arm to side 3, hold 4, hands to head elbows in 5-6, arms to shoulders 7, push down 8
- 8 - 3 groups starting 1,2,3: bow and arrow arms step back R 1, R leg passé switch arms 2, step R leg back arms down 3, continue groups 4-6, tuck front 7-8
- 8 - 2 levels R arm box 1, swing arms 2, L arm box 3, hold 4, back group half tuck 5-6, V arms 7, tuck 8; front group sit down 5-6, swing legs up and out to straddle 7-8
- 8 - Front group: lay down 1-4, roll up to sitting 5-7; back group: jump out to standing 1-4, body roll 5-8
- 8 - All together snake L arm invert knees in and out 1-4, repeat to R 5-8
- 8 - Body roll (front group to standing) 1-4, run to diagonal 5-8
- 8 - Kick L back circle R arm back 1-2, kick L back circle L arm back 3-4, kick L forward pull R arm 5-8
- 8 - Tuck and scoop to L 1-4 (front dancer pops into trick 1-4), scoop R to standing 5-8
- 8 - High knee run to new staggered lines 1-8
- 8 - Groove in elbow to knee 1-2, switch 3-4, kick ball change out 5-8
- 8 - R side step in arms out 1, grande plié hands to hip 2, L side repeats 3-4, look front 5-6, 3 shoulder hits 7&8
- 8 - Scoops in opposition 1-8
- 8 - Switch direction, scoops in opposition 1-8
- 8 - 1st group phrase A, phrase B; 2nd group phrase B, phrase A
 - Phrase A: pump up 1, pump forward 2, chest pump 3-4, throw R arm up 5, throw down 6, throw L arm up 7, throw down 8
 - Phrase B: somersault forward to switch lines 1-8
- 8 - Continue either phrase A or phrase B
- 8 - Jump LR throw arms up and down 1-2, chest pump 3-4, jump RL throw arms up and down 3-4, repeat 5-8
- 8 - Punch R down 1, bow R arm pick R foot up 2, step R back arm down 3, hold 4, step R forward pull arms thru 5-6, step L forward 7, punch hands together 8
- 8 - Run to center 1-4, basket throw trick 5-8
- 8 - 1st group jump out 1, hold 2, shoulder RL & 3, plié 4, hold 5, roll down 6, tuck 7 (2nd group stand up 7)
- 8 - Bow arms 1, hold 2, tap R out arms out & close feet and arms 3, bow arms 4, hold 5, roll down 6, tuck 7 (3rd group stand up 7)
- 8 - Step back R cross R arm 1, hold 2, cross L arm & bow arms 3, push back 4, hold 5-6, everyone jump

out 7-8

8 - 3 groups: snap R out 1,2,3, hold 4, circle R arm in 5-6, bow arms 7-8

8 - clap arms open walking forward 1-4, tap chest 5-6, L arm out 7, pop hip L arm up 8

8 - Shake hips R 1-2, shake hips L 3-4, level hands 5&6, bow arms 7, arms down 8

8 - Chest pop 1-2, swing arms 3-4, chest pop 5-6, swing arms opposite way 7-8

8 - R arm up 1, push down 2, arms out 3, hands to hips 4, brush eyebrows in opposition 5-6, cross push 7, arms up &, tuck down 8



Bad
Level 1 Pom

Choreography by: Cassidy Hale, Katie Perdue, McKenzie Robinson

- 8 - Start in 1 or 2 lines facing the R. Hold (1-4) Ripple R to L in bow and arrow arms (5-8)
- 8 - Punch R arm over L arm (1-2) bring arms up (3) open to a high V (4) Ripple from L to R circle arms wrap L arm over stomach (5-8)
- 8 - G1 whip it good (1-2) Step and cross (3) passé (4) Pivot turn arm swipe (5-6) Start shaking to the back (7-8) G2 does same as G1 but starts on (5-6)
- 8 - Continue shaking to the back 1-4 turn and shake to the front (5-8)
- 8 - G1 Cheerio to the L (1) R (2) high V (3) tuck to the L knee 4 G2 goes (3-4) G3 goes (5-6)
- 8 - K arms to the L (1-2) break in out (3-4) ripple L to R swivel arms to K arms to the R (5-8)
- 8 - Hands behind head (1-2) L (3) break (and 4) pirouette arms in prayer (5-6) jumping jack (7-8)
- 8 - Waterfall ripple Front to Back
- 8 - In opposition low check (1 switch 2) high check (3 switch 4) (Front line stays on knees starts to the L back line stands starts to the R) Circle Straight arm in (5) high V (6) circle in again (7) both arms high V (8)
- 8 - Deodorant in (1) arms up (2) punch down RL (3-4) scoop in opposition to bow and arrow (5-6) repeat opposite way (7-8)
- 8 - Front line: tuck (1-2) slice arms up (3-4) T arms (5-6) Battement (7-8)
Back Line: walk to front line (1-4) arms underneath front line T arms (5-6) lunge back (7-8)
- 8 - Front line: T arms roll to floor to stand up (1-8)
Back Line: close arms (1-2) T arms roll to back to floor to stand up (1-8)
- 8 - Transition to 1 line W arms shimmy shoulders (1-4) circle R arm in to head (5-6) repeat w L arm (7-8)
- 8 - In opposition cross R arm (1) open arm (2) switch level cross R arm (3) open arm (4) punch R arm up (5) punch R behind (6) punch L arm up (7) punch L behind (8)
- 8 - 3 groups 1,3,5 circle up to upside down 4 (1-3), look forward 4, walk to 2 lines arms come to chest level (5-6) levels hi V lo V R passe (7) close arms open feet to L wall (8)
- 8 - 3 groups starting 1,3,5: punch R forward (1-2) close to back punch L arm up (3-4) step R back to R diagonal (5-6) step R out to face front L diagonal shake poms (7-8)
- 8 - Continue groups (1-4) windmill (5-6) tuck (7) jump together lo V (8)
- 8 - In opposition in diagonals: lo or hi check switch arms 2 steps (1-2) switch arms chasse (3-4) repeat to other side (5-8)
- 8 - Wrap arms to front (1-2) shake hips and poms RLR (3&4) front row roll head R to knee (5-6) back row repeat (7-8)
- 8 - Turn to back chasse L hi or lo V (1-2), ball change RL look front (3-4) repeat opposite arm (5-6) ball change LR look front (7-8)
- 8 - Walk back to diagonal arms in rocket shake poms (1-4) face front continue transition arms to pray shake poms (5-8)
- 8 - Ripple front to back arms up and swing to L arm on stomach, R arm to T (1-4) ripple back to front swing R arm up (5-8)
- 1 - Jump to R throw poms down (1)

Get in the Groove

Level 1 Pom

Choreography by: Rhodessa Bell, Cassidy Hale, Betsy Heathcock, Karly Wilkins

4 - Hold

8 - Begin in box arms pick up R-L (1,3,5,7) R hip L high V

8 - R arm up (1-2) L arm up (3-4) step L figure 8 R arm(5-6) switch (7-8)

8 - Parts: front line hip L (1-2) switch (3-4) broken T arms (5-6) switch (7-8)

Second line holds (1-2) hip L (3-4) switch (5-6) broken T (7-8)

8 - Clap close (1-2) rocket (3) low V (4) pop R knee wrap and close (5-6) L high V (7-8)

8 - Lines in opposition: step together step (1-4) cha cha (5-6) close indian arms (7-8)

8 - Repeat other side, Lines still in opposition (1-8)

8 - Shimmy to single line (1-4) hips R (5-6) L (7-8)

8 - Front line rocket (1) circle down to parallel (2-4) pop wrist low R (5-6) L (7-8)

Back line rocket down (1) circle up to parallel (2-4) pop wrist high R (5-6) L (7-8)

