

## **“Four Minutes”**

### **Level 2/3 Officer Jazz**

**Choreographed by Erica Sowell, Yoshio Pineda, Jerri Castillo, Clayton Cross**

Beginning position: One long line

- 8 Hold 1-4, ripple snaking L to face front hands on back 5-8
- 8 A's: Pivot 1-2, walk 3-4; B's: Hold 1-2, pivot 3-4, everyone walks 5-6, jump together arms crossed down 7, jump again hands under chin 8 (should now be in staggered lines)
- 8 \*Ball change arms flow up 1-2, walk 3-4, battement 5, land 6, L arm up by shoulder 7, step out L arm down 8
- 8 A's jump together arms up 1, step R arms down 2, B's go 3-4, A's: Circle low to L 5-6, windmill to R 7-8; B's: Windmill 5-6, circle to L 7-8
- 8 Twist to L arms ½ T 1&2, scoop to R 3-4, dig 5, step out and prep 6, double pirouette 7-8
- 8 Land 1-2, A's: Slide R foot behind L down to ground 3, roll to back to stand 4-8; B's: Fan R leg arms circle inward 3-4, three-step turn to front (switching lines) 5-8\*
- 8 Groups on 1, 3, or 5: Brush R foot across arms circle to R 1-2, prep 3-4, chaîné 5-6, step out cross arms down 7, jump together arms in “L” w/ L up 8
- 8 Finish groups 1-4, step out R hand around face 5-6, body roll back 7-8
- 8 Transition to triangle: Walk 1-4, walk and head roll 5-8
- 8 Groups on 1, 3, 5, or 7: \*\*Hands on knees 1, jump out R hand on head 2, twist torso to R then L hands at ½ T 3&, press hands down head back 4, touch L knee 5, head up 6, touch R foot across snap hands over head 7, step out R 8
- 8 Snake to R 1-2, twist body hands at ½ T 3-4\*\*, groups continue 5-8
- 8 Finish groups 1-2, throw R arm forward 3, turn and walk to original form 4-8
- 24 Repeat \* to \* (second time A's and B's parts switch when changing lines)
- 8 Bounce to one line
- 16 Repeat \*\* to \*\* in new groups, snap forward on 8
- 8 Transition to two triangles: Face back walking, each group turns to front and taps watch 1-8
- 8 Connect at shoulders and head roll 1-4, hands and knees contract in 5&, pop out 6, R arm out L arm ½ T fingers point 7, switch &, switch again 8, flick fingers &

## **“Alive”**

### **Level 3/4 Officer Jazz**

**Choreographed by Andi Haddox**

- 8 Hold 1-4, push 5, walk 6-7, battement 8
- 8 Step &1, head 2, kick 3, inside turn 4, step 5, push 6, low chaîné 7, grand jeté 8
- 8 Roll 1-3, push on and 4, circle 5, chassé 6&7, arabesque 7, up on 8
- 8 Step 1, push 2, drag 3, prep &4, leg in 5& 6, chassé 7&8
- 8 Leap 1, step and 2 and flick 3, walk to staggered lines 4-8
- 8 Groups on 1 or 3: Push 1, turn and 2, chassé 3&, small jeté 4, groups finish 5-8
- 8 Prep 1, jump 2, step 3, pull 4, turn and 5, step 6, passé &7, sit 8
- 8 Slide out to stomach 1-2, roll 3-4, reach up 5-6, down 7, push and turn &8
- 8 Walk 1-4, soutenu 5-6, walk 7-8
- 8 Crazy arms 1-3, step 4, kick 5, Groups on 7 or 1: lunge 7-8
- 8 Step up 1, turn &2, chassé 3-4, center leap 5, down 6, groups finish 7-8
- 8 Pull up 1-2, circle arms &3, pull up 4, step 5, out 6, sway arms 7, reach 8
- 8 Transition to fouetté groups

- 8 First group fouetté combination
- 8 Second group fouetteé combination
- 8 Tuck 1-2, push out 3-4, push back 5-6, head 7-8
- 8 Curl 1-2, leg 3-4, stand up 5-6, shoulder 7, push 8
- 8 Soutenu &1, prep ring jump 2&3, cross 4, chainé 5, piqué 6, chainé 7, step 8
- 8 Tilt kick 1-2, step out 3-4, hips 5-6, look front 7-8

### **“Are You Ready”**

#### **Level 1 Social Officer Pom**

**Choreographed by Megan DeHoyos, Rhodessa Bell, Lindsey Dresner,  
Hillary Hoffman, Robbyn Good**

- 8 Hold in block form 1-4, low level high V 5, fold in R L &6, upper level repeat 7&8
- 8 Rocket to high or low angle 1-2, circle around (low level stands) 3-4, front line punch R across to ‘L’ 5-6, back line repeats 7-8
- 8 \*Step claps 1-2, over head 3-4, prep 5, hold 6, single pirouette 7, jump 2<sup>nd</sup> high V 8
- 8 Groups on 1, 3, or 5: Wrap tummy 1-2, figure four 3, circle underneath head back &4, T arms 5-6, drop to center 7, daggers at chest 8
- 8 Sit into low V 1-2, finish groups 3-6, switch hips and opposite V’s 7-8
- 8 Ball change back L foot wrap chest 1-2, step 3, battement ‘L’ arms 4, down 5, pivot punch R arm up 6, to back walking 7-8
- 8 Turn to front moving to triangle 1-4, circle R arm small 5-6, L 7-8\*
- 8 Point ‘you over there’ 1-3, clap 4, L diag 5, R 6, touch to R leg 7, jump L R cheerio arms 8
- 8 Groups on 1, 3, or 5: To L knee 1-2, cross R leg in back T arms 3-4, unwind to 2<sup>nd</sup> facing back rec arms 5-6, low V looking to front 7 hold 8
- 8 Finish groups 1-4, switch side 5-6, snap R ball change 7-8
- 8 Step R 1, L passé touchdown arms 2, step 3, chassé step leap high V arms 4-8
- 8 Step through to cheer position 1-2, dink wrists R L 3-4, circle R tuck drop 5-6, jump 2<sup>nd</sup> 7-8
- 8 Shake at ½ “T” R 1-2, L 3-4, check R 5, L 6, pump and throw 7-8
- 8 Small formation transition low level 1-4, hops side to side “Arsenio Hall” pickup 5-8
- 40 Repeat \* to \* (moving to tight lines)
- 8 Point ‘you over there’ 1-3, clap 4, R hand touches L foot knees straight 5 or 6 or 7, all tuck 8
- 1 Sunshine R arm shaking pom 1

### **“Bend Me Shape Me”**

#### **Level 1/2 Fabric Dance**

**Choreographed by Betsy Heathcock and Kristina Tarman**

Beginning position: Tuck position with L foot flat and R foot hinged

- 8 Hold 1-4, roll up stepping back with R foot 5-8,
- 8 Hit pose on 1, 3, 5, 7
- 8 Bring arms overhead 1-2, L arms R or L step out 3-4, overhead 5-6, L arms R or L step out 7-8
- 8 Opposition: Up or down 1-2, switch 3-4, switch 5-6, into chest 7-8
- 8 Transition: L to the L 1-2, L to the R 3-4, out shoulder level 5-6, into chest 7-8 A’s & B’s
- 8 A’s Vertical arms 1-2, tuck 3-4, step on fabric or B’s start on 5-8
- 8 Contagion: Lift up covering body 1-8 Pickup in groups X,Y,Z
- 8 Step out R bring R arm out from shoulder facing L 1-4, open R arm out and step back L 5-8
- 8 Wrap around head 1-4, swipe L across 5-8

- 4 Let go 1-2, grab with R hand 3, close feet arms up 4
- 4 Prep in 1-2, jump out arms out from shoulder 3, back to chest close feet 4
- 8 Transition to trios: Arms drop down 1, lift up 2-5, front/middle girl kneel 6-7, everyone bring to chest on 8 (middle person puts fabric around their neck)
- 8 Middle person grabs front fabric 1-4, then grabs back fabric 5-6, everyone straighten arms up to parallel 7-8
- 8 Odd people sway arms to L, even people to R 1-4, switch directions 5-8
- 8 1<sup>st</sup> and 3<sup>rd</sup> person pull back to center 1-2, middle person back to center 3-4, everyone stand up 5-8
- 4 Middle person lets go 1-4
- 8 Everyone drapes fabric over L arm while bending down and grab with R 1-6 stand up 7-8
- 8 Transition: Up overhead 1-4, drop 5-8
- 8 Step out R 1-3, pop knee 4, circle back down 5-8
- 8 Pickup every two counts three groups: Overhead 1-2, turn L 3-4, swing to R 5-6, dig L with L at knee 7-8
- 8 Continue pickup 1-4, everyone switch knees and raise arms 5-6, down 7-8
- 4 Circle to back pop R knee 1-4
- 8 Ball change drop arms 1-2, arms parallel pivot turn stepping out L 3-4, strip it 5-8
- 8 Bring arms overhead 1-2, L arms R or L step out 3-4, overhead 5-6, L arms R or L step out 7-8
- 8 Opposition: Up or down 1-2, switch 3-4, switch 5-6, into chest 7-8
- 8 Compress form: Arms drop down to up 1-4, bring to chest slowly 5-8
- 1 Abstract Pose

### **“Better Now”**

#### **Level 2 Field Pom**

#### **Choreographed by Betsy Heathcock**

Beginning Pose: Tuck position with hands on the floor

- 8 \*Two Groups: Back group Roll up 1-3, cross chest on 4, touch knees 5, jump 2<sup>nd</sup> high V 6, face L drop R to down > L on shoulder 7, down V 8
- 8 Front Group repeat first 8 count; Back group shake up 1-4, hold 5-6, drop down opposite of front group 7, down V 8
- 8 Around the world down to the R 1, lift up 2, open V 3, match up L 4, down > 5, open down V 6, plié arms to chest 7, out from sh 8
- 8 Overlapping section: Front group step front R reach up R 1-2, flat back ball change back 3-4, back up 5-6, bend to shoulder 7, sides 8; Back group hold 1-2 and then continue combination overlapping and finishing with front group 7-8
- 8 Transition: Hit sides 1-2, diamond overhead 3-4, elbows together 5-6, extend front 7 bend to face 8\*
- 8 Two groups A's start on 1, B's Reach up 1-2, circle around touch knees 3-4 and then continue pivot combination up to the jump
- 8 Pivot turn stepping front R arms in down V 1-2, wrap turn 3-4, high V pivot 5-6, turn front wrap waist 7-8
- 8 Plié prep 1-2, jump with arms extended front from shoulder 3 land 4, reach up 5-6, T 7, touch knees 8
- 8 Drag back L arms to low V 1-2, ball change R back arms to chest 3-4, kick R high V 5-6, step front R arm to T 7, drop to sides 8

- 8 Transition: Chest 1-2, up 3-4, chest 5-6, out front step back L 7, face back arms to sides 8
- 8 Overlapping Contagions R up L up touch knees 1-4, popcorn 5-8
- 8 Roll up and shake poms 1-8
- 8 Transition to trios: Broken T 1, dive down 2, low V 3, sides 4, L arm broken T R out from shoulder 5, sides 6, R broken T L out shoulder 7, sides 8
- 8 Three groups: Front Group - Bend 1-2, feet under 3, hit the floor 4, hold 5-6, chest 7, dive up 8; Middle Group: Hit sides 1-2, chest 3, plié down V 4, hold 5-6, chest 7, dive up 8; Back Group: Hit sides 1-4, chest 5, T 6, chest 7, dive up 8
- 8 Everyone together R bent at shoulder L down V 1, match 2, Pickup front to back: Circle around 3, 4, 5, Front group- chest 5, down V 6, middle group- chest 6, T 7, back group- broken T 7, high V 8
- 8 R to shoulder 1-2, bring R arm up L to shoulder 3-4, L up by ear R at shoulder 5-6, R down L at shoulder 7, sides 8
- 8 Around the world L to R and back R to L 1-8
- 8 Pull R extend L from sh flex L foot 1-2, punch down plié 3-4, circle back and flex foot 5-6, reach up L with R at ½ T 7, dive down 8
- 8 Circle to face 1-3 dive down 4, R ½ T 5, L to ½ T 6, plié 7, jump cross feet 8
- 8 Land 1, Pickup front back three groups: Jump together hand to chest 2, up 3, circle to knees 4, tuck 5, and continue pickup thru 8
- 40 Repeat \* to \*
- 8 Transition to tight form hit poms in front of face 1-5, chest 6-7, jump 2<sup>nd</sup> arms to corners 8
- 8 Lean R 1-2, Lean L 3-4, center 5-6, back 7-8
- 8 Lift head 1-2, plié arms to chest 3, close feet arms down V 4, front group kneel hand to chest 5-6, hit down or up V 7

## **“Break The Ice”**

### **Level 5 Kick**

**Choreographed by Amanda Strassburg and Allyson Maranitch**

- 8 Hold 1-4, Groups on 5, 6, or 7: Step LR crossing arms RL on 5-6 step turn 7 step R 8
- 8 Step L 1, ½ “T” down on &2, arms swim L R turning over R shoulder walk back R L 5-6, snaps R L on 7
- 8 All together wrap head with R arm 3-4, ball change 5-6, swinging arms up to T R arm touchdown down releasing head on 7-8
- 8 Walk back L R 1-2, chassé R L R 3&4, step L reverse jeté on 6 with V arms on 6, land ball change 7-8
- 8 Step L 1, R jeté with high V arms on 2, land 3-4, chassé R L R 5&6, step L 7, battement R leg on 8 with arms in a low V
- 8 Cross R foot in front of L to turn over L shoulder on 1 all the way to the front on count 2, step L on &, point R foot to side on 3 with arms in an L, on &4, reverse it, piqué onto L foot bringing the R leg in passé with R arm touchdown, L arm on the hip all on count 5, walk back R on 6 close feet on 7 head down, hook up on 8
- 8 Jump kick R L R 1-6, prep 7, head pop jump &8
- 8 Jump fan with R 1-2, chassé to the R 3&4, step L foot back head looks to the L on 5, step side in 2<sup>nd</sup> on 6, head comes to the front, step L to the R corner on 7, kick R on 8
- 8 Step behind R on 1, step L in 2<sup>nd</sup> head front 2, step R behind in plié on 3, step out L in 2<sup>nd</sup> on 4, step R to the L corner on 5, kick L 6, step back L 7, close 8

- 8 Two straights on R 1-4, L 5-8
- 8 \* Step back left looking left on 1, step R focus front on 2, step L 3, kick R leg 4, exercise kick stepping RLR kick L on 5-8
- 8 Step back L w/ focus to the L on 1, step to R diag switching focus to R 2, chassé L R L 3&4, Groups 5, 6, or 7: Grab R leg 5, finish groups 6-7, everyone close front 8
- 8 Prep 1, kick R 2, crossing R in front step ball change looking to the L 3&4, chassé 5-6 (switching focus to the front on 5) ball change bringing the L foot to the front focus down &7, chassé 8-1
- 8 Continue chassé 1, drag R leg stepping back on L on 2, to the L diag 3, step back w/ R drag L on 4, piqué onto the leg bringing the R to passé on 5, piqué onto R leg, L to passé on 6, step back on L on 7, step R to R diag changing focus to the diag 8\*
- 8 Beat L foot to R foot on &, land on L in plié w/ R leg in dégagé on 1, step back w/ R 2, step L to the L focus changing switch 5, chassé &6, close to the front 7-8
- 8 R leg cross 1, open 2, chassé to the R diag 3&4, focus goes w/ leg, repeat to L on 5-8
- 8 Coupé knee turns in knee turns out develop to Y scale contagion R to L on counts 1-7, close to the front on 8
- 8 Chasing bow contagion R to L on counts 1-7, disconnect on 8
- 8 Split to front finishing w/ body over leg on count 1-4, up w/ arms in low 5-6, Z-sit head down on 7-8
- 8 Step up on L 1-2, then stand straight up w/ R foot on 3-4, arms are R palm on L back of hand on count &, step back on L foot on arms and head shoot straight up 5-6, hook up head to front 7-8
- 8 Relevé L dégagé R foot in 2<sup>nd</sup> to R on count 1, R foot closes back coupe on 2, repeat on opposite side count 3-4, step L behind 5, step R to 2<sup>nd</sup> on 6, jump cross R in front of L 7 jump to 2<sup>nd</sup> on 8
- 8 Jump beating legs in parallel first on &, land in 2<sup>nd</sup> 1, jump beating in 5<sup>th</sup> &2, jump kick R L 3-6, close 7-8
- 24 Repeat \* to \*
- 3 Keep walking 1-2, hit ending arms in TV, leg in tendu to the side 3

### **"Breathe You In"**

#### **Level 1/2 Military**

**Choreographed by Clayton Cross, Sloan Chouest, Jerri Castillo, Yoshio Pineda,  
Donathan Flucas, Cali Hoffman**

Beginning position: Triangle formation

- 8 \*Hold 1-3, head up 4, Groups on 5, 7, or 1: "T" 5-6, push head up 7-8
- 8 Continue parts on 1-2, and 3-4, "hug" 5-6, straighten R arm 7, switch L arm 8
- 8 Cross both arms to straighten 1-2, low "V" 3-4, get up R foot "check" R arm 5-6, get up L foot "check" L arm 7, feet together flexed high "V" head up 8
- 8 Ripple from front to back: Cross arms around in front to flat back "T" R leg out 1-4, Odd lines face R/Even lines face L, parallel arms front 5-6, ball change/ head release 7-8\*
- 8 Windmill up & over towards back 1-2, to knees 3-4, ball change to front flex hands 5-6, spin to front shoot to flexed "rocket" 7-8
- 8 Close hands (head up) 1-2, elbows together "pray" (focus front) 3-4, forearms "swivel" 5, bend over 6-7, roll up 8

- 8 Transition to staggered lines: "Chief" 1-2, R arm straightens 3-4, L arm scoops under to cross in front 5-6, "check" L elbow to hip R arm around and up to high "V" 7-8
- 8 Groups on 1, 3, or 5: Face L arms parallel front 1-2, switch sides 3-4, finish groups 5-8
- 8 Step out w/ L foot while L arm "pockets" & R arm high diag 1-2, ripple from L-R "cheerio" to back 3-8
- 8 (Odd lines travel to R, Evens travel to L) Arms straighten up & step 1, step 2, turn to front 2nd position pli  as arms cross around down & flex "T" 3-4, lean to either L or R on 5, head turns as hand flips down 6, switch lean 7, head turns & hand flips down 8
- 8 "Cobra" to L side R arm snakes up as L arm stays straight 1-3, flick R wrist 4, ball change/head release 5-6, back up as L wrist flips up 7-8
- 8 "Cheerio" ball change to back 1-2, return to side w/ flat "cheerio" 3-4, open to front "table" 5-6, R arm hits hip to jump to L 7-8
- 8 L arm swings up as torso leans to L on 1-2, swing down to "table" 3-4, L arm "swims" to back of head as R arm pockets 5-6, step R forward & "T" arms 7, close 8
- 8 Kneel R knee to floor 1-2, L leg come out as R arm is behind head & left arm out to side 3-4, circle arms R 5, L 6 & knees together, R 7, bug 8
- 8 Jump out 1-2 to 2nd, straighten up (hands in pockets) 3-4, walk to columns as R arm "swims" 5-6, L arm "swims" 7-8
- 8 Flex hands & cross to straighten up & out to "T" 1-4, hold 5-6, "vogue" R arm over head L arm behind back 7-8
- 8 Groups on 1, 3, or 5: "Rocket" 1, pray 2, "rocket" 3, high "V" flex up 4, flip flexed hands to "T" 5, flip flexed hands up low "V" 6, close 7-8
- 8 Groups finish 1-4, columns face inside arms parallel straight 5-6, "clock"/"L arms" 7-
- 8 Groups continue switch "L arms" 1-2, parallel arms forward 3-4, three step turn arms in "T" 5-7, reach and lunge 8
- 8 Windmill to tuck in ripple front to back 1-8
- 8 Repeat \* to \*
- 8 Windmill up & over towards back 1-2, to knees 3-4, ball change to front/flex hands 5-6, spin to front shoot to "rocket" 7, arms bent hands on shoulders 8
- 1 (Levels- standing, low knees or high knees) Arms straighten to front hands flexed down & head releases on 1

## **“Bring The Noise”**

### **Level 2 Military**

**Choreographed by Lilian Mason and Jessica Maldonado**

- Beginning Pose: Center girl 2<sup>nd</sup> position arms down, outside girls connected to center girl
- 8 Hold 1-4, pli  or lunge center outside girls bring outside arm to shoulder 5-8
  - 8 Drop arms down 1-2, R pass  R box arm 3, drop step 2<sup>nd</sup> 4, face R 5, L arm down R at elbow 6, out shoulder 7, press to high > pli  8
  - 8 Groups: Press down grande pli  1, press overhead 2, pli  arms open high V 3, close 4, finish groups 5-8
  - 8 Transition to three lines: Chop in front of face 1-4, pray 5-6, dive front 7, drop to sides 8
  - 8 Pickup by lines every two counts: L ball change L arms R by ear 1-2, L arm up by ear R attitude held with R hand 3-4, R lunge L arm up R touch floor 5-6, L arm down 7-8
  - 8 Pushup 1-2, tuck 3-4, hold until last group finishes on 7-8

- 8 Pushup into upside down V 1-2, tuck down 3-4, lift up arms R by ear and L out shoulder 5-6, pray face 7-8
- 8 Roll to stand 1-4, hit poses front to back down 5, shoulder 6, up 7, cross chest on 8
- 8 Transition to two lines: Dive down 1, hit lift 2, 3, 4, cover face palms front 5, T 6, drop to sides 7, pray 8
- 8 Front line: Step back with L to low > 1-2, step back R with R to low > 3-4, plié 5-6, “X” jump dive up 7, close to pray 8; Back line: Step forward L with L arm to down > 1-2, step R with R to low > 3-4, pray plié 5-6, jump dive out front from shoulder 7, land and pray 8
- 8 Front line: L chaîné arms in a low V 1-3, close arms to the L high diag 4, ripple from L side to R side opening up R arm to the R low diag bending the L leg > 5-8; Back line: R chaîné arms in a high V 1-3, close arms to the R low diag 4, ripple from R side to L side opening up L arm to the L low diag bending the R leg 5-8
- 8 Drop arms to side facing front 1, turn to the L taking arms straight out from shoulder 2, box arms 3, ripple from L side to R side opening arms to goal post 4-7, close L to R while arms close in front of face 8
- 8 Odd diags: Face back L foot step off arms above head in the shape of a diamond 1-4, switch to low diamond 5-6, straighten arms out at a low angel 7, pull it back into a low diamond and pivot turn 8; Even diags: Face front R foot step off arms in a low diamond 1-4, switch to high diamond 5-6, straighten arms out at the high > 7, pull back into a high diamond and pivot turn 8
- 8 Odd diags: Now facing front with arms in a low diamond 1-4, switch to high diamond 5-6, straighten arms out at the high > 7, pull it back into a high diamond and pivot turn 8; Even diags: Now facing back with arms above head in the shape of a diamond 1-4, switch to low diamond 5-6, straighten arms out at a low angel 7, pull it back into a low diamond and pivot turn 8
- 8 Transition: Indian 1, slide R arm up bending L wrist keep arms together 2, Indian 3, fountain 4, push up 5-6, front 7, come clean 8
- 8 Parts: Step into 2<sup>nd</sup> position R arm high diag L arm low diag 1, wrap R arm around head 2, L arm high diag 3, bring L arm into a broken V 4, push down into low diag 5, take R arm to high diag 6, plié and switch arms 7, both arms straight out from shoulders 8
- 8 Bring L foot to R and circle arms inward from L to R 1-4, R arm broken T facing front 5, L arm broken T 6, plié with arms pushing straight down 7, cross jump arms in broken T 8,
- 8 Land and dive down 1 hold 2, Transition: R foot step out L behind head and R out from shoulder 3-4, R out from shoulder L elbow front 5-6, dive front shoulder 7-8
- 8 Dive up overhead 1-2, pray 3-4, step front R with L touching knee and R out shoulder 5-6, switch L 7-8
- 8 Chainé with hands in pray 1-3, close and dive front from shoulder 4, pull to R shoulder 5, swipe around 6, press out to the R and close feet 7, touch knees 8
- 1 Up 2<sup>nd</sup> arms out from shoulder 1

**“Cause the Beat’s Hot”**

**Level 3 Camp Hip Hop**

**Choreographed by Sloan Chouest, Rhodessa Bell, Cami Christensen,  
Stephany Timmons, Monique Haley, Lindsey Dresner**

- 8 Hold 1-4, jump R 5, jump L 6, break arms down R foot forward 7-8
- 8 \*Continue moving jumping 1-8

- 8 Pull L knee back L hand on hip down 1, L knee in 2, jump back 3-4, kick R twice 5-6, throw face R side 7-8
- 8 Scoop arms down dive step back w/ R foot 1-2, throw L hand on hip R arm muscle 3, hold 4, grab R side 5, turn over R shoulder 6-7, explode into second 8
- 8 Roll torso to R 1-2, again 3-4, “Ciara train” L heel up 5-6, pull R arm torso roll step L 7-8
- 8 Transition to four lines spreading form: Step R moving both hands behind back 1, bring L foot in 2, “pregnant” 3-4, step R w/ R arm out 5-6, two L hip pops 7-8\*
- 8 R arm around head back to front 1-2, swing R sit into hip 3-4, A’s: “Goofy walk” 5-7, hold 8; B’s: Step back together shaking hands 5-8
- 8 A’s: Step R hop w/ arms out 1-2, step hop hands at head elbows out 3-4; B’s: Step plié L touch R 1-2, switch to L 3-4, all together circle arms from R to L skimming surface 5-6, snap 7, recover 8
- 8 A’s and B’s switch parts
- 8 Transition to triangle: Step R w/ R arm up swinging R and L arm on hip 1, sway to L 2, circle to L 3-4, come to ½ “T” tilt to L 5, tilt R 6, step L body roll “shout” hands 7-8
- 8 Repeat transition arms
- 8 “Mono” 1-6, R elbow up step on R 7, L elbow up 8
- 8 Turn front 1-2, kick R foot arms up 3-4, body roll down 5-6, slide to floor 7-8
- 8 L leg out in front hand on knee 1-2, switch legs 3-4, L knee flex foot turn on ground 5-7, “crab” position 8
- 8 “Six-step” to stand 1-6, “Stop” pose 7-8
- 8 Melt 1-2, pop 3, hold 4, slide R leg in hit thighs 5-6, point R hand to R foot 7
- 40 Repeat \* to \*
- 8 R arm around head back to front 1-2, swing R sit into hip 3-4, hop over R shoulder arms straight pressed down 5-7
- 8 Ripple R to L 1-4, three-step turn to point 5-8

