

**50 Ways**  
**Level 3 Jazz**

Choreographers: Clayton Cross, AnnaMaria Diamant, Monique Haley, Yoshio Pineda

Starting in 2 concentric circles—inside is down, outside is up with L hand touching partner

- \*8 Level changes down people arms tear up 1-4, melt back to original pose up people arms to high V 5-8
- \*8 Hold 1, step L with R arm down 3-4, chaine to front 3-4, move to staggers arms break T down to shoulders with focus up 5-7, clean 8
- \*8 R arm circles above head passé R 1-2, clip turn over L shoulder tap L step L 3-4, front line walk RL 5-6, R leap 7, land forward hands push forward 8, back line R chasse 5-6, pivot front arms T 7, land forward hands push 8
- \*8 Group 1: ball change arms press down head releases 1-2, roll to floor 3-4, reverse shampoo R hand 5-6, clean arms 7-8  
Group 2: hold 1-2, ball change arms press down head releases 3-4, roll to floor 5-6, look front cleans arms 7-8
- \*8 Lean back R kick 1-2, sit to front R arm across 3-4, L step arms press down head releases 5-6, R coupe turn 'L' arms 7-8
- \*8 Step out R arms reach 1, close feet arms swing back 2, triplet LRL arms circling above to prep 3&4, pirouette 5-6, step out RL arms break down 7-8
- \*8 Snake up fist arms 1-2, R pivot 3-4, walk to line 5-8
- \*8 Ripple R to L 2 levels connecting 1-6, down people close R to L arms hug up people close to back arms wrapped over head 7-8
- \*8 All step R arms on neck focus up 1-2,  
Front line steps L drop arms 3, sauté flicking R leg out arms in touchdown 4, step RL come here arms 5-6, step side arms 2<sup>nd</sup> 7, wrap arms 8  
Back line pas de bouree to front switching window to the R 3-4, 1/2 turn to the L 5-6, step out to front arms 2<sup>nd</sup> 7, wrap arms hinge down 8
- 8 Half pirouette to front arms push down 1-2, triplet RLR forward arm break to T 3&4, head roll to R hands twist 5-6, jump onto L leg passé facing back 7, switch to face front 8
- 8 Jump back R leg extended R arm swings back 1, circle run to beginning form 2-4, head roll 5-8
- 8 Improv with arms 1-4, arms push down melt 5-7, close to beginning pose 8
- 888888888 Repeat \*
- 8 Half pirouette to front arms push down 1-2, pivot turn to back R arm slaps front 3-4, walk back to tight staggered form 5-8
- 8 Step L to front L hand to chest R up 1-2, melt down to levels 3-8

**Acapella**  
**Level 3 Military**

Choreographer: Pamla Parker

Beginning Position: all facing the back feet together with R arm across stomach L across back

- 8 Hold 1-2, arms swing down to behind head w/ elbows up stepping out w/ R 3-4, (5 1 5) groups front to back arms sunshine around turning over R shoulder ending w/ L popped to the diag. & hands on back pockets 5-8
- 8\* Continuing step L 1, cha cha arms to L side as R foot digs to side, head to L 2, arms to "T" with flexed hands in releve, head front 3, slice down to R diag. w/ L arm, cross heart with R, body to R side with focus R 4, continue pick up 5-8
- 8\* Continue 1-4, all circle L arm around flexing R foot ending in same position 5-8
- 8\* (1 3 5) R to L in chunks - drag forward with L foot, R arm in diag, L arm in broken "T" 1-2, step forward with R foot flexed to the L, hands on top in broken "T" pulled R, focus L 3, switch 4, step with R foot pulling arms to R pocket in plie focus front 5-6, switch 7-8
- 8\* Circle arms around head stepping with R foot 1, sit into R hip, popping L foot, focus to L, arms down to R hip 2, continue 3-6, 1<sup>st</sup> and 3<sup>rd</sup> lines high V, 2<sup>nd</sup> low V, sitting into L hip 7, all switch 8
- 8\* (1 2 3) Back to front turn to L w/ L arm across chest, R arm across flexed 1-3, hold 4, step behind with L foot to ball change with arms in cross at wrists 5-6, step L arms down in front still crossed 7, kick R with arms on sides 8
- 8\* Arms crossed on chest 1, second, arms open front 2, arms circle and flip to overhead push bringing L foot to R on R diag w/ body 3-4, 1<sup>st</sup> and 3<sup>rd</sup> lines: step to R diag with R foot, arms to T, ball change 5-6, step to back still on diag with R pushing arms down sides, ball change 7-8; line 2: opposite going to back then to side
- 8\* Transition to form 2: slapping arms on sides 1-2, starting on R foot R arm in down in front with L bent on R elbow 3, switch and move above head 4, slide arms around to R 5-6, look to R, L arm behind head, R arm flat in "T" 7, drop arms to sides of knees, looking down, in flat diag back 8

- 8 Look front 1, jump to 2<sup>nd</sup> arms in front V hooking up to shoulders 2, lean back 3-4, back to front 5-6, to the R 7-8  
 8 To the L 1-2, step L to R pushing L arm around head to flat to R side with L out in front 3-4, ripple L to R with arms opening and stepping L out bringing R to close 5-8

Two groups (3 8's):

Outside V-

- 8 Pull L arm to broken "T" extending R foot, roll to ground over R shoulder to knees 1-4, frame w/ R on top 5-6, Indian 7, slap 8  
 8 Arms sunburst push above head, roll to R 1-4, chest to knees, R arm extended to L side 5, extend L forward 6, L arms to R side, focus down 7, look front 8  
 8 Sweep arms above head, looking to L extending L arm to side and R behind head 1-4, rolling to R, stand up on L foot 5-8

Inside V's together-

- 8 Pray 1-2, dive down 3-4, frame w/ R on top 5-6, Indian 7, slap 8  
 8 Sunburst flex 1-2, walk back w/ arms pushing 3-4, arms in K 5, high V 6, opposite K 7, look front 8  
 8 Sweep arms above head, looking to L extending L arm to side and R behind head, ball change w/ R foot forward 1-4, chaine 5-6, throw arms to front 7-8  
 8 Step forward w/ R foot, arms in low V 1, step w/ L across, crossing arms in front of chest at wrists 2, step forward w/ R foot, arms in low V 3, R passe arms in high V 4, step forward arms to low V 5, drag to back over L shoulder, arms in box 6, clean 7, pivot to front placing left arm to R shoulder & R arm to L knee, in plie 8  
 8 (1 3 5) Front to back starting pray with hands, jump to parallel 1<sup>st</sup> in pile 1, jump 2<sup>nd</sup> arms to diag w/ L arm high, flexed hands 2, fold L arm to R knee & R arm to L shoulder, hands flexed, body to the R 3-4, low V w/ flexed hands in second pile 5-6, straighten, arms to press above head 7, hands to head with elbows up stepping out w/ R, sitting into R hip 8  
 8 Continue groups 1-4, all arms swing down and around to R in front L behind across stomach turning over L shoulder to sit in L hip to back 5-8  
 8 (1 3 5) L to R starting step back w/ L foot, arms in front, hands on top of each other 1, arms to high angle 2, turn body front in 2<sup>nd</sup> plie hands on top at forehead, looking down 3, straighten, hands to stomach, look up 4, continue groups 5-8

Transition to form 1:

- 8 L arm in dagger 1, shoot L up to ear, R to dagger 2, open to L parallel R to broken "T" 3, wipe switch 4, back to R extended up L in dagger 5, R in dagger 6, clean 7, low V &, clean 8

88888888 Repeat \*

- 1 Ending pose: textured by V's- Outside V- in High V with outside arm, across chest w/ opposite arm, flexed hands, Middle V- in "T" with outside arm, across chest w/ opposite arm, flexed hands, in lunge w/ R leg back, Inside V- on one knee, in low V with outside arm, across chest w/ opposite arm, flexed hands

**Ache for You**  
**Level 4-5 Officer Camp Lyrical**  
 Choreographer: Clayton Cross

- 8\* Hold 1-2, look L 3, roll 4, walk front 5-7, reverse shampoo 8  
 8\* Grab hand push 1-2, plie 3, pirouette 4-6, land 7, ball change 8&1  
 8 Stomach push 2-3, extend from heart 4, hip circle 5-6, look under arm 7-8  
 8 Sickie turn 1-2, arabesque fall 3-4, reverse turn 5-6, throw to floor 7-8  
 8 Plank 1, tuck 2, coupe turn to floor 3-4, lean on hands 5, sit 'n spin 5-8  
 8 Port de bra 1, open arms 2, tuck 3, plank 4, melt roll 5-8  
 8 Reach snake 1, flex hinge 2, switch 3, flex pirouette 4, press 5-6, throw 7, plie 8  
 8 Pirouette 1-2, plie &3, press fall 4, run 5-6, jeté 7-8  
 6 Fall unwind 1-2, arms reverse circle 3, heart 4, give 5, step &6  
 4 Improv 1-4  
 8 Cha cha 1-2, scoop grab stomach and head 3, contract point 4, ball change &5, scoop turn 6-8  
 8 Press flex 1, fall 2, step step &3, lean R 5-6, windshield 7&, extend from head 8  
 8 Inside pirouette 1-2, arabesque 3-4, walk 5-6, lean RL 7-8  
 8 Double flex turn 1-2, chaine coupe jeté 3-6, flex reverse circle 7-8  
 4 Reach 1, walk around change places 2-4  
 8 Press R arm across 1-2, dive 3, coupe battement 4, cross 5, step 6, soutenu 7, jump 8  
 8 Reach 1, change places improv to beginning position 2-8  
 88 Repeat \* (through ball change 8&1)

8 Dive 2, flex 3, roll through both arms 4-6, ball change step 7&8  
 8 Piano phrase—scoop RL 1-2, contract flex 3-4, step 5, stomach push 6-7, heart 8  
 8 Hip circle 1-2, look under arm 3-4, sickle turn 5-6, arabesque fall 7-8  
 8 Reverse turn 1-2, throw to floor 3-4, plank 5, tuck 6, coupe turn 7-8  
 8 Lean 1-2, sit 'n spin 3-4, port de bra 5-6, tuck 7, plank 8  
 1 Contract 1

**Ain't No Son**  
**Level 4-5 Kick**  
 Choreographer: Kim Glover

Start out facing the back in two lines, high kick spacing, in staggers.

8 Group A holds 1-4, rond de jambe 5-6, hook up 7-8  
 Group B holds 1-4, two hip bounces on 5-6 and 7-8

8 Group A: four low jump kicks starting with right leg, with head down on the first kick (2)  
 Group B: rond de jambe 1-2, hook up 3-4, two low jump kicks starting with right leg, head down on the first kick (6)

8\* Right high jump kick 1-2, left jump kick 3-4, right side jump kick 5-6, bend at the top of the kick 7, straighten out 8.  
 Head comes up on 2 with the first high kick

8\* Two right fan jump kicks 1-4, Right inside reverse fan landing to the left corner with pointed toe 5-6, passé to the left corner on 7, straight back staying to the left corner 8

8\* Swivel 1, sit into the left hip 2, Left back side jump kick head back left 3-4, left side jump kick head to left front corner 5-6, Right tilt to the back right corner looking at leg 7-8

8 Right leg down 1-2, right jump fan kick 3-4, right inside reverse fan jump kick 5-6, leg back down through passé swiveling down the back of the leg 7-8

8 Break 1-2, Group A: soutenu to the back arms down by side 3-4, step right foot then left foot 5-6, leap arms V 7-8  
 Group B: soutenu to the front arms down 3-4, step right foot then left 5-6, leap with arms in V 7-8 (this switches the lines)

8 Prep for turn (Group A facing back, Group B facing front) 1-2, double turn 3-4, hook back up everyone facing front 5-6, Left side jump kick 7-8

8 Right jump flick kick 1-2, left straight kick 3-4, Group B swivels down 5-6, up 7-8. Group A: tilt kicks 5-6, down slowly on 7-8

8 Right jump kick 1-2, left jump kick 3-4, Group B: two traveling right fan jump kicks 5-8  
 Group A: two traveling left fan jump kicks 5-8

8 Low tick tock kicks 1-2, Left jump kick 3-4, right jump kick 5-6, small straight jump head down 7-8

8 Four sugar walks starting with right foot 1-4, Group B: two left traveling side jump kicks head facing left 5-8. Group A: two right traveling side jump kicks head facing right 5-8

8 Group A: step left 1, flick right leg 2, step right leg 3, flick left leg 4  
 Group B: step right 1, flick left leg 2, step left leg 3, flick left leg 4  
 Everyone: face front 5-6, prepare for jump split on 7-8

8 Jump split 1, land 2, bring knees into tuck facing left 3, bring both legs up 4, flick with right leg 5, flick with left leg 6, face front in stag on floor with right leg in front 7-8

8 Stand up with left 1-2, prepare for turn 3-4, single turn 5-6, hook up 7-8

888 Repeat\*

8 Break from right tilt 1-2, prepare to left corner 3, half turn to right corner with left leg bent attached to right knee 4, step with left, right, left 5&6, half right leg grab turn ending to the left corner 7-8. (This changes the lines from 2 lines into 4)

8 Hook up 1-2, Odd lines: right jump kick 3-4, left jump kick 5-6, right jump kick 7-8. Even lines: left jump kick 3-4, right jump kick 5-6, right jump kick 7-8

5 Bring to passé in opposition based on lines 1-2, soutenu 3-4, end in levels with left hand out to side flexed 5

**Ain't Nothin' Wrong With That**  
**Level 2-3 Field Pom**  
Choreographer: Kristina Tarman, Austin HS

Beginning Position: Outside V, face back on inside knee and outside leg extended and poms behind back, Inside triangle, face front, R leg tendu back and poms in at chest, look down

- 8 Hold
- 8 Inside triangle: ball change R,w/ high V arms 1-2, ball change R back w/ low V arms 3-4, releve w/ arms up 5-6, flat back 7-8  
Outside V: arms high V 1, in 2, low V w/ inside leg standing 3, poms in 4, step R w/ rocket arms 5-6, pivot w/ poms in 7-8
- 8 Everyone snake up 1-3, jump together w/ arms parallel 4, ball change back R, arms break through 5-6, arms cross in front step R 7, pivot to face back hands at hips 8
- 8 Transition to form 2: walk on R w/ check mark arms 1-4, turn over L shoulder and shake poms 5-8
- 8 (1 3 5) step L1, flex R across &, cross arms to L 2, step back R broken L "T" w/ R arm "T" 3-4, both half "T" 5-6, punch L arms to low angle face R 7-8
- 8 Circle L arm w/ flexed foot 1-2, back down to low angle 3-4, close R foot to L and flower arms 5-6, arms close 7-8
- 8 Arms circle around to rocket 1-2, down 3-4, up 5-6, down 7-8 (other groups catch up 3-8)
- 8 Ripple Section: Odd lines windmill to R on L knee 1-8  
Even Lines: drop arms and windmill w/ R pom ending behind head L extended to the high angle popping R knee 1-8
- 8 Odd lines: cheerio above head 1-2, 1/2 box arms 3-4, arms tuck in 5-6, jump 2<sup>nd</sup> pos 7-8  
Even Lines: high V arms releve 1-2, circle arms to knees plie in 2<sup>nd</sup> position 3-4, jump together rocket arms 5-6, around to knees 7-8
- 8 Ripple Section: Odd lines windmill w/ R pom ending behind head and L extended to the high angle  
Even Lines: windmill to R on L knee 1-7, stand w/ poms into chest 8
- 8 Odd Lines: 3 step turn to R 1-3, step L 4, releve w/ high V arms 7-8  
Even Lines: side chasse L 1-2, drag 3-4, step R, R hand to head L to hip 5-6, step out L, R arms twist upper body 7-8
- 8 Odd Lines: side chasse L 1-2, drag 3-4, step R, R hand to head L to hip 5-6, step out LR arms twist upper body 7-8  
Even Lines: 3 step turn to R 1-3, step L 4, releve w/ high V arms 7-8
- 8 Halt T arms 1, close feet and hit level arms 2, move to form three--half box arms to L 3, extend to "L" arms 4, half box arms to R 5, extend to "L" arms 6, daggers 7 drop 8
- 8 Shake poms 1-4, center triangle run RL 5-6, R leap 7-8  
Outside diamonds: low angle to outside 5-6, high V, releve 7-8
- 8 Center triangle: land 1-2, roll to back 3-4, stand L 5, R half pirouette 6, jump out 2<sup>nd</sup> w/ low V arms 7, hold 8  
Outside diamonds: low angle to inside 1-2, prep 3-4, pirouette 5-6, jump to 2<sup>nd</sup> position high V arms 7-8
- 8 (1 3) Step L cross arms 1-2, tilt battement 3-4, snake head to press on R knee 5-6, 2<sup>nd</sup> group finished 7-8
- 8 Ball change back R w/ "T" arms 1-2, step R front parallel low arms 3, hitch passé w/ parallel arms above head 4, step out R arms down 5-6, pivot and drag to back poms behind back 7-8
- 8 Step out R dagger poms 1, extend L arm down R up look L 2, dagger poms 3, punch L to stage R 4, "T" arms releve 5-6, turn body to front L pom at hip R at L shoulder 7-8
- 8 (1 5 1) Hips w/ switching half "T" poms 1-2, high V pop knee 3-4, wrap R around head L wrap at waist 5-6, throw to L w/ R leg back 7-8
- 8 Wait for other groups to finish 1-8
- 8 Transition back to form 1: poms in to chest 1, down 2, in to chest 3, out parallel 4, in to chest 5, up to rocket 6, in to chest 7-8
- 8 (1 3 5) Rocket around to knees 1-2, finish groups 3-6, half "T" 7, down 8
- 1 Jump out 2<sup>nd</sup> L pom into chest R arm up 1

**Alice**  
**Level 5 Modern**  
Choreographer: Kristina Tarman

Beginning Position: Face different directions, standing in parallel 1<sup>st</sup> position w/ arms at sides

- 2 Hold
- 8 Releve, reach L arm 1, forced arch, wrap arm around back 2, release over w/ R arm wrapping around R leg 3-4, R battement, throwing arms 5-6, run to partner 7-8
- 8 Upside down lift 1-4, put partner down 5-6, run to spot 7-8

8 Upper twist, R foot opposition flexed 1-2, develop arms 3-4, L arm by ear 5, R arms swipe across 6, single outside turn w/ knees connected 7-8

8 Lunge with checkmark arms 1-2, contract 3, L arm snake through pushing body up 4, R passé sauté 5-6, R arabesque sauté to R runner's stretch 7-8

8 Snake to other runner's stretch 1-2, illusion 3-4, stand on R 5, arms up 6, sit with L leg out 7-8

8 Shoulder stand 1-2, contract knees and roll to back 3-4, R leg out 5-6, L leg and arm fan around 7-8

8 Tuck handstand 1-2, kick out 3-4, cross arms and legs 5-6, cross arms L arabesque 7-8

8 Step LR 1-2, L inside fan body over 3-4, R pas de chat with box arms 5-7, step R 8

8 R elbow pull L arm and leg fan 1-2, R hand to neck L arm reach sit to floor 3-4, roll 5-6, stand 7-8

2 L arm reach across R foot invert 1, open foot and arm &, snake arms down 2,

8 Arms up 1-2, step RL 3-4, R tilt battement 5-6, passé sauté over R shoulder 7-8

8 Brush R leg 1, switch legs to L passé 2, L arabesque plie 3-4, step L 5, L arm w/ body 6, step RL 7-8

8 Low R outside attitude turn 1, R leg develop pull L elbow 2, step R 3, L side attitude rebound R arm 4, step L 5, turn to front L arm up 6, grande plie and bounce up circling arms 7-8

8 Chasse R bring R arm up 1-2, grande plie 2<sup>nd</sup> 3, saute arms up parallel 4, roll 5-6, push off R arm landing R foot 7-8

8 Roll 1-2, contract 3-4, roll on back 5-6, rebound 7-8

8 Weight on hands 1-2, handstand w/ top leg bent 3-4, step L 5, cross knees 6, turn around self 7-8

8 Contract to side 1-2, tilt w/ arms above head 3-4, wrap arms 5-6, forced arch and look up 7, hit floor 8

8 Circle L arms and cross R leg 1-2, cross arms 3, turn around self 4, run towards partner 5-6, pull leap 7-8

8 Step out of leap RL 1-2, tour 3-4, contract inside pirouette 5-6, run and reach 7-8

4 Run towards partner to lift 1-4

8 Lift 1-6, put down 7-8

8 Pitch circling arms 1-2, roll 3-4, contract 5-6, thread leg through 7-8

Face partner, rebound, roll through spine, end laying down in X

### **Baby Level 1 Camp Jazz**

Choreographers: Sloan Chouest, Clayton Cross, AnnaMaria Diamant, Monique Haley, Yoshio Pineda

8 Hold 1-4, front line R hand to back line's shoulder, head roll 5-6, hands to knees tuck down 7-8

8 Back line arms to 5<sup>th</sup> 1-2, explode arms to 2<sup>nd</sup> fondue L to tendu 3-4, return to tuck 5-8

8 Front line repeats 1-8

8 All step R to back 1-2, pivot 3-4, walk to spread lines 5-8

8\* Step R reach R to T 1, step L reach L 2, step R back R hand to chest 3, step L to front L to chest 4, roll R shoulder 5-6, pivot R 7-8

8\* R hip pop 1-2, L hip pop 3-4, drag over R shoulder L to tendu R arm up L to T 5-6, reach R across to L 7-8

8\* (1 3 5) Jump R feet together R arm to chest step L arms in 'L' 1-2, back pencil turn arms in rabbit ears 3-4, pirouette prep in 4<sup>th</sup> 5-6, single pirouette 7-8

8\* Step out R head releases 1-2, hinge R body drops 3-4, snake L 5-6, arms slap to hips 7-8

8 Pump and down 1-2, finish 3-4, step clap RL to change lines 5-8

8 Partnerwork between front and back line L hand grabs 1-2, R 3-4, lift up 5-6, drag back arms in rabbit ears 7-8

8 R press down flexed hands 1-2, switch arms 3-4, front line turns around arms circle above head to R 5-6, press down step R 7, tuck 8

8 Ripple L to R Starburst from tuck, return to tuck

8 Front line swing and pump R arm 1-2, L 3-4, drag R 5-6, point to back line 7, sit 8

8 Back line repeat 1-8

8 Switch lines 1-4, ball change 5-6, battement 7-8

8 Layout 1, tuck 2, R hand wraps head 3-4, L reaches out 5-6, hand to chest 7-8

8 All roll to stand 1-6, turn over R shoulder reach R 7, hands to chest 8

8 Pas de bouree 1-3, prep head to R 4, chaine 5-6, ball change 7-8

8888 Repeat \*

8 Step clap transition to triangle 1-4, arms circle above head to R 5-6, press down 7-8

8 Levels 1-2, reach R around to front R leg reaches out 3-4, elbows press down upper body undulates 5-6, fold over 7-8

1 L reaches out focus shifts L 1

**Bad Boy**  
**Level 1-2 Hip Hop**

Choreographers: Megan DeHoyos, Allyson Maranitch, Karis Warren, Julie Rowley

- 5 Hold
- 8\* Jump out 1-2, wrap face sit in hip 3-4, switching weight to sit in L hip, arms go up and to L 5-6, hold 7, arms open down 8
- 8\* step touch to block starting with right 1-8
- 8\* step out on right, arms to "T" 1-2, close L to R arms push down 3-4, step R touch L, arms in opposition 5-6, stepping over R shoulder to back 7, close on 8
- 8\* step out in 2<sup>nd</sup>, thumbs point to back 1-4, step to side R L 5-6, look front 7, pop collar 8
- 8\* (1 3 5) lean and roll shoulders back stepping R L 1-4, open R 5, finish groups 6-8
- 8\* Finish groups 1-2, arms flex in 2<sup>nd</sup> 3, hinge 4, drop arms and slide up, R foot goes to L 5-6, pop 7, hold 8
- 8\* Cross touch R L 1-2, bring L into R heel toe, heel toe 3-6, arms starburst 7, muscle man 8
- 8\* Three step turn to clump over L shoulder 1-3, walk 4-8
- 8\* Rock step with R forward, arms open 1-2, close 3-4, circle to R 5-8
- 8\* Rock step with L forward, arms open 1-2, close 3-4, circle to L 5-8
- 8 Fist pump, step touch to files starting with R 1-8
- 8 Open the door, step touch starting R, left arm opens 1-8
- 8 (1 2 3 4) Jump out into 2<sup>nd</sup>, arms go up 1, down 2, left knee 3, right knee 4, finish 5-8
- 8 Odd rows roll up to L 1-2, step together R to L 3-4, even rows roll up to L 5-6, step together R to L 7-8
- 8 Slide to go back to staggers 1-2, step out R L 3-4, hinge R 5-6, hinge L 7-8
- 8 Punch contagion R to L 1-8
- 8888888888 Repeat \*
- 8 Punch contagion front to back 1-8
- 1 Hit ending position 1

**Becoming Insane**  
**Level 1 Camp Military**

Choreographers: Kali Boyd, Kim Glover, Robbyn Good, Cali Hoffman, Allyson Maranitch

- 8 Hold 1-8
- 8\*\* Head roll R 1-3, bug 4, roll up 5-6, head back 7, head front 8
- 8\*\* A: rocket 1-2, high V 3-4, T 5-6, low rocket 7, cheerio 8  
B: reverse levels 1-7, cheerio 8
- 8 Close to side 1-2, sit roll over R shoulder 3-8
- 8 Move salsa R arm up 1-2, T 3-4, salsa L 5-6, T 7, close 8
- 8\* (1 3 5 front to back) Rocket up 1-2, ball change R cheerio up 3-4, close push 5-6, 'fountain' down 7-8
- 8\* Bend over 1, hold 2, finish groups 3-6, head up 7, down 8
- 8\* All lift up tendu L hands on hips 1-2, push L 3-4, scoop 5, cheerio 6, odds twist RL 7-8
- 8\* Evens twist 1-2, (3 4 5 R to L) switch 3, finish 4-5, hold 6, push front 7-8
- 8 Close 1-2, move 3-4, pat legs 5-7, hands slide hips 8
- 8 Indian 1-2, R arm snap 3-4, snap 5-6, Indian 7-8
- 8 Box over head ball change R 1-2, close hips LR 3-4, ball change L 5-6, hips RL 7-8
- 8 Indian on tummy 1-2, swing down around to rocket 3-4, pray 5-6, front rocket 7, hips 8
- 8 Tendu L 1-2, passé L 3-4, tendu L salsa R 5-6, close face L diag cheerio 7-8
- 8 Move repeat walking arms 1-8
- 8 Repeating walking arms again 1-8
- 8888 Repeat \*
- 8 Close in 2<sup>nd</sup> position 1-2, ripple to tuck L to R 3-8
- 8 Ripple bug front to back 1-4, sit up 5-6, snap R 7-8
- 88 Repeat \*\*
- 1 Pose

## Big Time Rush

### Level 1 Pom

Choreographers: Kali Boyd, Robbyn Good, Jessica Jelinek

Beginning Position: three staggered triangles, standing feet together, arms closed.