8 - Ripple soutenué punch break through (1-6) forward (7) close (8)

8 - Clap (1-2) high V second (3-4) circle plié inward (5-6) close feet high V (7-8)

8 - Clap (1-2) prep (3-4) turn (5-6) front line low V R (7-8) back line high V R(7-8)

8 - Switch high low (1-2) switch to original (3-4) hips break arm (5-6) (7-8)

8 - Close (1-2) clap (3-4) chase lines in opposition (5-6) Diagonal (7-8)

8 - Close (1-2) clap (3-4) other side (5-8)

8 - Small circle (1-4) 3 step turn R to single line (5-7) clap (8)

8 - Popcorn to high to low rocket (1-8)

8 - L low V (1-2) cheerio in opposition L high or R low hip (3-4) switch (5-6) switch (7-8)

8 - Close (1-2) dance party (3-5) clap (6) other way (7-1)

8 - Clap (2) R high V (3-4) L high V (5-6) shake (7-8)

8 - Shake hips (1-4) Pick up: rocket (5-6, 7-8, 1-2) starburst to knees (7-8, 1-2, 3-4)

8 - Finish groups (3-4) tight form (5-7) tuck (8)

1 - Ending position (1)

Dance Rock Shake Pop
Level 2 Pom

Choreography by: Kelsey Joseph, Yoshio Pineda, Bridget Shnider, Alexis Trost, Karly Wilkins

Starting formation: V with the point downstage

Beginning pose: Feet together, face back, hands to chest in clap position

- 8 - Hold (1-2) turn around to face the front, lasso (3-4), hold (5-6) levels to move, arms punch forward, cross low V (7-8)
- 8 - Shimmy (1-2) Hands chest/ clap, head down (3) shoot to rocket look up (4) Starburst ripple in 3 groups on bass (5/6/7) Hold (8)
- 8 - Move into straight line, feet walking forward, back line to front line, cross (1) V touch L foot (2) Roll (3) b (4) flip b down (5) R hand hip, L hand low V (6) R chasse elbows pull back fists at hips, Chug flat back throw (7&8)
- 8 - Contagion stage L to R windmill arms to wrap and shake (1-6) punch up to rocket (7) Sit L arm wrap R arm low V (8)
- 8 - Contagion stage L to R, 3 step turn separating into two lines (1-8)
- 8 - punch down scoop up body roll (1-2) break through to low V in bevel (3-4) pivot R leg to back arms wipe to broken T (5-6) Half diagonal low R arm (7) Switch (8)
- 8 - pivot front high V (1-2) slice to cling (3-4) Beat the drum (5&6) Hip roll L to R (7-8)
- 8 - punch to side, look L (1-2) Head pop back to front R arm high Diag. low diag. (3-4) GROUPS R to L every 2 counts, Punch K look side (5) low V front (6) chasse R cling arms (7&8)
- 8 - half T prep (1) jete T arms (2) land (3-4) 2nd group (5-6) 3rd group (7-8)
- 8 - GROUPS, front row break through up (1-2) open side (3-4) roll to stand (5-8)
- 8 - kick ball change (1&2) punch L behind punch R (3-4) chug side w pump arms (5-6) cheerio swivel hip (7-8)
- 8 - GROUPS, L arm open out to back (1-2) punch side (3-4) T (5) Cling (6) pony roll arms (7-8)
- 8 - 2nd group join (1-2) 3rd group join (3-4) everyone switch lines pony (5-6) high V (7) cling (8)
- 8 - shampoo arms drag (1-2) prep (3-4) pirouette broken t (5-6) K to the L (7-8)
- 8 - Front row switch K (1-2) slice to open diagonal (3-4) check marks opposite (5-6) chug swing arm feet together (7-8)
- 8 - GROUP 1 - step T (1-2) cheerio to back (3-4) pump down (5) broken t (6) switch (7-8)
- GROUP 2 - holds (1-2) T (3-4) cheerio (5-6) down (7) half T (8)
- 8 - Groove Hips (1-2) snake close (3-4) Moving back, whip R (5-6) cross (7) whip (8)
- 8 - R arm high half diagonal (1) switch (2) punch it through (3) indian (4) Circle arms (5-7) break down to cling (8)
- 8 - jump out to second, body circle (1-2) center (3-4) double shoulder accent (5-6) cheerio to hip sit look (7-8)

Celebrate
Level 2 Pom

Choreography by Kali Boyd, Sarah Kercho, Rhodesa Bell

- 8 - Hold (1-4) Groups on (5) (6) (7) Throw arms forward (5) pivot (6) Last group pivots (78)
- 8 - Group 1 Low V (12) T on (34) High V (56) check shakes on (78)
- 8 - Cheerio step touch (12) step Left w/ L arms (34) jump tuck 1st Group (5) 2nd group (6) 3rd Group (7)
- 8 - High V (1) punch Left (2) T arms (3) arms down lean left (4) kick ball change (5&6) sweep Rt arm (7) left arm up (8)
- 8 - Right arm box (1) Left arm connect box (2) straight (3) sweep Rt arm to belly (4) chaine (567) down (8)
- 8 - Pose (12) pose (34) two pumps (56) lasso (7) together (8) chaine and shake to straight line (5-7) broken T (8)
- 8 - Chaine and shake to straight line (1-4) drive a car rt and left (56) circle cheerio (78)
- 8 - Ripple front to back End in opposite K's (1-8)
- 8 - Two K pumps opposite directions (12) touch in and out (34) scoop (5) clap (6) scoop (7) clap (8)
- 8 - Chaine (1-4) drive a car (56) Cheerio circle (78)
- 8 - Lines go in opposite directions high and low Shake (1) Shake (2) Shake (3) Shake (4) roll it (56) roll it (78)
- 8 - Groups go on (3) (5) (7). shake (12) cha cha arms step right (3) flick (4) step prep (56) double coupe turn (78)
- 8 - Jump out in high V (12) pump right arm (until 8)
- 8 - Step left together Left arm up (12) step right together Right arm (34) pony punch arms out (5) pony punch down (6) pony punch arms out (7) pony punch down (8) face left
- 8 - Swoop right arm ripple Left to right (1-8)
- 8 - Up and over ripple Right to left land with right arm behind head right arm low V (1-8)
- 8 - Groups on (12) or (34) ball change Left (12) back step chaine (34) jump out (56) snake to the floor (78)
- 8 - Diagonal arms on one knee (12 or 34) swoop high arm (56) roll (78)
- 8 - Jump and clap T (3) clap (4) T (5) Clap (6) reach Left step touch down (78)
- 8 - Bow and arrow switch (1&2) scoop touch together (34) throw right arm down (5) bow and arrow (6) roll to cheerio (78)
- 8 - Chaine arms up (123) arms down (4) walk right (5) walk left (6) pump V (7&8)
- 8 - Checks (12) Diagonal (3) punch four on (4) step (5) kick (6) down (78) Pose on (1)