### “Closer”

#### Level 3 Kick

#### Choreographed by Casey Potter

Beginning position: Diagonals, face back with R leg in a dig

- 8 Hold 1-4, Groups on 5, 7, or 1: Ball change to side 5-6, soutenu 7, step R 8
- 8 Group B ends 1-2, group C ends 3-4, shoulders 5, drag w/ arms forward 6, step R 7, flick L leg 8
- 8 L leg steps across R 1, turn with arms reaching to R foot 2, torso rises 3-4, ball change R back 5-6, chaîné back 7-8
- 8 R fan 1-2, L step to front 3, step R 4, triplet 5&6, arms break to R diag and R ball change 7&, arms to “T” feet close 8
- 8 \*R straight kick 1-2, L straight kick 3-4, R straight to R corner 5-6, L touch back 7-8
- 8 Step L 1, passé across body 2, R step 3, change direction step back L 4, “flamingo” step backwards R then L 5-6, roll body 7, head 8
- 8 Close legs 1-2, (every other line opposite directions) R kick across body 3-4, R kick forward 5-6, R kick to R corner 7-8\*
- 8 Lean L 1, look away 2, slide together 3, head forward 4, step back R 5, step back L 6, legs together arms TD 7, hook up 8
- 8 R straight kick 1-2, L straight kick 3-4, R fan 5-6, L fan 7-8

- 8 Step L 1, R passé 2, R leg rand de jambe 3-4, ball change R back 5-6, legs together 7, twist jump 8
- 8 R chassé 1-2, turn to opposite direction L ball change 3-4, step L 5, flick R leg 6, R step 7, pose 8
- 8 Three step turn with R leg to back arms circle over head 1-3, close legs 4, L arm touchdown 5, L arm T 6, R arm TD 7, R arm T 8
- 24 Repeat \* to \*
- 8 Pop jump 1-2, twist hips L 3, twist hips R 4, R straight kick 5-6, legs close 7, arms down 8
- 8 Step forward R 1, step L 2, body roll R 3-4, chaîné L 5-6, “whip it” arms L then R 7-8
- 8 Groups on 1, or 5: Step R 1, step L 2, R jeté 3, land down 4, R arms wraps over head 5, sit on L hip 6, hold 7-8
- 8 Groups finish 1-2, turn to side and head roll 3-4, roll to standing toward the back 5-8
- 8 Transition to triangle: Step R first, wrap waist 1-2, arms T 3-4, arms touchdown 5-6, melt to side 7-8
- 5 Body to L face forward, head roll R 1-2, R arm reaches to audience 3-4, arm melts down 5

### **“Club Thing”**

#### **Level 5 Modern**

#### **Choreographed by Clayton Cross**

Beginning position: Clump hands on knees head down

- 8 Hold 1, First group: Flex hands inside step forward R 2, curl hands out 3-4, R hand under chin L leg out 5, leg down tilt head to R &, throw R arm over 6, reach R arm out 7, turn and cross arms over chest 8; Second group: Hold 2-4, flex hands inside step forward R 5, curl hands out 6-8
- 8 Everyone head roll 1-2, pop R heel hands come to chest and out to T 3&4, flick hands and head up twist heel &5, dive hands down R L 6, head up 7, arm opens palm down R palm to audience leaning R 8
- 8 Flick arms in &1, R hand over stomach &, close facing L corner 2, step L grab L arm 3, step R arms cross body 4, arms over head step L plié 5, bounce arms down R arm box L arm down &6, reach up w/ R 7, arm slides down body plié 8
- 8 Bounce hands clasp &1, “spider” arms around legs R then L &2, jump back &3, grab L hand w/ R &, let go and lift L leg 4, plié roll up arms come up feet in relevé leaning in directions 5-7, chaîné in directions 8
- 8 Lean back coupé arms release 1, step out 2, jump together arms come up3, step inward arms push up 4, coupé turn 5, release leg out 6, pas de bourée to front 7&8
- 8 R arm out flex hands down 1, twist R knee in 2, coupé over left shoulder hands clasped at L hip 3, step out R 4, R arm out turn around yourself 5, R arm wraps behind back L arm out 6, step across R then L &7, passé R while L hand goes around head 8
- 8 Turn out of it arms behind back 1, arms come out L then R step R &2, undulate 3-4, L leg passé &, step across R hand grabs L 5, unwind clasped hand hit R hip 6, turn back over L shoulder 7, step R hands are turned in facing R side 8
- 8 Release head and arms back 1, R leg crosses L snap hands 2, turn twice out of it &3&4, drop touch knees 5, roll up arms up 6, arms come down head back 7-8
- 4 Step R 1, hold 2, ball change swing L arm down &3, pull L arm back at elbow 4
- 8 Turn L arm at face &1-1, arm out 3-4, step across L 5, fan 6, land 7, begin pas de bourée around yourself 8&1

- 8 Finish pas de bourée &1, open front box arms 2, hands on knees 3, head up 4, sink w/ L heel up 5, Groups on 5, 7, or 1: Walk to L side 6-8
- 8 (Still groups) Scoop R arm out 1, touch R to shoulder L unfolds out facing L side 2, turn over R shoulder arms unfold 3-4, jump open to front R L while L arm out &5, twist L hand &6, grab L hand w/ R 7, forced arch hands clasped at L hip 8
- 8 Step in forced arch R L face to L corner &1&2, head down 3-4, L hand to head 5, L hand leads you to run 6-8
- 8 Bounce pressing L arm down facing front 1-4, bounce arms flow up 5-8
- 8 Arms out to R corner 1-2, undulate and wait for groups to catch up 3-6, cross L over R 7, grab hand and turn 8
- 8 Turn back over L shoulder 1, step R hands are turned in facing R side 2, release head and arms back 3, R leg crosses L snap hands 4, turn twice out of it &5&6, R hand connect elbow at hip &, L hand 7, hands on knees over &, roll up 8
- 8 Pull arms down L heel up 1, walk to ending pose 2-4, pull arms up from elbows 5-6, release to pose 7-8

### **“Cup of Life”**

#### **Level 1/2 Field Tambourine Choreographed by Holly Knight**

- 8 Hold 1-2, clap 3-4, push up to diagonal 5-6, down 7-8
- 8 A's 1-2 push R arm across, pull through 3-4, rocket 5-6, pivot front 7-8
- 8 A's and B's R arm up and down, repeat L circle arms around to “V”, behind head 7-8
- 8 \*A-C's Clap pose R A, B, C hold 4, pirouette 5-8
- 8 Ball change rock across R and L
- 8 Progressive arms 3 groups- R arm to L angle, “V”, slice; “V” 7-8 all
- 8 Pivot turn to back, pose over R shoulder 3 groups
- 8 Form change to groups of 3: R arm down shake, up shake, at chest shake, recover
- 8 Step passé hop lunge 1-4 A's, 5-8 B's
- 8 Contagion: R arm circles to back R diagonal
- 8 Levels: “Follow the leader” arms starting with R down
- 8 Out and out, push front, in, 5-8 down and down front recover (standing up)
- 8 Transition to diamond: Shake in front of chest
- 8 Pick-up in 2 groups: Clap R L “T” 3-4, rocket 5-6, drop 7-8
- 8 B's drop 1-2, all V 3-4 on knees, rocket 5-6, fold flat to the ground 7-8
- 8 3 Groups: “V” up and drop back 1-4, rocket 5-6, clap 7-8
- 8 “T” 1-2, box 3-4 recover, B's 3-6, C's 5-8
- 8 Transition to triangles: Clap
- 8 Ball change rock across in opposition with diamond arms R and L
- 8 R and R push L arm shoulder 3, across 4, push front 5-6, pivot to back 7-8
- 8 Look over L shoulder 1-2 (in levels), close back 3-4, out and out 5-6, clap overhead 7-8
- 8 \*Repeat clap A-C
- 8 Chest 1, rocket 2 passé R, step 3, flip back 4, chaine front 5-8
- 4 Levels and clap pose for end 3

## **“Dance Like There’s No Tomorrow”**

### **Level 2 Camp Jazz**

#### **Choreographed by Robbyn Good & Kali Boyd**

Beginning position: Block with windows stage L lines staggered back; stage L facing back front half on high knees, back half standing; Stage right same but facing front

- 8 Hold
- 8 \*Head roll to right 1-4, windmill arms L then R 5-8
- 8 A’s: Roll to R 1-4, facing back R leg extended out in 2<sup>nd</sup> hold 5-8; B’s: Catch step R L arms reaching up L diagonal 1-2, slide right leg down to floor 3-4, roll over L shoulder to high knees R leg out 5-8
- 8 A’s: Roll back to center 1-4, reach arms to side R L 5-6, slice arms straight up legs pulls drop arms break through 7-8; B’s: Reach arms to side R L 1-2, slice arms straight up legs pulls in 3, drop arms breakthrough 4, roll to back over right shoulder to end facing front in tuck 5-8
- 8 Groups: Circle arms over head and close head release back to tuck, stage L 1-4, stage R 5-8
- 8 Stage L roll body up 1-4, step up L R 5-6, pivot turn R over left shoulder 7-8; Stage R roll to back over R shoulder 1-6, pivot turn 7-8
- 8 Two walks R L 1-2, continue walking as R arm reaches out then L as L toe points out 3-4, drop over arms break down 5, roll straight up 6-7, dig L toe arms pull in to pockets 8\*
- 8 Groups on 1 or 3: Step R 1, passé to back arms breakthrough straight up to face back 2, step L 3, dig toe on 4, chasse 5-7, close feet together 8
- 8 Ball change L foot back arms brush armpits 1-2, pivot turn L foot 3-4, face front 5-6, sit in to L hip arms down by side 7-8
- 8 Second part finishes 1-2, move to 2<sup>nd</sup> formation hands move to pockets 3-8
- 8 Cross R arm front to low diagonal 1-2, sit into R hip breakthrough arms in R “L” 3-4, wrap head and step back L foot to close R in dig 5-6, open into second position hips R L hands on pockets 7-8
- 8 Push onto L foot R leg straight in front to turn arms through body reach up 1-2, prepare 3-4, single pirouette 5-6, jump out to second 7, hold 8
- 8 Jump R foot to L facing L side in forced arch R arm circles to end above head 1-2, ball change side R L, R arms pull down open hand in box shape 3-4, rond de jambe R leg around to face front 5-6, ball change R L 7-8
- 8 Battement on 1, leg down on 2, step through L 3, close feet together 4, ripple from center out arms sweep down above head then break through to low “V” while you tuck then jump out to second position 5-8
- 8 Push into relevé on R foot as L foot points back cross arms in front 1-2, sit into L hips R toe touch front in hinge arms overlapped on top of head 3-4, step back R L arms unfold hands flexed down R L while stepping looking to the direction 5-6, step together arms close above head, wrists touching 7, breakthrough arms down focus back to front 8
- 8 Transition: Walk 1-4, arms reach up R 5, L 6, cross arms to pull down in front of body 7-8 (stage L also pivot turn R foot to face back 7-8)
- 48 Repeat \* to \* (everyone will do “B” section)
- 16 Repeat step passé part all together starting 1
- 8 Ripple center out: R leg reaches back L leg plié drop body over and sweep arms down to straight up to breakthrough to low “V” stepping back on R foot to sit in R hip L toe pop

**“Danger Zone”**  
**Level 4 Field Military**  
**Choreographed by Angela Hayes**

Beginning Form: Large solid form... 3 “V’s... can be done easily with 18 or 24

Beginning Position: Leveled -- Front line - heel sit, Second line - knees, Back line - standing  
Arms closed in at sides... Head down.

- 4 Hold Drum Intro counts
- 8 (in levels) Armwork only using single counts V down, fold, switch, V up with palms down, 5-6 check mark R, 7-8 check mark L
- 8 (by lines) 2 count progression... 2 count R arm circle, single count diamond up, close  
Second Line sits on heels on “close” Third line puts R knee down on arm circle, sits on heel on “close”
- 8 Contagion across form... Come off heels and shoot right leg to parallel second, arms “rocket” to high left diagonal – body on a tilt
- 8 Alternating lines (1-2 or 3-4 ) slice back down to heel sit, count 5 V down open, counts 6, 7, 8 close to box
- 8 1-2 R knee up left half diagonal arms, 3-4 stand and switch. 5-8 walk to files using arms – v, diamond up, close , drop to sides
- 8 1-2 rock across left with rocket arms, 3-4 “X”, 5 slice across, 6 half pull up, 7 back to slice, 8 back to”X”
- 8 1-2 close, 3-8 2 count parts by lines “elbow” Second with side arm
- 8 1-2 rocket fwd, 3-4 passe R .ft 5-8 walk to new form (diagonals) using low tap arms
- 8 1-2 close ft and arms to diamond up, 3-8 parts across the form by A,B,C files-- plie tendu parallel second with close arms, close feet to diamond down

Chorus:

- 8 1-2 parallel tendu w/ opposite arm to side and front half box with other, 3-4 switch 5-8 close, one arm down, all close
- 8 1-2 tendu diagonals, 3-4 slice down and open 5-8 walk around yourself
- 8 1-4 angle arms , rocket up diamond up, diamond down (head down)
- 8 Progression pick up every 2 counts – step L, kick R , passé, kneel, slice to tendu second on knee
- 8 1-2 finish progression , draw leg in and close to flat fold 3-4, 5-8 stand using tilt, tilt, slice to stand with V high
- 16 Ttravel to separate triangles using groups  
Two phrases:  
Traveling – 1-2 tap high, 3-4 tap low. 5-6 shoulder, shoulder 7-8 Pirate to close  
Stationary -- 1-2 step to second with cross body slice, 3-4 elbow pull, 5-6 circle down and around to low L, 7-8 pirate close

Center group starts 8 travel , 8 stationary phrase

Side groups 8 stationary phrase, 8 travel

- 8 1-2 R arm in, lt at side, 3-4 extend upward, 5-6 L arms up 7-8 L arms over
- 8 1-2 face side, 3-8 by groups , bend arm and plie every 2 counts

- 8 1-2 close fR, 3-4 form the box, 5-8 over head to levels with in triangles
- 16 Slice, half angles 7-8 fall to side
- 8 Tuck in , Visual “pop out” by lines within form every two counts,
- 8 Stand (use same move from beginning)
- 8 2 count Pivots using R ft lead -- alternating arms up or down by lines V-Diamond
- 16 Traveling to final form ( same as beginning form or similar) 2 count moves – flat, “I don’t know”, Egyptian, V, check mark, check mark, forward,close
- 8 Ending by lines front to back, every 2 counts, half box down, plie second position, flip to face back
- 2 Count 1 tuck R ft behind (about face) count 2 hit ending leveled pose with V arms extended out from center.

### **“Do it Well”**

#### **Level 3/4 Pom**

#### **Choreographed by Heather Williams**

- 8 Hold 1-4, pose to front 5-7, switch to levels 8
- 8 Groups on 1,3, or 5: R punch, R passé arms low V, step chug arms overhead, step rond de jambe L foot flexed, step L,R, hip and arm punches
- 8 Three step turn forced arch 1&2, two steps 3-4, arms throw out &, arms at pockets 5, hips shake &6, arms swing back relevé 7-8
- 8 \*Groups on 1,2, or 3: Step cut in T, step attitude, reach R, coupé drag, step, step, throw passé\*
- 8 Groups on 1 or 3 (odd or even lines): Chassé to R, jeté, “X” jump, turn out of it, all chassé side arms circle 5&6, step 7-8
- 8- Throw L 1, pose front 2, cross arms to R diag 3, plié to knee 4, R arm circles 5, swipe floor 6-7, attitude throw R arm low V 8
- 8 Step 1, L drag to front 2, second position front 3, knee and elbow &4, low V to R 5, turn around and prep 6-8
- 8 Double pirouette 1-2, T in second 3, release 4, step 5, chug 6, run run 7&, jeté front 8
- 8 Turn out of it 1-4, chug cross arms 5, chug low V 6, chug R arm up 7, chug L arm up 8
- 8 Front slow pose with R arm 1-4, transition to straight line 5-8
- 8 “Beyoncé” pose ripple 1-4, pose to back ripple 5-8
- 8 Slow unique pickup pose 1-2 or 3-4 or 5-6 or 7-8
- 8 Step 1, dig in T 2, step 3, dig L arm up 4, walk out 5-8
- 8 Repeat \* to \*
- 8 Leap section everyone unwind 1-2, chaîné 3&4, barrel 5-6, turn out of it 7-8
- 8 R arm 1, swipe 2, R arm up 3, down 4, walk to L 5-8
- 8 Groups on 1, 3, or 5: Passé, step, swing pull push, three step turn, circle arms, R arm leveled, box R, box L, throw with flexed R foot, R arm circle and points L diag
- 8 Tap on relevé 1, walk back 2-4, R arm 5, L 6, touchdown 7, daggers 8
- 1 R arm point front ending pose 1

## **“Elevator”**

### **Level 4 Hip Hop**

**Choreographed by Amy Goldberg**

- 8 Run R, L leaning back 1-2, run R,L,R leaning forward 3&4, lean to R w/ R arm in ½ T 5, feet together hands in Indian 6, twist heels to R &7, jump apart R arm behind head L touching R elbow &, pull arms down to front 8
- 8 Pull R knee up to L corner 1, switch to R corner 2, step R foot down 3, pop body twice &4, crazy heels L then R 5-6, crazy heels twice to L throwing R arm over head 7-8
- 8 Facing sides one arm out other arm shakes 1-2, circle 3, hit hip 4, lean back arms in ½ T step 5-6, three quick steps 7&8
- 8 Face back hip roll 1-2, jump to face inside and body roll up arms at stomach 3-4, run quick 5&6, everyone faces R step out w/ L foot throw R arm over head 7-8
- 8 \*Step out and chest roll w/ L arm over head 1-2, again w/ L arm at ½ T 3-4, step R foot forward R arm blade &, L arm blade 5, bend elbows back 6, R arm box w/ palm forward &, L arm same 7, look L then forward &8
- 8 Snake forward pushing arms down by sides 1-2, step out &3, pop body &4, hand to ground and walk feet to crab position 5-7, sit down on 8
- 8 Three groups: Hit freestyle stall positions, first group hits on 3, second group hits on 7
- 8 Last group hits on 3, everyone recovers and stands 5-7, jump together 8
- 8 Groups on 1, 3, and 5: Reach R arm up 1, lunge to L bring R arm across 2, squat turn arms in Indian 3, jump out 4, groups finish 5-8
- 8 Changing lines: R knee up 1, L knee 2, double R knee up pointing to R high angle 3-4, change lines again step R arms start in touchdown then roll through body 5-6, step L while R arm starts up and rolls down 7, R knee pop 8
- 8 Lines go opposing directions: Stomp R or L foot forward and push hands out 1-2, three-step turn R or L 3&4, repeat in opposite directions to end back in initial windows 5-8
- 8 Transition to triangle: Jump w/ R knee up 1, L knee up 2, knees up quickly 3&4\*, lean R 5, lean L 6, pump arms twice to R 7-8
- 8 Snake to L w/ R arm punch down 1, close feet clap hands 2, jump out circle R arm back 3, pop back R arm up 4, circle R arm in 5, point down 6, shake booty w/ fingers pointed down 7-8
- 8 Outside group goes to knees, inside group lunges (arms are the same) box R hand &1, L hand &2, both arms &3, neck goes R then L &4, jump up 5-6, crump 7&8
- 8 Breakdown slowly facing opposing directions head 1, chest 2, stomach 3, booty 4, move to beginning form 5-8
- 60 Repeat \* to \*
- 4 Bounce down to ending position 5-7, look front 8

## **“Everybody Wants You”**

### **Level 2 Officer Field Pom**

**Choreographed by Emily Brock**

- 8 Hold in separated blocks 1-4, roll up shaking poms 5-8
- 8 Step swings in opposition arms go in first 1-4, all the way around 5-7, close 8
- 8 High V arms three-step turn to inside 1-3, close face inside poms at chest 4, clean arms chassé 5-7, close front 8

- 8 Poms to chest 1, jump 2<sup>nd</sup> high V 2, slice down to cross at wrist low R 3, L 4, circle big around 5-6, ball change back L 7-8
- 8 \*Step L 1, passé R T arms 2, step 3, wrap head and tummy 4, open to L diag by parts 5-8
- 8 Diag 1, switch R diag 2, high or low V 3, switch 4, ½ T 5, fold down 6, low V 7, recover 8\*
- 8 Transition: “Marching” arms 1-4, box to R shoulder 5, L 6, ½ T 7, touchdown 8
- 8 Behind head 1-2, high V 3-4, unwind R to low V 5-6, L 7-8
- 8 Groups on 1 or 3: Jump 2<sup>nd</sup> wrap tummy 1-2, circle to over head 3-4, back to tummy 5-6, tuck 7-8
- 8 To knees cross low at wrists 1-2, punch through to high angle 3-4, finish up level 5-6, ½ T 7, V out from shoulders 8
- 8 Figure ‘4’ L, R 1-2, squeeze elbows together 3, Indian 4, sunshine low V to high 5-8
- 8 Low: Close knees 1-2, stand 3-4, R pivot 5-6, close to back 7-8; High: Jump together 1-2, R pivot 3-4, close to back 5-6, hold 7-8
- 8 Swing wrap arms moving facing back 1-4, low V 5, hips 6, checks R, L 7-8
- 8 ½ T face front 1-2, boxes in front of face 3-4, Indian 5, boxes 6, touchdown 7, slice forward to recover 8
- 8 Slow unwinds low V 1-2, T 3-4, high V 5-6, high needle 7, high V 8
- 8 Ripple stage R to L reverse “shampoo” R arm to both low V 1-6, head R 7, 8
- 8 Groups on 1 or 5: Outside V L arm high V across body 1, behind head 2, high V jump together 3, low rocket plié 4, finish inside V 5-8
- 8 Twist poms 1-3, chest 4, step step leap front high V arms 5-8
- 8 Transition back to block using step swing arms all to L side first 1-8
- 8 Repeat moving arms 1-8
- 8 Three-step turn high V arms R or L by lines 1-3, close poms to chest 4, step touch breaking to low V 5-8
- 8 Wrap poms front and back of tummy three-step turn back to form 1-3, close recover 4, chassé switching lines 5-7, hold 8
- 8 Ripple stage R to L step 2<sup>nd</sup> L circling Indian starting and ending at tummy 1-8
- 8 Punch low at wrists 1-2, break through to high angle 3-4, slice around to hips 5-6, W &, jump together back to hips 7, hold 8
- 16 Repeat \* to \*
- 1 High V low V every other entire front half leveled down pose 1

### **“February Air”**

#### **Level 3/4 Modern**

#### **Choreographed by Monique Haley**

Beginning position: Odd Lines- down and tuck, elbows out hands in tucked inside of knees; Even Lines: Standing in contraction elbows and hands in same position

- 8 Hold 1-4, Odd lines: extend back by feet 5, circle around 6, return to beginning position 7-8; Even Lines: Arch back with arm coming around to beginning position 5-8
- 8 Odd Lines: R arm up and around 1-4, legs R, L to opposite diag 5-6, contract to ball 7-8; Even Lines: R arm up and around 1-4, release and open to front 5-6, close to diag 7-8
- 8 Odd lines: Push R L leg out to pike 1-2, contract into ball 3, butterfly 4, pike with flat back 5-6, bend L leg 7, R open 8; Even lines: Extend R leg/flex foot 1, close 2, butterfly 3, close 4, hold 5-6, L elbow and knee up 7, clean 8

- 8 Odd lines: Tuck R leg 1, step up L 2, step R L in circle & 3, wrap R foot 4, plié L arm extend up 5-6, clean to opposite diag 7-8; \*Even lines: walk in circle 1-3, wrap R foot 4, plié L arm extend up 5-6, clean to back diagonal 7-8
- 8 \*R elbow up 1-2, contract 3, plié 4, jump in parallel 5-6, step R L switch lines 7-8
- 8 T arms 1, broken arms 2, shot arms forward 3, flip palm down 4, clap arms together 5, swing R arm up 6, melt R arm down 7-8
- 8 Rebound R arm 1, come forward on R 2, attitude chugs L R 3-4, step L 5, rond de jambe R flex foot 6-7, sit forced arch 8
- 8 Lunge R flat back 1-2, swing R arm 3-4, contraction passé jump swing arms back 5-6, small glissade in 2<sup>nd</sup> 7-8
- 8 Half pretzel tuck 1-2, Odd lines: Untuck legs head roll R 3-4, prep 5-6, forward roll 7-8; Even lines: Untuck 3-4, forward roll 5-6, stand 7-8\*
- 8 Odd lines: Stand 1-2, T arms 3, lateral curve 4, open/high release 5, lunge 6, clean 7-8; Even lines: T arms 1, lateral curve 2, repeat 3-4
- 8 L arms slides down R arm 1-2, head through box 3-4, head out of box 5-6, clean high release 7-8
- 8 Transition to clump: Walk 1-4, head roll to R 5-8
- 8 Run R L 1-2, scarecrow arms 3, pull fist 4, repeat opposite side 5-6, flex foot 7, rond de jambe 8
- 8 Contraction tuck 1-2, high release 3, close 4, plié lunge with wing arms side 5, A:5 B:6 C:7 hold 8
- 8 Figure 8 arms 1-2, push arms side lunge 3-4, front attitude fan to back 5-6, step out L 7, push out 8
- 8 Transition to back diag: Walk 1-3, lift R leg 4, Contagion placing foot down undulate 5-8
- 8 Sharp roll up 1-2, head roll to left 3-4, small lunge L front 5-6, two parallel ballonée 7-8
- 8 Windmill R arm 1, contract 2, Odd lines: Lunge 3, straighten R leg 4, roll 5-6, hold 7-8  
Even lines: Go on 5
- 8 Contract 1-2, leg swing R 3-4, roll to 2<sup>nd</sup> position over 5-8
- 8 Break L 1, roll up 2-4, break 5, Transition: walk to lines 6-8
- 40 Repeat \* to \*
- 8 Odd lines: Stand 1-2, L arm slides down R 3-4, Even lines: T arms 1, lateral curve 2, L arms slides down R 3-4, All: Faucet arms down high release pop consecutive 5-7, A: 5 B: 6 C:7 slow release head forward 8