- 8 Hold 1-4, Shake poms from low V to rocket 5-8
- 8\* (1 3 5) Right foot step back on releve 1, arms slice to low V pivot to face front sit in left hip 2, all right hip roll 7-8
- 8\* Step out right 1, left foot touch out right arm high V 2, step out left 3, right foot touch out left arm high V 4, arms circle to the right left arm wraps right arm low V 5-8
- 8\* LEVELS low, middle, high from left to right: Arms cross and push out to the left kneel on left knee focus left 1-2, sit arms break to close by side 3-4, (5 7 1) rocket focus up 5-6, right arm low V left arm wrap focus front 7-8
- 8\* Finish 1-4, (5 6 7) punch from right to left: left arm up, right across, hold 8
- 8\* All step up right 1-2, stand arms close to chest 3-4,  
OUTSIDE GROUPS: left diagonal 5, shake poms around end right straight up by head left down by side 6-7, genie arms 8  
INSIDE GROUP: right diagonal 5, shake poms around, end left straight up by head, right down by side 6-7, genie arms 8
- 8 Move to Christmas tree--roll arms at chest 1-4, right arm pump 3X 5-7, close 8
- 8 (1 3) Every other person: punch to inside or high V 1, focus inside outside arm at hip 2, all punch 2X 5-6, close hands to knees 7-8
- 8 Head up 1-2, (3 4 5) step out right punch arms to left 3, left broken T right T 4. pick up circle arm 5-6,7-8
- 8 Finish pickup 1-2, all shake poms at chest broken T 3-4 close feet shampoo 5-6, close 7-8
- 8 Move to three triangles Cheerio 2X 1-8
- 88888 repeat \*
- 8 Move to staggered lines roll arms at chest 1-4, right arm pump 3X 5-7, close 8
- 8 Ripples left to right: left arm circles right arm circles to face back hands on knees 1-8
- 8 Ripple back to front: left arm on hip, right punch to front 1-4, back line punch down focus down 5, hold 6-8, front line down on right knee 5-6, punch down focus down 7-8
- 1 Left arm behind back right arm punch up by ear focus up 1

## Blame It on the Boogie

### Level 1-2 Officer Camp Jazz

Choreographer: Brooke Binns

- 8 Hold 1-6, sit into right hip, weight on the ball of left foot, right hand on pocket and left arm extended to "T" hand in fist with palm facing up on 7, head whips right-left on &8
- 8 Chest pop 1-4, continue chest pop and chase to left 5-8
- 8 (Can have 3 or 4 groups) turn over left shoulder, left hand at pocket right arm and leg extended reaching to the left 1-2-3-4, switch sides 5, switch again 6, body roll with arms slapping thighs and extending into a high "V" with right leg still extended to the right on 7-8
- 8 Walk down stage right-left snapping right hand, left hand on pocket 1-4, right chaine turn 5-6, prep for pirouette 7-8
- 8 Single or double pirouette 1-2, land with feet in second position parallel-right arm in low V with jazz hand and hand on pocket 3, focus switches to right hand 4, heel pops 5-8
- 8 (1 3) Arms break out into a T flick right leg 1-2, close arms to side and cross right leg over left 3, turn over left shoulder to face parallel to side with focus down 4, hold 5-6, pull onto releve with right hand on back of head left arm extended to the front at 90 degrees with palm extended up and open on 7, hold 8
- 8 (Walking up stage right leg-cross left leg) right hand stays on back of head left comes to hip 1-4, step out with right leg to 2<sup>nd</sup> position, cross arms in front of body 5, push hips forward break arms back 6, circle arms in to back 7, circle down to low "V" 8
- 8 "Moon walk" to straight line 1-6, close feet hands closed by sides 7-8 (every other person faces front or back)
- CHORUS: everyone does the same thing with the same feet, but the people that face back start the first 8-count on 3-4 and the back line faces the back until the repeat
- 8\* Drag with right leg to the front, arms break up to extend to a "touchdown" 1, step out left right breaking arms down on &2, step out with left foot to 2<sup>nd</sup> position on releve with arms extended back in a touchdown 3, pull off releve sit into left hip on ball of right foot arms slice to a "T" with focus changing to right 4, pull right leg in with arms pulling into face from "T" turning over left shoulder 5, extend right leg out left hand on pocket right arm in low "V" with jazz hand focus on hand 6, finish groups 7-8

- 8\* Sit back into left hip right hand in "T"- focus to right- pop chest 1-4, circle hips to left-arms cross and circle to low "V" 5-6, circle hips to right cross arms and circle to a full "T" 7-8
- 88 Repeat \* (front line will go over right shoulder and do the chorus to the back, second line will go over right shoulder and repeat all to the front)
- 8 (Everyone will end up back in a straight line) Front line steps back and second line goes over right shoulder to step forward on 1-2, ripple left to right with right leg extending to right diagonal and right arm in a low "V" jazz hand with focus to hand left hand on pocket 3-5, ripple back right to left pulling right hand to head bevel left foot with body facing right side 6-8
- 8 Pop chest 1-4, walk down stage all together 5-7, pop head to right on 8
- 8 (Two groups going from left to right) Sit into left hip with left hand in a check mark palm up, right hand coming to right pocket focus to the left on &1, or &2, head nod 3-4, ripple left to right pulling onto forced arch with body facing the left arms extend into touchdown 5&6&7&8
- 8 Step on right foot to ball change- pivot backwards over left shoulder 1-2, walk upstage right left 3-4, step out with right foot to wide second position left hand snapping up right hand snapping down- right hip swings to right 5, switch arms and hips 6, again 7, again 8
- 88 Repeat \* all facing the back together
- 88 Repeat \* to the front
- 8 Pop chest with weight in left hip 1-4, step right leg to the back with feet in second position-arms pull into low "V" with body facing back on 5-6, pull into forced arch with right hand on head and left on pocket on 7, hold 8

### **Borderline**

#### **Level 2 Kick**

Choreographer: Cassie Rowland

Begin in kick line, unhooked facing person to left, left foot popped & head down

- 8 Hold 1-4, Reach up w/ L-foot back 5-6, Sit back head front w/ arms down and back 7-8
- 8 Chaine front 1-4, both hands on person to left's shoulder 5-6, windmill R hook up 7-8
- 8 R exercise kick 1-4, L exercise kick 5-8
- 8 Jump kicks RL 1-4, Bounce jump head down 5-6, R tendu side looking left 7-8
- 8 R crossed passe head front 1-2, back to tendu 3-4, R back L ball change side close 5-8
- 8 Ripple bow from middle out 1-7, arms close 8
- 8 Parts: 1s & 2s, 1s move forward 2s move back--Step-R dig-L arms up 1-2, Step-L dig-R arms at chest 3-4, hip circle 5-6, prep to kick single 7-8
- 8 Jump kicks R-L-R 1-6, close arms to side 7-8
- 8 Walking to straight line start w/ L, arms wrap and down 1-4, L-back ball change looking left L arm hook up 5-6, Facing front hooked up to kick 7-8
- 8 Right fan 1-4, Left fan 5-8
- 8 Right Star 1-6, Hold 7-8
- 8 Left Star 1-6, Hold 7-8
- 8 Grad kicks 1-8
- 8 Continue grad kicks 1-6, hold 7-8
- 8 A's: 1-4 moving forward L-R-L kick right, 5-8 R-L-R kick left
- 8 B's: 1-4 R-exercise kick, 5-8 L-exercise kick
- 8 Everyone closes 1-2, turn to face inward 3-4, ball change front arm reaches 5-6, close 7-8
- 8 Walk together 1-4, ball change face front 5-8
- 8 A's windmill to back B's ball change 1-4, all head down 5-6, hook up 7-8
- 8 Twist hips R-L-R hold 1-4, Right open corner kick 5-8
- 8 Twist hips L-R-L hold 1-4, Left open corner kick 5-8
- 1 Reach back w/ left circle around to hip, facing front 1

**Break Your Heart**  
**Level 5 Kick**  
Choreographer: Jessica Jelinek

Start in 2 lines--

- Front line- left arm wrapped in front, right arm wrapped in back, focus down to right side, left foot tendu back.  
Back line- right arm wrapped in front, left arm wrapped in back, focus down to left side, right foot tendu back.
- 8 TWO PARTS, by line: front line- hold 1-2, windmill arms to hook up left foot step in second position 3-6, right fan 7, right foot step out to second position 8
- 8 Upper body rotation 1-4, step to right side, focus right 5, left flick kick across 6, step left 7, right kick 8
- 8 Left fan 1-2, two points across, right, left, focus follows 3-4, step left, focus left 5, right flick kick 6, step right 7, left kick 8
- 8 Step left 1, right fan 2-3, close left to right, close arms 4, step forward right in plie, arms low "V", palms up 5, left drag to the back, "L" arms, merge into one kick line 6, turn to front, close arms 7, hook up 8. Back line- same counts reverse to left side
- 8 Four jump kicks starting with the right leg 1-8
- 8 Prep left corner focus left 1, kick right across 2, prep left 3, point right behind diagonal 4, prep right corner focus right 5, two straight kicks right, left 6-8
- 8 Prep right corner 1, left foot point behind diagonal 2, prep left corner 3, left kick 4, prep front 5, right kick 6, prep 7, left kick 8
- 8 Step left 1, right fan 2, inverted fan 4, close 5, close arms and clip turn 6-7, hook up 8
- 8 Jump out to second position 1, beat right foot in front, land right foot in back coupe & 2, pas de bourree traveling left 3&4, step left focus left 5, THREE PARTS, two counts each: right leg passé, and touch out to right side, delayed focus right &6,&7,&8
- 8\* Prep focus left 1, right point across 2, prep front focus front 3, left waist kick 4, prep right focus right 5, right kick 6, point left back head release 7, right point front focus right 8
- 8\* Right chasse 1-2, brush right leg forward rond de jambe to left side focus left 3-4, walk right left 5-6, right passé focus front 7, step right focus left 8
- \*8 Step left on releve 1, switch hips head follows &2, step right behind 3, step left traveling back &, right arabesque focus front 4, close legs 5, left ball change focus left 6-7, close to front focus front 8
- 8 TWO PARTS, every other person travel front or back: Close arms 1, right ball change prep &2, chaine 3-4, prep for pirouette 5-6, right double pirouette 7-8, back line: 1.5 pirouette spotting front 7&8
- 8 Step right 1, turn behind roll head 2, walk right left 3-4, plie 5, tour arms circle &6, extend right leg back arms run &7-8
- 8 Step right 1, close 2, right ball change prep 3-4, low chaine 5-6, right jete 7, land 8
- 8 Arms swing open to front 1-2, travel back to one kick line 3-6 pivot, arms up 7, close to front, hookup 8
- 888 Repeat \*
- 8 Three graduated kicks right, left, right 1-6, jump split 7-1

**Breakeven**  
**Level 3 Jazz**  
Choreographers: Alex Alpha, Jordan Raymond

Begin in staggered formation

- 8 Standing facing L side hold 1, arms fold facing upward and plie 2, arms reach down as body rolls to R and head releases 3, back down to plie hands resting on knees head down 4, (5 7) push off knees and release head then back to plie 5-6, finish 7-8
- 8 Stepping with L foot L arms shots out connected at waist 1, replacing weight back on R foot L arm reaches around to grab R arm 2, grabbing L arm swing arm over head as turning over L shoulder 3, front 4, arms fold open 5, twist body to L &, back front 6, arms circle forward 7, plie 8
- 8 (1 2 3 starting from R side) R elbow leads body to R corner stepping R1, L&, arm goes down R 3, L&, finish through 4&, everyone body rolls backwards initiated from head 5-7, R arm swings as R leg arabesque 8
- 8 Stand up 1-2, 3 step turn 3&4, R arm swings back 5, L arm swing back &, plie and body hunches over both arms extend forward 6, pulling arms to R hip and R leg flicks up 7, down 8
- 8\* Step R dragging L foot arms in R arm up "L" position 1, arm down 2, arms circle above head as body quarter turns on R foot in forced arch, L leg in passé 3-4, stepping R 5 battement 6, R foot down 7, L crosses over as chest is down arms extend out 8

- 8\* Turning over R shoulder, arms pushing down body 1-2, alternating lines chaine LR or RL 3&4, 5&6, everyone stepping on R foot turning over L shoulder, R arm over head, L arm wrapping waist 7-8
- 8\* Prepare stepping LR arms "L" 1-2, coupe turn 3-4, R leg shoots out to side arms opening to "T" releasing head and rolling down to R side 5-6, sitting with arms resting on knees 7-8
- 8 (1 3 5) Pushing L leg straight with L leg &, flexed foot 1-2, R leg straightens as body snakes left to lay down with arms above head 3-4, R leg straightens up with flexed foot &5, leg bends over L knee, leg shoots under L leg initiating a roll over R shoulder to stomach 6, arms walk towards body as chest comes up 7-8
- 8 Tuck position 1-2, roll up 3-4, ball change backwards arms push down RL 5-6, finish groups 7-8
- 8 Finish groups 1-2, all head roll to R 3-4, stepping RL 5-6, jete arms down 7-8
- 8 Everyone stepping RL to any direction arms circle through "T" to Indian with head down 1-2, wrap over head walking R to triangle 3-8
- 888 Repeat \*
- 4 Twisting body to L lay down as stomach contracts 1-4

### **Bring It Back DJ**

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

Choreographer: Dominique Burks

- 8 Hold beginning position, (slide R[group A face forward, group B face back]) 1-2, group A slide L, group B face forward and slide R 3-4, rocking right and left 5-8
- 8 Kick ball change with crossed arms 1-2, step back, bow & arrow, pop forward with elbow 3-4, roll arms, pop left leg with Mickey Mouse ears 5-6, rond de jambe w/ hands brushing under chin 7-8
- 8 Group A rolls R shoulder, group B hold 1-2, group B rolls shoulder, Group A hold 3-4, everyone rolls shoulder 5-6, pump shoulder, forced arch R foot 7-8
- 8 Step out L foot, L fist up 1, L replaces R foot, snake R arm 2, sit in R hip, R arm behind head 3, pop arms out in L 4, collapse in Indian and pop 5-6, upside down muscle 7-8
- 8 Walk back grabbing pants swinging side to side 1-4, roll chest and hips 5-6, fist pump 7-8
- 8 Scoop 1, ball change 2, twist on heel 3, "put on pants" 4, running man 5, superman hop back 6, prep ground hop 7-8
- 8 Turn up from ground 1-2, R arm upside down muscle man, switch, switch 3-4, head pop 5, reach R arm out 6, flat back, bring arm to half T R arm wave 7-8
- 8 (1 3 5) Lawn mower 1-2, scoot forward w/ R elbow pulling back 3-4, scoop to R then L 5-6, roll arms, pump 7-8
- 8 Group 1: "bring it back" 1-2; group 2: roll arms, pump 1-2; group 3: scoop to R then L 1-2, roll arms, pump 3-4; all: pickup "bring it back" 5-8
- 8 Group A: slide L, windmill R arm and snake, pump 1-2, group B: slide R, windmill L arm and snake, pump 1-2, group A: walk back w/ switching arms 3-4, group B: walk forward w/ switching arms 3-4, group A: scoot R w/ shoulders 5-6, group B: scoot L w/ shoulder 5-6, group A: chug forward on R foot 7-8, group B: chug back on L foot 7-8
- 8 Group A: circle down w/ hands on knees 1-2, R hand to R ear 3-4, hold 5-8; group B: hold 1-4, circle down 5-6, hand to ear 7-8; group C: hold 1-8
- 8 Group C: circle down 1-2, hand to ear 3-4; all: pump 5-8
- 8 Drag to L w/ R fist at shoulder 1-4, plie and reach to R diagonal 5-6, plie and reach to L diagonal 7-8
- 4 Lean w/ it rock w/ it 1-2, matrix body circle 3-4
- 8 Walking grabbing pants 1-4, kick ball change with crossed arms 5-6, step back, bow & arrow, pop forward with elbow 7-8
- 8 Roll arms, pop left leg with Mickey Mouse ears 1-2, rond de jambe hands brushing under chin 3-4, front line: shoulder roll 5-6, hold 7-8; back line: hold 5-6, shoulder roll 7-8
- 8 Upper body roll & rond de jambe 1-4, scoot forward w/ elbow back 5-6, scoop knees 7-8
- 8 Roll arms & pop 1-2, snake L and close feet 3-4, three step turn to clump 5-8
- 8 Hold 1-2, head pop 3-4, pop to Indian 5-6, contract to any pose 7-8

**Bring Out**  
**Level 5 Military**

Choreographers: Lilian Mason, Sami Mason

- 8 FORM 1 (triangle): hold beginning position face stage R, R foot in dig, L arm wrapped behind back, R arm behind head 1-4, extend arms straight 5, T 6, slice arms across and pivot to dive front 7, plié dive down 8
- 8\* (1 3 5) 3 groups back to front: R elbow jabs up head looks to R 1-2, box R arm bent L arm straight step out L 3, swipe across meeting hands center switch 4-5, press both to stage R 6, switch overhead stepping L together R out 7-8
- 8\* passé R pull arms in broken T focus front 1-3, dive R arm up facing front 4, second position plié slicing arms to switch 5-6, jump together L arm dive up 7, flick head R flick L hand overhead 8
- 8\* finish groups 1-4, slice R arm up to touchdown 5-6, press forward head looks up 7-8
- 8\* R broken T, L arm drops clean 1, L circles clockwise 2-3, jump together broken T 4, arrow through R arm low diagonal, L arm at R shoulder facing stage L corner 5, cross arms at chest facing front 6, circle arms to behind head jump together 7-8
- 8\* 2 groups every other line As: passé R, turning over R shoulder, arms flex down 1-2, clean in second position 3, low V &, wrap L arm over tummy, R arm behind back 4, hold 5-6, step forward R low V 7, pivot turn to front wrap R arm over tummy L arm behind back 8 Bs: arms fold in to head, head looks back 1-2, passé R turning over R shoulder, arms flex down 3-4, clean in second position 5, low V &, wrap L arm over tummy R arm behind back 6, step forward R low V 7-8
- 8 TRANSITION FORM 2 (tight staggered lines): cross arms at wrist to R 1, switch crossing arms at wrist to L 2, extend L arm straight down R arm bent L elbow 3, slice arms in shape up 4, fold L arm to R elbow 5, arms to tummy in shape 6, open arms, still bent at 90 degrees 7, switch arm in front closing arms to wrapped shape 8
- 2 Pivot to stage L side on R foot, arms clean 1-2
- 8 Ripple L to R: swing circle arms up behind head, bring L foot to dig in front of dancer, R leg in plié 1-4, tendu L leg out, R leg straighten, hands to back pockets 5-8
- 8 TRANSITION to spread out in FORM 2: slap side 1-2, broken T 3, T 4, diagonal R arm up, L arm bent to shoulder, palms facing audience 5, clap arms diving front 6, switch diagonal L arm down, R arm bent to shoulder 7, clean 8
- 8 2 groups side to side As: ball change R foot back dive arms up 1-2, passé R flex arms forward 3-4, step R foot to second position, flex R arm out, L arm bent at shoulder flexed 5-6, meet arms, pivot to R 7, flex T, L foot steps around to second position facing back 8. Bs: ball change L press arms flexed forward 1-2, passé L dive arms up 3-4, step L flex L arm out, R arm flexed at shoulder 5-6, meet arms pivot to L 7, flex T R foot steps around to second position facing back 8
- 8 As: dive up focus up 1-2, circle arms to dive down turn front over L land in second position plié 3-4, hold 5-6 ball change R foot back flex T 7-8. Bs: dive up, focus up 1-2, behind head plié 3-4, circle arms to dive down, turn front over R, land in second position plié 5-6, place hands on ground 7-8
- 8 UP As: grand battement, arms wrapped at shoulders 1-2, broken T 3, clean second position 4, flex push L broken T 5, push to T, pivot to face stage R 6, circle L arm counterclockwise 7-8. DOWN Bs: kick R leg out straight, L leg pulls underneath dancer, to ground 1-2, roll over R to face back 3-4, hold facing back in tuck 5-6, dive arms up 7, circle down to low V touching ground, head looks up 8
- 8 UP: cha cha arms, R arm up, flexed, soutenu over L shoulder 1-2, chassé R arms clean 3-4, step L cross arms 5, grand jeté arms in high V 6, tuck to ground 7-8. DOWN: roll R 1-2, slice arms across 3-4, roll R to standing 5-8
- 8 UP: high knees arms clean 1-2, slice arms across 3-4, roll R to standing 5-8. DOWN: cha cha arms R arm up flexed, soutenu over R shoulder 1-2, chassé R arms clean 3-4, step L arms cross at chest 5, grand jeté high V 6, clean 7-8
- 8 TRANSITION to FORM 3 (3 groups): sunshine up flex 1, meet flexed overhead 2, broken T 3, flex down together 4, broken T 5, T 6, swing R arm flex low diagonal L arm bent at shoulder R ball change facing stage L 7-8
- 8 Bounce R arm behind head, L arm wraps tummy, step together 1-2, step R clean 3-4, parallel side attitude L arm broken T, R arm T 5-6, wrap R arm tummy L arm behind back turn to face stage L 7-8
- 8 3 groups R to L: R 3-step-turn front cheerio arms overhead 1-3, land in plié R foot forward 4, shoulder roll back hands in fists 5-6, fists slice up to 90 degrees framing face 7, swing arms down slap sides 8
- 8 R heel out arms box under 1, R toe out R arm slices under, in 90 degree shape, L arm at shoulder 2, heel out, R arm opens to front in shape, L arm broken T 3, spoke L across clean R, facing stage R 4, tick back L elbow 5, L arm broken T 6, circle R arm counterclockwise facing front 7-8
- 8 T palms front 1, clap front head looks back 2, continue groups 3-6, broken T palms facing chest 7, invert R knee plié 8
- 8 Extend arms front backwards flexed 1, invert L knee broken T palms facing chest 2, broken T straight up 3, arms to floor straight legs 4, R hand to R shin 5, L hand to R quad 6, R arm to L shoulder 7, L arm to R shoulder 8
- 8 TRANSITION back to FORM 1: swing arms back slap sides 1, swing front 2, box arms up, palms facing head 3, arms in shape move box front 4, dive front 5, open palms wrists together 6, R arm at forehead L arm at tummy 7, R arm down to wrap tummy 8