Uptown Funky Mix
Level 2 Pom
Choreography by Kali Boyd

Starting in a triangle

- 8 – Hold (1-4) groups pop up high v low v 5, 7,1 (5-8)
- 8 – Finish groups (1-2) turn to front punch L arm (3) clean (4) Fergie walk (5-6) jump to second and punch it out (7-8)
- 8 – circle R to head (1-2) L to head (3-4) hips (5-6) party arm hips (7-8)
- 8 – Parts out to in 1,35: T (1) tuck (3) finish (5-8)
- 8 – R leg out (1-2) in (3-4) jump to second (5-6) arch up (7-8)
- 8 – walking to block circle R arm (1-2) swing up swing down (3-4) circle (5-6) candle (7) clean (8)
- 8 – step touch high V (1-4) ball change side punch front (5-6) wrap passé R (7-8)
- 8 – Turn back (1-2) look front (3-4) groove it out (5-6) punch (7) back (8)
- 8 – Bow and arrow left (1) switch (2) swivel to head on (3) behind and dig (4) double punch and shake (5-6) double punch L and shake (7-8)
- 8 – Shaking drop over and walk to one line (1-4) every other drop or pivot (5-8)
- 8 – Up and over ripple stage left to stage right
- 8 – Ripple stage right to left both arms swinging up (1-8)
- 8 – Step touch breaking into four lines (1-8)
- 8 – L broken T (1) switch to R (2) cheerio (3-4) every other line punch up and down (5-6) or (7-8)
- 8 – Every other line swinging arm (1-2) stationary leap (3-4) second group repeat movement (5-8)
- 8 – Hold (1-2) kick on floor (3-4) roll to stand (5-8)
- 8 – Running to diamond formation (1-4) pony with arms up (5-6) pony arms down (7-8)
- 8 – Should shrugs (1-4) step touch with pull arm (5-6) step dig with swing (7-8)
- 8 – Ripple stage L to stage R (1-4) double punch K (5-6) drop (7) toe touch (8)
- 8 – Every other line chaine forward (1-4) chaine back (5-8)
- 8 – Group one check marks, group two chaines back (1-4) all check marks (5-6) turn to back and drop poms (7-8)
- 1 – Stop pose (1)

Live It Up
Level 3 Officer Camp Pom
Choreographed by: Casey Potter

Beginning Formation: 2 lines/ staggers

- 8 - R pom behind head, L behind back, R foot in dig, hold 1-6, rotate to front R diag in seconde 7, hold 8
- 8 - R behind head 1, L wrap stomach 2, R circles to high V 34, unravel spin 56, release 7, punch buckets 8
- 8 - (G's stgR-L) pull L bow n arrow 1, rocket to ground 2, rocket to audience 3, open to L with R behind head 4, 'L' to audience 5, g2 ends 6, g3 ends 7, g4 ends 8
- 8 - Arms to L hip with pop 1, replace 'L' 2, pas de bourré spread out 3&4, low chaine 56, tilt jump 7, land 8
- 8 - TD to back diag 1, break down 2, roll through half T 3, punch down 4, front row sunshine R 5, to R knee 6, back row sunshine R 7, to knee 8
- 8 - Change lines- (alt) cheerio 1, switch up or down 2, break to V 3, switch V 4, slice to cross wrists 5, open around to cheerio 6, face front 7, jump seconde low V 8
- 8 - Lasso R 12, wrap look L 3, look front 4, R half T 5, punch across &, R low V 6, hands behind head forced arch 7, prep 8
- 8 - Double pirouette in half T 12, tilt half T to R 3, tilt L 4, ripple fr-bk cross chest, daggers, TD to ground 5-8
- 8 - Front line sunshine up to wrap head 12, back line 34, deodorant down to L 56, cross chest and feet 7, T seconde back 8
- 8 - Hips LR 1&, punch low V 2, shake poms rotate hips 3, hug shoulders 4, step L 5, battement with low V 6, land 7, TD jump forced arch 8
- 8 - Slice to R low V 1, rocket down L 2, roll poms toward face 3, cheerio side 4, step L prep 5, inside pirouette 6, step R across 7, R passé 8
- 8 - Transition to triangle- drag R 12, drag L 34, fast walks 5-8
- 8 - Arch run on R 1, run L 2, jump cheerio 3, release back on R 4, punch RL down 5&6, jump seconde with rib isolation 78
- 8 - Bow n arrow toward front 1, bow n arrow side 2, pop diagonal back 3, diagonal front 4, pony roll 5/6, step back R buckets 7, step seconde or prep for stationary leap 8
- 8 - Row 2 prep 1, row 3 prep 2, stationary leap 3, land 4, on both knees punch L across 5, punch center &, punch L open 6, break R to T 7, follow through 8
- 8 - Roll to stand 1-4, run R side 5, run L 6, R jeté to front 7, land step L 8
- 8 - L tendú overturn 12, walk L 3, R 4, punch R up 5, punch L 6, hug shoulders 7, low V 8
- 8 - Cheerio hips isolation 12, poms to L hip 3, R hip 4, cross chest step R 5, L développé 6, cross chest step L 7, R passé with T 8
- 8 - Rocket diag down b/c forward 12, rainbow R open to bk 34, prep L front 5, coupé low V 6, R chassé 78
- 8 - Reverse leap TD 12, land 3, clean 4, back row tuck 5, jump seconde 6, front row tuck/ bk row buckets towards center 7, fr row jump seconde/ bk row drop arms 8
- 8 - (G's 1-5) bow & arrow L up 1, switch bow & arrow 2, elbows together 3, T 4, kneel on L knee rocket down 5, L diagonal 6, daggers 7, break down tuck 8
- 8 - Finish contagion 1-4, jump out to seconde 56, snake up 78
- 8 - (2 g's) soutenu front & 12, punch R TD b/c 34, g2 soutenu & 56, punch R TD b/c 78
- 8 - G1 windmill R to tuck 12, g2 windmill to tuck 34, ripple shake R TD 5-7, fall to z-sit 8

Mambo Italian
Officer Pom Level 3
Choreography by: Rosie Torres

Beginning Position: Column form facing opposite direction, with right leg in dig.

4 - Hold 1, ball change with right arm punching forward & 2, step 3, face front 4.

8 - (In Opposition) Grand plie, break through T arms into saute basque with cherrios arms, 1-2, chasse break through T into Ole arms 3 & 4, step in, pique parallel attitude with head release 5-6, chasse with clean arms 7 & 8.

8 - Pivot 1-2, three step with one arm punching in high V 3 & 4, walk to new form 5-6, shake poms 7-8.

8 - Star burst pose 1-2, close releve with box arms 3-4, "salsa" ball change arms pressing into $\frac{1}{2}$ T 5 & close 6, transition to new form 7 & 8.

16 - (2 groups) A's; Point dig, point dig point with arms punching high V, T, low V, low V 1-4, close releve facing right, arms to center rocket 5, lunge back with clean arms 6, hold 7, body pulse with right arm $\frac{1}{2}$ cheerio & 8. Two step turn towards back 1-2, ball change 3-4, tap prep 5-6, double pirouette 7-8. B's; Hold 1-4, begin combo 5-8. Cont 1-4, clean to front 5, prep 6, double pirouette with hands on hips 7-8.

8 - All melt to right ankle 1-2, left knee to floor 3, right arm $\frac{1}{2}$ cheerio 4, roll towards back to standing 5-8.

8 - All assemble with arm level, High V, T, Low V 1-2, ball change and close arms up cheerio, center cheerio or low cheerio 3 & 4, transition to hip hop form, with shimmy and arms rising to rocket 5-7, close 8.

8 - Starburst parallel double punch 1-2, twist in with hands on hip 3, twist out to knee 4, roll arms up to cheerio 5-6, scoop in to pray 7-8.

8 - Step out with $\frac{1}{2}$ cheerio to left 1-2, switch to right 3-4, step forward full cheerio 5-6, chug to left side with full body isolations with hands on hips 7 & 8.

8 - Sharp hip sways R/L/R and punch arms to front L 1 & 2, close and fold to flat back 3, pop out to wide second position with hands in $\frac{1}{2}$ T 4, pump torso with low V, $\frac{1}{2}$ T, cheerio, ball change twist with poms on hip 5-8.

8 - Chaine forward clean arms to pray 1-2, step forward with high V 3, pray to low V and slide back & 4, transition with shimmy to pray 5-8.