## **“Feedback”**

### **Level 2 Hip Hop**

#### **Choreographed by Tara Richmond and Stephany Timmons**

Beginning position: Facing back feet together in tight triangle

- 8 Hold 1-4, three groups R to L point L toe back face front throw up box 5&6, then again 7&8
- 8 \*Groups finish 1&2, everybody walks to spread out 3-4, jump swing 5-6, walk 7-8
- 8 R arm reaches to diag L leg inverts 1, arm comes down 2, shoulders to L 3-4, swoop to R side broken “T” 5-6, pump to L arms in bow 7-8
- 8 \*Reach front 1, half “T” 2, grab down 3&, jump together 4, jump on R leg R arm swings around 5, arm comes to chest 6, pump 7-8\*
- 8 Body roll to R side 1-2, arms roll up body 3, squat 4, pop out to 2<sup>nd</sup> to side 5, turn to front 6, arm to hip R 7, L 8

- 8 Move to 2 blocks 1-4, R arm bent 5, L arm bent 7, shimmy 7-8
- 8 A's: L arm circle 1, R arm half "T" 2, booty roll face R side 3-4, jump candle to front 5, hips & 6, R arm drag floor 7, up 8; B's: Jump candle 1, hips & 2, drag floor 3-4, L arm circle 5, R half "T" 6, booty roll 7-8
- 8 Everyone dip to R w/ L arm on hip R arm low V 1-2, ball change throw up fingers 3-4, pop to R side 5, open 6, head roll to front 7-8
- 8 A's: Drive 1-2, box circles 3, together 4, B's: Half "T" pop 5-6, box circles 7, together 8
- 8 C's: R arm half "T" 1-2, box circles 3, together 4, everyone together pop it hugging chest 5, open front 6, hug chest 7, throw on 8
- 8 Transition to triangle same arms as beginning
- 24 Repeat \* to \*
- 8 Jump together throw 1, come down 2, ball change 3-4, walk to tight box 5-7, jump out on 8
- 8 Shoulders rock 1-2, monkey boxes 3, change 4, arrows 5, change 6, scan drag to L 7, face side together 8
- 4 Bodyroll to front 1-2, chest pop 3-4
- 8 Pop walk opposition arms and legs 1, pop 2, again 3, pop 4, every other line faces back to front 5-6 or 7-8
- 4 Everyone poses 1, pose 2, pose 3, all throw on 4

### **"Fight"**

#### **Level 3 Lyrical**

#### **Choreographed by Yoshio Pineda and Jerri Castillo**

Beginning position: Two staggered lines facing left diagonal

- 2 Hold 1-2
- 8 Drag L leg into coupe with L arm 1-2, plié on second L hand fist 3-4, push R flexed hands 5-6, R foot cross soutenu, arms push down through body 7, coupé L leg, preparatory arms
- 8 Pas de basque, arms in second 1-2, R attitude in fondu, L arm cover eyes 3-4, \*coupé R step L 5-6, fondu degage R leg, brush arms in parallel 7-8
- 8 Three-step turn to front w/ hands flex parallel forward 1-2, swivel arms back 3-4, swivel front arms L over R 5-6, ball change forward, circle arms back to front 7-8
- 8 Passé L to second, circle R arm over head 1-2, coupé turn in plié front or back, R arm circles down and up 3-4\*, walk to switch lines, arm comes down 5-8
- 8 Two groups, A's: Brush R leg across to prep in fourth 1-2, chaîné 3, jeté en tournant 4, slide down with R leg, arms extend up 5-6, roll on stomach into Indian style 7-8; B's: Brush R leg across to prep in fourth 1-2, chaîné 3, jeté en tournant 4, three-step turn to R 5-6, step with L leg to face front 7, drag L leg towards partner w/ "L" arms 8
- 8 A's: Circle arms on the floor R L 1-2, circle arms over L R 3-4, pike roll 5-6, stand in second facing back arms on second palms up focus is up to join B group; B's: Run to partner 1-4, R inverted fan kick, arms rap around 5-6, three-step turn to face back 7-8
- 8 Arms on second palms up focus is up 1-2, A's hold, B's join 3-4, rond de jambe R leg in to second L leg bends arms in second focus down 5-6, double pirouette 7-8
- 8 Plé 1-2, R arabesque croisé 3-4, step R leg to back diagonal w/ hands flex parallel forward 5-6, ball change to diagonal, arms in second 7-8
- 8 Passé R leg arms pres down 1-2, reverse 3-4, prep with L leg front 5-6, coupé pirouette arms extend into "L" position 7-8

- 8 Chainé towards diagonal arms to sides 1-2, step R L into fourth relevé position w/ arms in second 3-4, arms com to chest elbows up 5-6, grand plié hands extend into first position, focus up 7-8
- 8 Jump second to face front and L arm slaps back 1-2, L arm melts down 3-4, step R leg forward into fourth relevé and arms circle R L 5-6, close L leg into plié while body is concaved and arms circular over the knees 7-8
- 8 Chassé L R to right tendu w/ arms in second 1-2, rond de jambe L leg 3-4, run to tight triangle facing diagonal 5-8
- 8 Ball change into angel pose 1-2, rond de jambe R L traveling back 3-4, piqué arabesque 5, step L 6, step R to second and arms brush through knees and up 7-8
- 8 Step R drag L leg back R arm circles down and up 1, transition to triangle 2-8
- 8 Two parts every two counts: Ball change side R L 1/ arms to L 1-2, ball change R L arms wipe through the body 3-4, R chasse 5-6, R jeté back leg in attitude w/ arms in third 7-8
- 8 R coupé pirouette 1-2, collapse feet parallel and hands grab ankles 3-4, second group joins 5-6, chug back R L 7-8
- 8 Drag arms in L 1-2, transition to staggered lines 3-8
- 16 Repeat\*
- 8 Transition to tight triangle 1-8
- 8 Body roll L to R and connect to shoulders 1-4, rond de jambe R leg to front w/ arms in second palms up focus up 5-6, hold 7-8

### **“Finally Made Me Happy”**

#### **Level 5 Lyrical**

#### **Choreographed by Shannon Reznick**

- 8 Point R leg 1-2, rond de jambe 3-4, soutenu reach out 5-6, swim to L w/ “L” arms 7-8
- 8 Step circle arms arabesque 1-2, reach to back 3-4, inside pirouette 5-6, reach to L w/ both arms 7-8
- 8 Circle arms back R then L 1-2, “supermodel pose” 3-4, push drag 5-6, cut to back pushing L hand down 7-8
- 8 Step out arms “T” 1&, circle hips 2, push hands through to L side 3-4, circle R arm back 5, flick L foot back “L” arms 6-8
- 8 Step battement 1, passé 2, three-step turn 3-4, reach R then L contract 5-6, three-step turn to front 7&8
- 8 \*Cut 1-2, low chainé 3, turning extended pas de chat 4, scoop down to ground 5-6, roll and stand 7-8
- 8 Four steps back 1-4, cut facing front 5, circle arm around 6, arms to “T” &7, release head 8
- 8 Bounce and mess hair 1-4, scoop L leg back circle L leg over head 5, push hands to R 6, extend back port de bras 7-8\*
- 8 Step into back attitude 1-2, developpé R 3, two chainés 4-7, swing over R arm 8
- 8 Push away 1, run run saut de chat 2-4, step around yourself 5-6, R arm then L arm up in front of face 7-8
- 8 Peel L arm up 1, three-step turn around yourself 2&3, walk L hand up 4, R hand up 5, push arms out from chest 6-7, circle arm prep 8
- 8 Saut de basque 1-2, chainé 3-4, piqué 5-6, fouetté 7-8
- 8 Two more fouettés 1-4, high chainé 5-6, low chainé 7-8
- 8 Romboursé 1-2, land flat on ground 3-4, pull into fetal 5-8

- 8 Head roll press up on hands 1-4, stand 5-8
- 8 Step cabriole &1, step arabesque turn 2-3, step twice &4, coupé turn 5, grapevine w/ any hands 6-8
- 8 Peel R arm up 1-2, push passé turn 3, step twice 4&, flick R foot 5, turn around yourself 6-7, push forward 8
- 8 Pull arms to head 1-2, développée arabesque 3-4, turn out of that 5-6, step twice L hand comes up 7-8
- 8 Collapse twice 1-2, reach out from lower back facing back 3-4, ball change prep 5&6, high chaîné 7-8
- 8 Low chaîné 1, jeté back leg in attitude 2-3, step out on R 4, rond de jambe backwards 5-6, pas de bourée 7&8
- 24 Repeat \* to \*

### **“Fire”**

#### **Level 4-5 Lyrical**

#### **Choreographed by Daniella Ortega**

- 8 Begin facing corner three: Hold 1-2, look up 3-4, walk backwards R L 5-6, drag to corner one R arm low V L arm in pocket 7, cross L front 8
- 8 Step out R 1, prep to corner two 2, double L inside pirouette 3-4, relevé 4<sup>th</sup> position to corner two 5, melt down 6-7, push back 8
- 8 Contract in 1, knees 2, R leg out and R arm swing 3-5, swoop around towards R to stand 6-7, R leg in passé contracted over 8
- 8 Low arabesque arms burst open 1, A's: Face front 2-3, melt down 4-6, melt up 7-8; B's: Run start R leg 2&3&4&, scoop R arm knee up 5&, push flex R arm 6&, pull both arms R L 7&, release both 8&
- 8 Up 1, arms R 2, L arm grabs R &, open arms to wide V 3, R arm wrap around stomach 4, drag R leg to turn around towards R and face back wall arms in touchdown 5, walk to partner 6-7, A's: Passé R leg in relevé swing R arm back and around 8; B's: Passé R leg L leg force arch contracting over arms in low second 8
- 8 Look up 1, ball change &2, saut de basque arms in pocket 3&, low chaîné 4&, grand jeté with back leg in attitude 5-6, land 7, melt to R 8
- 8 \*A's: Roll toward L to ground facing stage L 1-4, push R arm down R leg 5, repeat on L and drop head &, arms up to touch down 6, look up 7, clean 8; B's: Chainé 1-2, prepare 3, leg hold in second turn 4-5, step out of it R L 6-7, reach flat back arms out R L &8
- 8 Hug yourself 1, law down on back arms break open to “T” 2, swing L leg around to front 3, swing L leg to back wall to roll and stand 4-7, prep facing front 8; B's: walk back L R 1-2, leg swing over partner 3, throw passé contraction L 4, contract over center 5, stand straight arms up 6, bend both arms bounce 7-8
- 6 Double R outside pirouette in coupé 1&, land in second 2, R arm straight up 3, hold 4, melt 5-6; B's: Contract over 1, roll up 2, R arm straight up 3, hold 4, melt 5-6,\*
- 8 Step R out 1, cross L behind break R arm to “T” and look to R 2, unwind towards L R arm slice straight overhead 3, step L 4, passé R leg and push R arm out 5, cross R in front 6, ball change &7, come up clean front 8
- 8 R arm to L shoulder 1, drag to R &2. step L 3, grand battement arms circle around 4, cross R 5, step out left 6, small turning jeté over R shoulder &7, step L to corner 2 8

- 8 Jump and contract roll down 1, arms swing up to touch down 2, contract over arms swing to L check mark 3, L arm wraps around stomach 4, R arm slices slowly R to L 5-8
- 8 Walk around partner/improve
- 22 Repeat \* to \*
- 8 Jump out to wide second arms in T 1-2, cut L arm up to touchdown R arm wrap around stomach 3, low chainé 4&, fan L arm en haut R arm “T” 5, chainé out 6-7, melt towards R 8
- 8 Step R 1, swing L arm around L leg in arabesque &, walk R L 2-3, skater turn arms down 4, land facing front 5, A’s: Twist R L R arms breaking up to touch down 6&7, break arms down to clean front 8; B’s: Hold 6, twist 7&8
- 8 A’s: Melt 1-4; B’s: Break arms down to clean 1, hold 2, look at partner 3-4, clean front 5, arms break to “T” look up 6, arms look front hands to shoulders 7, contract over forearms on knees
- 8 Melt up towards R 1, prep to corner two 2, double L inside pirouette 3-4, relevé 4<sup>th</sup> position to corner two 5, melt down 6-7, push back 8
- 8 A’s: Pull in 1-2, face stage L brush L arm up 3, break arm down look up 4, contract over 5, release look up 6, arms and legs shoot out straight in front 7, look up 8; B’s: Walk R L 1-6, arms out flex 7, look up 8
- 4 Melt and bring arms to forehead 1-4

**“Forever”**

**Level 1 Kick**

**Choreographed by Robbyn Good, Hayley Hoffman,  
Hillary Hoffman, Megan DeHoyos**

- 4 Hold 1-4
- 8 Groups on 1 or 3: Roll up 1-2, walk 3-4, pivot turn 5-6, walk back 7-8
- 8 Pivot close to front 1-2, hold or finish 3-4, ripple hook up 5-8
- 8 Straight kicks 1-8
- 8 Graduated low 1-2, medium 3-4, high 5-6, close head down 7, up 8
- 8 Step R 1, passé L 2, step out 3, touch side 4, chassé 5-6, ball change 7-8
- 8 Repeat to L step passé step touch chassé close
- 8 \*Jumping jack cross R over 1<sup>st</sup> 1-4, repeat kick L 5-8
- 8 Straight kicks 1-6, close feet 7, recover arms 8\*
- 8 Transition 1-8
- 8 Transition 1-4, pull at shoulders 5-6, circle over head 7-8
- 8 Close 1-2, front line prepare 3-6, pirouette cheerio arms 7, jump 2<sup>nd</sup> together 8-1 (back line prepares 5-8)
- 8 Back line pirouettes 1, jump 2<sup>nd</sup> 2, close 3 hold 4, chassé leap 5-8
- 8 Land 1-2, Groups on 3, 7, or 3: High knees 3-4, roll to back stand L 5-8
- 8 Three-step turn R end facing front 1-4, L chassé T arms 5-6, hands sweep up to hips 7-8
- 8 Finish groups 1-8
- 8 Transition 1-8
- 8 Move 1-4, ripple hook up 5-8
- 16 Repeat \* to \*
- 8 Move 1-8
- 8 Move 1-4, pull at shoulders 5-6, cheerio 7, pose 8

## **“Frozen”**

### **Level 3 Jazz**

**Choreographed by Carlynn Laurie**

- 8 Face back, kneel down , roll up 1-8
- 8 Roll head 1-4, step R 5-6, step L 7-8
- 8 Turn front R 1, cross L 2, chaîné R 3&4, arms R 5, L 6, step front 7, pull in 8
- 8 Step L “L arms” 1, pas de bourée turn 2&3, step L 4, kick R 5, prep &6, turn 7-8
- 8 Out 1, throw arms L 2, R 3, prep &4, arms, relevé face R 5, face L 6, break through 7-8
- 8 Arms press down 1-2, ball change &3, &4 low coupé turn R 5,6,7&8
- 8 Head1-2, left attitude lift 3&4, step L 5, back up heels 6-8
- 8 Runner position 1-2, prep 3-4, double turn R 5-6, feet out and in 7-8
- 8 Lunges front 1-2, arms L,R 3-4, circle arms 5, release head 6, step R,L 7-8
- 8 Chainé R 1-2, step 3-4, leap 5-6, turn to front 7-8
- 8 \*Box step 1-4, arms front 5, hips 6, roll hips 7-8
- 8 Low lunge 1-2, knee 3, kick 4, step L,R 5-6, release head 7-8\*
- 8 Cross1-2, kick R 3&4, walk 5-7, arms &8
- 8 Step L 1, kick attitude R 2, foot down 3, release 4, push out 5-6, recover 7-8
- 8 Elbow 1-2, claps w/ body over 3&4, passé 5-6, develop L 7-8
- 8 Release step 1-4, battement L 5-6, recover 7-8
- 8 Step 1-2, step 3-4, step out in 2<sup>nd</sup> 5, hips 6-7, arm up 8
- 8 Chainé to R diagonal 1-4, small jump 5-6, recover 7-8
- 16 \*Repeat
- 8 Throw R 1-2, throw L 3-, throw center 5-6, runner stretch moving back 7-8
- 8 Step RL 1-2, passé 3-4, walk and pose 5-8

## **“Get It Girl”**

### **Level 4 Hip Hop**

**Choreographed by Amanda Scogins**

Beginning position: Two lines, front line stage right and back line stage left

- 8\* Front line: head roll 1, together 2, flat back hips left 3, pop 4, flat back hips right 5, hands on head chest pop 6, drop arms &7, leg pop pose 8, Back line: reverse
- 8\* Shampoo pose &1. head up 2, hold 3, hand on hips pose 4, walk to windows 5-8
- 8\*\*Present 1, close 2, open jazz hands sit in left hip 3, close to left daggers 4, peace hands ballchange left right &5, turn left 6, roll 7-8
- 8\*\*Cha cha run left 1-2, right 3, throw 4, jump to second 5, hold 6, make up 7-8
- 8 Flat back point 1-2, hips up and down daggers &3, switch to right 4, drag 5-6, hands behind head 7, switch to twisty pose 8
- 8 Bounce “uh huh” &1, head 2, step 3, right 4, hips 5-6, “take no” 7&, faint pose 8
- 8 Faint pose 1, point front step back right 2, together half T & daggers 3, horn pose &4, rock right 5, rock left 6, hands on hips 7, two pops &8
- 8 Front line: charge front 1 close 2 back roll 3-6 point pose 7, twist &8  
Back line: walk front 1-2, ballchange push 3-4, three step turn 5-6, point pose 7, twist 8
- 8 Chorus: 3 groups dig back run 1, step 2, push 3, daggers 4, throw back 5, step 6, turn 7-8 Group 2, starts on 5, Group 3 starts on second 1
- 8 Chorus
- 8 Step up 1-2, push lean 3, slap step 4, right hip up 5, sit in left hip 6, face back 7, head roll turn 8

- 8 Front 1, step right 2, step left point left 3, passé 4, move to beginning windows 5-8
- 8 Front line repeats \*8 Back line flat back 1-3, head roll 4, flat back 5-7, pose 8
- 8 \*8 repeats second 8
- 8 Repeat \*\*8
- 8 Repeat \*\*8
- 8 Chorus
- 8 Chorus
- 8 Step it up eight counts
- 8 Step it up 1-4, move to windows 5-8
- 8 Wobble 1, throw push 2, hops 3-4, front girl switch 5, throw punch &6, down 7, flat back 8, everyone else switches spots
- 8 Walking 1-3, right hand behind head 4, fists &5, pull 6, pump twice 7-8
- 8 Carlton right and left 1-4, Bounce 5-8
- 8 Jazz square 1-3, throw 4, move to clump 5-7, hip &8
- 3 Ending bounce

### **“Give It To Me”**

#### **Level 3/4 Kick**

**Choreographed by Casey Potter, Megan DeHoyas, Annamaria Diamant**

- 8 Hold 1, R to L leg goes to corner R arm on neighbors L shoulder Ripple 2-8
- 8 Arms swing to L 1-2, arms press down 3-4, chase 5-6, tour 7-8
- 4 Step L 1, battement R 2, step R 3, L leg touch out press L shoulder forward 4
- 8 Front line hips LRLR 1-4, back RLRL 1-4, chaine 5-6, arms circles outward 7-8
- 8 Drag ‘L’ arms across 1-2, walk 3-6, hook-up 7-8
- 8 \*R across 1-2, R open 3-4, L across 5-6, L open 7-8
- 8 R straight 1-2, L straight 3-4, R fan 5-6, head down 7, up 8
- 8 Twist R 1, twist left 2, R flick 3-4, chase R 5-6, cut 7-8
- 8 Step L 1, R across 2, step R 3, close 4, R straight 5-6, L straight 7-8
- 8 R across 1-2, passé 3, touch 4, R straight 5-6, R fan 7-8\*
- 8 L across 1-2, passé 3, touch 4, L straight 5-6, R fan 7-8
- 8 Step l 1, dig 2, Y scale ripple L to R 3-8
- 8 Close 1-2, walk to next form 3-8
- 8 Parts 1, 3, or 5: A’s rond de jambe 1, ball change 2-3, step R 4, flick L 5, chassé 6-7, jeté 8
- 8 Down 1, hold 2-6, pop out 7-8
- 8 Snake ripple 1-4, arms on hips 5, T 6, touch down 7, down 8
- 40 Repeat \* to \*
- 8 Step out R leg 1, dig L 2, step L out in 2nd head roll 3-4, walk back to end three levels 5-8
- 1 Throw arm

**“Go Speed Racer Go”**  
**Level 1 Camp Pom**  
**Choreographed by Robbyn Good, Clayton Cross, Monique Haley, Yoshio Pineda,**  
**Hayley Hoffman, Emily Brock**

- 8 Hold in leveled files 1-4, punch through to candlesticks 5-8
- 8 Rollercoaster parts 1-6, ½ “T” look in 7, back out 8
- 8 Groups on 1, 3, or 5: Clap 1-2, punch shoulder level to inside angle 3-4, roll out 5-8
- 8 Finish groups 1-4, adjust to staggered lines 5-8
- 8 \*Step R bounce 1-2, step 2<sup>nd</sup> fast arms 3-4, circle R 5-6, check at hips R L 7-8
- 8 “Michael Jackson” 1-4, pull to L face back ½ “T” 5-6, step R together touchdown rec 7-8
- 8 Snake L under the door 1-4, ripple stage R to L 5-8
- 8 Finish ripple 1-4, jump 2<sup>nd</sup> high V low V 5-6, whip 7-8
- 8 Groups on 1, 5, or 1: Moving section drive over L shoulder 1-4, turn front shake poms 5-8
- 8 Continue groups 1-8
- 8 Finish groups 1-4, jump ‘Go’ 5-8\*
- 8 Ripple from back of diag form 1-4, hit brakes 5-7, head up 8
- 8 Cheerio 1-2, touch R behind 3-4, unwind 5-6, jump 2<sup>nd</sup> low V 7-8
- 8 Groups on 1, 3, or 5: Choo choo train to floor 1-2, finish groups 3-6, feet together hands on knees 7-8
- 8 “Kick the bucket” 1-2, plié wrap L arm in front 3-4, T 5-6, switch wrap 7-8
- 8 Groups on 1, 3, or 5: Drag to R side candlesticks release head 1-2, step L cross at chest square to front 3, battement 4, down 5-6, throw L arm pivot to back 7-8
- 8 Close 1-2, finish groups 3-6, all touchdown breaking through 7, recover 8
- 8 R chasse to back no arms 1-2, step L to side 3-4, leap high V arms 5-6, moving to staggered lines rolling arms 7-8
- 8 Continue moving rolling arms 1-8
- 8 Checks in opposition by lines slow 1-2, switch 3-4, fast switches 5 6 7, all clean 8
- 8 “bowling ripple” 1-7, pull L arm to hip 8
- 8 Roll over R shoulder to face front diag candlestick arms 1-4, press brake 5-7, up 8
- 8 Roll to knees facing R side 1-4, step up L 5-6, close recover 7-8
- 56 Repeat \* to \*
- 8 Move to cars shaking 1-4, high V 5-6, “T” 7-8
- 8 Low V 1-2, close 3-4, shake to form car 5-8

**“Goodbye Philadelphia”**  
**Level 3 Lyrical**  
**Choreographed by Julie Rowley**

- Beginning position: Staggered lines, feet together, arms down, and head down
- 8 Look up 1-2, bring arms up slowly to half touchdown with palms toward the body 3-4, shift weight through to the left hip and reach the arms out to the ride side in suspension 5-6, fall into a run around to meet partner 7&8
  - 8 The back line runs around themselves to a plie with hands on knees, while the front line runs around behind the back line and cartwheels over their hips &1&, Back line stands and front line turns over the L shoulder to become the front line again one window over to the Stage Right of their partner 2&, everyone box arms on 3, close them to the R on &, release back

- arms circle out to reach up and R leg flexes up 4, baby leg scoop R foot coming up 5-6, repeat leg scoop 7-8
- 8 Walk to Stage Left L, R, L, R, 1-4, look back to Stage Right over R shoulder 5-6, pivot R foot R arm folds in and slowly raises to the ceiling 7-8
- 8 Run to Triangle formation 1-4 with arm still raised, Stop and look at audience as the R arm melts down 5-8
- 8 \*Parts 1, 3, and 5: Bird swoop both arms through the body and out with plie and rebound on 1-2, step L 3, windmill the arms to a battement tilt on 4, step R 5, wrap head 6, snake to front tuck 7-8
- 8 Finish parts 1-4 everyone roll up arms out elbows leading up 5-6 and then lower the arms elbows leading 7-8\*.
- 8 Pick up 1, 2,3,4. R elbow swoop out and down 1, L elbow swoop out and down 2, reach out front and down with R arm and step out with R foot 3, close on 4. Last group close on 8
- 8 Starting with the R foot walk 1-4, run back to first form 5-8
- 8 R knee lifts hands rest on the knee &, press out into preparation 1&2, double pirouette 3&, step out right foot 4, step L &, cross R over L and extend arms out 5&, bal-change out RL and R arm swoops over head 6&, low chaine R into turning jete 7&8
- 8 Step back L and R leg raises arms release over head 1-2, step R L into sous-sous (R foot front) while R arm wraps the chest 3-4, step L sauté arabesque arms circle back and over head 5-6, sway R L hands held in front of the chest 7-8
- 8 Repeat pivot transition back to the triangle formation, pivot R foot R arm folds in 1-2, run to form R arm raises to ceiling 3-6, R arm melts down 7-8
- 12 Repeat \* to \* on the arm melt walk backwards slowly and turn on the last note of the song to the back and walk away

### **“Gravity SB”**

#### **Level 5 Lyrical**

#### **Choreographed by Heather Iovine**

Beginning position: Facing back R corner tendu back R leg

- 8 Hold 1-2, box arms swim 3-4, arabesque turn to floor 5-6, land in z-sit face back 7-8
- 8 Flick R arm R leg 1, recover 2-3, “seal jump” 4-5, roll to knee 6, prep 7-8
- 8 Coupé turn 1-2, step second arms V 3, hips 4, ball change 5-6, drag onto R 7, prep 8
- 8 L double pencil turn 1-2, land in fourth 3-4, R arm melts down body 5-6, prep 7-8
- 8 R double pirouette 1-2, flick jump 3-4, roll 5-6, stand 7-8
- 8 Rond de jambe back 1-2, soutenu R arm up 3-4, drop to tuck 5, extend legs 6, pull knees in 7-8
- 8 Roll keeping elbows on floor 1-3, L hand on ground 4, leg swing 5-6, tuck 7, roll up 8
- 8 L elbow pulls 1, R arm pulls up 2, extend L leg and arm 3, dive both arms down switch feet 4, open arms 5, contract 6-7, passé push arms to second 8
- 8 R leg steps 1-2, single inside turn on R 3, point 4, R arm circles down to up 5-6, roll onto floor 7, stand 8
- 8 Run 1&2&, step together cut arms to broken “T” 3-4, arms push down body undulates 5-6, roll up arms come high 7-8
- 8 L foot steps back arms gather 1-2, R leg R arm reaches 3, step R 4, sauté passé 5, land 6, rond de jambe L leg back 7-8