- 8 Circle hands behind back, plié turn to L to face stage R 1-3, clean 4, REPEAT: extend arms straight 5, T 6, slice arms across and pivot to dive front 7, plié dive down 8
- 88888 Repeat \*
- 4 Pivot wrap R arm tummy L arm behind back plié 1-2, double pirouette cheerio up 3-4
- 8 Land second position, arms clean 1-2, R foot closes arms in cheerio 3, ripple L to R cheerio circles counterclockwise drop jump out to second position, cheerio up 3-7, arms dive up 8
- 8 Flat back over, body slices across L to R, hands circle to behind back 1-3, clean, bring L foot to R 4, drop to tuck by Vs 5-7, hold 8
- 1 Flex L or R hand in high V (depending on what side of form the dancer is on) wrap other hand to ear overhead, tilt head away from straight arm 1

**Burning Up**  
**Level 3-4 Officer Camp Pom**  
 Choreographer: Emily Brock

Beginning form is one diagonal

- 8 Hold facing diagonal arms to hips 2<sup>nd</sup> position 1-8
- 8 Rib isolation circle 1-2, ribs RL 3-4, ripple front to back L arm to R knee 5-8
- 8 Fold both to chest head back staggering line 1, step front or back low V 2, snake turn to front 3-4, flatten out staggers low V to high V 5-7, daggers 8
- \*8 Jump cross feet punch level TD 1, open 2<sup>nd</sup> cheerio 2, twist RL 3-4, step L together swing L to 1/2 diagonal 5-6, step R punch L T across 7, "L" on diag 8
- \*8 (1 3 5) R ball change back med rocket head release 1-2, arms to R shoulder focus front 3, to back 4, drop arms hips go LR 5-6, roll over R shoulder to ground 7-8
- \*8 Finish rolling up on R knee 1-2, shake L over to low V focus front 3-4, sit low knees to back high V arms 5, finish groups 6-8
- \*8 Finish 1, (2 3 4) high knees wrap in back 2, finish 3-4, stand up clap at chest 5-8
- 8 Jump 2<sup>nd</sup> medium level 1, 1/2 T R head tilting 2, L 3, to R knee 4, head roll 5-6, big circle touch back to Indian 7-8
- 8 (1 2 3 4) R to L poms to back of hips head back 1, finish 2-4, by lines touch circle towards foot 5-6, switch 7-8
- 8 (1 2 3) L to R swing to TD 1, T in and out 2&3, hips 4, box in front on face 5, finish 6-7, prep for battement 8
- 8 Battement "L" arms 1-2, down 3, break R back 4, 3 step turn switching lines 5-8
- 8 Head roll R, R arm to high V 1-2, wrap head RL 3-4, sunshine to behind back step R forward 5-6, (7 8 1) front to back open & close hips to L wall focusing front 7-8
- 8 Finish groups 1-2, low TD head down 3, look up 4, prep for pirouette 5-6, double pirouette 1/2 T arms 7-8
- 8 Chaine turn front 1-2, step forward press arms down and around back to T's 3-4, step L side tilted low TD 5, build up to high V 6-8
- 8 Recover move to triangle 1-4, repeat low V to high V arms 5-7, daggers 8
- 88888 Repeat \*
- 8 Circle snap up stepping R to side 1-2, R arm high V across 3, break to L diagonal & 4, circle across face to 'sprinkler' position 5-6, R arm up 7, both to R hip 8
- 8 Switch to L hip 1, T 2, pas de bouree turn back LRL 3-5, leap to front 6-7, land 8
- 8 Turn out of landing to face back 1-2, (3 5) by lines step together step to R, R arm punching 3&4, circle arms turning to front over L shoulder 5-7, step back recover arms 8
- 8 Hands on knees head down 1-2, finish 3-4, jump 2<sup>nd</sup> level V arms 5, low TD 6, circle towards R 7-8
- 4 Body roll down to tuck head down 1-4

**Caught Up in You**  
**Level 3-4 Kick**  
 Choreographers: Jessica Jelinek, Cassie Rowland, Shannon Heath

- Beginning position: sit facing back, hands behind on the ground pointing towards the body. Form 1: staggered diagonal lines
- 8 (5 7 1) L to R hold 1-4, elbows 5, extend right leg up 6, cross leg 7, turn to front in tuck 8
- 8 Jump out to second position 1, roll up 2-3, finish groups or hold 4-8
- 8 All sit in right hip with arms at hip 1, flick with right arm up by ear 2, step right and close arms 3, transition three step turn with arms circling around head 4-5, close arms 6, head 7, hook up 8
- 8 Four points turning diagonals to the front 1-8

- 888888 *Line 4* - Three right fan kicks 1-7, hold 8, right flick kick 1-2, left flick kick 3-4, jump left focus left 5, jump right focus right 6, jump front focus down 7, hook up 8, repeat 3X  
*Line 3* - two right fans, one left fan 1-7, hold 8, prep left focus left 1, right kick 2, close leg 3, prep front focus front 4, jump left focus left 5, jump right focus right 6, jump front focus down 7, hook up 8, right flick kick 1-2, left flick kick 3-4, jump left focus left 5, jump right focus right 6, jump front focus down 7, hook up 8, repeat 2X  
*Line 2* - two left fans, one right fan 1-7, hold 8, prep left focus left 1, right kick 2, close leg 3, prep front focus front 4, jump left focus left 5, jump right focus right 6, jump front focus down 7, hook up 8, repeat, prep left focus left 1, right kick 2, close leg 3, prep front focus front 4, jump left focus left 5, jump right focus right 6, jump front focus down 7, hook up 8, repeat  
*Line 1* - three left fans 1-7, hold 8, prep left focus left 1, right kick 2, close leg 3, prep front focus front 4, jump left focus left 5, jump right focus right 6, jump front focus down 7, hook up 8, repeat 3X, right flick kick 1-2, left flick kick 3-4, jump left focus left 5, jump right focus right 6, jump front focus down 7, hold 8
- 8\* All jump to second position 1, jump and cross left over right foot 2, prep to right focus right 3, right kick 4, prep 5, right envelope kick 6-8
- 8\* Jump to second position focus front 1, jump and cross right over left foot 2, prep to left focus left 3, left kick 4, prep 5, left envelope kick 6-8
- 8\* Head right 1, head left 2, left ball change focus up 3-4, step left focus left 5, right passe focus front 6, step right 7, close feet and arms 8
- 8\* Left side sit into left hip with focus left and right arm wrapped at waist with left arm up by ear 1, hold 2-4; right side hold 1-2, sit into right hip with focus right and right arm wrapped at waist with right arm up by ear 3, hold 4, all wrap arms above head and turn to inside 5-6, hook up 7, hold 8
- 8\* Bow ripple from right to left 1-8
- 8\* Two exercise kicks right, left 1-8
- 8 Left pas de bourree 1-3, right inverted fan 4, step right 5, left pas to right side 6, step left 7, close feet to front 8
- 88 Close arms 1, hold 2, Two parts every other person (“A’s” or “B’s”)  
*“A’s”*- pivot to back 3-4, two runs right then left with arms down 5-6, right jeté to right side with arms in high V 7, land 8, step back right with arms extended down and crossed in front 1, sit into right hip with arms high V 2, hold 3-4, flat back and reach right arm down with left arm wrapped at waist 5-6, reach left arm up with right arm wrapped at chest 7-8  
*“B’s”*- hold 3-4, pivot to back 5-6, two runs right then left 7-8, right jeté to right side with arms in high V 1, land 2, Step right and cross arms above head 3, lay back 4, swing left arm up 5-6, pivot to front in plie and swing right arm down 7-8
- 8 All step right 1, left pas de bourree to prep for right pirouette with arms swooping up 2-4, double right pirouette 5-6, jump out to second position arms down 7, jump to forced arch with knees to left right arm wrapped at waist and left arm wrapping head 8
- 8 Every other (A/B) “A’s” – step back right facing back and close arms 1, dig left foot 2, step left facing front 3, dig right foot 4, plie knees to left diagonal hands touching knees with focus down 5-6, hook up 7, hold 8; “B’s”- step right 1, touch left in front 2, step left 3, touch right in front 4, plie knees to left hands touching knees and focus down 5-6, hook up 7, hold 8
- 888888 Repeat \*
- 8 Close arms 1, hold 2, chaines to separate “A’s” into front line (low level) and “B’s” into back line (standing) 3-4, Back line- reach right arm up 5-6, sit into left hip focus down to left with right arm wrapped over head and left arm on hip 7, hold 8-1, Front line- sit on right hip and swing left arm over head and look down to the right 5-1
- 2 Continue movement 1, look front 2

### Code Red

#### Level 4-5 Hip Hop

Choreographers: Alex Alpha, Jordan Raymond

Start in clump formation

- 8 Beginning position everyone in a squat position, R knee up. A’s gradually standing, bob head on 1 3 5 and 7
- 8 Arms grabbing pockets and leaning back, bounce walking with R leg first, 4 steps to move to staggered formation
- 8 Stepping towards R corner, both legs in plie, arms in daggers 1-2, rebounding up then back down 3-4, left shoulder up 5-6, arms cross in X position in front of chest &, placing down to daggers again and R leg stepping out on 7-8
- 8 Swivel legs RL as arms move to box 1-2 kick LR with R leg on 3-4, legs come together both arms are at T and moving up as shoulders twist &5&6&7&, Close 8

- 8 L fist at R elbow R arm point with finger to L corner 1, rebound back 2, running man arms to L corner slide out as R foot slides back 3, switch to R 4, legs to R corner swivel LR to L corner 5-6, body roll initiated from bottom as arms wave and frame face 7-8
- 8 L foot steps behind and body turns over left shoulder as arms push away 1-2, hips swing R as R arms swing out with elbow at waist 3, center weight 4, stepping with R foot and turning over R shoulder arms move to waist elbows out 5-6, contract center as elbows invert and body turns to L corner 7-8
- 8 Circle chest to L twice on 1-2 & 3-4, R leg steps forward with hips following, arms behind body swinging level 5-6 swinging back and body roll up to close position 7-8
- 8 Arms grabbing pockets, turn over R shoulder to R corner as body leans forward 1-2 then backwards 3-4, pony step with R leg turning to L corner, L arm out in front of body with R arm bent in front of face arms pump inward 5-8
- 8 Jumping out L leg in front, L arm on hip, R arm moving "head-to-heart" as chest pumps on 1&2, step RL to back over R shoulder 3-4 as arms cross behind back stepping back as hips shake R 5-6, L 7, Turn over R shoulder L arm out following shoulder to front 8
- 8\* L foot step out, arms bent in front of chest R fist pushing L blade 1-2, stepping to R RL on &3, arms with elbows in wrist down on &, wrist flip up 3, hold 4 fast turn over R shoulder, L foot drags behind 5, jump out 6, leaning back on L foot arms cross in front 7, arms open and transfer weight to front R foot 8
- 8\* 2 Groups: G1 squat 1 with L knee up, R leg kicks out 2, R leg step to side 3 stand up 4. G2 start 5, stand up 8 (transition to triangle) Facing back, take 2 steps initiated by hips R 1, L 2, 3-step turn moving to triangle(s) 3&4, arms grabbing pockets shaking hips as R leg steps to back L corner then L side moving body to front 5&6, 7&8
- 8 L leg steps out, arms in dagger position shoulders move LRL 1&2, legs plie as arms throw upward to touchdown position then back down 3-4, stepping out R hands open at face, cross at chest then open at shoulders on 5&6, arms reach to L corner 7, pull arms and body together 8
- 8 2 Groups: Outside V Plie and R knee down and L leg straight out as R elbow leads 1, down 2, slide both arms open 3-4, inside V starts 5 ends 8
- 8 Turning over L shoulder spin on knee 1-2, switching and bringing R knee up on 3-4, switching weight onto R foot as standing arms in box as body rolls twice 5-6 & 7, close 8
- 8 Stepping backwards RL as arms shoot forward RL on 1-2 and 3-4, R leg steps twice as hips move with R arm on 5-6, now legs to L side keep R leg hitched on toe arms circle in front of chest 7, and circle up to touchdown as R leg comes up 8
- 8 R leg steps to back arms grab pockets and body circles L big on 1-4, R leg stepping to front body circles again 5-8
- 88 Repeat \*
- 8 Arms grabbing pockets stomping legs crosses then back out &1-2, body roll upwards 3-4, R leg steps toward L back corner then L side as body rolls up on 5-6 and 7-8
- 8 Stepping LRL R arm tosses backwards &1-2, hips move RL as body pulls away 3-4, standing front, left leg hitched up hands wipe on &5&6, L arm at hip R arm connected at waist hitting forward on 7 &, throw 8
- 8 Moving back to clump position arms grabbing pockets and leaning backwards and bouncing on odd counts 1-8
- 8 Gradually moving down to squat bob head and chest on odd counts 1-8

## **Dance Shout Shake Your Body Down to the Ground**

### **Level 2 Field High Kick**

Choreographer: Shelley Wayne, Kilgore College

Beginning Position: Straight line all facing back

- 8 Hold
- 8 Parts (1 & 2) 1s - ball change back R 1-2, pivot front 3-4, chasse R 5-6, hold 7-8  
2s - hold 1-2, ball change back R 3-4, pivot front 5-6, chasse R 7-8
- 8 Exercise kicks around the corners from L to R 1-4, R to L 5-8
- 8 Continue exercise series L to Center 1-4, step R fwd 5, passe L to R 6, chasse fwd w/L hip 7-8
- 8 Parts (1 & 2) 1s- full touch turn to front 1-2, ball change fwd 3-4, ball change back 5-6, close 7-8  
2's - touch turn to back 1-2, walk 3-4, ball change fwd 5-6, ball change back 7-8
- 8 2's - pivot L to front 1-2, walk to get even with 1's 3-4-5, all hook up 6, bow 7, up 8
- 8 Jump kick R 1-2, R 3-4, jump kick L 5-6, L 7-8
- 8 Jump kick R 1-2, L 3-4 close 5, twist jump L then R then center 6,7,8 (Drop off sections to the ground on 1)
- 8 Continue jump kick R 1-2, jump kick L 3-4, twist jump to the ground drop off
- 8 Continue jump kick R 1-2, jump kick L 3-4, twist jump to the ground drop off
- 8 Contagion L to R sit over on R side and wrap head with L arm 1-8
- 8 Recover front and back in sections 1-4, stand 5-8
- 8 Separate lines facing front and back step kick R chasse 1-4 step kick R chasse 5-8

8 Repeat step kick R chasse 1-4, step kick 5-6, close change direction 7-8  
 8 Repeat back to center step kick L chasse 1-4, step kick L chasse 5-8  
 8 Repeat step kick L chasse 1-4, step kick 5-6, close front 7-8  
 8 Jump kick R 1-2, R 3-4, jump kick L 5-6, L 7-8  
 8 Jump kick R 1-2, L 3-4, close 5, twist jump L then R then center 6,7,8 (Drop off sections of line to the ground on 1)  
 8 Continue jump kick R 1-2, jump kick L 3-4, twist jump to the ground drop off  
 8 Continue jump kick R 1-2, jump kick L 3-4, twist jump to the ground drop off  
 8 Contagion R to L pose back L leg pointing hand wrapped overhead 1-8  
 8 Move to triangle formation 1-8  
 5 Drop to tuck 1,2 3, hold 4, hit end pose 5

### Delight

#### Level 4 Contemporary

Choreographer: Allyson Maranitch

8 Draw R arm up side of body to relevé, let focus gradually drop to L 1-8  
 8 R arm circles across body 1-2, en dehors coupé turn 3-4, roll R to sit on floor 5-6, walk R/L 7-8  
 8 Walk R/L to bounce forearms to thighs &1&2, step back R/L/R/L to release and return &3&4, ball change with arm circle &5, release L foot &6, push slide close 7&8  
 8 (1 3 5) Kick R out/in &1, lateral circle to open &2, wind up 3-4, scan and circle 5-7  
 8 Finish groups 1-2, pull elbow to face back 3-4, R leg slides to floor 5-6, seal roll 7-8  
 8 Sit to back with elbows on knees head roll 1-4, seal roll to stand R 5-8  
 8 Walk R/L 1-2, R/L 3&, swivel/ snake turn over shoulder &4, repeat to L 5-8  
 8\* Step R/L prep 1&, side attitude turn 2, push R out 3-4, run 5&6&, half/whole arms circle 7&8  
 8\* Chassé 1-2, attitude sauté landing in 4<sup>th</sup> pos. lunge 3-4, rainbow arms 5-6, R front/back &7, knee twist &8  
 8 Step side L slice arms across 1-2, R arms scans across 3, throw over head 4, turn over self to back R/L 5-6, (2 groups)  
 X jump from R to L 7-8 or 1-2  
 8 Step forward R/L arms push front 3-4, pivot turn 2X R/L/R/L 5&5&, step R/L 7&, flick kick close down 8&  
 8 Come up to head roll R drop down 1-2, (3 5 7) arm swim through fish bowl with R leg swivel 3&4, finish groups 5-8  
 88 Repeat \* with 2<sup>nd</sup> 8-ct in 3 groups (1 3 5)  
 8 Finish groups 1-4, walk to the back R/L 5-6, turn over R and run to front R/L/R 7&8, arms push forward and reach

### Details

#### Level 5 Contemporary

Choreographer: Jamie Drake

Opening position: 3 parts, holding onto the person to left, leveled down

8 *Right:* Run 1-2, contract 3-4, front 5-6, hold 7-8. *Middle:* Hold 1-2, 3-4, forward 5-6, contract 7-8. *Left:* Hold 1-8  
 8 *Right & Middle:* Hold 1-5, look at Left person 6, body isolation 7&8. *Left:* Run 1-2, prep 3-4, single arabesque turn 5-6, body isolation 7&8  
 8 Growing developpe right foot, fondu supporting leg 1-6, peak/hold focus down right 7-8  
 8 Fouette hips toward foot 1-2, run & switch positions 3-4, land second facing right wall focus down to open left hand 5, close left hand from pinky arm comes to chest 6-8  
 8 Hold 1-2, right coupe 3-4, tombe pas de bourre 5-6, glissade 7, pas de chat 8  
 8 Italian pas de chat flick arms up 1-2, land 3-4, *Right:* step right left 5-6, right arabesque 7-8, *Middle:* Chasse 5-6, temp de fleche 7-8, *Left:* Chasse 5-6, lift middle person 7-8  
 8 *Right:* Inside fan 1, front 2, head roll right 3-4, left dig 5-6, left lunge arms press down 7-8, *Middle:* facing back 1-2, head roll left 3-4, right dig 5-6, right lung arms down 7-8, *Left:* Front hold 1-2, head roll right 3-4, left dig 5-6, left lunge arms press down 7-8  
 8 Ripple port de bras to floor 1-4, roll front/back 5-6, reach 7-8  
 8 Throw arms 1-2, roll up 3-4, *Left:* left elbow 5, right leg and arm 6, hip roll 7, grab 8, *Middle:* hold 5-6, left elbow 7, right leg and arm 8, *Right:* hold 5-6, 7-8  
 8 *Left:* Back coupe turn 1-2, roll down body 3-4, step back 5-6 facing right diagonal 7-8, *Middle:* hip roll 1, grab 2, back coupe turn 3-4, roll down body 5-6, step back 7-8, *Right:* left elbow 1, right leg and arm 2, hip roll 3, grab 4, back coupe turn 5-6, roll down body 7-8  
 8 *Left & middle:* Hold facing right diagonal 1-2, *Right:* step back 1-2, Everyone looks front 3-4, head roll to the back 5-6, single pirouette spotting front 7, fouette leg out on plie 8

8 Fouettes 1, 3, 5, release 7-8  
 8 Rebound lift 1-8  
 8 Transition to triangle 1-2, step across 3-4, chaine to left diagonal 5-6, raverse to left diagonal 7-8  
 8 Back coupe turn 1-2, grab mouth facing front 3, release mouth 4, drop in parts 5,6,7, hold 8  
 8 Left leg bent right straight roll on back 1-2, flat on stomach 3-4, arch roll up facing back 5-8  
 8 Back right arabesque en dehors 1-2, left attitude turn 3-4, right triple pirouette 5-7, land in second with arms down 8  
 8 Bourre fondu left arms down 1-2, right arms down 3-4, left arms up 5-6, right arms up 7-8  
 8 Walking towards left diagonal 1-4, arabesque 5-6, eleve 7-8  
 8 Soutenu arms down the body 1-2, bourre to beginning position 3-8  
 8 Melt to beginning position 1