24 - (Chorus repeat to front - 2 groups) A's: Grand plie, saute basque 1-2, chasse to Ole 3 & 4, step parallel attitude 5-6, chasse clean to back 7-8. Step direction change jete with arms in touchdown 1-2, clip turn to back with clean arms 3-4, step with rocket 5, ball change right arm behind head, left arm low V & 6, step 7, left ball change lunge with arms in bow and arrow & 8. B's: Hold 1-4, begin combo 5-8. Continue combo 1-8. Step rocket 1, ball change right arm behind head, left arm low V & 2, step 3, left ball change lunge with arms in bow and arrow & 4, all step left 5, battement tilt with arms in diagonal 6, cross turn to front 7-8.

8 - Collapse fold with right arm punching the floor 1-2, dig right foot with left arm punch up 3-4, switch lines with arms shaking into center rocket 5-7, close to pray 8.

32 - (2 groups) A's: Ball change with T arms, ball change with L arms 1-4, three step turn, cross arms on chest to high V to prep 5-8. Low chaine, grand jete with back leg in attitude arms in L, 1-4, roll onto floor into knee with right arm punching center 5-8. Hold 1, extend left leg with Ole arms 2, hold 3, fold flat with V arms 4, switch legs 5-6, hold for group B 7-8. Hold 1-2. B's: Hold 1-4, begin combo 5-8. Three step to prep 1-4, chaine jete with back leg in attitude 5-8. To knee with punch 1-4, extend leg with Ole arms 5-6, collapse 7-8. Switch 1-2, ALL snake up to low V arms 3-4, circle right arm to right battement while on floor 5-6 roll to back unto knee 7-8. Hold 1-2

8 - Ripple to standing with Ole arms 3 & 4, shake poms 5-6, ripple point with left arm high V 7 & 8.

8 - Ripple double pirouette with arms in $\frac{1}{2}$ T into lunge with L arms 1-6, hold 7, close feet everyone high V 8.

- 8 - Transition to end form: Shake poms from high V to low V 1-2, low check marks 3-4, triplets rockets arms to hips 5 & 6, repeat 7 & 8.
- 8 - Ball change with right arm high V, ball change with front L 1-4, shimmy to flat back 5-6, roll up 7, starburst Ole arms pose 8.



You Shook Me

Level 3 Pom

Choreography by: Jordan Baird, Donathan Flucas, Alexis Trost

- 8 - Start facing back, right foot popped, arms wrapped around stomach.
- 8 - Ripple 1-8, arms circle around, left foot steps behind, left behind head, right in a T.
- 8 - L 1, S 2, arms touch down to bow and arrow & 3, hold 4, circle in a cheerio 5 6, punch right left 7 8.
- 8 - Groups starting on 1 3 5, cross kick with arms in Low V, punch drag in T, cross Low V
- 8 - Cross Low V groups continue through 1 2, headache arms 3, Low V 4, shake head 5 6, cross Low V 7 8.
- 8 - Parts
 - Center group: bow and arrow 1, switch &, High V half T 2, circle right arm 3, hit right arm Low V 4, shake 5 6, step front back arm circling 7 8.
 - Side groups: chasse 1 2 3 4, roll 5 6 7 8.
- 8 - Continued parts.
 - Center group: High V 1 2, Low V 3 4 Side groups: chaine with arms up to touch down 1 2 3 4
 - Together: cross chug right foot 5, Low V foot popped 6 break it 7 8.
- 8 - Arms side to side check mark 1 & 2 3 & 4, shake poms chug 5 6 7 8.
- 8 - Head circle to the right with hands on hips 1 2 3 4, hit leg with right arm 5, hit left arm over right 6, passé with arms in L 7, hold 8 in passé.
- 8 - Groups starting on 1 3 5, ball change chasse wrapping arms around head in L step leap with arms in High V, land down
- 8 - Groups continue through 3 4, right arm cross in front 5 6, right arm swing to Low V 7 8.
- 8 - Candlesticks 1 2, bow and arrow 3 4, roll 5 6 7 8.
- 8 - Hit right arm Low V 1 break 2, hit left arm Low V 3 break 4, shake arms up to High V 5 6 7 8.
- 8 - Circle arms 1 2, left arm in touch down right arm straight down 3 4, front Low V 5 6, face the back right arm on left shoulder 7 8.
- 8 - Arms circle around in touch down 1 2 3, hit right arm in Low V left arm wrapped around stomach squared front 4, opposition touch down or candlesticks 5 6, candlesticks or touch down 7 8.
- 8 - Left arm in touch down right arm straight down cross arms 1 switch arms turn in posse 2, step 3, prep for pirouette 4, double coupe with hands on hips 5 6, cross right arm left arm 7 &, right arm High V 8.
- 8 - Punch 1 2, turn around with arms in broken T 3 4, shake poms in shimmy position 5 6, cross it 7, shimmy position 8.
- 8 - Ronde de jambe arms shake to bow and arrow 1 2 3, bevel 4, cross left arm across chest right arm Low V 5 6, diagonal 7, break 8.
- 8 - Wrap to touch head opposite lines face front or back 1 2 3 4, shake 5 6 7 8.
- 8 - Line 1 High V broken T Low V 1 & 2, Line 2 High V broken T Low V 3 & 4, turn in a circle 5 6 7 8.
- 8 - Opposite lines face opposite ways, left arm on hip, right arm High V 1 break 2, right arm Low V 3 4, right arm T 5 break 6, right arm Low V 7 8.
- 8 - Chaine with arms in broken T 1 2 3 4, first group hit cross Low V 5 6, second group shake hip 5 6, second group hit cross 7 8.
- 8 - Drag arm in T 1 2 3 4, chasse 5 6, chug small kick 7 8.
- 8 - Pull it up 1 2, hit touch down 3 4, circle up or down 5 6, switch 7 8.
- 8 - Turn in a circle and circle your head 1 2 3 4, step forward K 5 6, downwards L 7 8.
- 8 - Hit K and shake 1 2, soloist pitch kick 1 2, hold 3 4, clap it up 5 6 7 8.
- 8 - Side groups: clap it down 1 2 3 4
 - center group: lasso 1 2 3 4 pas de bourree arms circle up 5 6 7, prep for pirouette 8.
- 8 - Double pirouette with arms in clap, grab poms ending pose.

One More Time
Level 4 Pom

Choreographed by: Jesus Acosta, David Arevalo, Allie Hudak, Sara Kercho, and Alexis Trost

Begin in a triangle in the upstage left corner, facing the back hands over face

4 – Hold (1-2) diagonal arm in level (3-4)

8 – Punch walking (1) break to K (2) pas de bourre with cheerio (3-4) walking to center shake arms up and to chest (5-8)

8 – Swing up (1) jump to second arms down (2) broken T (3) K parts (4) break (5) opposite way (6) step in arms bend (7) replace (8)

8 – swing to broken T (1-2) parts starting 3, 5 count X (3) R arm behind head (4) turn side (5) swing (6-7) tilted check (8)

8 – switch (1) wrap (2) open (3) circle hips to drop (4-5) finish groups (6-8)

8 – Close to chest (1-2) rocket chasse (3&4) wrap touch step (5) prep (&6) double pirouette (7-8)

8 – Soute chat (1-2) roll to floor (3-6) arm swipe (7-8)

8 – Roll to stand (1-4) check R (5-6) double punch (7-8) walk and shake (5-6) L pony (7) close (8)

8 – Ripple swinging arm up and over (1-8)

8 – Swiping arm across (1-8)

8 – Soutenu swinging arms down (1-2) toe touch front (3) roll to create levels (4-8)

8 – Lasso arm (1-4) pump (5-8)

8 – Roll to stand or wrap and close (1-4) every other person low V (5-6) or swing to grab (7-8)

8 – Ball change (1-2) run front (3-4) soute chat (5-6) arms to chest (7-8)

8 – Walking to two lines by color (1-4) flicks up or down (5-8)

8 – Opposite sides by color L arm (1-2) rocket (3) switch L (4) rocket side (5-6) bend down stage arm (7) straight (8)