- 8 R leg crosses piqué L back R arm pulls up 1-2, run R L 3&, press leap 4, land in coupé 5-6, L leg steps back L arm circles back 7-8
- 8 Step R L arms to ceiling 1-2, release fall 3, roll to stomach 4, push heels R then L 5&, R L arms 6&, L leg steps 7, swing L arm back swing R foot through “explode” 7-8
- 8 Step back 1&, feet together arms out to second 2, head comes up bounce heels 3&, look forward arms down 4, L foot steps to back 5, cabriole 6, step R 7, contract over L 8
- 8 Double pirouette arms extended over head 1-2, plié 3, arabesque L leg 4, step 5, battement R leg 6, step 7, coupé turn L 8
- 8 Run L R L 1-2&, demi jeté arms reaching to ceiling 3, land L foot in front 4, box 5, passé L foot throw arms over 6, turn out 7, arabesque R 8
- 8 Fouetté 1, step 2&, sauté reach to ceiling 3, land 4, L leg picks up to passé inside turn to front arms extend to second 5, R hand hits chest 6, drop down &, flick throw 7, melt 8
- 8 Drag L leg around R arm goes up 1, box to back 2, drag to back arms up 3, step L &, ball change arms flow up 4&, chaîné 5&, chassé tour 6&, saut de basque &, pull up to single turned out pirouette 7, land 8
- 8 Pas de bourée 1&2, triple pirouette 3&4, chassé 5-6, step 7, developé tilt 8
- 8 Roll to ground 1-2, port de bras arms 3-4, end in your own position 5-8

### **“Gravity”**

#### **Level 4 Contemporary**

#### **Choreographed by Shannon Chapman**

- 6 Hold 1-3, arms circle to R 4-5, jump together R arm up 6
- 6 Passé R 1-3, snake to R 4-6
- 6 Contract to floor 1-3, kick R leg out 4-6
- 6 Keep R arm down walk around to stand 1-6
- 6 Sissone flicking L leg and arm out 1, land and step out 2-3, walk 4-6
- 6 Rond de jambe R back 1-2, L 3-4, chaîné 5-6
- 6 Illusion L leg 1-3, spin out 4-6
- 6 Cut to front 1-3, plié chaîné to R 4-6
- 6 Arabesque snake 1-3, body roll aiming to L side 4-6
- 6 Swing 1-2, jump L foot pointed forward 3, chaîné 4-6
- 6 Double pirouette turned out w/ “L” arms 1-3, contract and circle to front 4-6
- 6 Walk to front 1-3, press hands down 4-6
- 6 Lean to R side 1-3, pull up to R passé R arm up 4-6
- 6 Attitude arabesque 1-3, body roll up 4-6
- 6 Flick R foot back arms parallel w/ floor look front 1-3, developé 4-6
- 6 Fouetté R leg into lunge arabesque 1-3, run 4-6
- 6 Jeté in second 1-3, turn out 4-6
- 6 Reach up hinge L leg 1, pull down look L 2-3, body roll wrists crossed 4-6
- 6 Drop 1, jump beat feet together arms circle from elbows 2-3, body up 4-6
- 6 Hip roll to R 1-3, lunge R foot back R arm at head 4-5, drag to back 6
- 6 Battement side attitude 1-3, turn around 4-6
- 6 Soutenu arms circle over head in forced arch 1-3, chaîné 4-6
- 6 Barrel to floor 1-3, jump onto R leg circle R arm to stand 4-6
- 6 Turn around 1-3, wrap body 4-5, reach out 6
- 6 Cover mouth on 1, reach to L w/ R foot behind 2-5, R leg flicks out L arm up 6

- 6 L hand down face 1-2, dive into parallel attitude 3, tilt R leg 4, step out 5-6
- 6 Inside pirouette arms in “L” 1-3, hands around face stepping out 4-6
- 6 Step back in 1-2, parallel developpé R leg R arm looking down 3, circle arms to hug palms out 4-6
- 6 Rond de jambe arms open to second 1-3, side attitude R leg 4, turn to front 5-6
- 6 Prepare 1-3, double pencil 4-6
- 6 Drop to ground 1-2, roll onto stomach and then to knees 3-6
- 6 Reach up R arm 1-3, roll to back cross R over L 4-6
- 1 Look over R shoulder 1

### **“Green”**

#### **Level 3 Pom**

**Choreographed by Cami Christensen**

- 4 Hold 1-4
- 8 Hit poses 1-3, hold 4, prep 5, turn 6-7, land 8
- 8 Arrow slide 1-2, jump out 3-4, hair shake 5-6, pull through 7, close 8
- 8 Jump touchdown 1-2, knee 3-4, switch 5-6, touch down circle side 7-8
- 8 Everyone tuck 1-2, Groups 3, or 7: High V low V 3-4, L diag R diag 5-6, push 7, clean 8
- 8 R hip 1-2, L hip 3-4, rocket up 5, clean 6, throw 7, T 8
- 8 Groups finish 1-5, contagion 6-8
- 8 Continue contagion 1-2, stand 3-6, body roll 7-8
- 8 Groups on 1, 3, or 5: Lean 1, “L” 2, groups continue 3-6, rocket 7, low “L” 8
- 8 Pencil turn 1-2, chassé 3-4, step 5, leap 6, land 7-8
- 8 Walk back w/ circle arms 1-4, separate 5-6
- 8 Walk up back groups 1-4, prissy pose 5-8
- 8 Walk and flip form to diamonds 1-4, prissy pose 5-8
- 36 Repeat \* to \*
- 16 Transition to triangle
- 8 Circle low “b” 1-2, swing 3-4, “O” 5-7, hip 8
- 8 Kick 1, 2<sup>nd</sup> Z hips 3-4, “T” turns 5-6, throw 7-8
- 8 Pivot low V 1-2, turn T 3-4, high V 5-6, T 7-8
- 8 Hip circle 1-4, jump 5-8
- 8 Levels 1-4, hair twist 5-6, low V 7, high V and shake 8

### **“Hey Baby (Jump Off)”**

#### **Level 3 Hip-Hop**

**Choreographed by Rhodessa Bell**

Beginning position: Triangle facing stage left

- 8 Finger curl 1-2, L hand points at head 3-4, arms jazz hand out leaning to R 5-6, step back w/ R foot 7-8
- 8 Punch out front sides and dig L foot 1-2, “what’s up” 3-4, run 5-6, hopscotch 7-8
- 8 Pop forward 1, roll body down & 3-4, opposition jumps 5-6, body roll front 7-8
- 8 Tap chest & 1, walk through each other 3-4, poses “what’s up” or pointing 5-8
- 8 Transition to staggered lines: “Choo-choo” step touch 1-8
- 8 \*Jump out hands out 1-2, collapse knees and head close fists 3, open 4, beat L head down to R side 5-6, arms circle around each other connected at elbows 7-8,

- 8 Slide R w/ L hand flexed down 1, dig 2, head pops up to R side 3, hold 4, cross turn to back 5-6, booty out 7, swing front fists hit in back 8
- 8 Step L 1, R leg through hands 3, face front 4, shake fingers “windshield wipers” to R 5-6, body roll down 7-8
- 8 Pump & 1, walk to face each other 2-4, A’s: Lean back 5-8; B’s: Swing L hand and L foot clap 5-6, “what’s up 7-8
- 8 A’s and B’s switch 1-4, jump together four times snapping hands up and down 5-8
- 8 Step into columns 1-2, together 3, jump out 4, roll R shoulder in twice 5-8
- 8 Roll R shoulder big 1-4, jump together four times arms swing in front and back 5-8\*
- 8 Walk out of it 1, “choo-choo” step together to partner 2-8
- 56 Repeat \* to \*
- 3 Swing L hand 1-2, look down 3

**“How the West Was Won”  
Level 3 Field Military  
Choreographed by Diane Craig**

- 8 Hold in triangle and in levels
- 8 Parts 1,3 or 5: R arm over head L arm bent; Parts 6,7, or 8: R arm to R L hand on hip
- 8 Stand 1-4, chest 5, star burst opposite 6-8
- 8 Parts 1, 2, or 3: Weird L,,R L, stride rocket low, hands behind head, rocket high, step R slice
- 8 Poses 1,3,5,7 high V or tuck
- 8 Kick 1-4, arm flip up to down 5-6, step dig L and L 7-8
- 8 Walk to block 1-4, continue walking high V two times 5-6, circle high “V” 7-8
- 16 All tuck 1-2, Parts 3, 5, 7: Stride T arms 2x, knee, sit with high V arms, knee, stand
- 8 “Flat stair arms” go 1 or 3
- 8 Pivot 1, 3
- 12 Walk to two lines repeat travel arms on four count break
- 8 Check marks 1-2, chest 3, check mark 4, opposite levels repeat 5-8
- 8 Three step turn 1,3,5,7 low V, circle low V, hand slip, high V
- 8 Walk to up and back groups with opposite starburst arms
- 4 Chassé place block directly behind each other
- 8 Poses stride salute or plié in second position
- 8 Walk to tight block
- 3 Tuck 1 levels with high “V” 3

**“Ickish Wish”  
Level 5 Modern  
Choreographed by Roxanne Gage**

- 8 Hold 1-4, attitude turn L step reach 5-8
- 8 Curl L arm over head 1-4, swirl R battement L coupe lung, pose 5-8
- 8 R Arm up turn R Attitude over développé L
- 8 Walk twice, coupé ronde de jambe, arabesque, enveloppé lean R to pillow
- 8 Step front développé tilt plié 1-4, chassé 4<sup>th</sup> side arabesque 5-8
- 8 Curve front lift R step cross jeté, pencil turn 6-7, hop hop 8&
- 8 Attitude reach enveloppé, curvy snake, “b.b.c.”
- 8 Elbow spin, finger spin, gazelle run run assemblé

- 4 Coupé turn step cross, step brush arabesque
- 8 Reach out, drop down 1-4, scoot R attitude down back curve over
- 8 L arm up down out 1-2, dive arms back 3, throw kick on 4, ball change & 5, attitude turn 6, ronde de jambe turn 7, land 8
- 8 Piqué attitude unfold arms, refold arms 3-4, spin 5-6, run run piqué passé over
- 8 Jeté L cross, assemble R 1-4, drop 5, leg 6, elbows punch 7-8
- 8 Elbows back side 1-2, arabesque 3, piqué passé curve 4, step cross step turn step touch 8
- 8 Double pirouette curve 2<sup>nd</sup> throw flick 1-4, “wobbly rina walk” 5-8
- 8 Step cut “ninja” kick run, run passé around leap sauté coupe sauté 2<sup>nd</sup> tilt
- 8 Step pas de chat jeté 2<sup>nd</sup> coupe hands around step back throw walk back

**If I Never See Your Face Again**  
**Level 2 Officer Jazz**  
**Choreographed by Roxanne Gage**

Beginning position: Triangle facing back

- 4 Ripple
- 8 Cont. ripple cross, turn, wind arm up, pull down, arms front
- 8 \*\*Walk L, cross, step, pull R elbow 1-4, elbow around reach, pull back coupe L
- 8 Walk @ 1,2,3 paint 4, swirl 5-8
- 8 Step back R, turn L 1-4 slip down arm 5,6 chasse L 7&8
- 8 Rond de jambe R 1-4, step cross 2x arms go in ward and fist down 5-8^^
- 8 Head look, pivot turn 1-4, walk back slide arms down 5-7, throw 8
- 8 Step cross R, chaine 1-4, step prepare front, pirouette 7,8
- 8 Stretch up bchange R, L, push front ballchange, 1-4, circle arms 5,6 turn R 7&8
- 8 Body roll 1,2 (**spread triangle**) walk back L 3,4 turn walk 5,6 turn rock back 7,8
- 8 (**Walk to stags**) Hand over head 1-3 shift 4&5, push off 6 walk 7,8
- 8 (**Groups 1,2,3**) (1's) turn R leap 1,2, (2's) leap 3,4 (3's) leap 5,6 pose 7,8
- 8 Chasse R leap R 1-4 step 5,6 step and curl R foot & out to low arabesque 7,8
- 8 Step R 1, step L and pivot R w/L arm reaching 2, step back 3 rock L 4, R, 5, L back 6 walk to front arms going up 7,8
- 8 Slice arms @ 12, step turn L 3, step R point 4, contract down R 5, throw 6 walk back LR 7,8
- 8 Chasse front arms circle 1,2 step face back 3,4 open 5 twist & 6 hold 7 twist & 8
- 32 **Repeat in groups 1,2,3** from \*\* through ^^ (1's hold 1 step 2) (2's hold 1-3 step 4) (3's hold 1-5 step 6) at the end of repeat speed up and pencil turn 7,8
- 8 **Groups** --hand @ head grab neck face back pose(1,2) (3,4) (5,6) all arms slide front 7,8
- 8 Step front and push hands down 1,2 walk facing back to tight clump 3-8
- 1 Twist pose w/ hands over head

**“In the Ayre”**  
**Level 3 Hip Hop**  
**Choreographed by Lindsay McCarthy, Alex Alpha, Jason Anderson**

Beginning position: Clump facing back

- 8 Hold
- 8 Groups on 1, 3, 5, or 7: Pose 1, hold 2, finish groups 3-8
- 8 Face inward body roll 1, walk outward 2-4, snake head roll three-step turn inward 5-8

- 8 Transition to staggered lines: Pull R knee up swings arms to R side 1, switch L 2, double on R 3-4, L 5, R 6, double L 7-8
- 8 \*Step back R head down cross arms 1, step front 2, body roll pointing hands down 3, hands to daggers 4, scoop R arm pull up R hip &5, L side &6, double on R &7&8
- 8 Ball change to R side &1, drop head to crossed arms 2, ball change back &3, switch heels, toes &4, pivot on L foot crumping 5-8
- 8 Groups on 1 or 3: Walk R L R arms unfolding to “T” 1&2, second group 3&4, slide R foot back 5, pivot 6, together 7, pop body 8
- 8 Step out R pop body back L arm up 1, switch L 2, swim R arm up to meet L turn and face front 3, pop back 4, “thunder clap” 5-8\*
- 8 Roll hands R foot to passé 1, step out jazz hands at chest &, L leg in passé arms in daggers crouch over 2, punch R arm out slide back onto R foot &3, chest forward 4, push R hip out 5, L hip 6, R L R hips stepping back while arms slowly come down 7&8
- 8 Groups 1, 3, or 5: Pony arms go back and up 1&2, R arm out 3, L hand out &, pop open arms open vertically 4, arms open horizontally 5, crouch to ground 6, kick L foot 8, bring foot down 8
- 8 Face front 1, groups finish 2-5, hold 6, R arm up 7, L &, pop body back 8
- 8 Scuff R foot 1, jump out &2, R high V 3, break in &, Indian arms plié toward L side 4, pull back step back R foot 5, switch step back L 6, roll R hip rolling R arm down while L arm in “T” 7-8
- 8 Roll hip again roll and snap R hand 1-2, roll hip again snap R hand high &3, pull R elbow down hip up &4, jump onto R foot &, roll body forward stepping onto L foot hands under chin 5, step forward L arm comes up 6, close to Indian &, invert knees look to R arms to “T” 7, Indian 8
- 8 Box move around partners: Slide arms up 1-2, slide arms in by stomach 3-4, slide arms up 5-6, slide arms in by stomach 7-8
- 36 Repeat \* to \*
- 8 Cheerio arms stomp R roll body 1-2, two stomps moving to L w/ cheerio hands 3-4, snake to R 5-6, butt roll 7-8
- 8 Snake to L 1-3, hit hip &, hit booty 4, thrust shoulders forward 5-6, knock L arm up twice 7-8
- 8 Arms swivel in front of you 1&, knock arms up in box 2, “mono” back 3-4, knock R arm up 5, hold 6, arms roll out over head 7-8
- 8 Ball change roll shoulders facing R side &1, slide on L foot R arm up 2, step R w/ R hip out 3, L side 4, run to new form 5-8
- 8 Pop body up hands at chest 1, jump out fists in front of face 2, head roll to L 3, look front 4, kick ball change R arm straight L arm bent then switch 5&6, lean to R arms cross 7, clean 8
- 7 Step forward w/ R foot 1, slide R foot back 2, L foot slides out 2, circle arms outwards R heel moves in &3&4&5, step out L clap hands 6&, sit into L hip throw hands up 7

**“Interviews”**  
**Level 4/5 Officer Lyrical**  
**Choreographed by Clayton Cross**

Beginning position: Two circles; inside circle facing R, outside circle facing L

- 8 Hold 1-2, head up on 3, swing arms 4&, press back R foot out on 5, look to R 6, arms flow up 7, down 8
- 8 Grab w/ R hand 1-2, wrap R arm 3-4, L arm w/ head down 5, pull back hands to hips head up 6, drop down w/ L to knee 7, L hand down 8
- 4 Flick L foot up 1, back down 2, snake 3, R heel up 4
- 8 Transition to block: Arms up through chin 1-4, flex L foot 5, catch yourself behind 6, grab L leg facing front 7, release 8
- 8 Plié arms come down facing front 1, switch lines walking 2-4, R arm across 5, L arm swings 6, push down R, L &7, swing up 8
- 8 Reach to R w/ L hand behind head 1, battement 2, prep &3, fan 4, soutenu 5-6, piqué arabesque 7, coupé 8
- 8 Step L 1, wrap R 2, L &, hands to back head roll R 3-4, step to face front 5-6, R foot out arms come up R, L 7&, pull down 8
- 8 Progression starting on 1, 3, and 5: Flex L hand and press to L 1-2, touch shoulders and bend knees R, L &3, drop swing arms flap up 4, face R hands cut in front of face 5, rond de jambe L 6, coupé turn behind yourself on 7-8
- 8 Land arms swing to L hip 1-2, sweep drag to back over R shoulder 3, prep &4, inside pencil and soutenu 5-7, release arms out 8
- 8 Step 1&, R arm and leg attitude fan 2, land 3, turn around yourself 4, “wheelbarrow” turn 5-7, plié over on 8
- 8 Drag L 1, step 2-3, fan attitude to back arms wrapped around chest 4, land 5, run to new formation 5-6, leap 7, land (Middle and last group will not complete this phrase)
- 8 Kick ball change 1&2, soutenu &3, prep &4, double pirouette 5-6, piqué turn to arabesque 7-8
- 8 Pull R hand behind neck and ball change 1&2, run &3, swing R leg and arms &4, face front &, R arms dives through L 5, L arm swings up 6, swings down to front &, swings back 7, turn to face corner 8
- 8 Contract 1-2, step L, R, L 3&4, plié and attitude turn 5-8
- 8 Land 1, pick L foot up R arm up L arm at chest 2, ball change swinging R arm over 3&, prep to back 4, chaîné coupé jeté 5-6, turn out to face the diag 7-8
- 8 Open R hand drag L hand down R arm 1-3, L arm tosses over 4, ball change &5, push attitude turn over shoulder 6, fouetté R leg through look at it 7, step R 8
- 8 Beat L foot in and out to arabesque &1, step down 2, swing R foot front and back to kneel while swings over the head 3-5, knees together 6, scrunch shoulders and hands up &, hands down 7, feet go out &, through to flex foot sit 8
- 8 Pull knees in &1, Z-sit to back swish arm 2, swing to stand up facing diag 3-4, fan w/ hands relaxed 5, flick foot behind you 6, flex R foot facing L 7, flick down on forced arch 8
- 8 Pivot 1-2, roll L arm around head 3, L arm lead you around to back 4, face R diag 5

**“It’s Only Life”**  
**Level 4 Officer Contemporary Modern**  
**Choreographed by Jamie Drake Stephens & Donathan Flucas**

Beginning position: Stand facing back

- 8 Hold 1-4, sway L 5-8
- 8 Sway R 1-4, solo leave or sway 5-8
- 8 Solo back up and group reach 1-4, stretch out 5-8
- 8 Lift 1-4, down and run to spread out 5-8
- 8 Hit wall 1, drop 3, up untwist 5, roll into floor 7
- 8 Push hair forward 1-4, flex 5-8
- 8 Crawl forward 1-3, reach up 5, roll over on “sky” 7
- 8 Tendu forward 1-2, back 3-4, rond de jambe 5-6, throw 7
- 8 Chaine 1-2, drop 3, to partner 5-8
- 8 Sway 1-4, wrap and lift throw 5-8
- 8 Run 1-4, undulate 5-8
- 8 Crawl back in roll up 1-7 push knee 8
- 8 Run to spread out 1-8
- 8 Passe throw forward power 1-2, step back 3, jete 4, cut 5, reach 6 plie up 7, circle arms 8
- 8 Jump back 1, walk back 2-4, arms extend 5, RL arms back to roll down 6&, crawl back 7&8
- 8 R leg fan 1-2, roll 3-4, drag up 5-6, punch front 7, in and arms out to side &8
- 8 Step R1, replace & and battement 2, step R 3, step L 4, parallel pas de chaux &5-6, step L 7, R 8
- 8 Run slow on L 1-2, step RL 3-4, reach 5, and run around 6-8
- 32 Repeat hit wall to rond de jambe throw
- 8 Solo suspend while others clump 1-4, solo back up and group reach 5-8
- 5 Stretch out 1-4, lift 5

**“Kindly Unspoken”**  
**Level 4 Lyrical**  
**Choreographed by Monique Haley**

Part A:

- 6 \*Hold facing back L corner 1-3, walk back w/ R 4-5, walk back w/ L 6
- 6 Step back on relevé w/ R, drag w/ L foot L arm straight front, R arm wraps around head 1, face front side stretch to L, passé R, R arm windmills around to L 2-4, face corner in 2<sup>nd</sup> position relevé, arms straight out w/ palm facing in 5, sit on L hip swing arm to L hip 6
- 6 Walk to back R corner step R 1, step L 2, R attitude turn to corner 2, arms high V 3, run to R corner 4, run L 5, “X” jump 6
- 6 Skitter back to corner 2-3, stand up on L foot point R wrap R arm around waist, then L, arm straight side 4, shift to other foot, wrap left arm to shoulder 5, shift back to L, L arm straight up 6
- 6 Face corner, circle L arm all the way around to prep position 1-3, chassé and circle head to R 4-6
- 6 Pas de chat turn to corner arm in high V 1-2, hand to floor, feet in 2<sup>nd</sup> knees to L 3, rebound, L knee down R leg straight side 4-6\*
- 6 Lift upper body 1-3, swing L arm on floor to R 4-6

- 6 Lift head to ceiling, hands on thighs in jazz hands to R 1, same position w/ hands straight forward on thighs 2, roll on to back R side arms in third position legs in double attitude, knees up to R wall 3-6
- 6 Stand up on L 1, sauté on L, R leg in passé windmill arm back to front 2, sauté on R L foot in tendu R arm wraps waist L arm windmills back to front 3, run to front 4-6
- 6 Step R w/ R arm straight in high V and “pinkie toe” and “thumb finger” roll 1, same on opposite side 2, roll R forearm to wrap around waist, wrap L arm around back, legs in neutral plié 3-4, rebound R foot to point 5, rebound L foot to point 6
- 6 Crawl L hand up R arm 1, turn to back w/ weight on L leg R in tendu arm wrapped over head 2, collapse arms 3, three-step turn to R circle arm in fist to L hip and fan R leg 4-6
- 6 Roll to ground 1-2, stand up to L side step back onto relevé R L circle arms back to front 3-4, turn front R relevé, L foot flexed, tiny arms circle twice back to front in high V 5-6

Part B:

- 12 Hold
- 6 Hold 1-2, on knees roll up 3-4, roll onto back 5-6
- 6 Swing to R knee or L knee 1-2, roll to back knees in 3-4, cross arms 5, body roll 6
- 6 Arm R or L on thigh 1-2, body roll up on knees 3-4, up on knees R arm w/ R leg then L arm w/ L leg 5-6
- 6 Shoot L arm to lay on your back 1-2, push to R then L then sit up and stand up 3-6
- 6 Face the back hold 1-2, head roll 3-4, roll down 5-6

Part C:

Beginning position: Sitting on part B's backs, crouched over knees, arms hanging by legs

- 6 \*Hold 1-3, lay back onto B's backs and extend arms, développé from shoulders to fingers palms up 4-6
- 6 R leg rond de jambe in air from L to R 1-3, tuck R leg under on floor 4, slide to knees ending centered behind B's and place arms on their outside shoulder 5-6
- 6 Pull on shoulders back body follows 1-3, push back down hunched over B's 4-6\*
- 6 Push people away from each other 1, step up 3-4, hands grab and pivot to back 5-6
- 6 L hand wrap waist, R hand and leg rond de jambe to front reaching R 1-2, step L w/ R hand wrap waist and L arm side 3, R leg and arm fan moving body to face back 4-6
- 6 Lunge to L 1, step back R 2, run twice 3-4, tendu flesh jump 5-6
- 6 Body over 1, roll up R leg kick and L arm breathe 4-6
- 6 L leg kick R arm breathe 1-2, reach and turn to face back 3, jump 4, fling and thrash arms and R leg 5, pull in 6
- 6 Piqué onto R leg L leg attitude arms above head to face front turn over R shoulder 1, step over L leg 2, behind step 3, turn over L shoulder to face back to take two steps L then R 4-6
- 6 Roll head 1-3, head R 4, body forward 5, come up 6

Unison Part:

- 6 Transition: Hips to R move 1-2, arms flick to R 3, run to corner into three lines 4-6
- 6 Swim to L side plié down 1-3, step R foot arms come down and then into V and flick R foot out 4-5, ball change prep & 6
- 6 Saut de basque 1-2, step 3-4, tuck jump 4-5, land 6
- 6 Step prep 1, double coupé turn 2-3, flick L leg back as upper body arches back arms come around front 4-6
- 6 Cover mouth 1-2, jump up parallel arms in second 3, land 4, plié arms flick 5-6
- 6 Walk 1-3, walk R arm around head 4-6

- 6 Groups on 1 or 4: Pencil 1-2, prep 3, double pirouette 4-5, land contract arms over low 2<sup>nd</sup> 6
- 6 Sauté to back R arm up 1-3, pitch in attitude stepping w/ L 4-6
- 6 L foot steps out curve arm 1-3, back up fingers spider down thighs, second group catches up spider fingers moving forward 5-6
- 6 Everyone hold 1, prep 2, double coupé turn 3-4, ball change &5, double pirouette 6-1
- 6 Finish pirouette 1, fouetté out into attitude arms go through second in through to chest land on floor 2-6
- 6 Roll to knees 1-5, roll onto toes hinge slapping knees 6-1
- 6 Finish hinge 1, roll onto R hip to face back 2-6
- 12 A begins repeat \* to \* (36 counts); Parts B and C improv low to ground
- 6 B and C improv 1-3, move to partner 4-6
- 18 C's Repeat \* to \*; B's hold

**“Life in the Fast Lane”**  
**Level 3 Camp Field Kick**  
**Choreographed by Melissa Page**

Beginning position: Triangle, start off in second position/ arms by side, facing back, L toe pop, and leaning into L foot.