### **Don't Fear the Reaper**

#### **Level 3 Pom**

Choreographer: Christine Kizer

Beginning position: standing feet together, arms by side, head down

8 Hold 1-8  
 8 Toe touch 1-8  
 8 Groups stage L to stage R 1-4, or 3-6, or 5-8  
 8 Group A (back line passes through front) chasse 1-2, step 3, group B picks up pitch 4, turn out 5-6, high V 7, low V 8  
 8 Circle arms 1-2, lines in opposite directions 1/2 T 3, K 4, cheerio 5-6, touchdown 7, break down 8  
 8 Group A front (B back): R knee 1(3), L 2(4), 1/2 T 3(5), T 4(6), cross 5(7), T 6(8), hold 7-8  
 8 Clap 1, prep 2, double 3-4, jump out 5, touchdown 6, A's: step forward 7 close 8, B's back 7 & 8 (lines switch again)  
 8 A's: high V 1, prep 2, C jump 3-4, land 5-6 step L 7, B's: toe roll 1-2, land 3-4, roll up L 5-7, all: hit levels to front 8  
 8\* Chaine R 1-2 or 3-4 or 5-6, turning X 3-4, turn out 5-6, hip roll 7-8  
 8\* Cont. parts through 3-4. Circle to L 5-6, switch 7, look front 8  
 8\* A's and B's (lines) opposite directions: chasse 1-2, ball change 3-4, turn in 5-6, rocket to back 7, step R low V 8  
 8\* Wrap head snake front 1-2, prep 3-4, double pencil turn 5-6, out 1/2 T 7, clean arms 8  
 8 Chasse R forward 1-2, step 3, jete 4, land down 5-6, straddle front 7, clean 8  
 8 Punch R 1, high V 2, L 3, high V 4, cheerio head 5(6), cheerio waist 6(7), arms close 7(8)  
 4 A's L, B's center, C's R: Indian arms outside angle 1, inside angle plie 2, open and stand 3, close and plie 4 B's (5 A's and C's),  
 8 Transition to triangle: R low angle 1, 3, 5, 6, clean 7, clap 8  
 8 Ripple stage L to stage R windmill 1-4, low V 5, clap V 6, high V 7, clap 8  
 8 Leaning section 1-6, low x 7, 1/2 T jump together 8  
 8 Three groups center out or f to b: circle arms out 1-5 clap 2-6, hips L arm follows 7, sit into R hip arm breaks 8  
 8 (side to side) Point and twist arms 1, switch 2, (again 3,4) pivot 3-6 or 5-8 (arms rocket on 2<sup>nd</sup> count, low V on 4<sup>th</sup>)  
 8 Angles down to L 1-2 or 2-3 or 3-4, or 4-5, hold 6, roll front 7-8  
 8 R knee up 1-2, T 3, rocket 4, punch R 5, L and, R 6, stand circle low V 7, hold 8  
 8 A's outside (B's inside): punch high V L or R 1 (both arms 1), slice to front of body 2, hit lower outside angles 3, break through low V and plie 4, dagger 5, switch 6, cheerio down 7, pick up leg and cheerio back 8  
 8 Step down 1, hold 2, (3 4 5) from stage L: 1/2 T passé 3, roll down release head 4, finish groups 5-6, snake up 7-8  
 8 Transition back to lines: pony 1-4, wrap 5-6, daggers 7, clean 8  
 8888 Repeat \*  
 4 Transition to ending formation: broken angle switching arms 1-8  
 8 Wiper arms (moving to levels front to back) low to high R 1, L3, R 5, L 6, clap 7, hold 8  
 1 Rocket 1, circle to levels 2-8

### **Down**

#### **Level 3-4 Lyrical**

Choreographers: Donathan Flucas, David Arevalo

Both groups start in B + over crossed arms wrapped

8\* (1 5) Unwrap and relive on 1-2, plie 3-4, ball change 5-6, inside turn 7-8  
 8\* Finish 1-4, all fast arms slice out 5, down 6, out front 7, cross X 8  
 8\* Drop arms 1-2, back line pivot 3-4, plie 5-6, tendu pull with foot 7-8. Front line rolls 3-6, tendu pull 7-8  
 8 Melt 1-2, drag back 3, coupe 4, battement on 5-6, land shoulder roll 7-8

8 Ball change with shoulder 1-2, drag 3, step 4, arabesque 5-6, bring in to hang over 7-8  
 8 Pull down drag 1-2, walk 3-4, face front 5-6, right hand down 7-8  
 8 Inside pirouette on 1-2, ball change high release on 3-4, ball change to right on 5-6, chaine or arabesque 7-8  
 8 Lunge forward/chest to knee Left foot front on 1-2, hold 3-8  
 8 Saute basque into formation 1-2, run 3, face front 4, bird on 5, hold 6, plie 7-8  
 8 Lift arms down and around on 1,2, 3, or 4, ball change 5-6, degage 7-8  
 8 Walk RLR on 1-3, jete on 4, walk it out w/right box arm on 5-6, left arm box 7-8  
 888 Repeat \* all together (no parts)  
 8 Drop 1-2, drag 3-4, soutenu 5-6, prepare 7-8  
 8 Pique front 1-2, saute 3-4, cross left front 5-6, chaine 7-8  
 8 Pique 1-2, attitude turn 3-4, drop 5-6 or 7-8  
 8 Up 1-2, plie 3-4, ball change 5-6, drag 7-8  
 8 Fouette 1-2, plie 3-4, drag 5-6, walk 7-8  
 8 Turn front 1-2, head roll 3-8  
 8 Ripple down right to left 1-4, arms up on 5-6, melting down 7-8

### **Empire State of Mind**

#### **Level 3-4 Modern**

Choreographer: Roxanne Gage

Pick up 3 groups—A's 1,2 B's 3,4 C's 5,6

8 Drop swing 1-2 chest lift 3-4 lunge Rt 5,6 swing Lt 7, envelope 8  
 8 Swoop under foot 1-2, arch 3-4, turn 5-6, three limb dive 7-8  
 8 Turn slide arms 1-2, brush away the crowd 3-4, arabesque 5-8  
 8\* (Unison) tilt battement 1-2, windmill 3-4, head hand roll 5-6, run to back left diag 7-8  
 8\* Attitude turn 1-2, step out 3-4, pac man left 5-6, hands in pocket passé 7-8  
 8\* "X" leap 1-2, dive lay-out 3-4, passe throw Lt 5-6, run 7&8  
 8\* Arm circle 1, hallelujah 2, baby tour jete 3&4, curve over 5-6, run 7&8  
 8\* Step passé curve Rt 1-2, turn Lt 3-4, helicopter arabesque 5-6, shark bite 7-8  
 8 Releve "brand new" chest lift 1-2 fast feet 3&4, lean Lt arm over "inspire you" 5-6, pas de bourree turn 7&8  
 8 A's double attitude leap 1-4, B's double attitude leap 3-6, C's double attitude leap 5-6, down to floor roll 7-8  
 88 Run to clump for big lift  
 8 Leap out 1-2, drag run 3-4, leap out 5-6, drag run 7-8  
 88888 Repeat \*

### **Evacuate the Dance Floor**

#### **Level 1 Kick**

Choreographers: Kali Boyd, Kim Glover, Robbyn Good, Cali Hoffman, Allyson Maranitch, Julie Rowley

8 Start in tuck holding 1-4, back line open 2<sup>nd</sup> R arm up L wrap 5-6, front line 7-8  
 8 L T 1-2, ball change R back 3-4, 3 step turn R 5-7, dig L hands on hips 8  
 8 Jump to 2<sup>nd</sup> arms parallel front 1, slap pockets 2, R shoulder 3-4, step L 5, battement R 6, step R 7, touch L side 8  
 8 Shift L reach R across 1-2, shift R reach up 3-4, sit L 5-6, look back front 7-8  
 8\* (1 3 5) Shift R hip roll 1-2, reach up R 3, L up 4, shift to L wrap head 5, hips 6, hold 7-8  
 8\* Finish or hold 1-2, all hip roll 3-4, move to kick line 5-6, hook up 7-8  
 8 Jump kick low R 1-2, L 3-4, jump kick high R 5-6, hold 7-8  
 8 R fans 1-2, 3-4, close hold 5-6, head down up 7-8  
 8 L fans 1-2, 3-4, close hold 5-6, head down up 7-8  
 8 Ripple R to L passé R reach R leg low front arch to bow roll up 1-8  
 8\*\* Star R 1-6, close 7-8  
 8\*\* Step R 1, touch L 2, step L 3, touch 4, prep 5, eagle & 6, twist R 7, L 8  
 8\*\* Repeat with L star 1-6, close 7-8  
 8\*\* Repeat step touch with opposite foot 1-8  
 8 Close 1-2, (3 5 7) 3 step turn R to staggers 3-8  
 8 Continue moving to staggers 1-4, prep 5-6, single pirouette 7-8  
 88 Repeat \*  
 8888 Repeat \*\* every other person tucking on 7-8  
 1 Pose leveled 1

**Fallen Awake**  
**Level 4 Lyrical**  
Choreographer: Lyndsay Renger

Start facing down stage left corner feet in parallel second.

- 8 Hold 1-4, walk back on L 5, R 7, L 8
- 8\* Step on right drag left arms in T on 1, flick wrists 2, step L 3, R 4, fan kick around back with both arms reaching up on 5-6, step out to front 7-8
- 8\* On releve, reach L 1, reach R 2, cross wrists at left knee on 3, cross R leg behind 4, head roll to back 5-6, run 7-8
- 8 Passe L 1, walk back LR 2-3, fish jump 4, down 5-6, throw arms 7, down 8
- 8 Inverted attitude walk R 1-2, L 3-4, drag R leg around 5-6, prep for pirouette 7-8
- 8 Triple coupe pirouette 1-3, lunge onto R arms opening 4-5, step to back LR 6-7, hold 8
- 8 Back bend over right shoulder to floor 1-4, roll to front L diagonal legs in pike 3-4, reach to feet 5-6, return 7-8
- 8 Scoot 1-3, barrel to feet 4-5, stand tall 6, walk RL 7-8
- 8 Step and reach R with open hands 1-2, close to fists 3-4, envelope R 5-6, run RL 7-8
- 8 Back jete 1, land 2, pull left shoulder back 3-4, legs in second, arch to right diagonal 5, collapse 6, reach L arm 7, head roll R to L 8
- 8 Continue head roll 1-2, reach both arms up on releve 3, return to standing 4, drag on R arms in "L" 5, unwind 6, lunge 7, tour 8
- 8 Chasse 1&, push arms 2, step back on L 3, prep on R 4, inside attitude turn 5-6, step to front on L 7, lunge with L in tendu R arm up L arm down & 8
- 8 Pull arms together 1-2, L arm up 3-4, drag turn over R shoulder 5-6, walk front LR 7-8
- 8 Step L 1, flick kick 2, prep 3-4, double pirouette 5-6, step R 7, cut L under 8
- 8 Fall to floor with L knee under and R leg out 1-2, head comes up 3-4, cut L arm through 5, roll 6-7, reach L leg 8.
- 8 Roll 1-2, stand up R 3-4, step L 5, flick 6, run 7-8
- 8 Second jump with one arm reaching up 1-2, ball change RL 3-4, cut around to back 5, chaine 6-7, jete back attitude 8
- 8 Roll to floor 1-4, step L 5, R passé wrapping arms 6, run 7-8
- 8 Pique R into second arms pulling in opposition 1-2, walk back R3 L4, R inside fan to front 5-6, step R 7, behind L 8
- 8 R passé L arm arch over 1, step R behind 2, lunge forward back leg parallel attitude 3, land down 4, full body roll 5-6, hold 7-8
- 88 Repeat \*
- 8 (1 3 5) Step onto L leg arabesque R arm fan over 1-2, step onto R leg passé L 3-4, step onto L leg, R outside pencil turn to floor 5-6, roll R to L 7-8
- 8 Reach R leg 1-2, turn to downstage L diagonal with legs in front 3-4, finish groups 5-8
- 2 Everyone collapses while bring legs into chest on 1-2

**Freak**  
**Level 3 Officer Camp Hip Hop**  
Choreographer: Amanda Scogins

Facing the back in a tight triangle, point to the front.

- 8 Girl 1: Bounce with left hand on hip and right hand out over right shoulder 1-8. Group: Bounce in a ball over right shoulder 1-8
- 8 Girl 2: Pony left 1, right 2, left 3, ball 4, Group: Head tilt left 5, right 6, left 7, down 8
- 8 Girl 3: Step left with hands on hips 1, together &, step 2, together &, step 3, ball 4, Group: Travel left 5&6&7, ball 8
- 8 Girl 4: flick right arm up behind head &1, down &2, puppet arms head down &3, look up 4, Group: Hold 5-6, look up 7, down 8
- 8 Girl 5: Cross arms on chest &, open 1, melt down 2, head up 3, ball 4, Group: Hold 5-6, look up 7, down 8
- 8 Right hip bounce 1, left hip bounce 2, roll up to stand 3-4, walk to spread out the clump 5-8
- 8\* Right leg out arms swing up to high V 1, land leaning back with crossed arms 2, front 3, back &, front 4, dig right 5, left 6, step right to second 7, walk foot in and small point circle &8&
- 8\* Step right to side 1, shoulders right 2, left 3, right 4, reach right arm up 5, muscle arms 6, turn over left shoulder to front 7-8
- 8\*\* Kick right step touch while moving to 2 lines 1-2, right shoulder 3, left shoulder 4, kick right step behind 5-6, turn 7, front line lands on knees and back land stays standing 8
- 8\*\* Point right 1, sway heads right 2, left 3, right 4, front line poses 5-6, back line poses 7-8

- 8\*\*\* Step right 1, step left with right arm on head roll 2, jump to second 3, shoulders right left &4, flat back pull ups left &5, right &6, hip roll left right 7-8
- 8\*\*\* Pull necklace left 1, sit head tilt 2, belt 3, sit look back 4, necklace with both hands right 5, close 6, sit left with right arm up 7, bounce 8& (back line reverse)
- 8 Front line walk right 1-3, tap 4, back line walk left 1-3, tap 4, reverse walks back to original 2 lines 5-7, tap 8
- 8 Move to black 1-2, turn over right shoulder 3, land 4, group 1 pose 5, group 2 pose 6, group 3 pose 7, salsa arms 8, close &
- 8\*\*\*\* House tap backs 1-2, throw back 3, lean front 4, turn over left shoulder 5-6, tap right 7, left 8
- 8 Cross 1, pull right 2, cross 3, pull left 4, kick right 5, sit to ground 6, "Tyra" pose 7-8
- 8 Melt to the right flat back 1-3, head roll to the left twice 4-5, snake up left 6-8
- 8 Move to diagonals right arm punch up 1, left arm punches side 2, run flat back 3-4, shake serve pose 5-7, close 8
- 88 Repeat \* back line reverses
- 88 Repeat \*\*
- 88 Repeat \*\*\*
- 8 Repeat \*\*\*\*
- 8 Walk to ending clump 1-4, muscle 5, wiper hands &6, twist front 7-8, ending clap &

### **Freaky Song Level 3-4 Military**

Choreographers: Caitlin Poulton, Caitlin Hendricks

- 8 Hold 1-4, roll up 5-6, L arm shoulder R arm across 7, hold 8 (in triangle flexed hand points in)
- 8\* Open arm 1, R diagonal 2, T 3, switch diagonal 4, close down 5, R hand to hip L arm out 6, down 7, hips 8
- 8\* Clean 1, up 2, broken T 3, close 4, R arm up 5, out 6, up 7, down 8
- 8\* Close 1, sweep R 2, L 3, circle up 4-5, high V 6, deodorant 7-8
- 8\*\* (1 3 5) R arm across 1, L 2, out 3, head 4, out flex 5, pull R arm to shoulder 6, up 7, side 8
- 8\*\* In 1, up 2, high V 3, pizza slice 4-8
- 8\*\* Swoop up 1-2, broken T covering eyes 3, open 4, close 5, open 6, close 7, open 8
- 8 Everyone closes 1-2, moving in tucked position back to triangle 3-8
- 8 T 1, break it &, flip w &2, L elbow up R arm slices across 3, cross L 4, arms swoop behind head 5-6, elbows in 7, arms out &, T head back 8
- 8 Diagonal lean 1, clean 2, tray holder 3&4, R arm circles 5-6, open V 7, close &, front of face 8
- 8 Open face 1, jump together close 2, box 3, box 4, close 5, out 6, T 7, deodorant &8
- 8 Down on R knee R arm across 1, L knee high V 2, L arm across 3, close 4, tuck 5, ripple L-R 6-8
- 8 Group 1- roll to stand 1-4, pivot 5, back 6, walk R 7, L 8. Group 2- hold 1-4, roll to stand 5-8
- 8 Group 1- hold 1-4, Group 2- pivot 1, back 2, walk R 3, L 4, everyone together low V 5, drag 6, st R 7, prep 8
- 8 Battement 1, down 2, up or down 3-4, jumping out diagonals 5&6, prayer to T 7-8
- 8 Flat back transition 1-8
- 888 Repeat \*\*
- 8 Ripple 1-6, L arm shoulder R arm across 7, hold 8 (in triangle flexed hand points in)
- 888 Repeat \*
- 8 Swipe across 1, open 2, deodorant down 3 4, tuck 5,6,7,8

### **Get Out My Head Level 1-2 Social Officer Pom**

Choreographers: AnnaMaria Diamant, Kim Glover

- Begin in two staggered lines, legs in 2<sup>nd</sup> position, poms by side
- 8 Everyone holds 1-4, 1<sup>st</sup> line turns over L shoulder to the front arms in a low V to L diagonal right foot is popped 5-6, hold 7, look to the front 8
- 8 2<sup>nd</sup> line repeats 1<sup>st</sup> line's movement 1-4, everyone arms come to half T feet on forced arch 5, twist to the R &, twist 6, step R foot out and punch down across body w/ R arm 7, swing arm around, feet jump together 8
- 8 Everyone walks shaking poms 1-2, step out w/ R foot punch to the front 3, bring poms behind head 4, body leans to the R 5, lean L 6, both arms cross and punch to the left 7, sit into R hip with both knees bent and L foot popped, head back and hands on hips 8

- 8\* Snap head up 1 twist hip &, sit 2, close feet R to L as arms break up to touchdown  
3, break arms down 4, Shifting windows: Three step turn leading with head hands on hips (1<sup>st</sup> line travels to the R, 2<sup>nd</sup> line travels L) 5&6, both lines punch across body feet in releve 7, arm snaps to low V sit 8
- 8\* 1<sup>st</sup> line close R foot to L, 2<sup>nd</sup> line close L foot to R 1-2, everyone face L punch both arms to left, feet in 2<sup>nd</sup> position 3, break to low V and look to front 4, break arms to chest 5, back out to low V 6, 1<sup>st</sup> line faces back chase w/ R foot 2<sup>nd</sup> line chase w/ L foot arms break out to T 7-8
- 8\* 1<sup>st</sup> line closes R foot to L to the front everyone breaks arms to touchdown 1-2, clean arms 3-4, moving to triangle: checkmark arms to hip RL 5-6, punch forward 7, low V 8
- 8\* Clean arms to legs and continue to walk 1, look to the right 2, jump out with R leg to 2<sup>nd</sup> position 3-4, inside V hold, outside V dip R arm and hit low V sitting in R hip 5-6, everyone all together 7-8
- 8 Everyone steps to the back w/ R foot to face the side poms on hips 1, look front 2, hit W with poms 3, back to hip 4, arms come to half T L foot taps to R 5, L foot steps out to 2<sup>nd</sup> position arms in diagonal 6, arms circle around to Indian position 7-8
- 8 (1 3 5) Jump out to high V 1-2, hands come to R knee 3, L knee 4, down to the ground 5-6, tuck R leg 7-8
- 8 Come to high knees legs apart arms punch to the diagonal 1, hands to hips head back 2, groups finish 3-6, head snaps up 7, arms T 8
- 8 Roll to the back 1-2, get up L foot front 3-4, hit starburst levels and face front 5-7, shake poms 8
- 8 Close L foot to R arms clean 1-2, prep 3-4, single pirouette 5-6, land in 2<sup>nd</sup> position 7, hold 8
- 8 Moving back to two lines: half T 1, breakdown 2, open to low V 3, hit hips 4, shake poms 5-6, step out with R foot and head roll 7-8
- 8 1st line faces 2<sup>nd</sup> line everyone ball change arms in high V 1-2, 2<sup>nd</sup> row: break arms down and walk 3-4, cross arms and step 5, R battement arms in "L" 5, land down to ground 7-8. 1<sup>st</sup> row: break arms and walk 3-4, turn over R shoulder jump front feet together arms in T 5, hold 6, step and cross arms 7, R battement 8 (everyone is in single line)
- 8 1<sup>st</sup> line comes down 1-2, ripple starts R to L: R arms circles around to diagonal circles to the back both arms swing front and shake poms 3-8
- 8 Finish ripple 1-4, everyone drags to the back turning over L shoulder to the back arms come to half T 5-6, arms hit high V 7, in &, back out 8 (back into staggered lines)
- 8 Close to the front 1-2, chasse 3-4, step and cross arms 5, leap with arms in high V 6, land in tuck 7-8
- 8 1<sup>st</sup> line hits low V 2<sup>nd</sup> row hit high V 1-2, switch 3-4, 1<sup>st</sup> row brings arms to low V 5-6, punch to the L diagonal 7 hands to hips head back 8
- 8888 Repeat \*
- 8 (1 2 3) Front to back circle body down arms rest on thighs 1-6, bring R foot to L poms to hips and head roll 7-8
- 8 Triangle form circles around taking a 3 step turn to get to new position 1-4, tighten form 5-6, right arm wraps around head L arms around body 7-8
- 1 Look front 1

### **Girls on the Dance Floor Level 3 Camp Hip Hop**

Choreographers: Jordan Raymond, Rhodessa Bell, Sloan Chouest, Donathan Flucas

- 8 Hold 1-4, switch levels 5-7, R shoulder down 8, L down &
- 8\* (1 2 3) Isolate L on the diagonal, all isolate R 4, swipe together 5-6, lean forward push back 7, cut knee up R arm in 8
- 8\* Push L down with R fist 1-2, girly arms 3, contract 4, outside triangle 5-6, inside 7-8
- 4\* Stevie Wonder walk back to windows 1-4
- 8\*\* Uppercut R arm 1, L forearm to forehead weight shift R 2, (3 5 7) snake L 3, R 4, kick R drag 5, R knee back slide 6, step L to back 7-8
- 8\*\* Turn over R shoulder to front 1-2, jump together 3-4, finish 5-8
- 8\*\* Crank R 1, contract 2, crank 3, cut L knee up 4, press chest through to side 5-6, front 7-8
- 8\*\* Slow wind 1-3, arms T pop 4, close 5 or 6 or 7, jump to front 8
- 8 Switch lines 1-4, same arm same leg press RLR 5-7, snap 8
- 8 Booty back to L 1, low snap 2, booty back R 3, arms back of head pop 4, (5 6) cross 5, turn back 6, finish 7, look to front 8
- 8 Tuck 1-2, press L look down R leg extends 3-4, up 5, hop R hand flick 6, step swipe R 7, snap step L across 8
- 8 Jam in opposition by lines 1-4, switch lines with 3 step turn 5-7, all downstage arm up 8
- 8 Front back line punch 1-2, back line 3-4, all body roll starting back 5-7, drop to knee 8
- 8 Front line switch knees 1-2, all downstage leg 3-4, reach 5, twist 6, return 7, spread 8
- 8 Cross under 1-2, groove L 3-4, cross under 5-6, roll to stand 7-8

- 8 Snap 1-2, transition back to triangle rocking R 3-7, hop together 8
- 888 Repeat \* through Stevie Wonder step 1-4, cabbage patch circle back 5-7, hop 8
- 8888 Repeat \*\* through slow wind 1-3, T pop 4, squeeze lines 5-7, pop out head down 8
- 1 Head up 1

**Gypsy**  
**Level 2 Officer Camp Jazz**  
 Choreographer: Roxanne Gage

Begin in triangle

- 8 (Pick up 2 groups) front to back- hold 1-2, roll up 3-4, salsa front 5-6, salsa side 7-8
- 8 Cont pick up – turn 1-2, Lt arm 3, Rt arm 4 (walk to new form) twist wrap arms back 5-6, front 7-8
- 8\* Scoot 1-2, step passé 3-4, pas de bourree 5&6, arabesque 7-8
- 8\* Chaîne chaîne 1-4, thread arms 5&6, pull back 7, head 8
- 8\* Ball change back 1-2, pirouette en dedans 3-4, arms slide left 5-6, pull right elbow 7, extend 8
- 8\* Twinkle toes back 1-4, step jete 5-6, step jete 7-8
- 8\* Step rond de jambe 1-2, flick back 3-4, pirouette 5-6, attitude 7-8
- 8\* Step Rt, arms over head 1, circle hips 2, step to left angle 3, open arms chest lift 4, (A's) turn Lt & roll to floor 5-8 (B's) pivot, look Lt 5-6, turn Rt 7-8
- 8 Reach arms opposite directions 1-2, A's & B's roll to each other 3-4, circle arms 5-6, rond de jambe to standing 7-8
- 8 Pique turn 1-2, step sauté 3-4, step kick 5-6, face back 7-8
- 8 All Gypsy Dance front 1-2, salsa side 3-4, turn 5-6, Lt arm Rt arm 7-8
- 888888 Repeat \* ripple twist down to floor

**Gypsy Woman**  
**Level 5 Jazz**  
 Choreographer: Shannon Reznick

- 4 Hold 1, run 2-4 to front
- 8 Jump out 1, circle back 2, step out 3, body down 4, slide up 5, rib isolation 6, hand over head 7, snap to the back 8
- 8 Sassy walk 1 and 2, ball change 3, wrap and dig 4, cross arms and ball change 5, battement 6, step 7, drag turn and press arm down 8
- 8 Body roll 1, touch the ground 2, cross arms and come up and 3, chicken and 4, step together step with box arms and a throw 5 and 6, three step turn with a head roll 7 and 8
- 8 Hips and 1, and 2, step 3, tap 4 prep 5, double pirouette 6 and, high chaîne 7 low chaîne 8
- 8\* Turning "C" jump 1, roll to ground 2,3, kick 4, head roll with leg reaching back 5 roll 6, jump legs out 7, slide up 8
- 8\* Soutenu hands pressing and 1-2, soutenu with arms circling and 3, "T" on 4, pas de bourree 5 and 6, chaîne leap 7&8
- 8\* Snap and walk 1 and, right arm out in "T" 2, coupe drag turn and, right hand 3, left hand and, release both hands up 4, knock 5, cross snap hand with low flick kick 6, forced arch pivot 7 and, sit and pose 8
- 8\* Drag 1, step 2, back pencil with swirl arms and 3, step right with hands on left hip and, step and switch 4, scoop arms and 5, two snaps and 6, wrap and 7, throw and 8
- 8 Press arms 1, head roll 2, fast walk 3, prep 4, pirouette holding the leg 5 and, extend leg 6, back pas de bouree 7&8
- 8 Throw and Passe 1, "T" 2, Forced arch pencil turn 3, sassy ball change 4, pivot 5, drag 6, run 7 and, saut de chat 8
- 8 Cross back and circle arms 1-3, prep 4, pique 5, fouette 6, fouette 7, back attitude 8
- 8 Press through 1, envelope with left arm coming in 2, cha cha 3 and 4, wrap arm and prep 5-6, high chaîne 7&, low chaîne 8&
- 8888 Repeat \*
- 2 Press 1, head roll with feet crossed 2, snap 3

**Hallelujah**  
**Level 3-4 Modern**  
Choreographer: Sara Ciampa

A's & B's begin partnering with one another.