8 – T front (1-2) rockets high or low (3-4) shake and walk to partners (5-8)

8 – Connect (1-2) swing through (3-4) Battement (5) separate with poms changed (6-8)

8 – Walking to two lines: arrow down R (1) arrow Up R (2) down L (3) up L (4) down R (5) Up L (6) High V (7) over face (8)

8 – Parts stage L to stage R 1,3,5,7: open box (1) Diagonal (2) swing to side (3-4) head roll through second (5-6) in front of face (7-8)

8 – Finish groups (1-6) double punch (7-8)

8 – Walking to a diamond low R check (1-2) swing to high check (3-4) L arm to high V (5-6) wrap to close (7-8)

8 – Pumps punching front front back back (1-4) pump turning side (5-6) straight arms (7) crank (&8)

8 – Three groups front to back 1,3,5 swing and snap (1-6) toe touch or hold (7-8)

8 – Jump together (1-2) step out to second (3-4) pumps (5-8)

8 – Drag to back (1-2) roll and stand (3-6) make level (7-8)

1 – Pose (1)

GDFR
Level 5 Pom

Choreographed by: Jesus Acosta, Emily Woodard, Katie Purdue, and McKenzie Robinson

**Start in lines. Number of lines depends on numbers on team.

- 8 - Hold 1-4, turn R and shoot L arm up in 4 groups 5-8
- 8 - R passé w/ rockets 1, R ball change & 2, back soutenu 3, ball change 4, prep 5, R battement 6, pop out to R diagonal 7-8
- 8 - Pump &1, switch diagonal &2, cross chest RL &3, R K arms RL &4, close 5, punch through T 6, rocket 7, down to pop out 8
- 8 - Shoot out L/R 1, circle to switch sides R/L 2-3, pull back 4, buckets w/ ball change 5, pump & 6, turn R hop 7, hop out to low V 8
- 8 - Cross punch front &1, hip roll down R/L 2-4, punch and kick R/L 5, roll to stand 6-8
- 8 - Swipe to punch R/L 1-2, Eggbeaters 3-4, R double pirouette w/ genie arms 5-6, walk 7-8 (back line faces back and switches forms)
- 8 - R jeté 1-2, pivot or shake 3-4, L superman pump 5-6, R pump 7-8
- 8 - L diagonal 1, L punch down 2, double punch or switch 3, pump 4, punch middle 5, punch high 6, opposite coupe turns 7, pop to T 8
- 8 - Swipe R arm down 1-2, pump chest 3, circle to R arrow 4, low V hips 5-6, chug w/ broken T 7, low V chug 8
- 8 - Head roll R turn 1-4, shake 5-8 (transition to diagonals)
- 8 - (Groups going on 1, 2, 3) High V 1, low V 2, R flex 3, low V 4, wrap L 5, low V to R knee 6, dip down 7, L top rocket 8
- 8 - Heel pops 1-4 (Groups finish), Low V punches RLR 5&6, knee swoops 7-8
- 8 - Ripple from front to back (Circle Arms L to R bucket) 1-6, L inside pirouette w/ R arm up 7-8
- 8 - R prep 1-2, triple pirouette 3-6, R arm snap to high R 7-8
- 8 - R angle arms switching 1&2, punches LR 3-4, R circle 5-6, front 7, snap L 8 (Switching diagonals)
- 8 - (Groups 1, 3, 5) Back diagonal 1, front diagonal 2, ball change L arrow 3, R arrow 4, prep back 5, R chaîné 6-7, R calypso 8
- 8 - Turn out to punch L 1-2, pull back to touch floor 3-4, groups finish 5-8
- 8 - Drop on R knee 1, roll L 2-4, punch 5, alligator &6, Spanish 7, circle to P arms down 8
- 8 - Genie 1-2, Z arms 3-4, genie 5-6, low V 7, baby checks 8 (Transition to triangle)
- 8 - Step L back to scoop 1-2, L head circle 3-4, L hip and punch 5, R punch 6, dagger punches RLR 7-8
- 8 - Flick to L arabesque w/ T 1-2, R battement 3-4, pop to L diagonal 5-6, L K arms 7, R K arms 8
- 8 - Phone lean back 1, low L 2, switch 3, hips 4, hip rolls front 5-6, punch R diagonal 7, lean back in levels 8

Bang Bang
Level 2 Field Jazz
Choreographed by: Kali Boyd

Beginning Position: R foot dig, R arm TD

Beginning Formation: diamond

4 - Hold

8 - (2 g's 1/3) press b/c 12, 'L' cut front 34, step out look side 56, head front 78

8 - Passé TD 12, step back look back 34, g2 finishes 56, g1 pose look fr 7, g2 pose 8

8 - R arm reach side 12, snap T swivel front 34, run RL 56, release drag 78

8 - Tuck 12, ripple stg L-R 3-6, wrap L 7, switch bevel low V 8

8 - (A/B parts) A: tuck 12, extend R release 34, tuck 56, stand tendú 78

B: cross prep 12, battement 34, b/c 56, passé low V 7, step R 8

8 - (Reverse A/B parts)

8 - BC clean table L 12, close 34, b/c R up 56, close 78

8 - Transition to 4 lines- pivot R 12, walk RL 34, face front 56, cross wrists 7 low V 8

8 - (Rows 1&3) move back LRL 1-4, head down cross wrists 56, T 78 (rows 2&4) swipe arms up walk front 1-4, flick wrists L sit L 5&6, flick wrists R sit 7&8

8 - (Rows 1&3) swipe R arm moving R 1-4, 3 step arm party arms to L 5-7, drop low V 8
(Rows 2&4) chainé L 1-3, step snap 4, walk back 5-8

8 - Push down booty to R 1-4, switch lines back 5-8

8 - Step touch R high V 12, step touch L high V 34, ripple stg R-L release to tuck 5-8

8 - Battement R to front 12, sit grab hat 34, turn back 56, release head pike 78

8 - Look up close legs 12, on elbows kick R 3, kick L 4, stand up to back 5-8

8 - BC relevé &1, step out 3, open R b/c look at arm 56, dig 7

8 - Pivot swipe R 1-3, hands behind head seconde 4, shake hips RLRL 5-8

8 - (Lines 1&2) chassé front 1-3, step L 4, jeté side 5, tuck 78

(Lines 3&4) shake hips in T 12, hands on hips 34, b/c 56, close 78

8 - (Lines 1&2) hold 1-8

(Lines 3&4) chassé front 1-3, step L 4, jeté side 5, tuck 78

8 - Windmill extend R 12, tuck 34, sunshine parts by line 5/6/7/8

8 - Finish sunshine 12, roll 34, stand 5-8

8 - Transition to triangle- chassé R 12, chassé L 34, walk 5-7, dig L 8

8 - Step touch 12, opposite 34, open arms 56 flick 78

8 - Step across 12, b/c T 34, close back hands on hips 56, head look R 7, front 8

8 - (4 g's 1/3/5/7 out to in) step back look down 12, look up 34, step L 56, close front 78

8 - Prep 12, pirouette hands on hips 34, jump seconde 56, R shoulder 7, L shoulder 8

8 - Open sunshine 12, tuck 34, finish 5-8

8 - Finish 1-8

8 - Last group tuck 12, all jump seconde 34, shimmy R 56, shimmy L 78

8 - Swoop reach front 12, drop arms 34, (split out from center) 3step turn out 5-7, walk 8

8 - Walk 1-4, outside arm cross down 56, inside arm 78

8 - Ripple fr-bk L leg passé slide to R split 1-8

8 - Body up 12, z-sit 34, sunshine 56, hold 78

1 - R leg out R arm up 1

Seven Nations Army
Level 2 Field Military
Choreography by Betsy Heathcock

Beginning Position: Cross arms at chest feet together in first position looking down