- 8 Hold pose 1-4, ripple L to R turning over R shoulder and raising L arm up & upper body to audience 5-8
- 8 Pick-up 1, 2, or 3: Movement is Tuck w/ arms above head, come up in 2<sup>nd</sup> throw head back, plié in 2<sup>nd</sup> w/head down & hands on knees; Last group finishes on count 6; Individual poses on 7 & 8
- 8 Transition to connect in the triangle to start kicking: Shoulder rolls 1-4, touch R leg out and L arm up 5, switch legs and arms 6, ball change front w/ L leg opening arms 7 &, hook up 8
- 8 Prep 1, straight R kick 2, close 3, jump w/ feet out-in &4, R foot goes out in relevé &, L foot out 5, ball change back R foot & 6, waist level hitch kick w/ L leg 7, close &, prep all on 8
- 8 L kick to R angle on 1, prep 2, L. kick to L angle 3, prep 4, opposite leg 5-8
- 8 Prep 1, straight L kick 2, prep 3, R fan 4, passé R leg in turnout 5, waist level kick to R diag 6, clip R foot over to clip turn and unhook to bring arms by side all on count 7, shoulder pumps 8 &
- 8 Group work: A's and B's: Feet jump to 2<sup>nd</sup> reaching arms above head 1-2, touch floor 3, hold 4, bend knees hands on L knee 5, hold 6, arms throw back &, arms bent at face 7, hold 8; Walk R foot/ punch L arm up 1, R arm up 2, circle arms around to back on 3, clasp in back 4, chaîné 5-6, L foot out 7, close 8
- 8 A's: Flat back circling body to R 1-4, walk reach arms out on 5, wrap to back 6, R arm up 7, R down to hook up 8; B's: Flat back circling body 1-4, transition to move the triangle out walking and swaying arm 5-6, circle to hook up 7-8; C's: Shoulder rolls 1-4, ball change R foot forward to hook up &7
- 8 Prep 1, R straight kick 2, cross leg over 3, open 4, prep 5, L straight kick 6, prep 7, R fan 8
- 8 Same combination with L leg starting; no fan at end and close feet 7, close arms 8
- 8 Transition to 4 straight lines: Triplet with feet R arm reaches 1&2, other leg & arm 3&4, R leg R arm 5 & 6, close feet & arms 7, hook up 8
- 8 Prep 1, R angle kick 2, touch L foot back torso facing R 3, touch R foot back torso facing L, prep 7, straight R kick 8

- 8 Opposition fans with lines: Three traveling fan kicks and twist on & 8
- 8 Traveling fans w/ opposite leg and in opposite direction; no twist & close arms and feet on 8
- 8 Transition to “open” triangle: Chassé R swinging R arm back 1& 2, other leg other arm 3&4, close feet and ripple front to back circling R arm around to hook up 5-8
- 8 Prep 1, straight R kick 2, prep 3, straight L kick 4, close 5, twist body R relevé & 6, twist body L relevé & 7, close and head pop 8
- 8 Fans down to knee in parts according to the lines; Starting on counts 1,2,3,4,5; R side of formation does R fan and L side of formation does L fan
- 8 Parts (starting on counts 1, 3, and 5): Sway body towards center and un-hook arms to cross arms head pop & snap 1-2, roll body to stand up facing side with back leg out and pointed 3-6, hook up and wait for last group to finish movement 7-8
- 8 Combination continues and all groups hook in to do two straight kicks 5-8
- 8 Each side of formation starts combination doing angle towards center: Prep 1, angle kick 2, chasse side 3&4, lean body tilt head cross leg over &5, close 6, plié and bend knees towards center 7, close arms and feet on 8
- 8 Transition to two lines that are in a U form: Walk reaching arms down and ending up in air 1-4, swing arms above head to the R 5, to the L 6, close feet drop arms to side look down 7, hook up 8
- 8 Prep 1, R straight kick 2, prep 3, L straight kick 4, prep 5, R straight kick 6, prep 7, feet out-in (jump) &8
- 8 Alternating kicks (2<sup>nd</sup> line double preps)
- 8 Close1, hold 2, Transition to ending diamond: Walking w/ shoulder rolls 3-4, reach R arm up L wrapped at waist 5, other way 6, roll down L arm 7, finish movement and close feet looking down all on 8
- 1 Hit ending pose

### **“Like Me”**

#### **Level 1 Hip Hop**

#### **Choreographed by Rhodessa Bell**

Beginning position: Head down feet together, staggered lines

- 8 Hold 1-4, \*\*\*dip 5, jump out 6, front line R shoulder in 7, point L hand 8
- 8 Back line L shoulder in 1, point R hand 2, head pop 3-4, cheerio circle to L 5-6, body roll front 7-8\*\*\*
- 8 Sit 1, face 2, fan 3-4, Groups starting on 5, 7 and 1: \*\*Rond de jambe L 5, step L 6, step R 7, kneel 8
- 8 R foot out point R hand 1, hands on knee 2, bounce 3-4, snake to front 5, snap 6\*\*, wait for other groups 7-8
- 8 Finish groups 1-2, Transition to triangle: Run, run snap starting on L foot 3-8
- 8 Finish transition 1-2, \*shimmy 3-4, punch L hand down bounce 5&6, R hand turn and face stage L 7&8
- 8 Body roll w/ L elbow 1-2\*, pivot 3-4, grab head on 5, roll down 6, push back 7, clap 8
- 8 Pull L leg 1-2, Groups on 3, 5 and 7: Tuck 3, legs out 4, R foot through L 5-6, knees in 7, open 8
- 8 R leg through L again 1-2, flip over L shoulder to tuck 3-4, finish groups 5-8
- 8 Run, run snap back to three lines 1-8
- 8 Repeat \* to \*

- 8 Face 1, sit 2, Repeat \*\* to \*\* (all together this time)
- 8 Continue repeat 1-4, start next Repeat \*\*\* to \*\*\*
- 8 Continue repeat
- 8 Break-down Section: Hands flat to R 1-2, switch to L 3-4, bounce hips “lawnmower” 5-6, point L hand up 7-8
- 8 Transition: Shake hands 1-4, three-step turn to end at stage R 5-7, dip 8
- 1 Pose 1, “boy hi” &

## **"Like Whoa"**

### **Level 1 Jazz**

#### **Choreographed by Hillary, Hayley, and Cali Hoffman**

Beginning position: Everyone starts in a block facing the back in a tuck.

- 8 \*Everyone holds 1-3, Odd Rows: Steps out with the R leg as R arm cuts across to the L diag and L hand is on hip 4, sit into R hip as R arm breaks through to R lower diag L hand still on hip L heel is popped 5, hold 6-7, cut L arm across to L diag as you start to shift weight to L 8; Even Rows: Hold 1-7, repeat the same thing as odd rows on 8-1 with the R arm.
- 8 Odd Rows: Sit into L hip as L arm breaks through to L lower diag R heel is popped 1, hold 2-6; Even Rows: Hold 2-3, continue movement with L arm 4-5, hold 6, everyone pivots with the R foot 7, turn to front 8
- 8 Step forward with R leg as L arm reaches forward 1-2, step forward with L leg as L arm touches L shoulder 3-4, step out to 2nd with R leg hands are placed on lower back 5-6, throw upper body down 7-8
- 8 Snake to the L and up 1-4, cross R arm over L as weight shifts to L leg body slightly forward 5, sit back into R hip L heel popped arms break through to a low-V, body angled to the L diag 6, square body to front as you sit into L hip L arm is wrapping waist R arm is wrapping chest area 7, shift weight and sit into R hip as R arm breaks through to a R diag 8
- 8 Three-step-turn to the L as R arm goes back to wrapping the chest 1-3, open to wide 2nd 4, head roll from R-L 5-8
- 8 "Hip Sways" Sway R hip as R arm swings up to R diagonal 1-2, do same thing on L keeping R arm up 3-4, body turns to L feet are stepping R 5, L 6, R 7, open up to 2nd with L to face the back 8 (As you walk back the arms are slowly coming down leading with the elbow)
- 8 "Hula Hoop" Circle hips to the R 1&2, circle to the L 3&4, Groups from R-L on 5, 7, or 1: Step side R foot 5, cross L foot over R 6, step out R and throw L arm over 7-8
- 8 Shift over to L foot 1-2, turn to the front 3-4, step R leg out to 2<sup>nd</sup> as arms go to a T 5-6, plié as you prep for a pirouette 7-8
- 8 Single or double pirouette 1-2, jump out to second 3-4, groups finish 5-8\*
- 8 Transition to triangle
- 8 "Roller Coaster" step our with R foot, as your arms snake, body is facing the right corner 1, continue to snake as you plié 2, circle the arms back as you straighten up 3, as arms are finishing circle you plié again 4, step with L leg to center yourself as R arms goes up in a diag L is down in a diag 5-6, switch the arms and shift weight R into R leg 7-8
- 8 Groups, odd lines rows go on 1 and even lines rows go on 3: Arms windmill to the front starting with the L arm going forward, as the R arm comes around your stepping forward on the R foot 1, shift back on your left foot to turn around as R arm comes all the way down 2,

- walk starting R 3, L 4, R 5 and pivot to face front 6, step forward R 7, L 8 (Even rows go on 3 and should pivot to face front 7-8)
- 8 Everyone picks up stepping out to relevé in 2nd R shoulder is up 1, sit in R hip 2, switch hips 3, shift back into R hip and snap R arm and look R 4, Ripple from R-L "tornado arms" R arm wraps waist L arm is in a low diag 5-8
- 8 Step forward on the L foot as arms cross a chest 1, passé R leg as arms break through to a low V (passé is flat to audience) 2, step R 3, step L 4, battement 5, down 6, sit to roll over R shoulder 7-8
- 8 Continue to roll to face the back 1-2, go to low knees as arms break through to a T 3, throw R arm over as L arm goes down 4, R arm comes around and sweeps under chin while L comes up and does the same 5, roll back to the front over R shoulder 6-8
- 8 Starting with R foot walk back to block facing the back 1-6, pivot on R foot 7-8
- 72 Repeat \* to \*
- 8 Everyone repeats together: Everyone R arm goes up in a diagonal L is down in a diag 1-2, switch the arms and shift weight R into R leg 3-4, windmill arms as you step forward R 5, pivot back L 6, step forward R 7, turn over L shoulder as you come to relevé on R foot, L foot comes off the ground as arms shoot up 8
- 1 Bring L foot back and sit into R hip L heel is popped arms break through to a low-V head is back 1.

### **“Love Love Love”**

#### **Level 4/5 Pom**

#### **Choreographed by Amy Goldberg**

- 8 Hold facing back 1-3, break arms down & 4, step back R then L 5-6, step forward R arms go to high or low V's 7, clean 8
- 8 Step out R w/ R arm to low V and L arm behind head 1, second group 2, third group 3, hold 4, third group closes feet R hand at hip L hand high V 5, second group 6, first group 7, clap jump out 8
- 8 T then break in and out 1&2, (groups in opposing directions) circle R arm twice 3-4, clap hands head back 5, L arm T R arm ½ T 6, switch three times 7&8 (Other group does all that w/ opposite arms)
- 8 First group: Touch knees look down 1, L arm behind head R arm out 2, down 3, switch to R 4, kneel and cheerio up 5, cheerio down 6, up 7, close together low V 8; Second group: R arm behind head L out 1, down 2, switch to L 3, down 4, cheerio down 5, up 6, down 7, high V 8
- 8 Clean down 1-2, transition to triangle switching by hips 3&4, parts punch in or forward 5, swing to diag or high V 6, touch knees down on 7, outside high V 8
- 8 Cross 1, clap 2, shake w/ outside arm out 3-4, chassé 5-6, prep 7, leap to front or inside 8
- 8 Land on floor 1-2, shake and triplet 3&4, turn back to original lines 5-7, prep 8
- 8 \*Fouetté in second R arm out L hand at hip 1-2, again arms in high V 3-4, double pirouette hands at hips 5-6, jump out hands in high V 7, clean 8
- 8 Roll hips to R hands at chest 1-2, R hand at hip L behind head 3, switch 4, prep 5-6, Double pirouette hands at hips 7-8\*
- 8 Land hands in high V 1, clean 2, chaîné into center leap roll to ground and stand 3-8

- 8 Walk to partners bent over hands behind you 1-3, jump out 4, A's: Touch R knee 5, L arm high V R at hip 6, L knee 7, switch R arm up 8; B's: R arm up high V L at hip 5, down 6, switch to L arm up 7, down 8
- 8 Face each other punch out to R diag &1, switch L diag &2, A's drop down punch to low V, B's punch to high V &3, switch &4, A's: Step behind partner knock R arm to L corner and then L corner 5-6, touch knees 7, high V 8; B's whip R arm 5-6, touch ground 7, high V 8
- 8 Make K's (A's drop L arm down, B's drop R arm down) 1, high V 2, switch K's 3, high V 4, circle inward 5-6, step forward touch R knee 7, jump out A's high V, B's low V 8
- 8 Switch V's and triplet in box around each other 1-8
- 8 Clean 1-2, walk 3-4, turn to original form 5-7, prep 8
- 16 Repeat \* to \*
- 8 Land hands in high V 1, clean 2, Groups on 3, 4, or 5: Flick R foot back R arm across body 3, step R through arms in T 4, rocket up step L 5, step R back hands at hips head back 6, groups finish 7-8
- 8 Groups on 1, 2, or 3: Face front L arm high V R at hip 1, finish 2-3, hold 4, clean 5-6, prep 7-8
- 16 Repeat \* to \*
- 8 Land hands in high V 1, clean 2, chaîné into center leap roll to ground and stand 3-8
- 5 Jump out high V 1, prep feet together 2, toe touch 3, land feet apart hands on knees 4, z-sit to back touch ground 5

### **“Love”**

#### **Level 4/5 Lyrical**

#### **Choreographed by Sarah Starkweather and Jordan Cooney**

- Beginning position: Face back L corner feet parallel fourth R arm wrapped back grabbing L arm
- 8 Hold 1-2, brush back 3, switch head brush arm forward 4, back 4, circle L arm face front 5-6, swivel &, extend R leg push arms down 7, chassé R 8&
  - 8 Arms swing cross down and open T &1, release to back 2, step 3, envelope R foot turning over L shoulder &4, piqué onto L 5, step onto R arms cross stomach 6, step L &, leap front 7, land to ground 8
  - 8 Roll to stand 1, step R foot back R arm forward 2, battu R arm up 3 twist over L shoulder &4, cross 5, soutenu arms cross 6, step 7, fouetté 8
  - 8 Melt leave leg extended and roll 1-2, thread arm through and roll 3, “T” 4, sweep legs circle 5-7, roll up chest first 8
  - 8 Sweep arms over 1, press R hand down then L &2, fan R 3-4, leg press up cross L arm 5-6, hop up L R pressing arms down 7, open R arm to back 8
  - 8 Inside turn L arm up R on stomach 1, unwind from turn L arm across face 2-3, press R hand L hand &4, arms together lift up 5, sweep down catch step RL &6, flip palms twist knee in palms face R wall 7, press L flip knee out arms by L hip &, coupé “a”, L step on L foot R fan 8
  - 8 Land fan 1, step brush R leg across 2, switch &, passé relevé L arm up R arm across stomach 3, lunge R front corner press R arm down 4, step back R fall w/ L leg back 5-6, tuck roll w/ legs parallel 7-8
  - 8 Up rond de jambe L leg 1-2, bend L leg press through and extend 3, R flip over to L lunge L arm behind back 4, release back flex L foot 5, prep &6, double pencil 7-8, run &
  - 8 \*Drag release 1, step 2, reverse leap 3, land 4, head roll 5-6, backwards rond de jambe w/ sweeping arms L R 7-8

- 8 Step together parallel front 1, R arm on hip sink L arm up 2, pull R elbow up as R heel goes out 3, turn R foot out &, “high five” R hand 4\*, walk L R 5&, scoop R L arms down &6, spin over L shoulder release arms to T 7, step R L 8&
- 4 Prep 1, double pirouette 2-3, high chaîné 4
- 8 Low chaîné 1, butt swipe to floor 2, roll up 3-4, sweep arms up R foot front lunge facing R corner 5, arms around neck coupé R foot beat front back 6&, arms open 7, turn into fifth 8
- 8 Sauté arabesque 1-2, clip backwards arms circle 3, land to R corner 4, drag grab R arm 5, step twice 6&, flick R foot into “flamingo” turn 7, run 8&
- 8 Repeat \* to \*
- 8 Finish repeat 1-4, brush R hand down L forearm 5, pull to R shoulder &, switch hands to L shoulder dig L foot 6, step L w/ R arm up 7, coupé turn hand at shoulder 8
- 8 Walk backwards 1-4, step out R look front 5

### **“Madly”**

#### **Level 3 Jazz**

#### **Choreographed by Ashley Iovine**

- 8 \*Hold 1-4, walk back R L 5-6, turn to face front with R arm in back pocket 7-8
- 8 R fan 1-2, step back R 3, L, pull arms &4, soutenu with arms up 5-6, prepare 7-8
- 8 Double pirouette 1-2, step out in relevé parallel 2<sup>nd</sup> 3, look side &, look back front 4, slide to the ground with L leg and arm sweeping over 5-6, roll to ground to face the side 7, shake shoulders R L 8&
- 8 Down to the ground 1, up 2, roll to stand up and switch lines 4-7, step L foot, sweep passé to the L with R arm and leg on 8
- 8 Chaîné 1&, step out R foot 2, pick up in passé with arms in V 3, back down 4, Groups on 5, 7, or 1: Drag around arms in “L” run run leap 5-6, groups continue 7-8
- 8 Finish groups and first two groups pose with R hip sit and L hand on hip while waiting 1-2, everyone walks back 5-7, sit into R hip with R arm swooping down and up to V 8
- 8 Flick 1, step 2, L battement tilt on 3, down 4, release soutenu w/ arms down palms open to face back on 5-6\*, walk arms go L on forehead, R down by your side on 7, then switch on 8
- 8 Pas de bourrée facing the back 1&2, chaîné to the L 3-4, step prepare facing back 5, peel up R arm while R foot goes into front coupé to face front 6, walk 7-8
- 8 Cha cha front w/ R arm in broken "T" palm down 1&2, cha cha back w/ L hand on heart and R hand peeling up with palm facing front 3&4, cha cha side with arms at "T" 5&6, pivot turn to the corner 7, step 8&
- 8 "X" jump facing back on 1, follow through 2, peel w/ arms up and L leg reaching out to the L 3, face front land in 4th position turned out 4, grande plié w/ arms in R arrow up 5, come back up 6, turn parallel fourth 7, passé and contract w/ arms level with body 8
- 8 Ball change L to side on &1, chaîné 2&3, inverted front attitude w/ arms coming up to level with foot palms down 4, ball change to corner facing back diag and throw arms down on &5, look front 6, arms come up in "V" and head goes up on 7, throw arms down w/ head releasing back 8
- 8 Pivot turn with R leg and R arm snap on 1-2, walk backwards 3-4, step back 5-6, and front 7-8
- 54 Repeat \* to \*
- 3 Step to front with R foot on w/ R arm cross low in front 7, step R foot with R arm crossed in front on 8, throw arms up on 1 and melt arms down as music fades

## **“Magic Tree Begins”**

### **Level 3/4 Jazz**

#### **Choreographed by Shannon Reznick**

- 8 Hold 1-2, roll hips look front 3-4, roll hips and snap twice in any direction 5-8
- 8 Flick L foot L arm up 1-2, R side 3-4, three-step turn to staggered lines back line faces back 5-7, ball change 8-1
- 8 \*Finish ball change 1, cut arms circle over head 2, step 3, prep 4, chaîné 5-6, jump out to corner R arm slices up 7-8
- 8 Snake back 1-2, prep 3-4, double coupé 5-6, step out R arms “T” 7, feet together arms push up 8
- 8 Step R 1, drag back 2, run 3-4, leap 5-6, land 7-8
- 8 Hips back R hand under face 1-2, hips forward hand over face 3-4, three-step turn to face front 5-8
- 8 R foot rond de jambe L arm slice 1-2, sit into R hip R arm over head 3-4, step out R grab R hand w/ L 5, lean R pull arms over head 6, switch to L 7, arms sweep to R 8
- 8 Walk around to prep 1-4, high chaîné 5-6, low chaîné 7-8
- 8 Romboursé 1-2, coupé turn 3, step out R slice arms to “T” 4, step to L corner arms reach up 5-6, snake to back hands connect 7-8
- 8 Arms flow up to “T” 1, sit into L hip hands over head “top hat” 2, high chaîné 3-4, low chaîné 5-6, turning jeté back leg in attitude 7-8\*
- 8 Turn out of it 1-2, lean R w/ R arm out palm front 3, step R foot across R arm up 4, jump onto L foot R in passé switch arms so L arm is up 5, step back 6, step open arms pull under face 7, drop over hands cover head 8
- 8 Jump up 1, land back w/ hands over head 2, circle R hand 3, sit into R hip wipe mouth 4, pivot sit into hip 5-6, walk back 7-8
- 8 Groups on 1, 3, or 5: Snake front hands at pockets 1-2, tuck L leg back to ground circle R arm up 3-4, head roll face back 5-6, snake to L corner 7-8
- 8 Roll back to front 1-2, R arm low V L at chest 3, switch to L side 4, circle hands above head palms forward 5-6, roll back 7-8
- 8 Stand up 1-2, finish groups 3-6, pivot to front 7, ball change to begin repeat 8-1
- 64 Repeat \* to \*
- 8 Turn out of it 1-2, lean R w/ R arm out palm front 3, step R foot across R arm up 4, jump onto L foot R in passé switch arms so L arm is up 5, step back 6, hip roll facing back 7-8
- 1 Front row drop to z-sit facing front, back row throw arms and head back 1

## **“The Magnificent Seven”**

### **Level 2-3 Field Streamer**

#### **Choreographed by Kelli Woodruff**

**Beginning Formation:** Horizontal straight lines in a tuck holding the streamer with both hands

- 8 Hold
- 8 Ripple back to front – jump 2<sup>nd</sup> with streamer horizontal above head
- 8 Ripple front to back – lay out and tuck
- 8 Ripple front to back – circle streamer over head and close back into straight lines
- 8 Move to triangles – Up 1-2, down 3-4, circle up & down 5-6, repeat 7-8
- 8 Repeat and continue moving
- 8 Ball change 1-2, break to “T” 3-4, Pop back and arrow up 5-6, close down 7-8

- 8 Passé 1-2, Pop diagonal arms 3-4, swing down and to the back in 2<sup>nd</sup> 5-6, hands to hip 7-8
- 8 Group 1-Swing back 1-2, swing front 3-4, to knee 5-6, high “V” face front extend R leg 7-8
- 8 Group 2 the same as above
- 8 Pick-up back to front 1, 3, or 5: Close arrow up 1-2, tuck 3-4
- 8 Move to circle – Arms arrow up 1-4, down 5-8
- 8 Chasse R 1&2, ball change arms up 3-4, slide L 5-6, Close 7-8
- 8 Pivot turn 1-2, stand or kneel 3-4, lasso 5-6, lasso 7-8
- 8 Close up or down 1-2, ripple around the circle switching up or down 3-8
- 8 Step L 1-2, kick R high “V” arms 3-4, step R with R arms 2<sup>nd</sup> 5-6, Close into circle 7-8
- 8 Moving to straight lines: Jazz run with arms 2<sup>nd</sup> 1-2, down 3-4, Zorro 5-8
- 8 Repeat and continue moving facing front on 8
- 8 Ripple right to left (chasser ripples)– Circle up and over head 1-4, begin 2<sup>nd</sup> ripple on 5
- 9 standing up to the back arm up and down
- 8 Continue ripples
- 8 Right arm up 1-2, pull streamer 3-4, Pick-up center out 5, 7, 1: Chainé 5-6, walk 7-8
- 8 Kick R 1-2, step 3, tuck 4, continue pick-up 5-8
- 8 Move to large triangle: Arms L diagonal 1-2, up horizontal 3-4, R diagonal 5-6, down 7-8
- 8 Continue moving: arms horizontal up 1-2, down 3-4, up 5-6, close into a tuck 7-8
- 8 Pick-up front to back 1, 3, 5, 7, 1: Jump 2<sup>nd</sup> streamer horizontal above head 1-2, tuck R 3-4
- 8 Finish pick-up 1-4, Ripple from R to L layout 5-8
- 8 Pick-up back to front 1, 3, 5: Z-sit 1-2, kneel 3-4, swing 5-6, add on swings 7-8
- 8 Finish pick-up 1-4, cross turn 5-6, close 7-8
- 8 Pick-up front 2 back 1, 3, 5: Wrap back 1-2, chassé 3&4, grand jeté 5, step 6, tuck 7, hold 8
- 8 Finish pick-up 1-4, Wrap to back 5, pop front R arm 2<sup>nd</sup> 6, arm to shoulder 7, R arm up 8
- 1 Throw streamer down release

**“Miles Away”**  
**Level 3/4 Contemporary Jazz**  
**Choreographed by Erick Bacon**

Beginning position: Face back laying down

- 8 Hold
- 8 Roll to front 1-5, pop body 6, L leg opens in and out 7&8
- 8 Pull L in &, extend leg 1, stand 2-4, hips to R 5, 3 step turn to face front 6&7, bounce &8
- 8 Bounce improv waking up 1-8
- 8 \*Sauté attitude arms w/ port de bras 1-2, contract to L developpé R leg &3, step R 4, pull L knee up &, push it down 5, slide L leg out 6, sweep L arm to back 7, head pop 8
- 8 Pull L leg up knee bent 1, R leg 2, step 3, sauté L foot out point fingers from head &4, cross 5-6, sauté passé to developpé on L arms at eyes 7, land 8\*
- 8 Step R 1, hop to face stage R sweep L arm up &2, step back R 3, cross L behind R facing back ball change 4-5, face front 6, ball change R hands circle at heart 7-8
- 8 Enveloppé L 1-2, face front hold six fingers 3, clasp hands face L 4, pull L hand down R arm 5, step across 6, reach w/ L arm 7-8
- 8 Walk around to back 1-3, ball change 4&, jump rond de jambe L leg 5, cross 6, grab ears turn R 7, switch to L &, throw away 8
- 8 Step R 1, circle R arm down to mouth 2, hold 3-8