*Group A*

- 8 Hold in standing position 1-8
- 8 Right leg to passé & right arm raises up 1-3, reach right arm over to touch B's on back 4, circle B around and reach right arm to the front left diagonal to switch lines 5-8

*Group B*

- 8 Hold in forward bend 1-8
- 8 Begin to roll up 1-3, sway right 4, contract over and spin and walk forward right left reaching the right arm to left diagonal 7-8

*Group A and B*

- 8 Contract over and bring right leg into passé 1, chug to arabesque 2, step right 3, floor is hot quick steps & a, face front 4, right arm pushes cheek left and around to the floor 5-6, right arm brings body up 7-8.
- 8 Rond de jambe right, left, right 1-3, step back on right lifting left to parallel attitude reaching right arm 4, step left to prepare 5, single turn with right arm holding right leg left arm straight up 6, land in relevé facing front both arms straight up 7, swing with jump ::split the formation in half with each half landing the jump swing facing the inside:: 8&a1.

*The formation has now made a different set of groups which are coming towards each other. They must now find new partner.*

- 8 Right arm crosses over belly 1, left arm crosses over to right shoulder & 2, pull right shoulder 3, pull right shoulder to "chase your tail"/drag turn 4, step right left & a, envelopé right leg to passé with the arms coming up, left forward right back 5-6, chassé 7, chaîné 8&a,
- 8 Rotating star jump 1, land 2, hold 3, clap & hit the floor 4, monkey 5&6

*Group on Left*

- 8 Drag turn 7 reach right arm up 8
- 8 Look for partner, tap knees and walk over 1-3 lunge with right leg in front and right arm reaching front right diagonal 4, partner pulls left arm 5, help partner up 6, run to back left diagonal 7-8

*Group on Right*

- 8 Bring left leg in to roll onto back 7-8
- 8 Wait for tap on knees then roll to sit up left 1-3, grab partners hand 4-5, pull back and get up 6, run to back left diagonal 7-8

*Both groups*

- 8 Reach arms up individually 1&, place hands on leg & 2, right leg does Las Vegas developé 3-4, step right 5, jumping run flick &a6, run to tight formation 7-8
- 8 Reach towards each other in tight formation 1-8

*Repeat beginning without holding the first count (all counts are even)*

- 8 Contract over and bring right leg into passé 1, chug to arabesque 2, step right 3, floor is hot quick steps & a, face front 4, right arm pushes cheek left and around to the floor 5-6, right arm brings body up 7-8
- 8 Rond de jambe right, left, right 1-3, step back on right lifting left to parallel attitude reaching right arm 4, step left to prepare 5, single turn with right arm holding right leg left arm straight up 6, chaine into a right fan kick 7&8
- 8 Chasse left 1&2 attitude turn 3-4, roll to the ground 5-6,  
*Group A* will roll to the ground to a kneeling position and sway looking at the right arm 7,8,1,2, bring right arm forward and around to reach up 3-8.  
*Group B* will stand up and sway looking at the right arm 7,8,1,2, bring right arm forward and around to reach up 3-8

**Hello Good Morning**  
**Level 3 Officer Camp Hip Hop**  
Choreographers: Rhodessa Bell, Jordan Raymond, Donathan Flucas

Start in staggered lines

- 8 Hold 1-4, front line point 5-6, back line 7-8
- 8 Step back 1-2, swivel 3-4, all box 5-6, transition to spread out swinging L arm 7, R 8
- 8\* Wrap head 1-2, hold 3, twist & 4, hold 5-6, hip L 7, arm wrap &, L knee up 8
- 8\* Step together step 1&2, booty hop 3-4, start re-run R arm up first 5-8
- 8\* Continue re-run 1-4, look L start Michael Jackson 5-8
- 8 Lindy 1-4, booty roll L 5-6, hop hop release 7&8

- 8 Squish line 1-2, hold 3, pop &4, 'watch' 5-7, throw in opposition 8
- 8 Swipe 1-2, swipe 3-4, swim L arm 5-6, pop LR 7-8
- 8 Twist L foot 1-3, nod &4, cabbage patch 5-8
- 8 Transition to triangle step step together 1-8
- 8 Tutting 1-8
- 8 Continue Tutting 1-8
- 8 (1 3 5) L arm up pull R arm 1/2 T 1-6, all pull front 7-8
- 8 Transition slide L arm 1/2 T 1-8
- 888 Repeat \*
- 8 Repeat Lindie 1-4, clump lines 5-8
- 1 Point pose

**Here It Goes Again**  
**Level 4 Field Kick**

Choreographer: Melissa Page, Carroll Senior High

Beginning position: In a triangle, facing back, hands on hips, weight on L leg, R leg bent on tip of toe, focus down at R foot

Triangle

- 8 Hold
- 4 *Ripple back to front*: chainé to the front, arms slice down, roll up to both arms up straight above head to face the front 1 4
- 8 Ball change back with L ft with both arms slicing straight out in front (parallel with floor) and head releases back 1, close everything 2, shift weight to R hip with R arm breaking through and focus to the R 3, leave R arm up and switch everything to the left 4, pencil turn R ft over left with arms down 5-6, slap hook up 7-8
- 8 Prep kick R 1-2, prep kick L 3-4, prep kick R 5-6, prep 7, jump twist L & 8
- 88 *In groups front to back, starting every 2 counts*: Prep 1, R outside fan 2, close 3, R inverted fan 4, touch R ft across with focus to L diagonal 5, R passé with head down (still facing L diagonal) 6, *start of sways*: ball change back with R ft while focus looking to the R 7-8, ball change forward with R ft with flat back 1-2, continue, and then close feet facing front 8
- 8 Prep R kick 1-2, prep L kick 3-4, prep R kick 5-6, cross R leg over L 7, switch legs so that L is crossed over R 8
- 8 Switch legs again to flick L leg behind 1, pas de bourrée L R L 2 & 3, *in three groups front to back*: ball change to the side with R ft and head tilt to the R 4, cross in front to step R 5, close and head pop & 6, hold until all groups finish 8 (*groups start on 4, 5, 6*)
- 8 *Focus stays front the whole time*: twist on toes R 1, twist on toes L 2, plié knees together to R diagonal 3, switch hips to L diagonal and relevé with both legs straight/together 4, ball change R ft with twisting hips forward 5-6, close everything and look down 7, head up and hands on hips 8

Transition to U's:

- 8 *With hands on hips*: roll R shoulder and R chasse R 1-2, roll L shoulder and L chasse 3-4, R hand straight up above head 5, L hand straight above head 6, slowly bring down straight arms in front 7-8

U's:

- 8 Continue bringing down arms 1, close everything 2, L ball change to the L side with L head tilt with L arm down and R arm straight across body to fan over hook up 3 & 4, lift and sway R leg in and out 5-6, R waist kick to the side with head tilt to L 7, close feet 8
- 8 Alternating kicks- 2 *groups*: prep 1 for front U, or prep 2 for back U
- 4 Finish alternating kicks and close arms 4

Transition to Box:

- 8 Triplet with R arm up 1 & 2, triplet with L arm up 3 & 4, step R on relevé and bring twist arms so that both arms are straight but the L is in front 5, step L and switch arms 6, step R and switch arms 7, close everything to front 8

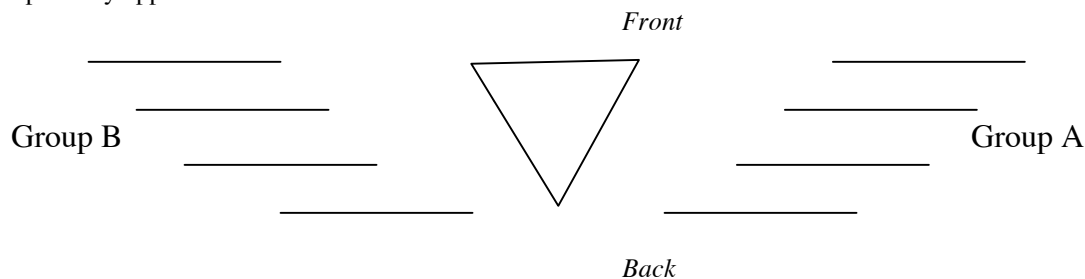
Box:

- 4 *In three groups*: ball change with R ft and square hips to L side with both arms straight parallel in front (should be facing L wall) 1, slice R arm across to hook up and close feet 2, hold until all groups are finished 4 (*groups start 1, 2, 3*)
- 8 Prep 1, R envelope kick 2-4, prep close 5, L envelope kick 6-8
- 8 Close feet 1, slap close arms 2, *ripple "L" arms from L to R*: (L arm up) with R leg straight to side with L leg bent and roll head to R 3-6, roll head down with L arm circling down 7, finish hook up and look up 8
- 8 *In three groups*: *Group 1*-prep 1, R fan 2, go to high knees with R leg behind 3-4, hold, *Group 2*- start on 5, do same to finish 8, hold
- 8 *Group 3*-start on 1, do same to finish 4, *everyone passé ripples to get up from R to L* with R leg crossing in front 5-7, close feet to front 8

**Next section has 3 groups that all occur at the same time**

\*Group A and B are mirrors of each other and concern the dancers on both sides of center of the box

\*Group C only applies to the dancers at the center of the box



Transition to Group A:

- 8 Two R fan kicks while moving to the R 1-4, step R 5, developpé L waist kick and change focus to R side 6, step L 7, passé R leg so that knee is to L side and change focus to L 8
- 8 *With focus still on L side:* continue moving out, walk on toes, L, then R 1-2, change focus and prep to front 3, L kick 4, prep R kick 5-6, cross R in front 7, switch 8

Group A:

- 8 Flick L leg behind 1, drop to knees so that knees and body facing is inward towards the center and group C (should be left diagonal) 2, upper body laying over knees and arms bent flat in front of knees 3, hold 4, push out to “seal” pose (arms straight with hips on the ground, straight legs and feet together) 5, hold 6, flick back L leg in the “seal” pose and release head back 7, return to “seal” pose 8
- 8 pike up on top of toes with straight arms and legs 1-2, slide L leg through to sit on bottom 3-4, step R to get up on feet 5-7, pop both legs together on balls of feet and both arms straight above head to snap 8

Transition to Group B:

- 8 Two L fan kicks while moving to the L 1-4, step L 5, developpé R waist kick and change focus to L side 6, step R 7, passé L leg so that knee is to R side and change focus to R 8
- 8 *With focus still on R side:* continue moving out, walk on toes, R, then L 1-2, change focus and prep to front 3, R kick 4, prep L kick 5-6, cross L in front 7, switch 8

Group B:

- 8 Flick R leg behind 1, drop to knees so that knees and body facing is inward towards the center and group C (should be right diagonal) 2, upper body laying over knees and arms bent flat in front of knees 3, hold 4, push out to “seal” pose (arms straight with hips on the ground, straight legs and feet together) 5, hold 6, flick back R leg in the “seal” pose and release head back 7, return to “seal” pose 8
- 8 pike up on top of toes with straight arms and legs 1-2, slide R leg through to sit on bottom 3-4, step L to get up on feet 5-7, pop both legs together on balls of feet and roll both arms straight above head to snap 8

Transition Group to C:

Close arms on 8 (before Groups A and B fan outward)

- 8 Chassé R ft with L arm flexed at low diagonal in front, right arm flexed at low diagonal in back 1 & 2, chasse L ft with R arm flexed at low diagonal in front, left arm flexed at low diagonal in back 3 & 4, walk R L R L, rolling shoulders R L R L, both hands flexed at low diagonal to the sides 5-8
- 8 Chassé R ft with L arm wrapped across stomach, R arm at high “V” in blade 1 & 2, chasse L ft with R arm wrapped across stomach, L arm at high “V” in blade 3 & 4, step on R ft, slicing arms down from pointing straight up with flexed palms to the front 5-6, close L ft to R ft and slap arms down 7, slice hook up 8
- 8 Cross kicks 1-8
- 8 Straight kicks 1-6, close feet 7, pop both legs together on balls of feet and roll both arms straight above head to snap (with Groups A and B) 8

Transition to Diamond:

- 8 Walk and break both arms down to be straight by side 1-2, presenting arms 3-6, slap both arms by side and head down 6 and, arms in low “V” with flexed hands 7-8
- 8 Keep arms in low “V” and add shoulder rolls R L R 1-3, close everything 4, ripple hook up front to back with fan arms 5-8
- 4 Head down to step back R and then L 1-2, R waist level hitch kick & 3, close feet 4
- 8 Around the world kicks R 1-6, straight R kick to front 8
- 8 Around the world kicks L 1-6, close feet front with focus forward 7, close arms 8
- 6 Ripple front to back, turn over L shoulder to face back with both arms reaching up, flexed hands, focus to back, R leg pointed behind 1-3, ripple back to front, chainé towards the front, arms roll down 4-5, hit any ending pose 6

## Hit The Road Jack

### Level 2 Field Chair

Choreographer: Shelley Wayne, Kilgore College

Beginning Position: 3 staggered lines, all facing right behind chair

- 8 Hold
- 8 Parts (A,B,C) As pose 1-2, Bs pose 3-4, Cs pose 5-6 all hold 7-8
- 8 Ball change out R1-2, touch turn to face R 3-4, sit in parts 5-8
- 8 Parts – shoot legs out straight in opposition 1-2, switch 3-4 switch 5-6 close 7-8
- 8 Parts – swing legs to front and extend R leg to pose 1-2, 3-4, 5-6 hold 7-8
- 8 Parts – pull R leg in and circle R arm 1-2 close 3-4, and 3-4 close 5-6 all stand 7-8
- 8 Step cross step point traveling R 1-4, step cross step passé R 5-8
- 8 Repeat step cross step point traveling left but facing back 1-4, walk to back of chair 5-8
- 8 R leg brush extension 1-2, brush 3-4 land 5-6 hold 7-8
- 8 Parts – Pop to 2<sup>nd</sup> position 1-2, drop turn pose to front 3-4, 2<sup>nd</sup> group 5-6 7-8
- 8 Pivot with L to face chair 1-2, walk to chair 3-4, grab chair 5-6, pick up 7-8
- 8 Formation change to straight line 1-8
- 8 Continue formation change 1-8
- 8 Chair down 1-2, up 3-4, step side and front to L side of chair 5-8
- 8 Sit down 1-2, swing legs over back of chair 3-4, position hands 5-6, open legs 7-8
- 8 Parts – opposition extend and tuck 1-2, switch 3-4, switch 5-6, close to R side 7-8
- 8 Knee pop pose 1-2 switch 3-4 shake arms and tilt L 5-8
- 8 Repeat 1-8
- 8 Close to left chest on thighs 1-2, contagion L to R crossing L leg over R 3-8
- 8 Continue with contagion 1-8
- 8 Close to front 1-2, stand 3-4, pivot back to face chair 5-7
- 8 Grab chair 1-2, pick up 3-4, move to triangle formation 5-8
- 8 Continue with formation change 1-8
- 8 Chair down 1-2, face front 3-4, soutenu to R and pose hands on chair & 5-6, spin sit 7-8
- 8 Knee pop pose 1-2 switch 3-4, shake arms and tilt L 5-8
- 8 Repeat 1-8
- 8 Close front 1-2, spin to face back 3-4, Parts (every two counts) – Step up R onto chair 5-6, pose front 7-8
- 7 Continue parts step down 1-2, into levels 3-4, and 5-6, end pose 7

## Hot Like Wow

### Level 2 Officer Camp Hip Hop

Choreographer: Rosie Torres

Start in single file

- 8\* Hold 1-4, wave arms out to starburst levels 5-6, fold in and pop 7, back to starburst levels 8
- 8\* Bend arms and flex hands 1, twist hands 2, reverse hand twist 3, back to levels 4, wave arms 5-6, wave arms to clean 7-8
- 8\* Ripple snake front to back in opposite direction 1-4, pop inside with low touchdown arms 5-6, face out and pop 7-8
- 8\* Ripple snake with no head front to back 1-4, slide out in opposite directions with "what up" arms 5-6, move to staggered lines 7&8
- 8\* Jazz square into scuff 1-4, reverse jazz square to second position looking right 5-8
- 8\* Pop head to left side and lounge left 1-4, isolate body 5-6, hands to box and fist 7, "Wow" 8
- 8\* Close fist in box 1, ball change R/L and clean arms & 2, isolate whole body to right, arms over head 3-4, tap shoulders and pop to left 5, tap to open pop to right 6, clean arms pop to left 7, look to front pop whole body and grab pants 8
- 8\* Heel, toe, heel, toe, while isolating body to face front 1-4, sassy walk with snap R/L 5-6, ball change R/L to front arms melt up to "Wow" 7-8
- 8 Switch lines 1&2, point left hand 3, contract and place right hand to chest & 4, move one space over counter clock wise 5-6, "Crazy" head 7-8-1,
- 8 Move one space over again counter clockwise 2-3, jump out to second position 4, half body scoop R to L 5-6, full body circle isolation L to R 7-8-1
- 8 Soloist: Three step turn over right shoulder to top right corner 2-3, sit on 4, freestyle pumps 5-8. Group: Walk to left side with left leg, cross right, left/right ball change all while nodding head 2-4, place left hand on mouth 5, point at soloist with right 6, "laugh" body roll 7-8-1

- 8 All walk back to staggers 2-3, jump together 4, switch lines walk through with arms right snap, left snap 5-6, body roll to flat back tuck 7-8
- 8 Slow motion part: Snake to right and sit 1-4, hip roll and grab pants to left 5-8
- 8 Wave arms to box 1-4, pump up, center, down and clean 5-8
- 8 Plie and slide right left in while hands pull into 1/2 T and land facing front 1-4, step front with left ronde de jambe right left while hands wave to center box 5-8
- 8 Step forward with right while isolating individually head, shoulders, ribs and hip to sit 1-4, pop hips and shoulders right, center, right, center 5-8
- 88888888 All walk back to single file line to face front 1-4, repeat \*
- 1 After R/L ball change to front with arms melting up to "Wow", release head back 1

## Howl

### Level 4 Modern

Choreographers: Cali Hoffman, Hayley Hoffman, Hillary Hoffman

Beginning position: Feet in 1<sup>st</sup> position parallel, odd lines face front & even lines face back

- 8 Hold 1-4, everyone (full circle & a half) R hand on R side of head circle around & down L 5-6, continue circle 7-8
- 8 L arm circles w/ body over & up 1-2, continue around & down 3-4, reach arms R 5-6, passé L 7, extend R leg to R side 8
- 8 Swing/drop to back R 1-2, L knee meets R 3-4, scoot to front L arm circles 5-6, low knees hold 7-8
- 8 Arms dagger up R-L & 1, melt arms down from elbows 2, sit roll over R shoulder 3-6, step back R 7, step back L 8
- 8\* Step to front w/ R foot as head snakes & L arm Indian R arm dagger on top 1-2, bend knees arms Indian 3, head to front & arms open to 2<sup>nd</sup> position 4, step to R side w/ R 5, bend L knee 90° as R arm swipes face 6, cross L foot behind 7, step w/ R foot to 4<sup>th</sup> position parallel relevé as elbows force back 8
- 8\* Catch step L-R as arms swing up on 1 & 2, arms full circle towards the back and around 3, jump back on L foot towards the back R diagonal as L arm wraps stomach and R arm swings to the upper back R diagonal 4, turn around to the back heading towards the R upper corner stepping R-L 5-6, turn around to the front R corner as you fan the R leg around (hips stay squared to corner) arms are up above head 7, bring the R leg down as you spiral over R shoulder to spin around to the front 8
- 8\* Open to second relevé as arms breakthrough to reaching the upper R diagonal, wide hands 1, ripple from R-L pushing both arms across the body—R arm shoulder level, L arm at a diagonal 2-4, outside pirouette in forced arch as R leg is in turned out passé, arms are in an “Indian” position R on top of L 5-6, step out to the R with R leg in relevé as both arms punch forward to the R diagonal reaching 7, bring arms back in to chest, release head as your arms peel to breakthrough a T 8
- 8\* Lunge R foot back 1-2, head roll to the R to initiate you opening to a 2<sup>nd</sup> turned out position 3-4, sauté to the front brushing L leg out at 45 degree angle 5, cross R over L 6, open to a parallel 2<sup>nd</sup> position in relevé as your L hand reaches to the L diagonal and the R hand is on your chest 7, come down to plie as you switch your arms so that the L arm is on your chest and the R arm is directly above you, focus is up 8
- 8 (Parts R-L 1, 3, 5) Lean back leading with head as it looks over the right shoulder 1, face the back and step R 2, step L 3, jump back bring the R leg to passé as the arms swing down-around-and forward 4, step to face the front R-L leading with the R shoulder 5-6, next group ends on 7-8 (last group ends 1-2)
- 8 Last group finished front 1-2, “Like a child” step on the R to the side as R elbow leads 3, bring the L arm to it to make a ‘cheerio’ shape on &, shift to the L taking the shape with you 4, push the arms up towards ceiling and out as the R leg swivels in passé 5, step down on the R leg 6, cut the L arm on the floor (like an X-roll) to roll towards the R 7-8
- 8 Continue rolling over to end up in a bug 1-3, come up as both arms breakthrough to a rocket above head, looking up 4, slowly lower head front as you drag the L arm down opening the hands up to jazz hands 5-7, swing the R arm down to throat as L arm swings down to wrap stomach 8
- 8 Rock over to the R keeping L hand wrapped 1, come back to center 2, fold over to a half bug 3, take your hips and butt to the ceiling to get off the floor 4, land on your feet 5, snake up leading with the head 6, on “tenderness” knees turn to R as arms wrap body (R at shoulder – L at waist) 7-8
- 8 Change formation to 3 clumps Note: Try not to stay in the same area you were just in 1-8
- 8 (Parts L-R in your groups 1, 3, 5) R heel digs in to the floor 1, to initiate you fold over 2, hold 3, sit with R knee up 4, swim to L with arms 5, hands hit the floor as R leg extends out to side, head is forward/ear to floor 6, 2<sup>nd</sup> group 7-8 (3<sup>rd</sup> group 1-2)
- 8 3<sup>rd</sup> group just extended leg 1-2, everyone swings R leg forward 3, swing it to back 4, roll on bottom over R shoulder to stand up facing the R side, getting up with L foot 5-8
- 8 (Move to partnering) The person closest to you that you can get to, face your partner 1-4