8 - (Pickup by V's every two counts) Lift head up 1-4, Dive down 5, open arms to low V look front 6, dive down 7, dive up jumping out into 2nd position 8

8 - Press arms out in a T flexed hands releve 1-2, dive down grande plie 3-4, tuck down 5-6, hold 7-8

8 - Finish last group tucking down 1-2, roll up 3-4, step back on R ball change bringing arms to goal posts 5-6, close feet bring arms together in front of face 7-8

8 - Step forward on R slicing R arm at side flat back over 1-2, close feet slice R arm back up by ear 3, bend R to center of chest 4, press R out from sh while facing L and stepping back on R foot 5-6, open arms to high V 7, drop arms to sides 8

Move to formation #2

8 - Circle arms to diving up 1-2, pray 3, open T 4, drop R to side 5, switch drop L to side 6, lift L left up 7, pray 8

8 - Stepping forward on L reaching up with hands open 1-2, walk L R bring arms to pray 3-4, walk L R bring forearms together 5-6, walk L R bringing arms cross chest 7-8 Odd lines face toward the back on 7-8

8 - Step out with R dragging L arms to diagonal 1-2, step back with L bring L arm up and over to L sh drop R to side 3-4, spiral turn over L sh pressing L arm out from sh 5-6, close feet bring R arm up bent 7-8

8 - Step forward with R diving out from sh 1, circle arms keeping forearms together 2-3-4, open L to high > and R to low > 5, dive out 6, R forearm to forehead and L to waist 7, Indian 8

Pickup by lines every two counts (3 Groups)

8 - Releve while crossing chest 1-2, step forward R arms to down V 3-4, pivot toward the back wrap arms at waist 5-6, hands behind head 7-8

8 - Step back on L dive up 1-2, circle arms down to sides while turning to the side 3, at sides 4, turned front lift arms out 5, kneel down and dive up 6, bring arms into cover face 7-8

8 - Open arms keeping elbows attached 1, close 2, open 3, close 4, bring L knee down bring arms to pray 5-6, dive up 7-8

8 - (Contagion across lines) Drop over while circling arms inward and out to sides 1-2-3-4, bring heels of hands together on the floor 5-6-7-8

8 - Contagion in opposite directions across circling arms outward end up with them up to ceiling with hands open or circle outward to down with hands open.

Standing up from the floor and moving to next formation

8 Lift up to knees pressing arms up 1-2, step front pressing arms front from sh 3-4, stand bringing arms into face 5-6, open T 7, drop to sides 8

Transition to next formation

8 - Step out R arms pressing out from sh 1-2, stand and press the ceiling 3-4, cover mouth 5-6, circle out an down 7-8

8 - Step front L prep L arm out R arm front 1- 2, R pirouette 3, land with R in front 4, land in parallel 1st arms to high V 5, -6, dive down touch knees 7-8

Two Groups A's & B's

8 - Step back on R dive up 1-2, R battement 3-4, lunge 5-6, last group finishes in lunge on 7-8

8 - Tuck in 1-2, roll toward the back standing up 3-4-5-6, slap sides and turn to the front 7, bring arms up to looking thru arms 8

8 - Pickup by lines on 1-2 2nd group picks up on 3-4, Lifting up in releve open arms slightly 1, close back

in 2, step front R while pressing arms out in a T palms back 5-6, dive down to knee 7-8 (Even Lines 1,)

Transition to files

8 - Stepping L arms to high V 1, cross R to down L > with L hand on R sh 2, down V 3, switch L to down R > and R on L sh 4, down V 5, T 6, dive up overhead 7, slice arms down to sides 8

Traveling in two directions

8 - Step out on R press R up by ear flexed with L out sh drag 1-2, step across L drop R arm out T 3-4, step out R bend R to sh 5-6, step back on L turning body to L pressing arms out from sh 7-8

8 - Reach over with L arm stepping out 2nd 1-2, scoop under 3-4, circle over stepping toward toward center 5-6, circle out 7-8

8 - Even Lines 1, Odd lines 5, - Step back on L foot circle arm around and up 1-2, R chasse press arms out sh 3-4, step L pray 5, R jete arms to high V 6, land 7-8

8 - Odd lines finish 1-4, start lifting up slapping sides 5,6,7, step out L facing L arms pressing to down > with L on R sh 8

Contagions

8 - Face front arms to down V 1, dive up 2, slice flat back over 3-4, continue contagion

8 - Continue contagion 1-6, lift up while lifting arms up 7, pressing down on 8

Move to final formation

8 - Step on L while lifting up with arms crossed in front of face 1-2, dive down 3, hit arms up 4, 5, 6, 7, dive up 8

8 - (Pickup 1, 2, 3) Jump into 2nd releve lifting arms to high V 1-2, drop over grande plie wrap arms at sh 3-4, dive down 5-6, continue 7-8

8 - Continue pickup 1-2, close feet open to T 3-4, press up 5-6, touch knees 7-8

8 - Open to down V 1-2, back to knees 3-4, (Center Dancer) Press arms up to ceiling stepping back L 5-6, continue moving back body roll pressing arms down 7, circle arms inward and up to high V lunge

8 - (Outside Dancers) Pull elbow closest to the center 5, reach toward the down angle grande plie 6, slide to the outside 7-8

All Along the Watchtower

Level 2 Field Kick

Choreography by: Jordan Baird, Kate Barton, Cassidy Hale, Amber McMillan

- 8 – Hold (1-8)
- 8 – Front line pose (1-2) second line pose (3-4) stand or close (5-6) pivot turn (7-8)
- 8 – Turn (1-2) hook up (3-4) passé touch (5-6) snake head (7-8)
- 8 – Grapevine kick (1-4) L (5-8)
- 8 – Walking kick center (1-4) R Straight (5-6) close (7) hold (8)
- 8 – Fan (1-2) flick waist high (3-4) battement (5-6) flick behind (7-8)
- 8 – Step together (1-2) twist (3-4) R straight (5-6) step into two lines (7-8)
- 16 – Three Groups 1, 3, 5: Step prep (1-2) double pirouette (3-4) jump out and in (5-6) chasse (7-8)
soute chat (1-2) land (3-4) finish groups (5-8)
- 8 – Battment groups on floor 1,3,5 sit to side (7-8)
- 8 – Pike release (1-2) roll to stand (3-8)
- 8 – Walking to triangle arms down up (1-2) L arm (3-4) wrap to close (5-8)
- 8 – Still walking to triangle high V (1-4) low V (5-6) close (7-8)
- 8 – Parts hitting high V arm (1,2,3) hold (4) crazy hook up (5-8)
- 8 – R straight kick (1-2) close (3-4) passé touch (5-6) head roll (7-8)
- 8 – Lines traveling in opposition Flick kick out chasse (1-4) reverse (5-8)
- 16 – Graduated kicks (1-16)
- 8 – Around the world R (1-8)
- 8 – Around the world L (1-8)
- 8 – 3 straight kicks RLR (1-6) close (7) close arms (8)
- 8 – Walking (1-4) walking with high V arms (5-8)
- 4 – Walking with low v arms (1-4)
- 8 – Contagion step kick to tuck (1-8)
- 8 – Contagion rock to knees (1-8)
- 8 – Contagion touch down head release (1-8)
- 3 – Pose (1-3)

Happy
Level 2 OC Kick
Choreographed by: Shelley Wayne

Beginning Position: Staggered line, facing the back

4 - HOLD

8 - Contagion R to L, Turn over R shoulder to face front extend L leg, L arm up

8 - (A,B,C Parts starting every 4 cnts) ball change out L 1-2, close back 3-4, walk RL 5-6 pose 7-8