- 8 Circle R arm down 1, step out L bring up three fingers 2, snake L hand down by side 3, pull L arm pointing across hinge into L leg 4, three-step turn end hugging yourself 5-7, on toes elbows up 8&
- 8 Walk back in circle 1-8
- 8 Jump clap “party” 1-4, hold 5, hips and heels to L &, hold 6, switch heels &, kick L leg out flexed foot 7, contract body twice &8
- 8 Chassé R w/ R hand at ear 1-2, hand at chin &, push it out 3, chassé to R 4&5, knees pop back and forth &6, drag L &7, step across &, run 8&
- 16 Repeat \* to \*
- 8 Hips rock back and forth arms swing 1-4, flick L leg L arm circles over 5-6, land 7, step forward 8
- 8 Hips rock no arms 1-4, flick L leg no arm 5-6, land 7, turn around yourself to walk away 8
- 8 Walk off until fade

### **“Miss Invisible”**

#### **Level 3/4 Lyrical**

#### **Choreographed by Robbyn Good & Kali Boyd**

- 8 \*Hold 1 & a, break through reach to front 2, step R foot &, step L a, pop R toe R arm circle towards R to meet L arm swing through sweep 3, pick R leg up in parallel attitude over right shoulder to back with straight arms over head 4, land to back in second parallel R arm bent palms facing upward and head roll to R 5, L arm circles to meet R 6, enveloppé saut arms circle 7, passé through &, roll 8
- 8 “A’s”: Sit 1, R arm wrap head goes down &, L arm wraps a, R arm box head up 2, L arm box &, spiral roll over R shoulder 3 & a, “grass hopper” jump on floor 4, continue rolling & a, hands on L knee push into lunge 5, rebound straighten L leg arms go above head 6, roll toward back over L shoulder 7 & a, step R foot 8, step L foot &; “B’s”: Wrap R arm to back R diag 8, wrap L under R arm (hugging a tree) &, plié arms extend at 45 degrees palms up hands flexed head released a, release down in demi plié arms resting on knees 1, R arm box 2, L arm box &, step L behind &, prepare for chaîné 3, low chaîné to R &, double attitude jeté spiraling over R shoulder arms in T 4, L leg extends into a single coupé over R shoulder arms above head L over R 5&, step L forward 6, swoop to back arms swoop down and up to a diag L in coupe &, chasse L to R side, step R 8, step L &\*
- 8 Jeté 1, step L &, turn over R shoulder a, tap R toe on 2, push R arm and hip & a, prepare 3, hold back attitude pirouette &a, replace weight touch L toe brush arms forward drop head 4, feet together R arm push down 5, L arm push down &, head roll 6-7, unfold R arm &, unfold L arm a, contract over fore arms on knees 8, sauté w/ head release &, down a
- 8 Step out to first parallel with R leg and wrap head on 1, wrap L arm 2, rond de jamb R leg 3, ball change 4&, arms reach up battement 5, step and drop arms &, Groups on 6 or 7: Circle passé 6, step back with R L corner 1 &7, hinge back to floor 8
- 8 Slide 1, R shoulder roll to tuck 2&, rond de jamb R leg to “corner 3” 3 &, release head back on a, hold 4, weight to R leg prepare 5 &, rond de jambe R release head &, switch lines &8
- 8 Jeté attitude avant arabesque 1, step L a, grab lunge head release 2, enveloppé 3, step back R leg &, step back L leg a, face back second parallel 4, throw arms to ceiling release head 5, turn over R shoulder to front on 6, prepare &, low back attitude pirouette arms above head 7 &, roll to ground 8 &, cross legs L in front a

- 8 Groups on 1 or 3: Head roll 1&a, “push up spiral roll” 2, L in front to get up 3, second position 4, arms in table top push R to L 5 &, ball change L leg behind push arms to R diag 6&, transition 7-1
- 8 Repeat \* to \*
- 7 Replace weight touch L toe brush arms forward drop head 1, feet together R arm push down 2, L arm push down &, head roll a, step out to first parallel with R leg and wrap head on 3, wrap L arm 4, circle L arm around to back to front to brush down 5-7

**“Never Tear Us Apart”**  
**Level 4/5 Modern**  
**Choreographed by Heather Iovine**

- 6 Hold 1-3, look up 4-6
- 6 Step R 1-3, step L 4-5, step L to side 6
- 6 Cut 1-3, piqué L 4-5, step back on R 6
- 6 Sauté slice arms & 1-2, step back L 3, step face back arms “T” 4-5, contract 6
- 6 “Explode” 1-2, drop 3, sauté straight up 4-5, land 6
- 6 Step R leg and R arm swing to front 1-3, L arm rises 4-6
- 6 Release drop swing L arm down 1-3, clap over head 4, touch shoulders 5, floor 6
- 6 Jump to R side hands down 1-2, step on R 3, continue to reach w/ R arm 4-6
- 6 Piqué onto L leg 1-3, turn out of it to face front R arm up 4-5, arm down 6
- 6 \* “Circle part” jump touch arms to second 1-2, contract 3, twist to R 4, release L 5-6
- 6 Chainé jeté roll to floor 1-6
- 6 Rond de jambe back on L 1-3, R side 4-6
- 6 Step onto L piqué passé R arm to ceiling 1-2, clap side switch passé to L 3, step on L passé throw R arm 4-6\*
- 6 Step R L 1-2, modern glissade 3, sink down L 4-6
- 6 Rond de jambe back 1-3, L steps forward 4, handstand 5-6
- 6 Step back on R looking over shoulder 1-3, step and clean to front 4-6
- 6 Cartwheel w/ R leg bent 1-3, soutenu 4-5, breathe forward 6
- 6 Throw R arm back 1, L arm back 2, passé touch knees 3, extend arms up 4, arms second 5, contract arms to first position R leg to passé 6
- 6 Push R leg around 1-3, step L 4-5, R back 6
- 6 Port de bras arms 1-2, close 3, step back R L 4-5, arabesque chug 6
- 6 Roll to ground 1-3, step L to rond de jambe R leg 4-5, L leg swing 6
- 6 Roll to stand up 1-2, step up on R 3, cut arms over head 4-5, press hands down rond de jambe R leg around 6
- 6 Sous-sous arms rocket 1-2, step back 3-4, arabesque chug 5, step back 6
- 6 Run 1-2, sauté arms down chest to ceiling 3, contract 4, roll up 5-6
- 6 Cut to floor 1-2, R leg reaches back L arm reaches forward 3, roll onto stomach 4-5, L leg attitudes to stand up 6
- 24 Repeat \* to \*
- 6 Contract forward 1-2, stand up 3, push down 4-6
- 6 R leg steps to fourth L arm opens 1, pull up to coupé 2, walk 3-4, R arm comes up 5, hold 6
- 6 Demi-plié 1, contract over 2, L leg comes up knees touching turn to R arms are straight up 3, chassé 4-5, Russian pas de chat arms up 6
- 6 L arm comes up and roll to floor 1-3, land in your own pose 4-6

## **"Nine Lives"**

### **Level 2 Kick**

**Choreographed by Hillary, Hayley, and Cali Hoffman**

Beginning position: Facing the back feet are together arms by side head forward.

- 8 Groups w/ R triangle on 5, L triangle on 3: Everyone hold 1-3, look to the R on 4, R Triangle: Pivot R as hands go to hips 5-6, hip shake R 7, L 8; L triangle: Pivot with R 7-8
- 8 Everyone together step forward R and swirl hip as R arm swipes under chin and down 1-2, step with L and swipe other arm 3-4, step out with R leg to L and hip shake R-L 5-6, head circle starting to the R 7-8
- 4 Close feet 1-2, head down 3, hook up as head comes up 4
- 8 Passé 1-2, touch 3-4, rond de jamb 5-6, close 7-8
- 8 \*Walk to R 1-3, touch 4, chassé 5-6, flick 7-8
- 8 Ball change 1-2, step 3, ball change 4-5, step 6, fan R 7-8\*
- 8 Groups on 1, 2, or 3: Bow 1, finish 2-4, everyone comes up 5-6, head roll to the R 7-8
- 8 Exercise kicks step back with L first 1-8
- 8 Double R fan 1-4, L straight 5-6, close 7-8
- 8 Double L fan 1-4, R straight 5-6, close 7-8
- 8 Straights 1-6, close on 7, hold 8
- 8 Transition to two lines: R arm crosses chest 1, low V 2, L arm does the same on 3, low V 4, cross both arms at chest 5, high-V 6, roll outwards and down 7, close 8.
- 8 Groups on 1, 3, or 5: Chassé 1-2, step 3, jeté 4, hold 5-8
- 8 Hold 1-2, roll 3-4, stand 5-6, cross and look back on 7, head up on 8
- 8 Pivot 1-2, walk to back stepping R-L 3-4, turn over R shoulder and step with R foot as you face back to the front 5, L foot 6 (arms are coming through) and up 5-6, close R foot to L while the arms stay up 7, hook up 8
- 16 Repeat \* to \*
- 8 Straight kicks starting with R leg
- 8 Starburst kicking with the R across to the L side 1-2, center R kick 3-4, R kick to R side 5-6, close 7, hold 8
- 8 Graduated kicks starting R kicking low 1-2, kick L leg mid level 3-4, kick R leg high 5-6, close 7, close arms 8
- 8 Everyone step forward with L foot and cross arms at chest R over L 1, battement R leg to front arms are in an "L" (R arm at ear L is out in a T) 2, step down as arms stay in an L 3, close arms and feet together 4, Groups on 5 or 7: Feet jump together as arms break through to go up to ceiling 5, open up to second as you cross your R arm over L out at chest level head releases back 6, finish groups 7-8
- 1 Hold
- 5 Step out to 2nd facing front sitting in R hip arms go through a low V and up to wrap at head 1-3, twist hips 4-5

## **"Nothing to Say"**

### **Level 3 Jazz**

**Choreographed by Rhodessa Bell**

Beginning position: Three columns

- 8 Hold 1-4, rond de jambe flexed foot 5-6, ball change 7-8

- 8 Ball change 1-2, turn around 3, jump out 4, R shoulder rolls in 5, sit into R hip face back R arm out & 6, side attitude L leg arms behind back 7-8
- 8 Transition to diamond form: Soutenu to front 1-2, “what’s up” 3-4, cover mouth w/ R hand 5, L hand around head 6, soutenu snake head 7-8
- 8 Throw R arm up jump 1-1, step R 3, flick L foot 4, ball change point up 5&6, spiral body to R 7, “unspiral” turning over L shoulder 8
- 8 Pop head point up 1, back up arms slide down body 2-4, three poses 5-7, hold 8
- 8 Roll hands and contract 1, Transition to staggered lines: Running body over 2-4, hip roll R hand finger roll 5-6, rond de jambe R foot to ground 7-8
- 8 \*L leg kicks up and then folds under R leg 1-4, lay on side contract facing back 5-6, finger roll R hand sit up 7-8
- 8 Attitude illusion 1-3, scoot feet to L & 4, swing R arm to turn over 5-8
- 8 Flick R foot out and then into parallel coupé & 1, step R 2, shake finger 3-4, forced arch attitude arms flick up 5, soutenu out of it 6-8
- 8 Drop down R leg out L leg tuck 1-2, brush feet roll shoulder walk L 3, R 4, (opposite directions) throw L hand out 5, R 6, swivel arms connected at elbows 7&, sauté R leg back 8\*
- 8 Step through 1, reach finger roll hip roll 2, touch shoulder 3, snake through 4 cha cha 5&6, triplet arms fly up on last count 7&8
- 8 Switch hips and hands L then R 1-2, booty roll back to L 3-4, “backwards dolphin” 5-6, L hand at mouth 7, throw it away 8
- 8 Run L w/ R arm up 1, switch 2, Groups on 3, 5, or 7: Step 3, prep 4, single inside pirouette 5-6, wipe mouth 7-8
- 8 Chassé 1-2, step 3, small jeté to ground 4, groups finish 5-8
- 8 Everyone roll to L to stand 1-4, ball change chest roll & 5-6, drop w/ R foot extended L in tuck 7-8
- 8 Flick R foot and arms out 1-1, ball change chest roll 3-4, hip roll R hand finger roll 5-6, rond de jambe R foot to ground 7-8
- 32 Repeat \* to \*
- 1 Jump out look up 1

### **“Old Time Rock and Roll”**

#### **Level 2/3 Field Jazz**

#### **Choreographed by Kristina Tarman**

Beginning Position: Facing back with L foot in a bag dig R hand on shoulder and L behind back

- 8 Two Groups, Outside group first: Hold 1-2 arms “T” 3, parallel 4, turn over left shoulder 5-6, plié and cross arms 7-8
- 8 Inside group Repeat 1-8
- 8 R ball change side extend R out from shoulder L on hip 1-2, step back ball change R up by ear L out shoulder 3-4, passé R 5, step across front 6, step out L bring R arm across 7, hold 8
- 8 Two Groups: Odd Lines: Circle inward and sit into R hip 1-2; Even Lines: Repeat 3-4, forced arch arms scoop to parallel 5 hold 6, ball change R back open arms lift head 7-8
- 8 Arms up 1-2, L down 3, R down 4, L to hip R out 5 hold 6, circle to the L and back to R 7-8 8
- Contagion: Odd lines step R Even to the L touching head 1-4, throw arm out 5-6, cross arms 7, forced arch arms down V 8

- 8 Groups on 1, 3, or 5: Rocket up 1-2, prep 3-4, single pirouette 5-6, kick parallel R with L at ½ “T” and R out shoulder 7-8, 8 step out 2<sup>nd</sup> with L arm down 1-2, R across 3-4, scoop arms up to hips 5-6, lift hip touch shoulder 7, R to down > 8
- 8 Lift hip touch shoulder 1, arm out shoulder 2, Lift hip touch shoulder 3, arm up to diag 4, (Everyone together) step L and drag wrapping head 5-6, step R and throw 7-8
- 8 Turn to back over L shoulder and pushing down sides 1-2, walk R L 3-4, step out R arms up 5, cross L arms down 6, step R 7, turn to the front or back and plié 8
- 8 “X” jump 1, plié and coupé 2, R hip 3-4, L hip 5-6, R ball change arms flat 7-8
- 8 Chainé 1-2, walk R 3, L 4, “X” jump 5-6, turn 7-8
- 8 Feet together broken T 1, down 2, drag 3-4, transition wrap head 5-6, sides 7-8
- 8 Cross R over L 1-2, low V 3-4, Three Groups: Pose 5,6,7, odd lines drop on 8, even lines drop on 4
- 8 Drop parallel 1, up to ears 2, step back R broken T 3, cross L 4, throw down 5-6, flick front 7-8
- 8 Step R 1-2, twist arms in broken 3-4, plié front 5-6, break arms down 7, kick R 8
- 8 Cross R 1, step out L 2, throw 3-4, step out R 5, feet together 6, throw down 7-8
- 8 Group 1 pose on 1 & 3 and group 2 continues combination, everyone arms out from shoulder parallel 5, hit hips 6, lift R hip 7, down 8
- 8 Transition: Turn over R shoulder arm by ear 1-2, down to low V 3-4, L arm low V 5-6, cross chest 7, down to low V palms up 8
- 8 R ball change side extend R out from shoulder L on hip 1-2, step back ball change R up by ear L out shoulder 3-4, passé R 5, step across front 6, step out L bring R arm across 7, hold 8
- 8 Contagion Circle and sit into hip 1-7, forced arch with arms parallel 8
- 8 Two groups: Front line open arms to T ball change R 1-2, roll down 3-4, roll up 5-7, R up by ear L hooked up to elbow 8; Back line open arms to T 1-2, chassé 3-4, step 5, leap 6-7, tuck to the ground 8
- 8 Back line that is now in front roll up 1-3, pop into pose 4, everyone transition lower arms 5-6, switch arms L 7-8
- 8 Raise arms 1-2, Indian 3, out to “T” 4, jump to 2<sup>nd</sup> 5 hold 6, hands to shoulder 7, flat back arms touch floor 8
- 3 Two levels: Roll up 1-2, pose 3

### “OOC”

#### Level 1 Jazz

**Choreographed by Sloan Chouest, Hayley Hoffman, Clayton Cross,  
Daniella Ortega, Kelsey Joseph, Lauren Lilly, Rebekkah Senn,  
Kali Boyd, Amanda Strassburg, Ning Foncham**

Beginning position: Two clumps facing back

- 8 Hold 1-2, one clump hips L then R pointing 3-4, hold 5-6, second clump goes on 7-8
- 8 Pivot turn 1-2, walk to staggered lines 3-4, arms circle up 5-6, ball change R 7-8
- 8 \*Kick R touchdown 1, step into prep 2-3, chainé 4-5, clean 6, “T” R arm step R 7, “T” L arm point 8
- 8 Windmill R arm 1-2, ball change 3-4, down on R knee 5-6, L knee 7, arms up 8
- 8 Present arms front 1-2, roll 3-4, stand up 5-6, hold 7-8\*
- 8 Continue 1-2, pivot push arms 3-4, walk forward present arms R then L 5-6, arms circle to straighten up 7-8

- 8 Arms slide down facing R 1-2, drag swimming arm 3-4, head roll 5-6, prep 7-8
- 8 Pirouette 1-2, jump out 3, Groups on 4, 5, or 6: Pump together touchdown 4-6, step to diag 7, battement R “L” arms 8
- 8 Ball change R 1-2, step back R shoulders ball change 3-4, rond de jambe circle R 5-6, sit 7, snap 8
- 8 Scoop to front 1-2, walk to triangles 3-4, arms come up 5-6, arms fall down R then L 7-8
- 24 Repeat \* to \* (Pivot turn on last 7-8)
- 8 Walk to staggered lines presenting arms front 1-2, circle arms up 3-4, slide arms down 5-6, low V 7, wrap 8
- 8 Groups 1, 3, 5, or 7: Chassé 1-2, step 3, grand jeté 4, tuck to ground 5-6, stand 7-8
- 8 Finish 1-4, ball change 5-6, step to diag 7, battement R 8
- 8 Ball change R 1-2, ball change R back 3-4, rond de jambe 5-6, sit 7, snap 8
- 8 Scoop to front 1-2, walk to triangle 3-5, step out 6, point hips R then L “hands in the air” 7-8

### **“Paralyzer”**

#### **Level 4, Pom**

#### **Choreographed by Tara Richmond and Stephany Timmons**

Beginning position: Tight clump, arms are on each others shoulders

- 8 Hold 1-4, everybody leans to L side 5, hit 6, switch 7, hit 8
- 8 Roll down 1, head down 2, roll up 3, look 4, split off to go to staggered lines in three groups going on 5, 7, or 1: Drag 5, hit pom pose 6, continue groups 7-8
- 8 Groups finish on 1-2, everybody drag and hit 3-4, / shake to fix formation 5,-8
- 8 Prep 1-2, fouettés 3-8
- 8 Double turn 1-2, land 3-4, cross arms low 5, high V 6, wrap head 7, low V 8
- 8 Punch box L low angle 1, switch to high V angle 2, circle R arm down to low V angle 3-4, step L to front punching arms R L R 5&6, cross R arm over face 7, break to R arm “T” 8
- 8 R high arrow 1, switch to L low angle pull &, arms through 2, ball change in broken “T” &3, hold 4, cross arms low 5, jump up to touchdown 6, step back with R leg and cross arms 7, step back L in low V 8
- 8 Transition to three blocks (up, middle, back) R check mark 1, switch 2, circle L arm down and up 3-4, “T” 5, poms behind head &, “T” 6, circle poms down to clean 7-8
- 8 \*Groups on 1, 3, or 5: “Guitar” circle R pom down and to high V angle 1, break R arm &, broken diag to R side 2, L diag looking down to R side 3, wrap head with R arm L wraps stomach 4, feet R L R w/ arms in high V 5&6, turn to back 7, punch back to the front 8
- 8 Last group finishes 4, everyone step in 2<sup>nd</sup> position with R arm in touchdown and L arm in low touchdown 5, broken touchdown &, “T” 6, circle poms to close 7-8
- 8 Jump out to 2<sup>nd</sup> in R diagonal 1, bring R arm in &, punch box L low angle 2, circle R arm into body and back &3, punch R arm 4, throw L to front 5, L 6, big circle with R arm 7, cheerio and pop 8\*
- 8 Walk back to staggered lines: Low cheerio 1-2, R “L” 3, switch 4, switch broken “T’s” 5&6, shake by sides 7-8
- 8 Every other row drags to opposite sides, drag with outside arm throwing 1-2, slow three-step turn 3-5, kick outside leg w/ arms in touchdown 6, walk back 7-8
- 8 Dip low scooting back to windows 1, touchdown 2, levels 3, hit 4, broken T 5, punch out and cross &T 6, L arm in high V R behind head 7, switch &, bring L arm down 8

- 8 Roll or clip turn to L side 1-2, stand up or adjust 3, look 4, ball change L R arms in broken “T” &5, hold 6, kick R L arms low check marks 7&8
- 8 Tuck 1-2, jump up head back and wrap 3-4, prep 5-6, chaîné 7-8
- 8 Attitude leap 1-2, land 3-4, hands on hips L R 5-6, twist 7-8
- 8 Throw R pom out on “you” 1-2, prepare to the back 3-4, turning C-jump 5-6, land 7-8 to the back
- 8 Sustain looking to L side 1-2, Transition: R hand behind head L behind back 3, switch 4, “fist twist” L R 5-6, L “K” switch 7-8
- 24 Repeat \* to \*
- 4 Throw arms up to touchdown 1-2, pom poses 3-4

**“Party People”  
Level 3 Officer Hip Hop  
Choreographed by Cami Christensen**

- 8 Hold 1-5, look 6, talk 7-8
- 8 \*Jump 1-2, shoulder drag 3-4 run 5-8
- 8 Luck “O” pop 1-2, wrap 3, box 4, snake down 5-6, booty 7-8
- 8 Push shoulder walk back 1-4, second jump hip 5-6, roll through 7-8
- 8 Isolation 1-2, roll through 3-4, isolation 5-6, together 7, party &8
- 8 Walk point 1-2, open door 3-4, elbow twist 5-8
- 8 Knee in, out 1-2, slide 3-4, turn 5-6, hips 7-8
- 8 Booty 1-2, diag 3-4, wrap 5, point 6, pop 7-8
- 8 Tilt L 1-2, tilt R 3-4, high V 5, down 6, isolation 7-8\*
- 8 Walk w/ fist 1-4, “Nelly” dance 5-8
- 8 Groups on 1, 5, or 1: Hand snake L 1, R 2, head 3, pop 4, swivel L then R 5-6, down 7, throw 8
- 8 Groups finish 1-8
- 8 Snake back 1-2, step R 3, L 4, swivel knees 5-6, basketball 7-8
- 8 Lean walk 1-8
- 8 Lean walk 1-8
- 64 Repeat \* to \*
- 8 Battle 1<sup>st</sup> group lean w/ R rock 1-4, 2<sup>nd</sup> group 5-8
- 8 Heel tow 1<sup>st</sup> 1-4, 2<sup>nd</sup> 5-8
- 8 Everyone Brooklyn front back tuck 1-4, levels 5, snake 6-7, throw away 8

**“Pink Cadillac”  
Level 3 Officer Kick  
Choreographed by Shelley Wayne**

Beginning position: Straight line facing back

- 8 Hold
- 8 A’s: Pivot to front w/ R 1-2, chassé forward R 3&4, ball change forward L and to the back 5-6, chassé L 7&8 (Forms staggered lines)
- 8 B’s: Pick-up pivot to front w/ R 1-2, chassé forward R 3&4, jeté R to ground 5-6, hold 7-8
- 8 Contagion from R: Stand and turn over L shoulder and split front
- 8 Z-sit 1-2, up 3-4, move into straight line 5-7, hook up 8

- 8 Ball change out R 1-2, cross R over L 3, kick L to corner 4, step back L 5, pull together 6, step forward R 7, kick L 8
- 8 Pas de bourée to R corner 1-3, kick R 4, step back R 5, pull together 6, touch R L to face front 7&8
- 8 Corner jump kicks: R to R 1-2, L to R 3-4, R to center 5-6, L to center 7-8
- 8 R to L 1-2, L to L 3-4, fan R 5-6, fan L 7-8
- 8 Double jump kicks on the R 1-4, double jump kicks on the L 5-8
- 8 Jump kick R 1-2, pop jump w/ R 3-4, jump kick L 5-6, pop jump w/ L 7-8
- 8 Chassé R 1&2, cut out R 3, step back R 4, chassé L 5&6, cut out L 7, step back R 8
- 8 Twist twist R L 1-2, close 3-4, pivot in opposition 5-6, stagger 7-8
- 8 Travel to L: Step ball change w/ arms reaching up and down 1&2, repeat on R 3&4, chaîné L 5&6, walk through each 7-8
- 8 Repeat above step again until back in original straight line
- 8 Hook up 1-2, Contagion from R: Ball change back R and kick R and extend 3-8
- 8 Continue contagion and close to front on 7-8
- 8 Transition to double lines
- 8 Front Row: Jump kick L 1-2, close 3, bow over 4, up 5-6, twist R L 7-8; Back Row: Jumpp kick L 1-2, repeat kick 3-4, close 5-6, twist R L 7-8
- 8 Three straight jump kicks R, L, R 1-6, close 7-8
- 5 Transition to ending formation 1-3, tuck 4, pose 5

### **Pom Mix 2008**

#### **Level 3 Pom**

**Choreographed by Lindsey Dresner, Sloan Chouest, Megan DeHoyos, Kali Boyd**

- 8 Hold 1-4, R side: Step R pom on hip L low 45 > across torso; Center: Low 45 'x'; L side: Step L on hip R low 45 > across torso 5-8
- 8 Circle R arm across jump together 1-2, shake at chest 3-4, rocket 5, R behind head L low V 6, R low V 7, together 8
- 8 \*R skim from L to R 1-2, circle R in and out both down to R leg 3-4, ball change R or L by lines 5-6, drag 7-8
- 8 Clean 1-2, jump touchdown in files 3-4, touchdown or "T" &5&6, arms to L 7, L arm at T R at ½ "T" 7, R to T 8
- 8 Punch R pom inverting R knee 1-2, R head L low V 3, switch 4, throw low 45 > 5, step side low V 6, hips 7-8
- 8 Groups on 1, 3, or 5: Chassé 1-2, step 3, leap arms high V 4, finish groups 5-8
- 8 Finish groups 1-2, roll up to touchdown 3-4, R diag &5, L &6, circle &7, throw 8
- 8 Turn over R shoulder 1-4, open low V 5-6, or high V 7-8
- 8 Three-step turn poms on head 1-3, clean 4, prep 5-6, pirouette 7, jump in 2<sup>nd</sup> 8\*
- 8 A's: Punch R L 1-2, duck down 3-4, hold 5, diva 6, step 2<sup>nd</sup> 7, throw back 8; B: Duck 1-2, punch 3-4, diva 5, step 2<sup>nd</sup> 6, throw 7, hold 8
- 8 Throw cross step R 1-2, step together low V 3-4, ripple L to R swivel knees face front 5-8
- 8 Groups on 1 or 3: Reach R pom across 1, break low V &2, finish 3-4, swivel to L 5-6, chest pops 7-8
- 8 Step drag R 1-2, roll arms low V 3-4, L to L or R 5-6, switch 7-8
- 8 Shake at chest transition to one line 1-4, punch L up 5-6, hook L down R up 7, open &, Indian 8