Lift #1: A's (you are the lifter) place L hand on your partners R hip as you take your R arm to grab their R arm to swing it over your head 5, place your R arm on their L hip as you plie 6, lift you partner and turn around towards the back 7-8 B's (you are the lifted)

8 A's continued: Put your partner down 1-2, circle around your partner to get back to her L side facing front: Turn over your R shoulder stepping R-L-R 3&4, Lift #2: facing front your partner will catch you under your armpits as you swing your leg around at a 45 degree angle 5, step out of it to move to staggered lines 6-8

8 B's continued: The "A" partner initiates your R arm around their back 5-6, jump to tuck both knees into chest as L hand places on "A" partners R bicep 7-8

8 Place both feet on floor while landing front 1-2, spin in place over R shoulder 3-4, Lift #2: putting both arms in parallel daggers to catch under partner's armpits 5-6, adjust to staggered lines 7-8

8 Everyone, Step to side w/ L & drag R foot into L as arms come up to 5<sup>th</sup> position 1-2, step to R w/ R as arms open 3, step L foot back as arms place low 1<sup>st</sup> position 4, passé R leg as arms swing down, back & around 5, land R foot to R side as arms cheerio to R side 6, shift weight to L leg & drag R leg as arms cross R over L 7-8

8 Facing L side feet 1<sup>st</sup> position parallel as arms circle down, back & up 1-2, contract over & arms drop 3-4, cross L behind but stepping towards front 5, R leg tilt fans towards front to land in back 6-8 (Weight is in R leg)

8 Bring R to L stand 1<sup>st</sup> position parallel (slightly bent) facing front as L arm wraps stomach & R arm "shampoo" while head snake-circles to L 1-2, spin to L w/ bent knees as R arm lays on chest (R touching L shoulder) 3-4, arms softly break through parallel up 5-6, wrap waist w/ R arm as hip sways L 7, wrap waist w/ L arm as hip sways to R 8

8 Step to R w/ R foot as L arm crosses in front low diag. 1, windmill-spin arms L-R & passes L leg 2, land to back on L foot 3, push off R leg to bring it into attitude & turn to front over R shoulder (hands clasped together) 4-5, land weight toward back on R focus front elbows pulled back (hands still clasped) 6, envelope R leg and R arm 7, land 1<sup>st</sup> position parallel facing L side arms hanging over 8

8888 repeat \*

1 Melt R arm to front as head looks to L 1

### **I Don't Wanna Stop Level 3 Field Military**

Choreographer: Betsy Heathcock, Austin HS Angels

Two Groups: Outside group start on 5, Inside group start on the second 1 same combination as the first group.

8\* Hold 1-4, Roll up 5-7, cross chest 8

8\* Dive down 1-2, dive up 3-4, press out from sh flexed hands 5-6, dive down 7-8

8 Dive up passe R 1-2, step front R arms out in T palms front 3, turn to the L dive out from sh 4, bend to cover face 5-6, open to front goalpost arms 7, close feet drop over arms to waist 8

8 Bring arms to forehead stepping back L flex R foot 1-2, drop L to waist 3, circle arms around stepping out R with arms in a diagonal L up R down 4, press hands up 5-6, drop down arms pressing down grande plie 7, close feet arms into broken T 8

#### **Move to form #2**

8 Step back on R foot ball change facing L dive down with R and L is at R sh 1-2, passé R arms to V 3-4, step front R arms to down V 5-6, wrap and face back 7-8

*Pickup front to back by V's every two counts*

8 Group 1 Turn front dive down kneeling 1-2, open arms to down V 3-4, Group 2 turn front dive down 3-4, open arms to T flexed hands and lunge 5-6, Group 3, turn front dive down 5-6, arms to high V close feet 7-8

#### **Move to form #3 three lines**

8 Slap sides 1-2, L out sh R broken T 3, sides 4, R out sh L out broken T 5, sides 6, cross chest 7, sides 8

*Pickup by lines every 4 counts*

8 Step out R with R to up > 1, step out L with L to up > 2, turn toward the L press down L on sh 3, down V 4, turn R L to down > R on sh 5, circle back up around 6-7, flat back over 8

8 Kneel down L dive out from sh 1-2, turn front T arms knees together 3-4, dive up 5-6, bend to face 7, open arms out from sh on floor 8

8 Continue pickup 1-8

*Pickup Center to outside every two counts*

8 Pull hands together on floor 1-2, lift overhead 3-4, continue pickup 5-6, 7-8

*Starting with back line every two counts*

8 Dive up lifting to knees 1-2, dive down 3-4, dive front step front 5-6, stand and cover face 7-8

8 Continue pickup 1-4, everyone cross chest step front L 5, R battement 6-7, step front R drop arms down 8

#### **Move to formation #4**

- 8 Around the world arms L up R sides, R up L sides 1-8
- Pickup by V's starting in the front every two counts 5 groups**
- 8 Pray plie 1-2, dive up jump 2<sup>nd</sup> 3-4, circle arms around dive down 5-6, tuck close feet 8
- 8 Continue pickup 1-8
- 8 Everyone look up 1, look down 2,
- Outside front V start pickup every two counts**
- Jump out 2<sup>nd</sup> keeping hands on floor 3-4, reach up L with R attached to L elbow 5-6, switch to R up with L attached to R elbow 7-8
- 8 Circle around down and back to Indian 1-2, continue pickup 3-6, open R arm up and hips to R 7, back to Indian hips to the L 8
- 8 Open arms with hips going R 1, close arms hips to L 2, overlapping arms and close feet 3, step front R T arms T 4, together overhead 5, step front and press front 6, close feet hands to face 7, sides 8
- Move to Final Formation**
- 8 R to pray 1, R to up > 2, L to pray 3, L to up > 4, both to low V 5-6, pray 7, drop to sides
- 88 Repeat \* Outside group starts on 1 and inside group starts on 5
- 8 Hold 1-4, Roll up 5-7, cross chest 8
- 8 Dive down 1-2, dive up 3-4, press out from sh flexed hands 5-6, dive down 7

### **I Got a Feeling Level 2 Field Hoopla**

Choreographer: Rebecca Barber, Oak Ridge HS

- 8 Pick up from back to front every 2 counts, rotate chest/up/R level/low/ L level
- 8 Close to chest 1-2, ripple front to back circle around starting to R 3-8
- 8 A&D chaine away from center, B&C open 2<sup>nd</sup> arms at diagonal 1-4, everyone chaines away from center to create a diagonal line 5-8
- 8 A&C flip hooplas down 1-2, step forward R foot 3-4 (B&D begin series 2 counts after A&C) A&C pivot to back pull hooplas to chest step R hooplas high V 5-6, pivot face front, hooplas to chest 7-8
- 8 Step to 2<sup>nd</sup> pos. w/ R, R arm high angle 1, L arm high angle 2, close hooplas over head step back w/ R pop L in front 3, hooplas thru to low V bounce hip 4, close hooplas to chest 5, open high V 6, close to chest 7, open low (B&D end at high V) 8
- 8 ALL – step to R 2<sup>nd</sup> pos. arms R diag 1. switch diag 2, break to arm through 3, bring top hoopla to bottom face side plie 4, lift both to high angle 5-6, drop L arm under swing to T close foot to L face forward 7-8
- 8 Bs walk to As, Cs walk to Ds to create partners hooplas at chest 1-4, stand in 2<sup>nd</sup> hit 4 corner angles--fronts: down R, L, up R, L backs: up L, R, down, L, R 5-8
- 8 Close chest 1-2, ripple front to back windmill arms to side 3-8
- 8 Facing side lift arms L 1, face back arms T 2, turn opposite side arms L 3, bring top arm to level arm 4, face front open V fronts low backs high 5-6, plie clap hooplas low front 7, jump close center hooplas to chest 8
- 8 Transition back to windows arms push pull 1-4, drive 5-8
- 8 Transition to blocks arms up or down in opposition 1-4, high V close low V close 5-8
- 8 Front groups begin on L foot and travel to L; back groups begin on R foot and travel to R (Blocks will trade places) side chasse arms T 1-2, ball change arms L 3-4, face back chaine to side hooplas at chest 5-6, step out with downstage foot 7, hold 8
- 8 Chasse facing side with up stage foot reach hooplas out holding the edge front groups at up angle back groups low 1-2, walk steps 3-4, chasse switch hoopla levels 5-6, step 7, close feet face front close hooplas to chest 8
- 8 Blocks move front to back to move into new staggered block hooplas press out and slide to levels every 4 counts. Front groups start low/ back groups start high to level 1-4, up/down 5-8
- 8 Continue transition arms to level 1-4, walk R 5, L 6, R jete arms over head 7, recover 8
- 8 Close hooplas to chest, close feet 1-2, (3 4 5 6) Tick Tocks each movement 1 count (R arm across, R arm up L arm level, switch L, top arm slice forward to close to leg, R arm close to leg L arm lift to level, clap both at low in front of body, lift forward to high V, clap together over head, lower forward to floor tuck), move to levels 7-8
- 8 Open hooplas to levels 1-2, recover to stand close hooplas to legs 3-4, transition to circles pulse hooplas 5-8
- 8 Continue to circles 1-6, open hooplas and connect with neighbors 7-8
- 8 Open to levels and rotate clockwise 1-8
- 8 Rotate counterclockwise 1-6, close hooplas to chest 7-8
- 8 Open every other person up & down 1-2, close to chest 3-4, switch up & down levels 5-6, close chest 7-8
- 8 Transition to single line clap hooplas 1-8

- 8 Ripple from middle to ends lift back arm up front arm to leg 1-4, ripple switch arms 5-8
- 8 Ripple from center to tuck to ground link hoops while on ground 1-8
- 8 Wave ripple 1-8
- 8 Ripple turn to back over L shoulder, letting go of neighbors hoops while closing to back 1-8
- 2 Turn over R shoulder hit ending, every other kneel or lunge open hoops up or down V

### I Like It

#### Level 4 Pom

Choreographer: Michael Sharp

Start facing backwards, hands clapped together (Beginning form two staggered blocks)

- 8\* Pivot step forward with right foot lunge with a high V 1, pivot around arms hit K with left arm high V 2, switch to other K stepping forward 3, squat 4, touch down on releve 5, swing to outside 6, single right outside coupe turn 7-8
- 8\* Ball change & 1, look front 2, swoop right arm up to slanted TD 3, step out lunge left 4, catch step flick left leg behind left arm punches down & 5, step across 6, squat throw arms down 7, clean standing up 8
- 8\* Broken T right 1, switch 2, switch right left right 3&, right arm out broken T step out to right 4, TD 5, Broken T left 6, throw down wrap left arm over belly and tap left foot back 7, look front 8 (transition to one block)
- 8\* Touchdown to left 1, twist to back 2, hips 3-4, step rt 5, plie swirl to front 6-8
- 8\* T 1, prep 2, double pirouette, 1/2 T clean 3-4, jump to 2<sup>nd</sup> 5-6 swing clap 7-8
- 8\* Throw dip to Lt 1, chest 2, throw dip rt 3, chest 4, step back Lt 5, passé rt 6, chasse to rt 7-8
- 8\* Group 1: high V 1, check right 2, left arm 3, swing right arm around left side 4, lunge 5, break through high V 6, break down to right 7, clean 8
- 8\* Group 2: high V 1, check right 2, left arm 3, swing right arm around left side 4, lunge 5, break through high V 6, break down to right 7, clean 8
- 8 Step right over left with right arm in half T, left in table top 1, step left out stand and switch to other side half T table top 2, TD 3, clean but keep feet out and release head back 4, look front 5, repeat arms 6-8 (transitioning to triangle)
- 8 hop out and punch front 1, clean standing with feet still apart 2, roll out right arm 3, roll out left arm 4, TD and bring feet together 5-6, K to rt 7, wrap lt, T rt 8
- 88 (Parts 1, 3, 5) whip right arm at elbow in 1/3/5, out 2/4/6, 1/2 T 3/5/7, buckets 4/6/8 explode to hands on knees 1-2/3-4/5-6 pivot to back with lt 7-8/1-2/3-4 wrap both arms over head, pop rt foot 1-2/3-4/5-6, push off into a snaked coupe turn to the left and right arm punches up 1-2, step thru and release head and bring down right arm 3, standing hop together 4, leaning back step out on right foot and spiral touching left first to right shoulder 5, switch side and lean back more 6, windmill starting with right arm facing to the front and finishing standing facing the right side 7-8
- 8 1/2 T 1, low cross punch 2 open swing to hips 3-4 chest isolations 5-8 (transition to block)
- 8 swoosh right arm up to the front with half T 1, pivot to the back and pull half T 2, punch front 3, forced arch arms in a T to the back 4, head roll to lt 5-8
- 8 (parts 1, 3, 5) 1/2 T to rt then lt 1-2/3-4/5-6 snake up 7-8
- 88 (Parts 1, 3, 5) ballchange release head with rt 1-2/3-4/5-6 chaine front 3-4/5-6/7-8 step rt, lt 5-6/7-8/1-2 battement tilt jump 7-8/1-2/3-4 everyone roll to back to stand up 5-8
- 8888 Repeat first 8-8counts, (last group parts everyone does together ending pose looking front on 8

### I Look Good Remix

#### Level 5 Hip Hop

Choreographer: Ryan Warren

Group 1- facing back, Group 2- facing left, Group 3- facing front

- 8 hold 1-4, slowly face direction (1: face left diagonal, 2: face front, 3: face right diagonal) 5-8
- 8 Hold 1, step out to direction with rt foot and pop chest 2, contract 3, pop chest 4, slowly close rt to left to face front 6-7, group 2 jump out 7, group 3 jump out &, group 1 jump out 8
- 8 Step rt punch left arm across and around 1, step left to rt punch both arms punch "knock" 2, step left punch rt across and around 3, step rt to left both arms punch "knock" 4, step rt touch left 5&, step left touch rt 6&, repeat 7&8&
- 8 Kick rt (arms straight in front) 1, step rt &, touch left (odd lines arms down, even lines up) 2, kick left (arms straight in front) 3, step left &, touch rt (arms up if odd line, down if even line) 4, "glide walk" starting with rt spreading out formation 5-8
- 8 By lines: (1<sup>st</sup> starts on 1, 2<sup>nd</sup> starts on 2): rt on top of left in blade 1, "T" &, rt diagonal 2, switch diagonal &, half "T" 3, shift rt up &, cross rt on top 4, close rt on top of left &..4<sup>th</sup> line ends on 7&, everyone jumps together and closes 8

8 Left side of formation: kick rt (left arm “scarecrow” in 90 degree angle down) 1&, switch left kicks (rt arm “scarecrow down”...) 2&, switch and face to center 3&, switch 4&. rt side of formation: kick left (rt arm “scarecrow”...) 1&, switch 2&, switch and face to center 3&, switch 4&, everyone walks to center clump 5-8.  
 4 melt to center 1-4  
 8 one person stands and lip sync's 1-8  
 8 everyone else stands and poses 1-8  
 8 Rt ball change out and together (arms low “holding beach ball”) 1&2, left ball change out and together (arms low “holding beach ball”) 3&4, “superman rt” with arms pointing to left 5-8  
 8 “walk it out” starting with rt foot 1-7, close 8  
 8 step out rt arms pushing left 1, step together arms come to chest & pop arms down to knees 2  
 Odd lines: step front rt with “running arms” &, pivot back 3-4, step rt touch left 5&, step left touch rt 6& “super man” right 7-8  
 Even lines: lunge left rt arm down 4, slide front &, twist 5-6, bounce to side with arms at motorcycle 7&8  
 8 Odd lines: step back left 1, step back rt facing left wall &, step left back 2, snake back up 3, step together to the front 4  
 Even lines: sit 1, kneel &, lunge rt 2, snake back 3 close left 4,  
 Everyone: “walk it out” and switch lines 5-8  
 8 Even lines: step back left 1-2, step back rt facing left wall 3, step left back 4, snake back up 5-7, step together to the front 8  
 8 “Walk it out” and switch lines 1-8  
 8 Odd lines: left side ball change 1&2, rt side ball change 3&4, “super man” left pointing rt 5-8  
 Even lines: rt side ball change 1&2, left side ball change 3&4, “super man” rt pointing left 5-8  
 8 Left knee up 1, step left &, rt knee up 2, step rt &, left knee up 3, step left & (“brush your shoulder” LRL), hold 4, rt side of formation lip sync's “I look Fly”, left side of formation lip sync's “I look Good” 5-8  
 8 Left knee inverts in with left arm “T”, rt arm circles behind head in fist 1, switch rt knee to invert while rt arm circles across body 2, fists turn to jazz hands left arm “T” and rt arm at “half T” 3, left knee pops while rt arm drops to side & (head tilts rt), rt knee pops while rt arm returns to “half T” 4, step out rt while left arm drops, rt arm scoops across body 5, left closes to rt while rt arm shoots out to “T” 6, step left while rt arm scoops down across body 7, left across face &, booty sticks out 8  
 8 Step out rt isolate rt shoulder 1, contract &, left shoulder isolate 2, hips RLR 3&4, “slinky hips” 5-8  
 8 Step rt arms circle to behind head 1, step left arms circle down 2, cross arms 3, cross chest &, pose 4, fan hands 5-6, head tilts rt 7, twist body &, release hands 8  
 8 Switch lines with stomp 1-8  
 8 Step rt throw arms 1, cross hands 2, left arm T rt arm at shoulder 3, lift rt elbow &4, wrap head 5, pump elbow &, pull rt across to shoulder 6, “crazy walk” 7-8  
 8 Step touch 1-4, tip walks and switch lines back 5-8  
 8 Pull arms “cheerio” to rt 1, switch 2, pull rt elbow across face 3, roll arms rt leg crosses and drop body 4-5, roll up 6-8  
 8 Roll hips to back 1-2, ball change left rt &3, unwind 4, step left cross rt w/left arm circle to head 5-6, wave hands 7&8  
 1 any pose 1

**I'm Yours**  
**Level 3 Lyrical**

Choreographers: Rhodessa Bell, Clayton Cross

Front line Indian style back line standing

8 Hold 1-4, sway left 5-8  
 8 Reach 1-2, fold toe under 3-4, back line catches up sweep L leg 5, stand and spread 6-8  
 8 Open 1-2, tour 3-4, step 5, parallel attitude 6, cut R arm & 7-8  
 8 Cut L side 1-2, box &3, spiral release 4, step 5, hop &6, step 7, dolphin &8&1  
 8 Finishing dolphin &1, scoop jump &, again 2&, three step turn 3&4, push 5, cut 6, sway in opposition 7-8  
 8 Push point in opposition 1, run to tuck 2-4, head roll trans into straight line 5-8  
 8 Group A - drop slide 1-2, push 3-4, R arm swing 5, hold 6, emo 7, pose 8; Group B - jump 1-2, drop slide 3-4, roll up 5, L arm swing 6, emo 7, pose 8  
 8\* (1 2 3) L arm 1, knees 2, back of head 3, swivel arm 4, swing transitioning back to staggers 5-8  
 8 Groups finish to join lines 1-2, all point 3-4, open 5, emo in levels 6, bow 7, release 8

8 Improv 1-3, press 4, front line changes windows pencil turn 5-6, press 7-8  
 8 Half dolphin 1-2, cheerio 3&, release 4, scoop jump 5&6, release 7-8  
 8 Repeat Groups A & B  
 8 Repeat \* all together 1-4, transition to two clumps free style jumps 5-8  
 8 Point 1-2, circle 3, emo 4, press and melt down 5-8

### Keep it Real

#### Level 2 Officer Camp Pom

Choreographers: Kali Boyd and Robbyn Good

Form: 2 blocks middle lines standing, outside lines high knees. Beg pos: head down, 1/2 T

8 Hold 1-4, double low V or high V 5-8  
 8 Rocket opposites 1-2, rocket opposites 3-4, shake opposites 5-7, chest 8  
 8 Repeat 'L' box opposite 1-8 (high knees begin L's to left making box to rt; standing begins L's to high rt)  
 8 1/2 T rt 1-2, cross rt 3-4, clip turn to standing 5-8  
 8\* Low windshield wipers 1-4, high windshield wipers 5-8  
 8\* (1 3 5 7) A's Lt arm swing over 1-2, tuck 3-4, B's Lt arm swing over 5-6, tuck 7-8  
 8\* Finish parts 1-2, double punch front 3-4, rocket back 5-6, clean 7-8;  
 8\* Open door to T 1-4, tuck 5-6, punch ft 7-8  
 8\* Double rt diagonal 1-4, rt low V 5-6, Lt diagonal 7-8  
 8\* Double Lt diagonal 1-4, Lt low V 5-6, swing cross clean 7-1  
 8\* Shark attack 3-4, 1/2 T to rt 5-6, prep for pirouette 7-8  
 8\* Single rt pirouette 1-2, throw open Lt to knees 3-4, shampoo Rt 5-6, punch Rt 7-8  
 8 Repeat roll 1-4, pull rope Rt 5-8  
 8 Repeat roll 1-4, pull rope Lt 5-8  
 8 Ripple Lt-Rt rocket to Low V, Rt foot popped 1-6, hips 7-8  
 8 (1 5) Rt punch up to check 1-3, high v 5, 1/2 T 6, punch Rt across 7, hold 8  
 8 Open box 1, Indian 2, T 3, hold 4, wrap overhead 5-6, clean or tuck 7-8  
 8 Continue parts 1-4, roll up to standing 5-8  
 8 1/2 T 1-2, daggers 3-4, touch down shake front 5-8  
 88888888 Repeat \*  
 1 Look front 1, throw pom down &

### La La Land

#### Level 1-2 Camp Pom

Choreographers: Robbyn Good, Cali Hoffman, Hayley Hoffman, Hillary Hoffman, Allyson Maranitch, Kim Glover