8 - Step R drag L arm over 1-2, walk RL 3-4, circle drop over pose 5-6 hold 7-8

8 - Continue pick up until last group finishes

8 - Grasshopper contagion L to R, end standing facing L

8 - Finish contagion, all step back R 7 face back 8

8 - Move to straight line

8 - Contagion R to L to face front, all hook up on 8

8 - Step R 1 fan L 2, chasse L 3&4, coupe L 5 extend to R corner 6, chasse R 7&8

8 - Step L 1 cross R over 2, step R 3 cross L over 4, bc out R 5-6 close 7-8

8 - Exercise back L 1-2-3 kick R 4, chasse fwd R 5&6, pivot L to the back 7-8

8 - Pivot R to the front 1-2, step out to 2nd and hook up in A,B,C parts on 3-4-5, bow over to L and circle up 6-8

8 - Jump kick R to R 1-2, hook R 3 extend down 4, jump fan L 5-6, 7-8

8 - Hop extend R fwd 1-2, switch L 3-4, jump kick R 5-6, close 7-8

8 - Jump kick L to L 1-2, hook L 3 extend down 4, jump fan R 5-6, 7-8

8 - Hop extend L fwd 1-2, switch R 3-4, jump kick L 5-6, close 7-8

8 - Bow contagion to disconnect

8 - (Parts 1's and 2's) 1's step L over turn R 1-2, chasse R 3&4 step jete R 5-6 land in tuck 7-8
2's walk fwd LR 7-8

8 - 2's step L over turn R 1-2, chasse R 3&4 step jete R 5-6 land in tuck 7-8

8 - Press leap contagion

8 - Recover standing facing R 1-2, straight line 3-8

8 - Pivot front 1-2, close sections of the line into a file

8 - File goes through each other and opens inverted back into straight line

8 - Bow contagion center out

8 - Half the line and kick ball change 1&2, 3&4, walk to corrected line 5-8

8 - Graduated kicks (point then waist)

8 - Straight kick R, L, R

8 - R to R 1-2, L to L 3-4, R to R 5-6, jump touch L to R 7-8

8 - R to R 1-2, L to C 3-4, R to C 5-6, close 7-8

8 - L to L 1-2, R to R 3-4, L to L 5-6, jump touch R to L 7-8

8 - L to L 1-2, R to C 3-4, L to C 5-6, close 7-8

5 - Chasse R to stagger the line 1&2, step L 3 touch turn R 4, pose out L 5

Centuries
Level 3 Field Hoopla
Choreography by McKenzie Robinson

Start in a horizontal line facing the back with hoops closed in front of you.

- 8 - Hold 1-4, ripple to the front 5-8 from stage R
- 8 - Open to high "V" ripple 1-4, close to chest 5-8
- 8 - Pick up parts to diagonals chainé 1,2 push forward 3 high "V" 4 repeat to "T" 5-8
- 8 - Repeat 1-4, wrap R 5, wrap L 6 jumping jack levels 7 close facing R or L 8
- 8 - Chassé 1 and 2 open ball change 3,4 high diagonal 5 wrap and sit 6 step back 7 close to chest 8
- 8 - Parts (1,3,5) step L 1, battement R 2, chest 3, tuck 4 finish parts 5-8
- 8 - Ripple from stage L, lean R open up R arm tuck and roll up 1-8
- 8 - First and third line push back 1 in 2, second line 3,4 move to columns of three up 5, R 6, L 7, chest 8
- 8 - Parts (1,2,3) High "V" 1, close side 2, low "V" back 3, chest front 4, low "V" 5, "T" 6, high "V" 7, touch 8
- 8 - Chest 1 finish 2,3, hold 4, alternating diagonals 5, switch 6 close low 7 chest 8
- 8 - Parts (1,3,5) R to L run R,L 1,2 leap 3 tuck 4 prep 5 pirouette 6 "X" 7 wrap 8
- 8 - Lean forward 1, back 2 repeat 3,4 repeat again 5,6 alternating high or low "cyclops" 7, switch 8
- 8 - Transition to a circle, R up 1,2 L up 3,4 R up 5,6 "T" 7,8
- 8 - Chest 1,2 cross turn open ripple starting in front 3-8
- 8 - Finish ripple 1-4 R release ripple start 5-8
- 8 - Chase with tour ripple 1-8
- 8 - Finish ripple 1-4 roll to stand up 5-7 to chest on 8
- 8 - Transition to staggered lines low L 1,2 swivel 3 low R 4 L diagonal 5 "T" 6 R diagonal 7 chest 8
- 4 - Step R 1, ball change 2,3 "cyclops" front 4
- 7 - Open up ripple from stage R 1-4 level out switch hoops 5, switch 6, pose 7

Shake It Off
Level 3 Field Pom
Choreographed by: Casey Potter

Beginning Formation: block

- 8 - Hip 5 78
- 8 - Low V 135 high V 357 R arm T across 781
- 8 - (g1) R half T 3, R dagger 5, switch L dagger 6, R T 7
- 8 - (g1 face back 1 repeat) g2 R half T 3, R dagger 5, switch L dagger 6, R T 7
- 8 - R circle step back 1, rocket down 3, cheerio up L 4, poms R hip 5, raise L hip 7, hip down 8
- 8 - Drag L arms 'L' 1, hyperextend low V 3, clap 4, arms swing to press 5, look front 7or8
- 8 - *transition to triangle- swing to R at elbows step touch 12, reverse L 34, TD up L 5, break TD down R 6, TD up R 7, TD down L 8
- 8 - Swing to R at elbows step touch 12, reverse L 34, punch R down across 5, break R high V 6, punch L down across 7, break L high V 8
- 8 - Jerk L 1, jerk R 3, R TD 5, L TD 6, slice to T look R 7
- 8 - L passé relevé poms behind head 12, cross 3 (g1) b/c 34 (g2), R TD 4, slice L TD battement 5, slice L down 6, L reach ground 7, g2 ends 8
- 8 - Hold 1, break L T 3, (3 g's stgL-R) wrap L over head 4, buckets to R 5/6/7
- 8 - BC L slice K 12, circle L 3, sit in low V 4, (g's stgR-L) L wrap stomach and R high V with R leg hinge 5/6/7
- 8 - Break to low V 12, clap 34, TD up or down wrist flicks with hips 5-7
- 8 - Slice rocket relevé seconde 1, wrap waist look L plié 2, hold 3, g2 slice rocket relevé seconde 4, wrap waist look L plié 5, slice through T relevé 7, switch wrap 8
- 8 - Transition to diagonal- break low V 1, bow&arrow R 3, cross wrists shoulder level 5, raise above head 6, high V 7
- 8 - *R arm cross with L at R shoulder 1, R bow&arrow 3, half T 5, daggers 6, clean 7
- 8 - Prep to front 12, plié seconde 3, sou de basque 4, land 56, step back L cross wrists 7, R TD 8
- 8 - Ripple stgR-L R arm to back circle to front T shake 1-8
- 8 - (3 g's 1/5/1) drag R in diag 1, cross b/c 34, seconde half T 5, T 6, soutenu 78
- 8 - g2 finish 1-4, g3 finish 5-8
- 8 - Flatten to staggers- wrap L stomach R low V 1, wrap R stomach L high V 3, shake to R TD 5-7, clean 8
- 8 - Wrap L stomach R low V 1, wrap R stomach L high V 3, wrap 3 step turn 5-7, clean 8
- 8 - (3 g's 1/5/1) run R 1, L 2, R jeté arms in L diag 3, land 4, step side R 5, open L to back 6, pose R diag 7
- 8 - G2 end 3, g3 end 7
- 8 - Outside g's slice switch diag 1, outside hug shoulders center switch diag 3, center hug 5, all prep half T 7 plié 8
- 8 - Pirouette 12, jazz square step R 3, cross L 4, back R 5, open L hip R low V 6, L bow&arrow 7, L behind head R high V 8
- 8 - Ripple stgR-L b/c fr, slice TD to ground, body raise then T 1-8
- 5 relevé slice rocket 1, open sunshine &, kneel or clean 2, punch R down across 4, clap &, high or low V 5

She Loves You
Level 3 Field Pom
Choreography by Emily Woodard

Beginning form: 3 groups on diagonal, face back poms to chest

8 - Hold 1-8

8 - (1 1 1) by chunks front to back: pivot R medium superman 1-2, releve TD 3-4, roll to low cheerio plié 5-6, jumping jack high V to clap 7-8.