- 8 Throw or scoop 1, shake at chest to 4 lines 2-8
- 56 Repeat \* to \*
- 5 Travel to clump 1-4, to levels and shake 5

### **“Rock Pom”**

#### **Level 4 Pom**

**Choreographed by: Jen Forst**

Begin facing back in tuck in 3 staggers

- 2 Turn over R shoulder and hit toe touch
- 8 Land 1-2, R pom to L shoulder 3, L pom to R shoulder 4, close 5-6, pump 7-8
- 8 Parts: 1, 3 – Body roll 1-2, three step turn 3 & 4 hold 5-6, all together R arm low V, L arm ½ T 7, L arm touch down, R arm ½ T 8
- 8 Windmill arms to tuck 1-4, jump up to second and drop poms behind 5-6, walk R foot in 7 & 8
- 8 Pencil turn over R shoulder and fall to push up position facing L wall 1-4, tuck legs in 5-6, flip over R shoulder to crab position 7-8
- 8 Prep 1-2, kick legs out & 3, land 4, turn over L shoulder to get up and grab poms 5-6, hit low V 7, hold 8
- 8 Hit low V twice & 1, & 2, Parts: 3, 5, 7 – close arms pencil turn over R 3-4, prep 5-6, double pirouette 7-8
- 8 Prep 1, tilt jump 2, or 4, or 6 and land 7 hold 8
- 8 Parts: (First and third row) Step out to second with R foot arms open to T 1, close arms to rocket down hit flat back 2, hit T 3, rocket up and close R foot in 4, hit T 5, close 6, hold 7-8; (Second Row) Step out to second with R foot arms open to T on 2, close arms to rocket down hit flat back 3, hit T 4, rocket up and close R foot in 5, hit T 6, close 7, hold 8
- 8 Move 1-4 to triangle, hit levels low knees, high knees, standing 5-7, hit arm levels low V, T, high V 8
- 8 Shake poms in 1-3, hit back to levels low, T, high on 4, low knees clap poms above head on 5 close 6, high knees clap 6 close 7, standing clap 7 close 8
- 8 Play guitar with R arm 1-2, hit L diagonal & 3, R diag. & 4, tick tock clockwise 5, 6, 7, close 8
- 4 Get up 1-4
- 8 Move to straight line 1-8
- 8 Step R and pick up L leg throw R arm across to L shoulder 1-2, switch 3-4, Face R diag. roll arms and hit R heel 5-8
- 8 Release upper body and throw poms back 1-2, face R wall and tuck 3-4, ripple R-L C jump 5-8
- 8 Parts: (Will end up in 2 lines at the end of this sequence) Every other person (Grp will walk back and make second line, Grp 2 will make first line) Grp 1: Step R-L 1-2, pitch kick 3-4, step R-L 5 &, throw arms forward 6, turn over L shoulder and walk back 7-8; Grp 2: Step R-L 3-4, pitch kick 5-6, step R-L 7 & throw poms forward 8
- 8 Continue walking to make 2 lines and pivot to the front 1-8
- 8 Chasse with arms in T with lines in opposition 1-2, ball change and shake poms switching in low V 3-4, prep 5, chaine axial 6-8

- 8 Land 1-4 in second, R arm punch down & 5, L & 6, rock back on heels & hit T 7-8
- 8 Windmill L arm & hit L passé 1-4, shake poms in & punch down pop up R foot 5-8
- 8 Pencil turn over L shoulder to face in opposite ways (Grp 1 should end up facing R wall and Grp 2 should be facing L) 1-2, punch R arm up 3-4, walk through each other and end up on opposite sides arms shaking down 5-8
- 8 Move to clump 1-8
- 8 Step R pivot turn over L 1-2, again 3-4 to face R wall, cross arms in front and throw behind 5-6, criss cross jump to face front 7-8 pulling arms down “row your boat”
- 8 Hit T 1-2, twist with R knee popped & 3, & 4, rib isolations arms low V 5, ½ T 6, T 7, O 8
- 8 Circle arms to L down 1-2, twist to L arms ½ T 3, arch release 4, R leg scuff x 2 & 5, & 6, face R 7-8
- 8 Run 1-2, pop heels and play piano around 3, 4, 5, 6, hit Rocker hand 7

**“Scene Change”**

**Level 3/4 Jazz**

**Choreographed by Daniella Ortega**

- 8 Hold looking down 1-7, look front 8
- 8 Sassy walk front R L R L 1-4, step R swing up R arm 5, L leg out L arm swing up 6, cross arms melt towards the left 7, piqué on R with L leg attitude 8
- 8 Step R L facing side 1-2, cross R to drag facing back arms in diag 3, prep R L 4-5, R double outside pirouette 6-7, jump out to wide second arms down 8
- 8 R arm to “T” 1, cross L leg behind 2, unwind bringing R arm to touchdown 3, ball change R L & 4, flick kick R arms touchdown 5, cross R leg front 6, body roll 7-8
- 8 “Michael Jackson” reverse ball change & 1-2, circle hips around to face back and sit in hips arms break up to touch down 3-4, step L foot front drop R arm to low diag R arm in pocket 5, circle down to face the front 6-8
- 8 Point and melt 1-2, salsa ball change & 3&4, grand battement arms in diagonal 5-6, step across R 7, step out L 8
- 8 Jump around over R shoulder 1-2, step out R L and reach R arm front 3-4, melt around face 5-6, hips R L 7-8
- 8 Groups 1, 3, or 5: Pivot on R turn to back 1-2, chasse arms down 3-4, grand jete facing R side 5-6, land 7, hit pose 8
- 8 Finish groups 1-4, twist hips L R 5-6, melt to the back 7-8
- 8 \*Drag arms up 1-2, step R 3, bring L leg passé arms break to “T” 4, fan facing the back 5-6, roll to the ground 7-8
- 8 Continue rolling 1, prep to knee 2, double pirouette 3-4, jump out 5, body roll 6-8
- 8 Groups traveling opposition diag plane: kick R ball change 1&2, chaîné 3-4, grand jeté back leg attitude 5-6, land 7-8
- 8 Swirl full turn to travel back towards center 1-3, cut turn arms throw up in touch down 4, move to two triangles 5-8\*
- 4 walk to triangles
- 8 Triangle 1: R foot kick front 1, ball change cross front & 2, pop it 3-4, L foot kick front 5, ball change cross front & 6, look away 7, look at other triangle 8; Triangle 2: same but on the other side kicking with L foot first
- 8 Step L front arms swing down 1, swings arms up &, slide down R foot down to ground 2, swing both feet towards R to face the side 3-4, backwards roll 5-7, pop it up 8

- 8 Arms in a box and pop it back 1-2, step R to prep 3, L double outside 4-5, step out 6, ball change &7, grand battement arms in an “L” 8
- 8 Ball change front 1-2, swivel hips to R arms down by your side 3-4, walk back to block formation 5-8
- 32 Repeat \* to \*

**“See You in September”  
Level 2 Field High Kick  
Choreography by Shelley Wayne**

Beginning position: Diagonals of 3 facing back

- 8 Hold 1-4, parts pose to face front on 5,6,7 hold 8
- 8 Contagion turn to reach pose on diagonal
- 8 Finish contagion
- 8 Close in parts 1-2, 3-4, 5-6 straight line 7 hook up 8
- 8 Jump kick R to R 1-2, L to C 3-4, R to L 5-6 changement to R 7-8
- 8 Step back R 1 pas de bourre 2-3 kick L 4 back L 5 passe’ R 6 ball change back &7 to 2<sup>nd</sup> position facing front 8
- 8 Clip L across R 1-2-3 passe L to L 4, jump kick R to L 5-6, R to C 7-8
- 8 Jump kick L to C 1-2, R to C 3-4 close 5-6, touch L touch R &7&8
- 8 (Separate lines into staggers of 3) Step R cross L ball change 1-4, cross ball change close 5-8
- 8 R to R, R to C, R to L, R to L
- 8 L to L, L to C, L to R, close 7 face front 8
- 8 Opposition fans to even blocks out
- 8 3 straight kicks
- 16 Move to pinwheels
- 8 Exercise kicks around pinwheel
- 8 “ “
- 8 Kaleidescope pinwheels
- 8 “ “
- 8 Exercise kicks back to original spot
- 8 “ “
- 8 Move to 2 kick rows
- 8 Jump points 1-4, jump waist 5-8
- 8 3 straights front row close 7 bow 8, back row 4 straights
- 8 Back row kick R 1-2 close 3 bow 4 while front row holds, back row up 5-6, front row up 7-8
- 5 Move into 1 line 1-4, leveled pose 5

**“Shake It Like a Pom Pom”  
Level 1/2 Hip Hop**

**Choreographed by Erica Sowell, Daniella Ortega, Cali & Hillary Hoffman, Jerri Castillo**

- 8 Hold 1-3, Groups on 4, 6, or 8: Ball change cross R L &4, turn front 5, head down 6, finish
- 8 Hold 1-2, head pop up 3-4, brush your shoulders R L 5-6, body roll with arms 7-8
- 8 \*Move to block form with “gangsta” walk snapping 1-6, close 7-8
- 8 Cha-cha opposition 1&2, switch 3&4, dental floss shake 5-6, jump out 2<sup>nd</sup> arms front 7, pop back 8

- 8 Groups on 1 and 3: Lean 1, R heel front R arm down 2, circle around on knees 3-4, arms break up to point 6, ball change back body roll down 7&, hit side 8
- 8 Finish groups 1-4, step together arms circle front 5-6, walk it out 7-8
- 8 Box hands R L &1&2, pop twice 3-4, drag to L to face side 5-6, jump out 7&8
- 8 Groups on 1 and 3: Run away 1-2, snake around 3, shake hip &4, finish groups 5-6, throw it in face 7-8
- 8 Booty and point R 1-2, L 3-4, double time 5-6, snap your fingers 7-8
- 8 Down R leg forward 1-2, slow motion circle to face side 3-4, pose 5, hold 6, close 7-8\*
- 64 Repeat \* to \*
- 8 Walk to clump 1-7, ending pose 8

**“Shawty Get Loose”**  
**Level 5 Hip Hop**  
**Choreographed by Amanda Scogins**

Center person "greatness poses"

- 8 Hold (1-3) center person points and group 1 reacts (4) hold (5-7) center person points and group 2 reacts (8)
- 8 Hold (1-3) center person points and group 3 reacts (4) move to windows (5-8)
- 8 Small rock left (1) big rock right (2) three pops back (3&4) left turn (5-6) center person poses up and everyone else poses down toward them (7-8)
- 8 Half T (1) box (&) throw back (2) land front (&) sway left back ((3) sway right front (4) prep (&) jump (5) land second to front (6) throw right with left hand (7) rocket down (&) slap sit (8)
- 8 Hold (1) touchdown (2) box (&) throw back (3) contract (&) step left down (4) pop to back (5) slap and look (6&) move to triangle (7-8)
- \*8 Grease steps right hands on head (1) layout (2) Grease step left (3) open to second arms push out to sides (4) contract (5) jump to second (6) Hair pose (7-8)
- \*8 Throw right around to half T (1) roll twice (2-3) pull to right (4) close (5) step back crank punch (6&) kick back open hands on head (7&) prep on ground (8)
- \*8 Group 1 slide on ground (1-2) Group 2 step to front body down (1-2) hold (3) snake up hands on hips (4&) head roll right (5-7) head roll turn left (8)
- \*8 Walk to switched windows (1-3) group 1 pose (&4) group 2 pose (&5) group 3 pose (&6) throw (7) turn to back (8)
- 8 Ronde jambe (1) grab (2) charge front (&3) hands on hips (4) Hot poses (5-8)
- 4 Move to triangle (1-4)
- \*8 Repeat four \*8's
- 8 Point right (1) point left (2) ballchange right point (3) close (4) open close arms on head (5&) vogue pose (6&) eye point left hand to right (7-8)
- 8 Hold (1) contract and lift right leg (2) kick right leg to right jazz hands (&) pump twice (3-4) move to ending (5-8)
- 2 Prep (1) center person poses everyone else layout on floor around them (2)

## **“Shut Up and Let Me Go”**

### **Level 4 Jazz**

**Choreographed by Erica Sowell**

Beginning position: Face back hands on hips in staggered lines

- 8 Hold 1-4, shake hips and shoulder 5-8
- 8 R arm out 1, step back L w/ L arm up “L” head looks R 2, step R 3, prep 4, double pirouette arms in “salsa” position 5-6, step forward R 7, pivot to front hands cross low 8
- 8 Front row: Walk arms come up 1-2, shake hips 3-4; Back row: Walk through front row arms flow up 1-4, altogether arms out to R corner head back 5, flat back over to R corner 6, snake to L side 7, sit into R hip 8
- 8 Step-together-step L-R-L 1&2, battement R 3, ball change out of it L R &4, quick three-step-turn arms over head 5&6, step back w/ L leg L arm out 7, head and arm back 8
- 8 Pivot turn 1-2, chassé 3-4, step cross arms 5, grand jeté face front V arms 6, land 6, turn out of it 7, drag R arm up “L” 8
- 8 Tuck and roll to ground 1-3, stand by 4, move to partners 5-8
- 8 \*A’s: Passé hands at mouth 1, foot down out arms open R L to “T” 2&, release head back 3, head back up 4, slice R across drag 5, walk to face partner 6-8; B’s: Snake to L 1, R arm touches partners torso 2, L arm out release head 3, head up 4, circle head from R down to L side 5-6, drag to L 7-8
- 8 All turn to face each other ball change arms flow up 1-2, step R L 3-4, kick R 5, step out 6, A’s: Throw R arm across 7-8; B’s: Open to second position hands on hips 7, head back 8
- 8 Bevel R leg arms back 1, walk hands down leg &2, snake up 3-4, cha-cha forward R 5&6, cha-cha L then flick R foot up 7&8
- 8 Cross R foot over then walk R L R hands around face 1-3, ball change arms over to R side &4, step L 5, tap R foot behind L arms up 6, prep 7-8
- 8 Chainé 1&, kick R leg out 2, walk to triangle 3-7, sit into L hip 8
- 8 Groups on 1 or 3: Chainé 1&, ronversé 2, land to floor 3, head up 4, twist over R shoulder 5, roll to stand 6-8
- 8 Step out cross hands low 1, sit into R hip low V 2, groups finish 3-4, jump together arms forward 5, arms up passé R 6, L foot out pointed flat back over hands head down 7, head 8
- 8 Step L 1, tilt kick 2, walk to original staggereds 3-8
- 8 A’s: Jump R arm swings up 1, jump arm swings down 2, jump arm circles 3, step out R arms cross &, hit R hip sit into R hip L arm down 4, shake 5-8; B’s: Walk through front line hands at hips 1-4, jump R arm swings up 5, jump arm swings down 6, jump arm circles 7, step out R arms cross &, hit R hip sit into R hip L arm down 8
- 8 Sit back 1, piqué turn 2, piqué turn 3-4, step out 5, prep &6, double turn 7-8
- 8 A’s: Slide in splits to floor 1, close legs behind 2-4, roll to stand and move to partner 5-8; B’s: Explode arms back 1-2, kiss to front 3-4, move to partner 5-8
- 8 Repeat \* to \*
- 8 All turn to face each other ball change arms flow up 1-2, face front walk forward 3-4, jump together head to R w/ L arm up 5, switch 6, step out R arms cross in front 7, arms out to low V head twists to L &, head twists to R 8

## **“Sometimes”**

### **Level 3 Modern**

**Choreographed by Hillary, Hayley, and Cali Hoffman**

Beginning position: Start in a block, facing front, feet in parallel 1st and body is hanging over

8 Hold 1-4, head comes up 5, arms go up to ceiling while upper body comes up 6, Odd rows: R arm peels down 7, step to side with L leg as R arm cuts across 8; Even Rows: Hinge and sink 7-8

8 Odd Rows: Throw R arm back to a T as R leg attitudes 1, turn over R shoulder to face back and shift weight into R leg 2-3, jump to the front R leg in attitude L leg straight R arm throws up and flicks 4, cut R leg in front as R arm shoots to the L corner 5, step down on R 6, step L & pencil turn over R shoulder quickly to front 7 & 8; Even Rows: Continue sinking to floor 1-2, twist knees 3-4, get up 5-6, prep 7, envelope R 8

8 Odd Rows: Hang over 1, pick up R foot 2, put it back down 3, pick up again 4, straighten the leg as upper body comes up head is fwd 5-6, step through and forward R, bring L foot in to R foot to close and hang over again 7-8; Even Rows: Peak envelope on 1, bend over 2, R arm R foot pick up 3, straighten 4, step together to bend 5, arms reach to left 6, inversion "small cartwheel" R-L 7-8

8 "Fish" Parts: (Odd rows go 1 even rows go 3) Head leads to make a circle from L-R as you jump straight up, as L arm circles from L to R 1, hang over your right side 2, other part 3-4, come up to standing as L hand is placed on hip 5, push L hip w/ L hand to initiate walking in circle 6, walk around in a circle over R shoulder starting with the L foot 7-8

8 \*Everyone continues walking 1-3, R knee & head bend 4, straighten leg & look up 5, R heel down as arms move to L 6, cross L leg behind 7, hands clasp behind as R leg battement's to the R side wall body is also squared off that way (foot flexed) 8\*

8 R leg steps back 1-2, ball change L back & release head 3-4, body is going to flip to opposite wall as you throw the R arm over and R leg goes to passé 5, L foot is down from jump 6, take that R arm and continue circling it around as you pass through a 2nd position upper body is C-curving over as arms are reaching to the floor towards the R side 7-8

8 Land sitting L leg bent in as R leg is straight out to R diag 1-2, scoot around towards the back R-L as L arm circles around (from front to back) 3-4, hold in tuck position facing L side 5, quickly drop to floor arms swing around up, out & over while R leg bent in & L leg straightened out to side (body is hovered over floor) 6, lean R shoulder onto floor as you contract into fetal position (R arm tucked under as L palm is placed in front of body on floor) 7-8

8 Push L leg out 1, hold 2, come down 3-4, roll over L shoulder then continue around to the front 5-7, tuck on 8

8 Straighten the knees 1, upper body up with straight legs 2, R arm bends at chest, hand on shoulder 3, plié knees 4, rotate R arm down and around to the back 5, it continues to the front 6, the arm goes front to initiate the upper body to drop down 7, start to come back up 8

8 Shift weight in to R leg as your R arm circles to the front and around to the back 1, shift weight to L as L arm circles forward and around (focus is lifted) 2, L arm is rounded at chest on 3, the R arm scoops down and around 4, snake the R arm down and through the L arm 5, inversion R hand is your support on the floor with the L leg going up and the R leg down towards the floor (if you have to you can use both arms to support you) 6, Partner A steps L to passé and turn (over R shoulder) 7, face towards your partner & step on your R foot on 8; Partner B steps L to passe/turn 7 (over R shoulder) 7, go down to the floor 8

8 Partner A steps towards partner B w/ L on 1, step R 2, while partner B rocks backwards 1-2, rock back up 3-4, partners grab forearms 5-6, partner A pulls to raise partner B up 7, partner B "eagle" 8

- 8 Partner A holds 1, steps towards partner B with R on 2, wraps R arm around partner's back while L hand is placed on partner's R hip 3-4, lifts off floor to tuck 5, straighten L leg straight out (even w/ hip) while R leg straightens at 45 degree angle 6, close L to R 7-8; Partner B lands on R ft 1, turn around self over L shoulder 2 (out in 2<sup>nd</sup> position), wrap both arms (R arm on top, L arm on bottom) around partner's waist to clasp your own hands together 3-4, lift partner 5-6, step out L to close together R 7-8
- 8 Step w/ R foot forward 1, catch step L/R (R knee levels with hip) as arms circle back 2, step L 3, catch step R/L as R arm throws over and body angle faces the right side 4, step R 5, prepare for an inside turn L ft. in front 6 (rounded arms), inside pirouette "flamingo" leg as R arm is up & L arm out 7-8
- 8 Place R ft. down (on relevé) to face the L side arms still in "L" 1-2, chest initiates 3, to go down to tuck 4, Front Line: Drop to floor right leg bent "L" leg out, head down 5-6, "L" leg slice (shin to face) 7-8; Back Line: Straighten knees and bend to flat back as R arm straightens back 5, straighten all the way up as R arm straightens by ear 6, pas de bourrée (L arm circles around to come down) L 7, R &, L 8
- 8 Front Line: Roll over "L" shoulder to back 1-4, Back Line: Step R 1, step L 2, circle arms back & around as legs tuck R/L & 3, land bent over 4, everyone straightens up as L hand is placed onto L hip 5, to repeat push hip 6, walk around as R hand places onto head to roll head around 7-8
- 8 Repeat \* to \*
- 8 R leg steps back 1-2, ball change L back & release head 3-4, body is going to flip to opposite wall as you throw the R arm over and R leg goes to passé 5, L foot is down from jump 6, take that R arm and continue circling it around as you pass through a 2nd position upper body is C-curving over as arms are reaching to the floor towards the R side 7-8
- 8 Land sitting L leg bent in as R leg is straight out to R diag 1-2, scoot around towards the back R-L as L arm circles around (from front to back) 3-4, hold in tuck position facing L side 5, quickly drop to floor arms swing around up, out & over while R leg bent in & L leg straightened out to side (body is hovered over floor) 6, lean R shoulder onto floor as you contract into fetal position (R arm tucked under as L palm is placed in front of body on floor) 7-8
- 8 Push L leg out 1, hold 2, come down 3-4, roll over L shoulder then continue around to the front 5-7, hang over yourself in plié on 8
- 8 Parts from L to R torso roll w/ head release on 1 down 2, or roll 3 down 4, or roll 5 down 6, last group roll 7 down 8
- 8 Repeat very beginning movement, three parts (random people) Group A: Arms come straight up parallel on the word "Come," bend arms down to chest while hinging on the word "down" fall to floor and end in fetal position; Group B: Arms come straight up parallel on the second "Come," bend arms down to chest while hinging on the word "down" fall to floor and end in fetal position; Group C: Arms come straight up parallel on the third "Down" bend arms down to chest while hinging on the fourth word "down" fall to floor and end in fetal position on the ending lyrics "to nothing."