8 Hold 1-4, ripple front to back starburst levels 5-8  
 8 R arm up 1-2, switch 3-4, cross arms front 5-6, low V release head 7-8  
 8 R arm break through to high V 1-2, L arm 3-4, cross circle down around 5-6, low V 7, clap 8  
 8 High knees 1-2, R foot up rocket forward 3-4, rocket up 5-6, (7 1 3) wrap to T 7-8  
 8\*\* Bounce arms in out 1-2, continue bouncing pickup 3-6, slide cross punch 7-8  
 8\*\* Cross L foot behind low V head looks R 1-2, (3 5 7) punch R high diagonal across 3-4, L across T level 5-6, sit in L hip L arm low V 7-8  
 8 Finish groups 1-4, scoop up 5-6, punch low V L 7-8  
 8 Close feet 1-2, prep R 3-4, single pirouette 5-6, open 2<sup>nd</sup> low V arms 7-8  
 8 Sway R tilt head 1-2, sway L 3-4, throw R arm back 5-6, L 7-8  
 8 Head roll to R 1-4, throw arms front crossed 5-6, ball change R back 7-8  
 8 Even lines step R drag touchdown 1-2, close hands on knees 3-4, odd lines repeat 5-8  
 8\* Moving arms switching daggers L up 1, R 3, L 5, both up 7-8  
 8\* Low touchdown 1-2, daggers 3-4, touchdown 5-6, break L down to rec 7 hold 8  
 8 (1 3) Step front R arm low V, wrap to face back 3-4, body side head front 5-6, finish groups 7-8  
 8 R arm breaks low V 1-2, T 3-4, high V 5-6, wrap head stepping out L 7-8  
 8 R arm to L shoulder looking L 1-2, diagonal arms with tilted head RL 3-4, 5-6, ball change back R recover arms 7-8  
 8 Chasse 1-2, step L 3-4, jeté high V arms 5-6, land head down 7-8  
 8 Head up 1-2, up on high knees 1/2 T 3-4, recover 5-6, small circle R 7-8  
 8 R T L 1/2 T 1-2, switch to L side 3-4, R 'L' 5-6, switch to L 'L' 7-8

- 8 Circle arms over to L side 1-4, roll over L shoulder to face back 5-8
- 8 L leg in front arms to superman shaking 1-4, recover arms R pivot turn to front 5-8
- 88 Repeat \* moving arms
- 4 Ripple front to back stepping front R sunshine arms to clap low at knee 1-4
- 88 Repeat \*\* starting groups with bounce arms
- 8 Finish groups 1-4, hip 5-6, scoop up 7-8
- 1 Low V L pose 1

**Let Me Think About It**  
**Level 4 Jazz**

Choreographer: Monique Haley

Forms: Close triangle, goes to files, that ends in two staggered lines

- 8 Hold 1, isolate body 2, head roll to the rt with fan hands on hips 3-5, end looking front, grovel model poses 6-8
- 8 Accent pose 1, grovel 2-4, accent pose 5, slowly bring rt leg in 7, isolate upper body front "chicken" hands in small of back 8
- 8 Rond de jambe plie left leg 1-3, body to lft wall sit rt hip head back 4, lft foot popped, "single ladies punches" lft rt and 5, rt arm goes out with fan hands to back of head as rt leg comes in to lft 5-7, isolate upper body 8
- 8 Runs front rt lft with "no no" hands 1-2, pencil turn over rt shoulder "rocket arms" 3-4, sit in rt hip on 5, arms swoop down rt arm stays hold 6, coupe left leg 7, battement tilt 8
- 8\* Jump left to plie bevel hands between thighs looking front 1, hold 2, skips back with hips arms up 3-4, over rt shoulder to front run rt left 5-6, grand jete 7, come down & 8
- 8 "Cheesecake" skitter in parallel with "surprise" hands on chest into files 1-4, jazz walk to staggered two lines 5-8
- 8 Two hip rolls rt legs in second position 2<sup>nd</sup> one with head roll rt 1-4, ballchange 5-6, step rt foot dig lft hand to chest isolate upper body 8
- 8 Walk rt lft 1-2 hands on hips palms down, soutenu over rt shoulder and 3, fan kick rt leg to front 4, snapping fingers, step rt 5, lft 6, layout upper torso arms swing back 7-8
- 8 Arms up and over pressing slowly palms out moving shoulders and stepping rt lft 1-2, turning jete & 3, up 4, continue turning out of it 5-6, rt foot popped, punch shoulder down snake head front 7-8
- 8 "Sass" arms 1-4, parallel attitude rt arm goes down thigh 5-6, lft hip back twice 7-8
- 8 Hold 1, press lft arm up down step rt lft & 2, drag coupe turn in contraction 3-4, prep for single coupe turn hands connect arms press up 6-7, to floor 8
- 8 Battement 1, hold 2, off the ground stepping left into slightly pitched forward back attitude rt leg 3-7, plie left leg 8
- 8 Jump up turning to face the back legs parallel arms by ears 1, tuck rt knee to floor sitting 2-3, hold 4-5, get up on left leg stay in plie wrap arms around 6, step rt leg out arms to "v" 7, press hands down to rt twisting body 8
- 8 Whipping half drag turn in plie pull hands around to belly button 1-2, tip walks back 3-4, prep for double rt outside turn 5-6, turn 7-8
- 7 Weight to rt rocking rt hand to shoulder 1, body rock left press down to left diagonally across body 2, back to shoulder 3, coupe outside turn in plie 4, "cheesecake skitter" travel back to clump form facing back
- 4 Hip roll rt head rolling rt "chicken" fan hands in small of back 1-4
- 8 Skips with hips arms up rt left 1-2, repeating "sass" arms 3-6, parallel attitude 7-8
- 8 Continuing the coupe drag turn in contraction 1-2, now repeating from soutenu over rt shoulder & 3, fan kick rt leg to front 4, snapping fingers, step rt 5, lft 6, layout upper torso arms swing back 7-8
- 8 Arms up and over pressing slowly palms out moving shoulders and stepping rt lft 1-2, turning jete & 3, up 4, continue turning out of it 5-6, rt foot popped, punch shoulder down snake head front 7-8
- 8 Parts by lines: swat arms stepping rt hands to hips 1&2&, staccato hip rt 3, lft 4, odd lines go on the 1-4, hold 5-6, repeat hips and 7&8. Even lines snake torso back 1-4, start the swat arm phrase 5&6&, hips 7&8
- 8 Chaîne to the back & 1-2, arms go down and slowly progress up then press down in front walk rt lft 3-4, tip walk back to a triangle form facing front starting rt foot 5-8
- 8 Groups A B C front to back: jump to rt plie bevel looking front A's go 1, hold 2-4, B's hold 1, go 2, hold 3-4, C's hold 1-2, go 3, hold 4, ALL do two hip rolls to the back stepping out rt foot hands out in "T" 5-6, second with head roll to rt 7, prep for fouette turn still facing back 8
- 8 Single fouette in second position 1-2, pull into passé for a single pirouette 3-4, "cheesecake" skitter to clump closer together 5-8
- 8 Grovel 1-3, hit ending pose chicken hands on hips body isolation front focus forward 4

**Let's Get Crazy**

## Level 2 Field Jazz / Streamer

Choreographer: Kelli Woodruff, Colleyville Heritage HS

Beginning Position: small diamonds, facing forward in tendu R or back on L knee with R tendu

8 Hold 1-4, R arm swings down and up to high angle 5-8

8 Hold 1-4, arms down parallel 5-6, arms up parallel and close feet 7-8

8 Pivot on R arms shoulder level 1-2, close facing opposite direction 3-4, R ball change 5-6, close 7-8

8 (1 3) Tendu R leg R arm up 1-2, open 2<sup>nd</sup> look up 3-4, finish 5-6, cross at wrist 7, flat back 8

8 Ripple R to L: Step 2<sup>nd</sup> and high V 1-4, wrap and shift R 5-6, slap hips and shift L 7-8

8 Ripple L to R 3 movements: push off R foot high angle L, cross over L touch shoulder, step R extend L arm 2<sup>nd</sup>

8 (1 3 5) Reach down 1-2, reach up 3-4, chaine 5-6, low V to back 7-8

8 Flick R 1-2, walk RL 3-4, twist to back 5-6, twist front low V 7-8

8 Ball change 1-2, kick R 2<sup>nd</sup> 3-4, step RL 5-6, step R back and touch R hand to floor 7-8

8 Cont PU 1-4, Step drag R 5-6, Slap hips look R 7, look front 8

8 Move to Staggered lines swing R arm up 1-2, swing L arm up 3-4, cross arms down to low V 5-6, close 7-8

8 Cont to move to staggered lines walk 1-4, pivot turn or close 5-6, close 7-8

8\* Facing forward or back: Drag R 1-2, step RL 3-4, passé R face opposite direction 5-6, step cross 7-8

8\* Rock forward 1-2, rock back 3-4, push arms step R 5-6, step prep 7-8

8\* Chainé R 1-2, drag face each other parallel arms 3-4, step cross 5-6, close 7-8

8\* Chassé 1-2, step grand jeté R 3-4, step grand jeté R 5-6, step close 7-8

8 Move to triangle: walk and swing arms in low V 1-8

8 Continue to move to triangle 1-8

8 Pick-up along triangle diagonals: ball change 2<sup>nd</sup> L arms 1-2, ball change back 3-4, arch 5, tuck 6, cont 7-8

8 Continue PU 1-8

8 Ripple facing back low V 1-4, ripple to tuck L arm swings over head 5-8

8 3 groups: low V 1-2, 2<sup>nd</sup> 3-4, high V stand 5-6, levels and close arms to low arrow 7-8

8 Ripple front to back: R arm up then switch to L 1-8

8 (1 3 5) L arm circle down 1-2, shoot arms up arrow 3-4, cont 5-6, cont 7-8

8 Parallel feet arms 2<sup>nd</sup> 1-2, prep 3-4, pirouette 5-6, jump 2<sup>nd</sup> 7, jump parallel arms up 8

8 (1 3 5) 1-2 step front shoulder arms, pivot back 3-4, cont 5-8

8 Move back to staggered lines chasse 1-2, step hop R 3-4, walk RL 5-6, circle R arm up 7, circle R down 8

8 Cont move swing R arm across 1-2, R arm open low V 3-4, R arm across 5-6, R arm open low V 7-8

4 Circle R arm over head 1-2, turn to face repeat direction 3-4

8888 Repeat \*

8 Ripple R to L on knee or stand with R leg in tendu and R arm high angle 1-8

8 Circle R arm down and stand 1-2, close feet 3-4, repeat triangle PU all together 5-6, ball change back 7-8

7 Arch 1-2, tuck 3-4, step 2<sup>nd</sup> and wrap at head 5-6, bevel R and R arm high angle 7

## Man Like Me

### Level 4 Officer Camp Lyrical

Choreographers: Clayton Cross, Sarah Starkweather

8\* Hold 1-4, press 5-6, reach 7-8

8\* Roll over 1-4, press partner's knees 5-6, windmill 7-8

8\* Slide roll 1-4, needle point foot 5-6, hop over 7-8

8 Keep R leg straight, roll over to stand 1-4, scoop up 5, stand 6, parts 7-8

4 Roll to stand up 1-4

8 Heel drag 1-2, head roll with heel 3-4, contract roll 5-6, step back roll arms 7-8

8\*\* Box reach 1-2, scoop up and over 3-4, hands towards face 5, press 6, release 7, coupe turn 8

8\*\* Drop to floor 1, roll 2-4, roll back R 5-7, fish flop & 8

8 Lunge parts (1 3): Reach L 1-2, reach front 3-4, ball change reverse shampoo 5-6, press 7-8

6 Finish groups 1-5, both parts grab knee in contraction 6

8 Cartwheel over, R knee bent 1-4, step L 5, jab right foot 6, attitude-fall over 7-8

8 Prep 1-2, pirouette 3, grab ankle-fall on 4, chasse w/hand 5-6, knee tuck to jete &7 &8  
 88 Repeat\*\* back to opening position, begin \* repeat  
 88 Repeat \*  
 8 (1 5) Walk R-L 1-2, hip-throw steps R 3, L 4, port de bras grab 5-6, snake back 7-8  
 8 Tummy grab-rib isolation 1-2, L jazz hand reach 3, pull in 4, drag 5-6, tuck to knee drop 7-8  
 8 Finish groups 1-4, R arm-L arm and head down 6 with contraction, spiral to knees 7-8  
 8 Roll on back with R arm reaching 1-4, roll back to ending position 5-8  
 8 Pose 1

**Me and Bobby McGee**  
**Level 3 Contemporary**  
 Choreographer: Sarah Starkweather

Sitting on floor facing upstage, slumped over

8 Hold 1-2, Move to position #2 3-4, recover 5-6, hop up 7-8  
 8 Drag R arms in "L" 1-2, chasse 3&, release R arm up 4, swing L arm to meet 5, hop back 6, forced arch 7, straighten 8  
 8 Plié 1-2, step L 3, spiral &4, "jean" part 5-8  
 8 R leg bent extension 1, down 2, L shoulder 3, R shoulder and release arm 4, contract and shuffle 5-7, prep and extend R leg &8  
 8 Floor roll 1-4, partner grab 5-8  
 8\* Drag 1, grab 2, hip to chest 3&, half T 4&, down 5, pop 6, turn 7, drag up 8  
 8\* Peel 1-2 "Bobby," 3&4, "blues" 5-7, contract 8  
 8\* Swing 1, ball-change 2, high chaîné 3-4, chasse jeté 6, land and contract 7, grab R hand 8  
 8 Close R hand 1, fist 2, "violin" 3-4, swing down 5, release 6, prep 7&, R pirouette front 8  
 8 Release 1, soutenu &2, press 3&, "Michael" 4&, slap 5, arms up 6, spiral R pirouette 7, step R 8  
 8 Floor part (odd lines begin 1-2, even lines 3-4) 1-8  
 8 Even lines finish floor part 1-2, windmill begins with L 3-4, swing R arm transition 5-8  
 888 Repeat \*  
 8 (3 groups, F to B) Slap L foot 1, walk 2-4, "Michael" 5&, slap 6, arms up 7, chaîné 8  
 6 Prep 1-2, single R pirouette (leg straight) 3, lunge back 4, sit 5, release onto floor 6

**Million Dollar Girl**  
**Level 1 Hip Hop**  
 Choreographer: Monique Jordan

8 Hold  
 8 Group 1- snake 1-3, pop 4, hold 5-8 Group 2- hold 1-4, snake 5-7, pop 8  
 8\* Step look back 1-3, snap 4, sassy walk 5-8  
 8\* Point down 1-2, head roll 3-4, knees 5, switch 6, roll up 7-8  
 8\* Group 1- walk 1-2, push 3, tuck 4, hold 5-8 Group 2 hold 1-4, walk 5-6, push 7, tuck 8  
 8\* Group 1- roll up 1-2, chest 3-4, hold 5-8 Group 2- hold 1-4, roll up 5-6, chest 7-8  
 8\* Step to front 1, pose 2, hip roll 3-4, swivel down 5-8  
 8\* Jump out 1-4, elbows 5-6, snap 7-8  
 8 Punch down 1-2, pop 3-4, punch down 5-6, pop 7-8  
 8 Step front roll 1-2, shake 3&4, dip R 5-6, dip L 7-8  
 8 Travel to triangle 1-8  
 8 Grab L 1-2, chest 3-4, roll low 5-6, roll high 7-8  
 8 Swing R 1-2, explode arms 3-4, fast pop 5-8  
 8 Drag spin 1-4, punch 5, out 6, chest pop 7, twist 8  
 8 Head roll 1-4, hips back 5-8  
 8 Group 1 step R 1-2, L 3-4, slide R 5-6, slide L 7-8 (hold next 8)  
 8 Group 2 (hold 1<sup>st</sup> 8) step R 1-2, step L 3-4, slide R 5-6, L 7-8  
 8 Travel back to staggers starting with L foot 1-8  
 888888 Repeat \*  
 1 Sassy point 1

**Move Shake Drop**  
**Level 3-4 Hip Hop**  
Choreographer: Rhodessa Bell

Start in double circle

- 8 Hold 1-4, roll to pose 5-8
- 8 Switch pose 1-4, slow swipe 5-8
- 8 Swing 1, boy hi 2, shake 3-4, bowl 5, three step turn 6-8, trans to staggered lines
- 8\* (1 3 5 7) Throw 1-2, spank 3-4, dip 5, up 6, scoop 7, knee up 8
- 8\* Knee down 1, boy hi 2, shake 3-8
- 8\* Everyone shakes 1-2, pump 3-4, R knee to floor 5, L knee 6, turn R knee out 7, L out 8
- 8 Transition to triangle scoop 1-2, punch 3, hips 4, three step turn 5-8
- 8\* Ernistina 1-8
- 8\* Step L 1-2, step R into hips 3-4, bowl 5, three step turn 6-8
- 8 (1 3) Snake L arm 1-2, R arm 3-4, isolate shoulders 5-6 or 7-8
- 8 All pump 1-2, diagonal push in opposition 3-6, cheerio pump 7-8
- 8 Attitude in your direction 1-4, drop to knee in groups SR to SL 5-8
- 8 Inside triangle word up 1-4, outside v word up 5-8
- 8 ParTY!!! Trans back to staggered lines 1-8
- 8 Body roll 1-2, rodeo 3-4, shampoo hair 5-6, up down 7-8
- 8 9's in two groups 1-2 or 3-4, everybody back to knee 5-6, bounce 7-8
- 88888 Repeat \*
- 3 Everyone snake together 1-2, pop to end 3

**Not Myself Tonight**  
**Level 2-3 Officer Camp Jazz**  
Choreographers: Cali Hoffman, Hayley Hoffman, Hillary Hoffman

Start tendu R ft out, slight bent of the L knee with head down. Triangle formation.

- 8 Hold 1-3, head pops up 4, shoulders roll back 5-6, arms make an "L" with R arm breakthrough out 7, L arm up on 8
- 8 Ball change R ft to back diag, arms throw down head looks L 1-2, soutenu R L arms cheerio above head & 3, spread 5-8
- 8 (1 3 5) head snakes to L, R arm goes down R leg 1-2, flick arms BT up on 3, step R prep L ft in front arms "L" &-4, chaine 5-6, jeté to R side 7, L ft starts ball change on 8
- 8 R ft steps back, arms to upper diag 1, sit in L hip arms drop by side, head looks L 2, look to front 3, groups finish 4-8
- 8 Rond de jambe R leg 1, sit into R hip 2, L hip rolls up and down 3-4, L ft step side 5, passé R ft arms L 6, chasse to back 7-8
- 4 Triplet to L, arms go up 1-& arms down 2, turn over R shoulder to front ft 2<sup>nd</sup> position 3, collapse to L head drops R slide up on rib 4
- 8 head rolls to R, arms drop to side 1-2, plie to R diag, parallel arms come to ribs, fingers down 3, hold 4, press to side hands flex catch step backwards R L 5-6, L arm comes to waist R arm wraps head 7, R hand comes to L shoulder head looks to L 8
- 8 Chaine to R 1-2, prep to front 3-4, R pirouette 5-6, step out to R arms "T" 7, rebound off of R ft arms go up to ears 8
- 8 Hands press down to L diag as R ft drags through 1, walk to line formation 3-7, to back 8
- 8 (1 2 3) L to R - R hand comes to hip head looks over R shoulder 1, finish 2-3, drop R hand look and turn back to the back 4, R arm throws up and back 5, L arm throws up and back 6, twist ft to turn over L shoulder R arm reaches up to shoulder level 7, arms up by ears hands grab &, L elbow up R elbow down behind head R ft pop 8
- 8 (A's & B's every other person) A's- arms drop, tuck L leg to roll to back 1-3, stand 4, turn to front to step R 5, step L arms cross at chest, 6 leap to front arms "HV" 7, land L ft in front 8. B's- step R 1, step L arms cross at chest 2, leap to front arms "HV" 3, land to floor 4, roll to back 5-7, stand 8
- 8 Everyone (facing back or front) step R as L arm breakthrough to reach front 1, step L as R arm breakthrough to reach and cross over L 2, arms open passing through "T" position 3, curve back in towards chest and down 4, snake head to L 5-6, develop R leg to battement as arms press down side 7-8
- 8 rebound off of R ft arms down 1, drag on L ft over L shoulder, to back or front, arms come to "L" 2, walk R L 3-4, jump ft together to front or stay front arms up by ears upper body rolls 5-6, continue to walk your direction on 7-8
- 8 Rotate formation bring 1/2 the back line to the front and 1/2 the front line to the back walking 1-4, poses on 5-8

- 8 Flick R ft up R arms BT up and L BT down 1, R ft comes front both ft in forced arch hands flexed fingers to back arms rounded 2, pivot body to back L diag 3, back to front R leg passé arms up by ears 4, R ft down drop arms 5, L hand comes to hip R hand thread through L arm 6, arms come to cheerio above head, soutenu turn to R 7-8
- 8 Chasse to R arms by side 1-2, step L ft, cross arms on chest 3, “X” jump to front 4, land L ft in back 5, unwind back to front 6, walk front 7-8
- 8 R ft pony while R arm circles on & 1, hand presses down 2, Step back R arms reach up 3, drop arms 4, step L R prep to front 5 & 6, single pirouette 7, fan R leg 8
- 8 Continue fan 1, pas de bouree turn to R 2-4, **A’s-** reach both arms up by ears 5-6, switch to reach down drop head 7-8. **B’s-** Do the opposite reach down then up
- 8 Snake to R or L 1-2, 3-step-turn opposite the way you snake 3-5, switch lines 6-7, snap R arm up 8
- 8 Ripple from L to R, R arm drops to shoulder level to present around to L as ear drops to shoulder 1-2, tuck R leg to roll to L 3-5, land facing L, R knee up L knee down R arm extended on R knee 6, hold 7, head drops back 8
- 8 R knee drops to front as knees come together head up 1-2, come ft keeping upper body and head down 3-4, snake up front 5-6, R hip hits to R hands on pockets & 7, flick R ft 8
- 8 Walk to Triangle formation starting on R ft 1-2, R hand to hip fingers back 3, L hand to hip 4, snake head to L to face front as R arm wraps around head 5, press R hand to L extend arm 6, elbow leads to throw R arm and hand to R 7-8
- 888 Repeat \*
- 1 turn to back L ft popped R arm extends to bottom R diag and travels up to ear 1-4

### O.M.G.

#### Level 4-5 Hip Hop

Choreographers: Alex Alpha, Jordan Raymond

Start in triangle formation, beginning position squat to R with back leg up

- 8 Hold 1-4, head snake to the L gradually standing 5, R foot step behind 6, drop and unwind to squat 7-8
- 8 Hold 1-2, Ripple from L to R, body roll backwards to standing front 3-8
- 8 (1 3 5) Boxed arm at waist, move across body to L corner 1-3, hiccup & 4, finish groups 5-8
- 8 Everyone together squat to R 1, 3 Groups inside to outside--Shoulders up LR on &2, &4, &6, &8 as gradually standing
- 8 Everyone stand up and forward 1, body isolation to the L arms 1<sup>st</sup> position with fists 2-7, legs jump together arms cross in front body 8
- 8 Step out with R foot R arm on chest 1, push chest back and rebound backwards RL 2&, chest circles to the R, arms 1<sup>st</sup> position with fists 3-4, heels to the L, R arm on chest elbow up, pop chest 5, center 6, step with R foot forward boxed arms parallel to floor, isolate chest to the R 7-8
- 8 Heels LRL, arms boxed L up R up wave down on 1-4, running man to L corner with R leg up 5, down 6, step out with L foot 7, R arm grab chest and pull up head follows 8
- 8 L arm on hip, R arm boxed, churn arm down 3 times heels moving in heel toe 1-4, body roll L 5-6 stepping to R leg bounces as shoulders shrug 7-8
- 8 (transition bursting out to staggered lines) L side of formation starts with L foot R arm, R side opposite - Kick 1, switch 2, slide to left hunch over 3-4, repeat 5-8
- 8 Cont. transition 1-4, stand up 5, poses in groups inside pose up 6, middle pose medium 7, outsides pose down 8
- 8 Stand up 1, plie 2, arms box up R3, L&4, close RL jump together 5, turn body to L 6-7, plie as arms hit box with body hunched over, arms and body straighten &8
- 8 R foot steps R with hands in pockets 1, close 2, step/rock forward with R foot 3&4, R leg rond de jambe to back 5-6, ball change to front RLR 7, chest pop &8
- 8 Arms swing over head body stepping in same direction R1, L2, R 3&4, running man to L corner 5, step down 6, jump to R side legs parallel 7, “Heisman” arms &8
- 8\* Grab pockets body circles down 1, up 2, R leg step out arms open in R diagonal with open hands 3-4, switch to L leg arms R diagonal &5, body centered arms out with fingers spread 6, pushing shoulders back R7, L8
- 8 Stepping backward R L, same arms R L shoot forward 1-2, elbows in &, wrist flop down prissy arms 3, pop up L arm out 4, roll R arm behind head 5-6, roll again out to side R leg crosses over as body turns over R shoulder to back 7-8
- 8 Stepping out R L 1-2, arms hold behind head RL as hips move RL 3, you turn over R leg &4, prissy R arm L leg cross over R knee hips swing R 5-6, swing to L as L arm swings to prissy position 7-8
- 8 Model walk front RLR arms free style 1-3, L&, R arm flip out step R 4, cont. walking R arms folds open 5, step out L “thinker” arms 6, big hip circle to left 7-8
- 8 Arms at pockets. R foot out 1, in 2, Shoulders LR 3-4 with knee popping out L &5, jump out RL head pop 6, Opposite groups moving out with inside knee pop up 7, swivel to outside back leg to lunge 8
- 8 Big body roll backwards with head till standing 1-6, fist pump R leg kicks 7-8