8 - Repeat or start pickup 1-8.

8 - Repeat or start pickup 1-8.

8 - (1 3 5) back to front: step open L circle small (or face front) 1-2, R wrap tummy L T look L 3-4, finish 5-8.

8 - ****move to staggered lines**** swing walks low 1-2, 3-4, big sunshine 5-8.

8 - Repeat swing walks low 1-4, switches RLR with hips 5-7, hold 8.

8 - (1 3 5) front to back by lines: circle R down closing to L foot face stage L 1-2, square front poms to hips 3, prep 4, single pirouette 5-6, down to knee low V arms 7, behind back 8.

8 - Clockwork over head starting R 1-3, to knee head down 4, finish groups 5-8.

8 - All ½ T knee in 1, high V 2, shake 3-4, low knees diagonal switches by lines 5-6, 7-8.

8 - Daggers to touch floor 1-2, (3 5 7) R to L: windmill R to face back 3-4, finish groups 5-8.

8 - Lean back kicks RLR 1-3, hold 4, stand up R foot arms to TD 5-8.

8 - Chasse away from the 50 facing back 1-4, prep to front corner 5, standing split leap land up 6-8.

8 - ****moving to 2 lines, directly behind each other**** clap 2X 1-2, punch R level across 3-4, reverse shampoo 5-6, low V 7, clap 8.

8 - Repeat other side 1-8 (front line faces back 7-8).

8 - Step open L with hips high V 1, W 2, high V 3, hold 4, unwind L to low angle 5-6, switches on R diagonal 7-8.

8 - Plie slow circle R in front of face 1-2, jump together high needle 3-4, switches by lines 5-6, 7-8.

8 - Switch body facing repeat with low V angles 1-4, R 3 step turn with daggers front or back 5-8.

8 - ****moving to triangle**** all face front low TD 1-2, daggers 3-4, high TD 5-6, daggers down 7-8.

8 - (1 2 3) front to back: starburst jump out to low V or T or high V 1-4, RIPPLE F to B step forward R press arms through chest to cheer head down 5-8

4 - Finish ripple 1-4.

8 - Step prep arms T to L 1-2, chaine jete high V arms back leg in attitude 3-8.

8 - Low V front 1, close feet box in front of face 2, jump 2nd TD 3-4, tornado R 2X 5-6, 7-8.

8 - (1 3) by lines: slice to medium level crossed at wrist 1, break to T 2, circle to low V 3-4, touch hips plié 5, jump together W 6, finish groups 7-8.

8 - (1 2 3 4 5) by diagonals R to L: clockwork starting towards R wall 1-3, face back cheerio to L hip 4, finish groups 5-8.

7 - Drag to L wall punch R up 1-2, swing R through recover turning over R shoulder to level 3-4, slice L to buckets 5, ½ T head down 6, starburst V from center out with leveling 7.

Production from the Wiz
Prop Production
Choreography: Angela Falcone

Begin in two lines facing back, holding fans, right foot in a dig

8 - hold

8 - Parts R to L turn over R shoulder high V 12 or 34 or 56 hold 78

4 - Prep and plié 1 jump with arms over head 2 tuck and land 34

8 - Walk RLRL with arms in diagonal 1-4 bring R leg up 56 high V R arm 78

8 - 3 Parts: step R with arm down 1 open R arm 2 or 3 down 4 or 5 down 6 hold 78

8 - (2 Groups 1st line and 2nd line)

1st line: Break through T 12 R arm up L arm down 34 close in 56 arms down and prep 78 press leap 12

2nd line: Hold 12 break through T 34 R arm up L arm down 56 close in 78

8 - Arms down and prep 12 press leap 34 land 56 all lines stand 78

8 - Line opposition: walk RLRL (or LRLR) with T arms 1-3 close 4 repeat to other side 5-7 close to back 8

8 - (2 Parts) 1st line: step R onto prop 12 open to high V turning over L shoulder 34 step down L 5 close 6 run RL 78

2nd line: hold 1-4 step R onto prop 56 open to high V turning over L shoulder 78

8 - Leap 12 pivot turn RL 34 walk RLRL 5-8 to prop (2nd line) step down L 1 close 2 run RL 34 leap 56 pivot turn RL 78

8 - 1st line: push/pick up prop 1-4 walk around to back of prop RLRL 5-8

2nd line: walk RLRL with arms in T 12 needle 34 close and walk to face back RLRL 5-8

8 - Step R 1 drag with R arm to ear 2 R chasse 34 look L chasse 56 switch to R chasse 78

8 - Ball change turning over R shoulder with high V 12 walk back to prop RLRL 3-6 step on prop R 7 turn to L 8

8 - Ripple from L to R open L arm to high V and shake

8 - Ripple from L to R bring L arm down and R arm around and close and look down

4 - Step down with R foot in front or behind prop with T arms 12 close 34

8 - Walk around prop to partner's prop LRLR with R arm in high V 1-4 change to back or front 56 tuck to prop 78

8 - Ball change with outside leg with outside arm in high V 12 close to prop 34 bring partner's props together 5-8

8 - (2 groups) 1st line of partner groups: step with back leg 1 close front 2 bring prop forward RLRL 3-6 step with outside leg 7 go to outside of prop 8

2nd line of partner groups: Walk around prop to partner's prop LRLR with R arm in high V 1-4 change to back or front 56 tuck to prop 78

4 - Repeat ball change with outside leg with outside arm in high V 12 close to prop 34

8 - Arabesque lift with front leg 12 step back with top leg 34 ball change with outside leg with outside arm in high V 56 move to prop 78

8 - L prop move to back RLRL 1-4/R prop move to front 1-4 RLRL move to spread out formation around props RLRL

8 - (In opposition R side or L side) chasse out with T arms 12 ball with inside leg to outside 34 chaine back to center 56 to wrap center 78

8 - (3 groups 12 or 34 or 56): open front with outside arm 1 pull back to center 2 or 3 in 4 or 5 in 6 close 78

8 - Push through arms at chest level 12 ball change R foot back 34 chasse R with arms pulled down to low V 56 turn to back over L shoulder 78

8 - (2 Parts) 1st line: Chasse R with high V 12 wrap and ball 34 chasse L with high V arms 56 to close and

wrap 78

2nd line: hold 12 Chasse R with high V 34 wrap and ball 56 chasse L with high V arms 78

8 - 1st line: step back R with T 1 needle and close 2 hold 34 step prep 56 double turn 78

2nd line: to close and wrap 12 step back R with T 3 needle and close 4 step prep 56 double turn 78

8 - Step to R 1 pull R arm and jump together 2 step to L 3 pull L arm and jump together 4 walk RLR with both arms moving to T 5-7 close in feathers 8

8 - Move to prop 1-4 front prop move to L LRLR 5-8/back prop move to R LRLR 5-8

8 - Set prop down or hold 12 step to front of prop R 3 close 4 walk RLRL with arms in diagonal 5-8

8 - Bring R leg up 12 high V R arm 34 step R with arm down 5 open R arm 6 hold 78

8 - (2 Parts): 1st line Prep and plié 1 jump 2 land 34 move back to prop RL 56 sit 7 cross R leg over 8

2nd line: hold 12 prep and plié 3 needle arms 4 close 56 stand 78

1 - Hit high V