**"Summer Again"**  
**Level 3/4 Lyrical**  
**Choreographed by Erick Bacon**

Beginning position: Sitting ankles crossed head down hunched over

- 8 Hold 1-2, L arm R arm down 3-4, straighten head and body 5-6, R arm and leg swing to back 7-8
- 8 Open to second w/ flexed feet reaching 1-2, flip over to R 3-4, sit Indian style 5-6, flip over to L and stand 7-8
- 8 Reach L 1-2, \*open hands elbows connected at sides R then L 3-4, hug palms facing out elbow roll &5, reach to R side R arm under chin 6, turn to front arms in second 7&8\*
- 8 Hug down 1-2, chassé L 3, circle L arm over to “gravity” jump 4-6, reach up w/ L 7, rotate toes and body to L side R arm across stomach &, contract to floor 8
- 8 Continue contracting to floor 1-2, press hips to ceiling 3-4, keep rolling to stand facing back 5-8
- 8 Reach to L side arm circles over 1-2, turn around to front contract to L side arms reach out 3, step back L 4, L piqué attitude 5, contract 6, face L arabesque en devant &7, run 8
- 8 Hop to catch and reach &1, coupé turn 2, extend leg out 3, contract sauté arms hugging 4, walk back feel L arm 5, L arm circles 6, piqué 7, swim arms to R 8
- 8 Step &, inside pirouette 2, plié lift reach &3, run 4, push out R arm 5, pull back 6, contract 7, circle L arm to back elbow connected at stomach 8
- 8 Continue circle to front 1, pull to sous-sous 2-4, run back to straight leg tendu flesh &5, land &6, step L grab head 7, head roll to R 8
- 8 Continue head roll 1, contract to floor grabbing L leg 2-4, développé L flexed foot R arm down 5-6, roll back to L 7-8
- 8 Stand face front 1-2, repeat \* to \*
- 2 Hug down 1-2
- 8 Rise 1-2, roll to L floor 3-4, hit Indian style position 5-6, hop to L 7-8
- 8 Reach R arm second feet flexed 1-2, pull to L 3-4, R arm circle connect at elbow 5, L arm 6, flip to R to stand 7-8
- 8 “Feel the wind” 1-2, hug down 3-4, roll L to floor 5-8, face L feet flat straight back elbows on knees (ending position) 7-8
- 2 Head look 45 degrees (after music)

### **“The Chase”**

#### **Level 5 Military**

**Choreographed by Lilian Mason**

- 5 Hold 1-4, head pop up 5
- 8 Head down 1, tuck 2, roll up 3-5, cross 6, “T” 7, clean 8
- 8 \*Lunge 1-2, switch 3, “T” 4, jump 5-6, swivel 7, dive 8\*
- 8 Face side 1, press 2, close 3, open 4, prep 5, kick 6, land 7, open 8
- 8 Thread kneel 1, place hands 2, walk prep 3-4, tilt 5, land 6, tuck 7-8
- 8 Pike 1-2, tuck 3, grab 4, walk 5-8
- 8 Flex R 1, L 2, press 3-4, arch back 5-8
- 8 Down 1-2, up “T” 3-4, cross 5, kick 6, “L” 7, Indian 8
- 8 Broken “T” 1, press 2, “T” 3, overhead 4, prep 5, double pirouette 6-7, land 8
- 8 Transition: Face 1, open 2, face 3, “peek-a-boo” 4, slice “T” 5, dive 6, face 7, clean 8
- 8 Tilt 1, “T” 2, plié 3, close 4, touch knee cross L 5, down 6, R 7, down 8

- 8 Transition: Slap Indian 1, flip 2, Indian 3, “fountain” 4, Indian 5, broken “T” 6, touchdown 7, clean 8
- 8 Face plié 1, “X” jump 2, face 3, second touching knees 4, high V 5-6, close 7, clean 8
- 8 Tendu corner 1, open 2, passé tilt 3, circle down 4-5, head pop 6, hold 7, thread 8
- 8 Rock 1-2, press 3, push-up 4, walk in 5-6, roll up 7, look front 8
- 8 Chug 1-2, “psycho walk” R 3, L 4, down 5, front 6, cross 7, twist “T” 8
- 8 Dive up 1, “T” 2, roll 3-6, push-up 7, pop 8
- 8 Top of feet 1-2, roll up 3-4, contract passé 5, press side 6, circle up 7, down 8
- 8 Transition: Slap 1-4, mouth 5, out 6, mouth 7, clean 8
- 8 Groups Box: A’s: Roll down 1-2, up 3-4, turn R 5-8; B’s: Step R 1, L 2, stag 3-4, turn L 5-8
- 8 Continue box, groups switch parts
- 8 Repeat \* to \*
- 8 Switch side 1, open 2, step 3, kick 4, step 5, open 6, plié circle 7-8
- 8 Indian 1, jump 2&3, circle 4, head 5, side 6, drop 7, up clean 8
- 8 Improv to center 1-6, chassé 7-8
- 6 Step L 1, tilt 2, roll 3-6
- 1 Pose

### **“The Creeps”**

#### **Level 4 Military**

**Choreographed by Katie Madsen**

- 8 \*Hold 1-4, R chaser arms 5-7, flex & 8
- 8 R arm slice across 1, shoulder feet together 2, clean 3, body roll 4, low V 5, check mark L and R & 6&7, clean 8
- 8 R chaser arms step back R 1-3, clean R arm 4, rocket from “T” 5, hold 6, slice “bow and arrow” 7 or 8\*
- 8 Step R rocket side 1, open and replace 2, rocket front 3, up 4, down 5, break to “genie” 6, ball change back & 7, rocket front diag &, step 8
- 8 “Karate chop” 1-4, look front 5, side 6, switch feet & 7, hold 8
- 8 “Tick tock” 1, close feet and switch 2, L arm up 3, break and clean 4, ball change slice 5-7 or 6-8
- 8 “Karate” 1, chaser 2&3, hold 4, slice R across 5, break and replace & 6, rocket forward 7, clean 8
- 8 Check R L circle R 1-4, check L R circle 5-8
- 8 Break up parts low V break switch high V or high V break switch low V 1-4, “tick tock” switch 5-7, close 8
- 8 Low V flex 1, press and ½ “T” 2, press and swing forward 3, open and flip up 4, low V flex 5, question 6, “Egyptian” 7, “genie” 8
- 8 Ball change & 1, “T” 2, “genie” forward to L wall 3, shoot out and “genie” forward 4, clip turn 5, rocket 6, snake ripple 7-8
- 8 Continue snake ripple 1-4, step R broken R diag 5, drag “bow and arrow” and break through 6, step L broken arrow 7, L broken diag 8
- 8 Walking low V 1-2, high V 3-4, break 5, high V 6, circle close 7-8
- 8 Repeat above walking arms
- 24 Repeat \* to \*

- 8 Rock up R diag 1, down L diag 2, low V 3, break and switch 4, high V 5, “W” 6, break in 7, out and in 8
- 8 Repeat ball change sequence 1-4, shake 5-6, “genie” 7, look up 8

**“The Magnificent Seven”  
Level 2 Field Streamer  
Choreographed by Kelli Woodruff**

Beginning Formation: Horizontal straight lines in a tuck holding the streamer with both hands

- 8 Hold
- 8 Ripple back to front: Jump 2<sup>nd</sup> with streamer horizontal above head 1-8
- 8 Ripple front to back: Lay out and tuck 1-8
- 8 Ripple front to back: Circle streamer over head and close back into straight lines 1-8
- 8 Transition to triangles: Up 1-2, down 3-4, circle up & down 5-6, repeat 7-8
- 8 Repeat and continue moving
- 8 Ball change 1-2, break to “T” 3-4, pop back and arrow up 5-6, close down 7-8
- 8 Passé 1-2, pop diagonal arms 3-4, swing down and to the back in 2<sup>nd</sup> 5-6, hands to hip 7-8
- 8 Group 1: Swing back 1-2, swing front 3-4, to knee 5-6, high “V” face front extend R leg 7-8
- 8 Group 2 the same as above
- 8 Pick-up back to front 1, 3, or 5: Close arrow up 1-2, tuck 3-4
- 8 Transition to circle: Arms arrow up 1-4, down 5-8
- 8 Chassé R 1&2, ball change arms up 3-4, slide L 5-6, close 7-8
- 8 Pivot turn 1-2, stand or kneel 3-4, lasso 5-6, lasso 7-8
- 8 Close up or down 1-2, ripple around the circle switching up or down 3-8
- 8 Step L 1-2, kick R high “V” arms 3-4, step R with R arms 2<sup>nd</sup> 5-6, Close into circle 7-8
- 8 Transition to straight lines: Jazz run with arms 2<sup>nd</sup> 1-2, down 3-4, “Zorro” 5-8
- 8 Repeat and continue moving facing front on 8
- 8 Ripple right to left (chasser ripples)– Circle up and over head 1-4, begin 2<sup>nd</sup> ripple on 5 standing up to the back arm up and down
- 8 Continue ripples
- 8 Right arm up 1-2, pull streamer 3-4, Pick-up center out 5, 7, 1: Chainé 5-6, walk 7-8
- 8 Kick R 1-2, step 3, tuck 4, continue pick-up 5-8
- 8 Transition to large triangle: Arms L diag 1-2, up horizontal 3-4, R diag 5-6, down 7-8
- 8 Continue transition: Arms horizontal up 1-2, down 3-4, up 5-6, close into a tuck 7-8
- 8 Pick-up front to back 1, 3, 5, 7, 1: Jump 2<sup>nd</sup> streamer horizontal above head 1-2, tuck R 3-4
- 8 Finish pick-up 1-4, ripple from R to L layout 5-8
- 8 Pick-up back to front 1, 3, 5: Z-sit 1-2, kneel 3-4, swing 5-6, add on swings 7-8
- 8 Finish pick-up 1-4, cross turn 5-6, close 7-8
- 8 Pick-up front to back 1, 3, 5: Wrap back 1-2, chassé 3&4, grand jeté 5, step 6, tuck 7, hold 8
- 8 Finish pick-up 1-4, wrap to back 5, pop front R arm 2<sup>nd</sup> 6, arm to shoulder 7, R arm up 8
- 1 Throw streamer down release

**“Throw Your Hands Up”  
Level 2 Officer Hip Hop  
Choreographed by Rosie Torres**

Beginning position: Triangle formation facing in opposition

- 8 Gp 1. “ahh” 1-4, clip turn and “throw your hands up” 5-6, open to second, pop & collapse 7&8  
 Gp 2. Repeat “ahh” 1-4, “ throw your hands up” 5-6, pop knees & collapse 7&8  
 8 Tribal” and ball change 1-4, swing cheerio &5 &6, pull back into flat box, then pulse 7&8  
 8 Snake slide through to the back 1, hold 2, step back L, R. close 3 & through hands up 4, walk forward L, R, 5-6, step to second and pull shirt 7&8  
 8 \*\*Isolations R,L,R,L 1-2 3 & slide with elbow 4, step L with jazz 5, pivot over R 6, step together step with elbow 7 & 8  
 8 “Fosse tap” 1, open second to front 2, step L cross R 3 &, twist back 4, Gp1 wave arms 5 &6, Gp 2 repeat 7 &8  
 8 Clip turn 1-2, Hammer hands to bend twist 3&4, side punch with kick out 5 & 6 8 step back ball change to heart 7 & 8  
 8 \*\*Pulse chest 1 &, ronde jambe 2, back ball change 3 & 4, twist pop R 5-6, twist pop to L 7-8  
 8 Big steps with LOTS of attitude, (move formation closer) 1-2, krump “freestyle” 3 & 4, three step turn transition 5 & 6, close in new form 7 & 8  
 8 “Big Mamma Crank” – slice arms & 1 & 2, air slap & 3, box arms & 4, bump 8 back 5-6, bump and twist 7-8  
 32 Repeat to different direction from \*\* to \*\*  
 8 Repeat beginning “ahh” Gp 1 1-4, clip turn with arms 5-6, step out to second 7 & 8. Gp 2 Repeat second set of eight  
 8 Pop and melt 1-2, pop 3 & 4, snake R 5, close L 6, pop with arms 7 & 8  
 8 Step L with “ole hip hop arms” 1-2, pop 3 & 4, step R cross L turn 5-6, walk forward 7-8 “Throw your hands up”

**“Toy Soldier”  
 Level 5 Hip Hop  
 Choreographed by Erica Sowell**

Beginning position: A’s face front look down, B’s behind them to the R side facing back L diag

- 4 Hold 1-3, B’s point R hand 4  
 8 A’s: Kick 1, step out 2, roll to ground 3-4, grab head w/ L hand R hand on thigh 5, kick R foot 6, pull knee back body roll 7-8; B’s: Face front jump onto L leg kick R throw arms 1, step out R L &2, pas de bourée around yourself 3-4, touch knees 5, kick R leg out 6, step out chest roll twice 7-8  
 8 A’s: Head roll arms crossed 1, down 2-3, roll up 4, step up R foot forced arch 5, twist knee in L hand bent R hand straight &, switch arm and knee 6, roll on stomach 7-8; B’s: Cross arms head back 1, arms back 2, body over 3, snake up 4-5, bevel R knee in bend L hand in R arm out &, switch arms and knee out 6, turn to L 7-8  
 8 A’s: Roll up 1, step up L R L 2-4, booty to front 5-6, tip walk back 7-8; B’s: Tip walk 1-4, jump out booty roll to R 5-6, “meow” 7&8  
 8 A’s: Walk back 1-2, face front 3, R knee in hands overlap at R shoulder 4, arms move to L shoulder knee out &, push hands down 5, hands to opposite side knee in &, hip roll 6-7, pose 8; B’s: R knee in hands overlap at R shoulder 1, arms move to L shoulder knee out &, push hands down 2, hands to opposite side knee in &, hip roll 3-4, pose 5-8  
 8 Ball change R arm elbow to hip L arm snakes out &1, pop L shoulder &2, push hands down to L side &3, snake body to R arms up 4, L foot front “hug” arms 5&, pivot face back 6, flick foot back 7, land 8

- 8 “Britney” arms body roll 1, pop body front arms “L” 2, pony R arm bent L arm straight bounce down 3-4, face front 5, rub face 6-8
- 8 Point out 1, ball change back &2, whip crack R arm 3-4, clip turn 5-6, run front 7&, R leg up throw arms up box 8
- 8 Swing R arm up and back to face back 1-2, pony lasso R arm 3-4, step R arms ½ “T” tilt 5, switch to L 6, face front grab pants look down 7, look up 8
- 8 Tip walk 1-2, kick ball change 3&4, tip walk 5-6, R arm then L arm out low R side 7&, booty pop 8
- 8 Arms to L side low touchdown 1, L 2, R arm sweeps across 3, drag R L arm slices 4, cha-cha 5&6, inside turn R leg up flexed arms crossed 7, step out R L arms go down R L 8&
- 8 Head down 1, hands in front of face bounce up &2, wipe face w/ R then left 3&, step back R hand pulls away from face 4, rond de jambe L leg back 5, R leg back 6, step back turn to front R L 7-8
- 8 Feet together 1, jump out 2, point fingers twist knees and arms in 3, point out lean R head pop 4, “tie” 5-8
- 8 Step R knock hands in front 1, step L hands in back 2, “soldier” pony 3&4, sweep R arm back 5, R arm to L shoulder lean L 6, step forward L touch chest 7, kick L leg front arms up small 8
- 8 Kick L leg back throw arms big 1, drop down 2, cha cha out 3&4, pop head 5&, hold 6, three-step turn inside snap inside 7&8
- 8 Walk to face directions 1-4, “soldier march” facing one direction 5-6, turn and “soldier march” again 7-8
- 8 Transition to clump: Point R finger side 1, L finger side 2, R finger front 3, L finger front 4, hip to R 5-6, ball change to L &7, hip roll R fingers point down 8
- 8 Primp poses 1-8
- 8 Flick 1, walk back 2-4, face front 5, R knee in hands overlap at R shoulder 6, arms move to L shoulder knee out &, push hands down 7, hands to opposite side knee in &, hip roll 8
- 3 Finish hip roll 1-2, shoulder 3

### **“Trouble”**

#### **Level 2/3 Officer Pom**

#### **Choreographed by Amber Grigsbay**

- 4 Hold feet in second arms crossed in front
- 8 R arm “T” 1, slice across 2, head back 3, cross 4, “L” 5, switch 6, break 7, close 8
- 8 Hips w/ low V arms 1-2, broken “T” 3-4, break 5&, high V 6&, low V 7&, close 8
- 8 Roll to levels 1-2, face back 3-4, “T” switch arms in parts 5-8
- 8 Stand high V 1-2, face front low V 3-4, punch to sit 5-6, shake 7-8
- 8 \*Punch R across open 1-2, cross front 3, jump 4, turn to back 5-6, party 7-8\*
- 8 Rainbow up in parts 1-4, “C-jump” 5-8
- 8 Groups on 1 or 3: Hit foot, pump front, three-step turn low V
- 8 Walk w/ shakes to triangle
- 8 Groups on 1, 3, or 5: Hip checks R and L, squat, “O”, knee twists
- 8 Continue roll cha-cha, “B”, flat back, groups finish
- 8 Prep 1-2, pirouette 3, close 4, jump 2<sup>nd</sup> 5, broken “T” 6, tilt 7, open 8

- 8 Groups on 1, 3, or 5: Tilt touch back, roll to levels
- 8 High V 1, low V 2, R diag slice 3-4, open 5, break & 6, whip front 7-8
- 8 Throw arms L R 1-2, flat back in groups 3-8
- 8 Opposition checks 1-4, clap to stand 5-8
- 8 Walk to staggered lines
- 8 Repeat \* to \*
- 8 Rainbow together 1-2, "C-jump" in groups on 3, 4, or 5
- 8 Repeat parts all together 1-6, chassé 7-8
- 8 Jeté to front land on ground 1-3, roll to stand 5-6, swivel 7-8
- 2 Punch front and shake 1-2

### **"Use Your Love"**

#### **Level 2 Pom**

#### **Choreographed by Emily Brock**

- 8 \*Hold in levels hiding poms head down 1-2, ripple R to L ½ "T" into pockets head roll 3-8
- 8 Finish ripple 1-4, R low V look front 5, in out & 6, circle daggers 7-8
- 8 Groups on 1 or 5: Low level goes first cross low at wrists shoulder level R leg steps up 1-2, high V 2<sup>nd</sup> to front 3-4, L to R rocket 5, fold back step out R 6, low V head back 7, plié hands on knees 8
- 8 Finish group 1-4, head tilt R L 5-6, close to R 'little bit taller' 7-8
- 8 R to ear jump 1, to chest 2, recover spread lines 3-4, step out L arms to R diag candlesticks 5, together 6, switch 7-8
- 8 Pump & 1, kick R across & 3-4, out 5, low V 6, punch up R L 7-8
- 8 Groups on 1, 3, or 5: Ball change L foot R circles around to tummy 1-2, figure '4' down 3, turn to back clap at chest 4, finish groups 5-8
- 8 Step forward R sunshine arms high to low V facing back 1-4, pivot front by lines 5-8\*
- 8 Step 2<sup>nd</sup> to R punch R "T" across 1, break through to "T" 2-3, circle down to low V 4, begin moving L arm circles all the way around 5-7, both recover 8
- 8 Moving shake at chest 1-4, pound R 5-6, L low 7, low V 8
- 8 Recover 1-2, groups on 3, 5, or 7: Tilt head R low V 3, switch 4, ½ "T" 5, high V 6, hold 7-8
- 8 Finish groups 1-2, three-step turn front hands to chest 3-5, hold 6, tuck 7, out 8
- 8 In 1, hold 2, brush sides of legs 3-4, step front R poms on chest 5, press down 6, cheerio 7, squeeze elbows together 8
- 8 Groups on 1, 2, or 3: Superhero L 1, R 2, extend down across body tilt head L 3, finish groups 4-5, hold 6, rec arms circling to L hips to L 7-8
- 8 Finish hips 1, close to L wall 2, ripple stage L to R circle L arm to behind back 3-7, close front 8
- 8 Move to 2 large staggered blocks R arm scoops up to ear 1-6, recover level front group 7-8
- 64 Repeat \* to \*
- 1 Pose

### **"Wipe Out"**

#### **Level 3 Hoopla**

#### **Choreographed by Kellie Laird**

- 8 A's to knees 1-4, B's stand 5-8
- 8 C's to knees 1-2, side groups stand up 3-4, push out 5, up 6, in 7-8
- 8 "Clock pick up" on 1, 3, or 5: Push to L 1-2, up 3-4, R 5-6, down 7-8

- 8 Pull in 1-2, finish groups 3-6, everyone shake 7-8
- 8 A's squat and push up hoops stand and bring in 1-2, B's 3-4, C's 5-6, everyone shakes 7-8
- 8 "Swing": Step out L arms out 1-2, swing R to L look L 3-4, swing back out to front 5-6, close L to R grab center and shake 7-8
- 8 A's pop out feet push and turn hoops lean head to R 1-2, everyone to L 3-4, run to line 5-8
- 8 Continue to line shake hoops 1-2, open and grab 3-6, tuck 7-8
- 8 "Wave" 1-8
- 8 Continue 1-4, wave other direction 5-8
- 8 Continue 1-8
- 8 "Pivot" 1-8
- 8 Continue 1-4, pivot center out 5-8
- 8 Continue 1-4, push front 5-6, let go 7-8
- 8 "Circle": Run and shake to double circle 1-8
- 8 Open and grab 1-4, outside circle tucks 5-6, inside 7-8
- 8 Outside circle ripples 1-8; Inside circle steps turn 1-8
- 8 Outside circle stands up and chassés 1-8; Inside circle pushes up and chassés opposite direction 1-8
- 8 Run and shake to triangle 1-8
- 8 "Kick," Groups on every count: Step push hoop up 1, kick 2, hook over body tuck 3-4, finish parts 5-8
- 8 "Swim": Stand up in middle of hoop swim and shake R hand then l 1-4, hold nose squat 5-8
- 8 "Jump": Color one jumps out in push up position head pop 1-2, tuck 3-4, color two goes on 3-6, color three on 5-8
- 8 Ripple to knees 1-6, shake 7-8
- 8 "Push up" 1-6, back rows stand pose and shake 7-8

### **"Without You"**

#### **Level 3/4 Lyrical**

#### **Choreographed by Sloan Chouest**

- 8 Rond de jambe 1-2, release foot and L arm 3-4, swim R around head 5-6, L around head 7-8
- 8 Ball change R L &1, cha cha 2&, chainé plié 3&, chainé 4&, A's arabesque 5, B's 6, C's 7, all relevé 8
- 8 Sweep R facing back 1&, arms crossed at face 2-3, L R turn walk to partner 4&5-6, L R L 7&8
- 8 Piqué 1&, chainé &2, back passé at knee R arm down 3-4, ball change &5, run to triangle 6-7, ground 8
- 8 Roll 1, corner 2, rond de jambe R leg 3, cross R leg 4, roll 5-6, throw hips &7, stand 8
- 8 R arm out L foot popped 1, prep 2, chainé plié &, jump and point 3, look 4, head 5&, roll arms L R 6&, sway 7-8
- 8 Press drag to R 1, arabesque &, arms down R foot up 2, release head &, step R down 3, swim R 4-5, swim L 6, ball change &7, cha cha &8
- 8 Chainé plié 1&, chainé 2&, arabesque 3, sweep R 4, arms "x" at wrist 5-6, run to prep &7&, pirouette 8&
- 8 Jump second head roll 1-2, sway 3-4, knee out R arm &, invert 5, push down &, circle twice 6&, kick L 7, stand straight corner 8

- 8 L knee &, press in attitude 1, set L foot in fourth 2, chug &3, tap R heel arms raise 4&, throw R 5, throw L 6, snake throw arms down 7&8
- 8 Groups on 1, 2, 3, or 4: Hit knee throw 1, prep &, chaîné 2&3, chaîné plié &4, air &, land 5, groups finish 6-8
- 8 Ball change &1, chaîné plié 2&, step saut de basque 3&, step R L 4&, press leap 5, land in second head down 6, bounce heels press arms up 7-8
- 8 Piqué &1, chaîné &2, flamingo turn 3, step L back 4, ball change 5&, step R 6, step L &, plop to ground 7, roll out of plop 8
- 4 Sit style arms sweep from back to front sit up and open palms to audience as arms come down 1-4

**“You Dropped A Bomb On Me”**  
**Level 2/3 Field Military**  
**Choreographed by Betsy Heathcock**

Beginning Position: Arms crossed at chest feet in second

- 8 Hold 1-4, dive down 5, plié as you lift up your arms to dive up 5-8
- 8 Arms out “T” close feet 1, dive front from shoulder 2, \*Pick-up front to back every two counts: palms to cover face 3, drop to touch knees 4, lunge back w/ L arms lifting arms to high front > 5, continue pickup 6-8
- 8 Last group reaches up on 1, dive front from shoulder 2, broken “T” hands overlapping and close feet 3, press down and plié 4, (pickup by V's every count) jump 2nd arms to high V flexed hands 5-6-7, close feet and pray 8
- 8 Hold 1, Step back ball change R L arms dive up 2-3, step front R arms to pray 4, turn to the back 5, jump out (T arms) 6, drop to sides 7, turn to the L with R > L to down > 8
- 8 Groups on 1, 3, or 5: Lift R leg to attitude catch with R hand extend L to high up > 1-2, groups continue 3-6, turn around over L shoulder 7, end up facing to the R with arms bent in front of face 8
- 8 Transition to two lines starting with R foot: Dive arms out from shoulder 1, face front arms to T 2, hit arms 3-4, L to high > R at broken T 5, switch R to down > L at broken T 6, lift R to high > and L to broken T 7, wrap L on R shoulder and slice R to down L > 8\*
- 8 Bring R elbow up to high > with L to low down > 2, bring R elbow to side palm up step out R 3, bring L elbow to side palm up step out L 4, slice hands to waist while clicking heels 5, open arms land 6, circle arms inward plié 7, dive over head 8
- 8 Two groups, Odd/Even lines: Front Line-Pray plié 1, jump 2nd arms to a T 2, dive down flat back 3, touch the floor, lift hips up 5-6, slide R leg thru 7-8; Back Line: Arms open to high V 1, T 2, low V 3, touch knees 4, open arms to down V plié 5, touch knees 6, lift out from shoulder 7, dive up 8
- 8 Front line: Sit facing toward the L 1-2, flip to pushup facing R 3-4, slide knees in 5-6, lift up to knees with R by ear and L out shoulder 7-8; Second Line: Step back R-L ball change arms to T 1-2, tilt kick 3-4, step down R face L pressing arms to down > 5-6, lift arms out from shoulder 7, Press R up by ear and L out shoulder 8
- 8 Floor/Standing section match arms: Circle L arm down and press out from shoulder stepping out with R 1-2, face front with L to high up > stand 3, R to high up > 4, step back with R ball change pressing R arm out shoulder facing L with L hand on R shoulder 5-6, face front open T 7, drop to sides 8

- 8 Transition to Diags: R to L shoulder 1, L to R shoulder 2, dive down 3, arms out from shoulder with R palm front and L palm back 4, flip hands flat 5, bend to face 6, close hands 7, pray 8
- 8 Pickup by diags every four counts: Step out R 2<sup>nd</sup> with L up > R at broken T 1, face R arms to down > 2, circle L back and around 3, down > 4, R out shoulder and L at broken T face front 5, swipe arms across to L brush shoulder R foot back 6, step out second R with R to up > and L at broken T 7, face toward L with L up > R low > flexed 8
- 8 When the first group finishes close and open during this 8 count
- 8 Contagion: Drop R arm down and circle to press up 1-4, press arms front and down to touching knees 5-8
- 8 Pickup by lines every 4 counts in three groups: Step back L extend L out from shoulder with flexed hand 1-2, step back R extend R out from shoulder 3-4, step front with L cross chest 5, kick R front with high V arms 6, step front arms in a T 7, dive down with L leg out 8
- 8 Kneel down L cover face with forearms 1-2, drop arms out from shoulder extend L leg front 3-4, cover face, slice arms down to low V bend leg back in 7-8
- 8 Continue pickup 1-8
- 8 Slap sides and stand 1-4, hit poses 5-8
- 8 Transition to formation #1: Pray 1-2, high V 3-4, pray 5-6, down V 7-8 8 Pray 1, dive up relevé 2, L arms prep L front 3-4, R pirouette turn 5-6, jump 2nd down V arms 7, close feet drop arms to sides 8
- 8 Step back with R pressing arm out from shoulder toward L 1-2, scoop R arm back out from shoulder close feet 3-4, switch repeat opposite way 5-6, close 7-8 8 Pray 1, broken T arms and move R heel 2, R toes 3, heel 4, reach up R leaning with parallel arms to up R > 5, slice R arm down 6, circle arms around 7, Indian 8
- 40 Repeat \* to \*
- 8 Arms out "T" close feet 1, dive front from shoulder 2, \*Pick-up front to back every two counts: palms to cover face 3, drop to touch knees 4, lunge back w/ L arms lifting arms to high front > 5, continue pickup 6-8
- 8 Last group reaches up on 1, dive front from shoulder 2, broken T hands overlapping and close feet 3, press down and plie 4, (pickup by V's every count) jump 2nd arms to high V flexed hands 5-7, close feet and pray 8
- 8 Hold 1, Step back ball change R L arms dive up 2-3, step front R arms to pray 4, turn to the back 5, jump out (T arms) 6, drop to sides 7, turn to the L with R > L to down > 8
- 8 Three groups every two counts: Lift R leg to attitude catch with R hand extend L to high up > 1-2, 3-4, 5-6, turn around over L shoulder 7, end up facing to the R with arms bent in front of face 8
- 8 Transition to two lines starting with R foot: Dive arms out from shoulder 1, face front arms to Indian 2, hit arms 3, 4, L to high > R at broken T 5, switch R to down > L at broken T 6, lift R to high > and L to broken T 7, wrap L on R shoulder and slice R to down L > 8
- 6 Step out R with R arm 1/2 T L at side 1, step out L with L arm in 1/2 T 2, dive down grand plié 3, circle arms up jump and kiss feet 4, land and dive down 5, cross chest straighten out legs 6