- 8 (transition back to triangle) Arms swing over head body stepping in same direction R 1, L 2, R 3&4, repeat to opposite side 5-8
- 8 Repeat \*
- 8 3 variations; center L side and R side. Center group arms wave down to low V with wrists up & 1, L side arms wave out to L "K" & 1, back arm up with wrists up 1. R side group wave out to R "K" with wrists up 1. All wrists flop downward 2, R wrist flip back up 3, L flip up arms come together toward chest then push back out 4&5, body roll back with head to standing 6-7, throw R arm walk away 8

**Push Push**  
**Level 1 Jazz**

Chorographers: Lyndsay Renger, Sloan Chouest, Rhodessa Bell, Donathan Flucas, Jordan Raymond

- 8 Hold
- 8\* Shake up looking side 1-4, odd lines face back reach R arm 5-6, sit into R hip 7-8 (even lines reach and sit face front)
- 8\* Sit into hips switching sides 1-8
- 8\* Reach L step L 1, dig R 2, repeat 3-4, odd lines pivot R evens R ball change 5-6, dig R 7-8
- 8\* Drag R arm T 1-2, step L across throw R arm down across 3, tendu 4, switch arms 5-6, body roll 7-8
- 8 Hips back LR 1-2, jump together 3-4, stab R foot front 5, step R back 6, pull arms down sit R 7-8
- 8 (1 5 1) Ball change 1-2, throw R arm step together hands on hips 3-4, ball change R back arms open over head 5-6, step R reach R arm up 7, sit into R side pull R arm down 8
- 8 Finish or hold 1-8
- 8 Jump together forced arch arms T 1-2, prepare 3-4, single pirouette 5-6, jump hands to pockets head R 7-8
- 8 (1 3 5) Chasse R arms T 1-2, ball change L back arms wrap behind head and body 3-4, booty pop 5-6, sit L back 7-8
- 8 Finish 1-4, all together hip rolls R 5-6, 7-8
- 8 (1 5 1) Close 1-2, chasse 3-4, step 5-6, battement 7-8
- 8 Tuck 1-2, finish or hold 3-8
- 8 Finish 1-2, all to knees 3-4, throw arms cross at wrist 5, throw back 6, head roll 7-8
- 8 (1 3 5) Roll to stand 1-4, finish 5-8
- 8 Travel to triangle step clapping 1-6, step L to pocket 7, throw R in front look L 8
- 8 (1 5 1 5) Throw R to high V 1, throw L to high V R in pocket 2, throw L look R 3, look front 4, finish 5-8
- 8 Finish groups 1-8
- 8 Pop chest 1-4, drag R to front 5-6, step R to front 7, L to parallel passé facing side 8
- 8888 Repeat \*
- 8 Hips back L to R 1-2, jump together hands in pocket 3-4, to levels 5-8
- 4 Arms swoop in to L corner 1, arms slowly down 2-4

**Rain**  
**Level 4-5 Officer Camp Modern**  
Choreographer: Regan Jurick

- 8 Dropping like rain drops 1&2&3&4&5&6, roll up 7-8
- 8 Repeat previous eight count 1-8
- 8 Passe' inverted & turn passe' out 1&2, step into deep 2nd position &, right arm presses out to low V on right with wrist pressed inward 3, head tilts to R &, R foot pulls in parallel with R hand open on heart 4, inhale &, R elbow wrings upward & comes down 5&6, undulate until forearms rest on thighs 7-8
- 8 Release weight into a L lunge 1, catch R leg with arms flexed foot 2, stretch ankle and extend leg through releve' to the floor 3-4, hips sway 5-6, add arms & 7, punch elbows to the right to initiate rotation 8&

- 8 L knee connects to back of R knee 1 (second groups starts 1 & continues on but does not do the parallel turn to join the 1st group on count 7), land parallel facing stage L 2, release into contracted jump 3-4, undulate R arm out parallel to ground reaching downstage 5, R body half initiates turn to left with feet parallel end facing downstage with R arm extended downstage 6, Left arm slaps right arm to initiate coupe' turn arms open into extended 90 degree angles 7-8
- 8 Finish turn &, move to partners 1-4, climbing partner work 5, 6, 7, melt out of lifts to transition 8&
- 8 Continue moving 1&, inverted passe' with flexed foot 2, developpe' R leg to stage
- R &, step on R leg 3, L leg crossed R to lengthened stretched position - heels of hands press in opposition 4, reach left arm through as rotate through 2<sup>nd</sup> position releve' 5, drop into a deep plie in 2<sup>nd</sup> &, en dedans turn with L leg in passe' 6, land soussus with L foot in front &, release drop to floor with L leg extended & R leg underneath, release more on 8
- 8 Transition to group lift 1-3, one dancer suspends another onto the conveyor belt of dancers 4&, dancer is pulled across conveyor 5&6&7&, rolling onto knees facing downstage 8
- 8 Slide on floor pressing with L foot, leading with hips &, opening the L side 1-2, slide again extending L leg 3-4, L arm curls underneath you to roll on floor &5&, extend R leg to the upstage R angle, arms pressing to downstage left angle, focus at R foot 6, grab R ankle 7, move foot with R arm &8
- 8 Walk with arms extended feeling the rain on your face to new form 1-6, run downstage RLRL 7&8&
- 8 Drop into a parallel fourth position in plie 1, ronde jambe en l'aire L leg in a parallel attitude with a flexed foot 2&, soutenu 3-4, heels swivel RLRL as elbows lead arms up with raindrop fingers 5&6&, (two groups for next part from 7 through to the following count 6, group 1 starts on 7, group 2 starts on 8) cut L leg behind so it ronde jambes to turn upstage 7, faille L leg through to elongated 4th position or 2nd group starts 8
- 8 R leg moves through a small attitude in derriere through passe' 1, release into a small jump with feet suspended underneath you in 2<sup>nd</sup> 2, roll to floor 3-4, upper body circles R to L or 2nd group gets off of floor 5-6, all together shoulder rolls forward as R foot digs to turn you 7-8
- 8 Rebound to releve' on L foot with R leg in parallel attitude in front 1, contract & grab foot 2, push right leg to extend derriere 3-4, left leg replaces R so R leg fans overhead 5-6, end facing front parallel feet with arms in 5th en haut 7, press arms to 2<sup>nd</sup> and contract over &8
- 8 Run to lift groups - first group 1-4, second group 3-6, third group 5-8
- 8 Repeat walking transition feeling the rain on your face 1-8
- 8 Dropping like rain drops 1&2&3&4&5&6, roll up to look up at sky 7-8

**Rock and Roll**  
**Level 2 Officer Camp Field Pom**  
 Choreographer: Emily Brock

Begin in straight line facing front L diagonal

- 8 Hold 1-8
- 8 (1 3 5) Step touch circle R to low 1-2, repeat L to high 3-4, finish 5-8
- 8 Diagonals slice hi/low 1-2, switch 3-4, all to front step 2<sup>nd</sup> 1/2 T 5, boxes 6, wrap R 7, punch L across high diagonal 8
- 8 (1 5) Plie circle to face back hands clasped staggering lines 1-4, finish or hold 5-8
- 8 (1 3) High V 1, behind head 2, T 3, behind back 4, finish 5-6, finish staggering lines clean arms 7-8
- 8 Step touch RL LR arms up and over in opposition 1-4, repeat 5-8
- 8 (1 3 5) Step R facing side L 1/2 T R T 1, step L fold arm up to ear 2, face front touchdown 3-4, roll to knees 5-6, clap high knees 7-8
- 8 Low V release head 1-2, bug 3-4, finish groups 5-8
- 8 (1 5) W arms R knee up 1, circle to high V through low V to stand 2-3, close 4, repeat 5-8
- 8 Moving to tighter block 3 step turn arms down 1-4, moving shake at chest 5-8
- 8 Wrap head L foot back 1-2, T 3-4, R diag 5, L 6, R ball change back arms cross 7-8
- 8 (1 3 5) Sunshine arms to low V feet together 1-2, flat back poms behind back 3-4, finish groups 5-8
- 8 R arm shake up on angles 1-4, clap to hips 5-6, punch RL across low 7-8
- 8 To opposite sides step outside foot 1, passé pull arms to hips 2, step 3, face back 4, break to low 'L' to inside look clip inside foot 5-6, turn front clap 7-8
- 8 Separate outside arm low V 1, rec 2, high V 3, clap 4, all T 5, 1/2 T 6, T 7, clap 8
- 8 Repeat using both arms to 2 groups 1-4, continue repeat leveling front group 5-8
- 8 (1 5) R high V 1, L 2, circle down to low V 3-4, finish groups 5-8
- 8 Low TD 1, fold to daggers 2, Indian 3, daggers 4, punch level TD 5, shake to behind head through T's 6-7, hold 8
- 8 Repeat slicing bottom group stands 1-4, step 2<sup>nd</sup> repeat 1/2 T 5, boxes 6, R wrap 7, punch L across to high diagonal 8
- 8 Repeat (1 5) Plie circle to face back hands clasped 1-4, finish or hold 5-8
- 8 Moving to triangle facing back using high V 1, behind head 2, T 3, behind back 4, to front shake at chest 5-8

8 Continue moving using step touch arms up and over 1-8  
 8 Step out R foot R check 1, rocket level 2, pull back R 3, switch 4, big circle R 5-6, L 7-8  
 8 (1 3 5) Poms to R knee 1-2, hold or finish groups 3-5, pull to L foot L diag (6 7 8)  
 8 3 step turn front low V 1-3, close 4, starburst jump out shake 5-7, Indian 8  
 8 Circle R around to Indian 1-2, L 3-4, high V 5, 1/2 T 6, low V 7, clean 8  
 8 (1 3 5) Repeat beginning circles to L diagonal leveling down onto R knee 1-8  
 7 Ripple front to back circle L to low V 1-4, tuck/kneel 5-6, level high V pose 7

**Rock That Body**  
**Level 3-4 Officer Camp Jazz**  
 Choreographer: Erica Sowell

Beginning formation in one straight line across the floor.

8 Hold 1-4, Ripple from R to L snake head to sit pop pose 5-8  
 8 (First group) Drag L 1, step R 2, three step turn LRL 3&4, (second group) open second reach 5, hands to hips 6, shake hips R 7, L 8  
 8 Chainé 1-2 step L 3, step R 4, body roll up to the R diagonal to plie 5-7, pop shake 8  
 8\* Hold 1, drag L 2, step R 3, step L 4, battement R 5, step out of it 6, body roll look L 7-8  
 8\* Ball change &1, double pirouette 2-3, jump out 4, brush shoulders L 5, R 6, all the way over 7, snake up 8  
 8\* Continue snake 1, pas de bourre 2&3, low chainé 4-5, fan jump 6-7, land down in lunge back diagonal 8  
 8\* tuck R leg in roll to stand to front 1-4, travel to triangle 5-8  
 8\* Salsa cha cha starting with the L on 1&2, R 3&4, pivot 5, turn 6, pop arms in 7, back snap to front 8  
 8\* drag to front 1, ball change &2, single pencil turn 3, open second 4, cross at knees 5, jump out 6, pop 7, contract 8  
 8 (1 5) Circle head R arm 1, L arm 2, sit 3, pop &4, finish groups 5-8  
 8 Plie prep 1, saute 2, step L 3, flick kick 4, transition to diagonal 5-7, drop down on 8  
 8 Snake up 1-2, walk sassy 3-4, hit arms scissors RL 5&, snap side 6, unwind 7-8  
 8 Tilt kick cross turn 1-2, ball change 3-4, hip pop walks to front R 5-6, L 7-8  
 888888 Repeat \*  
 8 (All together) Circle head R arm 1, L arm 2, sit 3, pop &4, drag over R shoulder 5, roll to floor 6-7, stand 8  
 8 Walk in tight to clump 1-4, reach floor snake up 5-7 shake 8&, pose 1

**Rockin' Robin**  
**Level 3-4 Field Pom**  
 Choreographer: Lindsey Dresner, Stacie Zimmerman

Beginning Position: Arms at home, head down, left leg in a dig

8\* Hold 1-4, group 1: step back on left high-V 5-6, jump to 2<sup>nd</sup> position T-arms 7, home 8  
 8\* Group 1 & 2: R lunge L arms 1-2, circle arms right 3-4, cheerleader 5-6, punch forward to L 7, hold 8  
 8\* Group 1 & 3: R punch down 1-2, Group 2: R punch down 3-4, tuck with rocket arms 5-6, jump to 2<sup>nd</sup> position T-arms 7, home 8  
 8\* Pivot groups (1 3): L pivot turn high-V 1-2, L pivot low-V 3-4, hold 5, feet close half-T 6, Low-V or High V 7, hold 8  
 8\* A, B Parts: Part A- Right chasse T, half-T, T 1-4, circle arms 5-6, clean feet high-V 7, hold 8. Part B- roll to floor 1-5, step left 6, rocket forward 7, hold 8  
 8\* A, B Parts: Part A- Right chasse T, half-T, T 1-4, circle arms 5-6, clean feet high-V 7, hold 8. Part B- roll to floor 1-5, step left 6, rocket forward 7, hold 8  
 8\* Groups (1 3 5 7): cross arms step R 1-2, R passé high-V 3-4, chasse low-v, half-T, High-V 5-7, hold 8  
 8\* Groups continued 1-8  
 8\* Pony traveling: Low-V 1-2, home 3-4, high-V 5-6, home 7-8  
 8 Run Traveling: L arm up 1-2, home 3-4, R arm up 5-6, home 7-8  
 8 Run Traveling cont: T 1-2, home 3-4, stop running touchdown 5-6, clean 7-8  
 8 Move to level (low knees, high knees, standing) 1-4, Sunburst ripple front to back 5-8  
 8 K-arm Parts (1 3 5): R K-arm 1, half-T 2, L K-arm 3, hold 4, circle R arm 5, behind head 6, high-V 7, hold 8  
 8 K-arm part cont: half-T 1, punch forward 2, parts continue 3-6, level arms 7, hold 8  
 8 Stationary Leap Parts (start 1, 3, or 5): Roll to stand 1-6, Tap R foot Half-T 7, L arm 8  
 8 Stationary Leap Parts cont: switch L arm 1, hold 2, prepare 3, stationary leap 4, parts 5-8  
 8 Hold 1-2, L arm punches up 3-4, group 1: roll 5-8, group 2: roll 7-8  
 8 Group 1: L arms 1-2, group 2: continue roll 1-2, L arm 3-4, hold 5-6, High-V 7-8

8 Circle Parts (1 3 5): circle R arm twice 1-3, rocket 4, home 5-6, R K-arms 7-8  
 8 Circle Parts cont: L arm opens 1-2, circle R arm to stand 3-4, parts cont 5-8  
 8 Travel to 3 groups: R liberty 1-2, circle 3, high-V 4, L liberty 5-6, circle 7, High-V 8  
 8 Traveling: T 1-2, R bow and arrow 3-4, L bow and arrow 5-6, T 7, clean 8  
 8 Tick Tock Parts (1 3 5): step our right & R T-arm 1-2, feet together R arm up 3, T arms step back right foot 4-5, cheerleader 6, parts continue 7-8  
 8 Tick Tock Parts cont 1-4, group 1 & 3 step out L arms 5-6, group 2 step out L arms 7-8  
 88888888 Close to beginning position 1-2, repeat \*  
 8 Ripples: Outside lines: Tuck ripple 1-4, lay down ripple 5-8, Inside line: High-V ripple 1-4, tuck ripple 5-8  
 3 Inside Line: Hold 1-2, High-V 3, Outside Lines: sit up 1-2, Z-sit High-V 3

Forms:

1. Block
2. Pentagon
3. 3 block/ triangles
4. 3 columns

**Shut It Down**  
**Level 5 Pom**

Choreographer: Emily Brock

8 Hold facing L wall poms to L hip 1-4, passé out R 5, look over shoulder 6, hips 7-8  
 8 Drag front R dagger L out from shoulder 1-2, circle snap R low 3-4, to hips with focus change LR 5-6, low rocket lean away head back 7, close to R releve R to ear 8  
 8\* Body roll to tuck 1-4, back to front jump 2<sup>nd</sup> circle R arm to low V on diagonal 5-8  
 8\* Poms to small of back plie 1, dagger RL &2, L 1/2 T R T 3, level rocket 4, drop arm to ceiling 5-6, step together step side poms to hips 7&8  
 8\* (1 3 5) Backwards L diagonal 1, baseball to R shoulder 2, punch L out look L 3, high V break to low V 4&5, fold in R &, L 6, finish groups 7-8  
 8\* Bent checkmark R &, low rocket step R front 1, pivot 1/2 T 2, steps 3-4, jeté to R wall arms touchdown 5, land 6, step back low V 7, wrap release head 8  
 8 Moving slide R 1, jump R diag 2, repeat L 3-4, R 3 step turn arms down up down 5-7, circle to over low touchdown 8  
 8 Jump 2<sup>nd</sup> arms big circle around to behind back 1-2, pop chest L R 3-4, poms to R knee 5, bend R to 90 &, L 1/2 T R T 6, jump cross feet circle R to low V 7, face back 8  
 8 Ripple sauté to front arms high V 1-8  
 8 Roll over L to front 1-4, charge front walking 5-8  
 8 Jump forced arch to face L front diagonal cheerio arms 1, step R forward 2, (3 4 5) cha cha step to back diagonal 3&4, step R to 2<sup>nd</sup> cheerio arms to L hip 5, 2<sup>nd</sup> to front pull cheerio to R 6, finish groups 7-8  
 8 Swivel to L hip 1, clean jump together 2, moving arms to opposite shoulders 3-4, punch level 5, fold underneath 6, rocket up 7, jump 2<sup>nd</sup> arms around 8  
 8 R 1/2 T 1, punch thru R leg hinge &, open close 2&, Indian open close with booty 3&4&, slide R T arms 5, knee up &, step back low V arms 6, circle down stepping forward 7, close cheerio 8  
 8 Scoop R to box across 1, R cheerio 2, roll towards body 3, close 4, bug swipes walking LR 5-6, punch front 7, W &, hips 8  
 8 (1 3 5) Front to back sweep L leg around to back 1-2, twist to front clap 3, rocket look up 4, finish groups 5-8  
 8 Low V focus front 1-2, R kick 3, roll to back stand 4-7, head roll around to front 8  
 8 Walk to staggers 1-2, wrap tummy look L 3, switch 4, continue walking 5-6, prep 7-8  
 8 Double turn 1-2, roll snap from beginning 3-4, to hips with focus change LR 5-6, low rocket lean away head back 7, close to R releve R to ear 8  
 8888 repeat \*  
 4 Explode 1-4

**Sort Of**

**Level 3-4 Contemporary**

Choreographer: Yoshio Pineda

First four 8's of music will be counted cut time.

Beg. Formation: diamond of four

- 8 Hands on knees, plie, focus down, hold 1-4, scoop up to stand up 5-8
- 8 Releve, L hand front R hand back, concaving forward 1-4, plie, release head back 5-6, bend body flat back, right arm extended 7-8
- 8 Bouncing on the heels, random contagion: releve on one count, flicking wrist back, back to previous pose 1-8
- 8 Moving to a staggered block: dancer on the front and right side turn right, R hand swats behind; other two dancers move forward with same movement 1-2, close L to R, body bent forward, hands under knees 3-4, bounce heels, while turning front 5-7, stand up 8
- 8 Stepping forward R, L arms "cradling baby" swinging R, L 1-2, pique onto L, R leg parallel passé arms circle above head 3, lunge R 4, bring R to L to stand parallel, hands at hips, focus towards hands 5, slide hands up through side of body 6, look front, hands come to face 7, step side w/ R heel, toe 8&
- 8 Body roll L to R, motorcycle arms 1, faille R leg, knees together L heel forced arch, arms in third position 2, rond de jambe R leg to face R side in releve forced arch 3, run R, L to side 4&, step R to front, plie, bend body side, L hand tilting head 5-6, releve, release head back 7, bend body forward, L foot hinged, L hand front R back &, pivot L foot to front 8
- 8 Chasse R forward, arms swim through 1, temp leve, L turned out passé, arms swoosh in front of face 2, pique back unto L leg, body rounds forward 3, R leg hinged, arms in blades R over L, focus down 4, Front Line: without straightening L, R passé, arms open to low v, focus up 5, return to previous pose &, back line 6&, L pirouette en dedans in plie, arms by side 7, jump on L, R leg fans back, focus stays R side 8
- 8 Land half tuck 1, chug to stand up, hands gesture a heart motion 2, ball change back R, L arms continue swivel to hug, focus up 3-4, sauté de chat R arms parallel 5, land parallel down R hand at heart 6, three step turn to switch lines 7&8
- 8 R arm to L hip 1, L arm to R hip, R hand to R hip 2, R arm lasso head 3, step out L, L arm extended side, R hand at face 4, releve shift to R &, L leg hinged, L arm behind, Focus front "smile" 5-6, step L circling arms passé opposite to a R leg crossed back 7&8
- 8 Step R &, half a turn back, L passé in plie, arms circle to R 1, half pique turn in low arabesque to the front, body roll 2, land parallel plie, hands over knees &, straight jump up release head up 3, land down, arms side &, chug to first position plie, fists, box arms, focus down 4, parallel releve, R hand at heart "proud" 5-6, melt down 7-8
- 8 Step L to R battement, windmill arms 1-2, step front, head roll L to R 3-4, hinge back, left arm forward R at face, focus L 5, weight shifts front focus front 6, ball change to face L side &7, body roll through releve 8
- 8 Slide back to floor, legs pike forward 1-2, roll front to knees, R arm "paints" over head 3-4, R leg fans facing back 5, L crosses over 6, ball change RL to stand up, L arm circles front to back &7, R pirouette, L arm to R shoulder 8
- 8 Run forward to original formation 1-4, reach back with both hands 5, focus back to corner, arms down R over L 6, melt down 7-8
- 8 Chug L, R leg in attitude, L arm cut across 1-2, low chasse 3-4, pas de bourre turn LRL 5&, stag jump R passé 6&, direction change LRL, L hand "no" 7&8
- 8 Half turn to the R, L turned out passé jump, arms in first 1-2, land L 3, half turn to front, body roll as R hand from back of head to chest 4, releve, L hand to R knee, R elbow pulls back 5, layout R 6, land R 7, jete L, arms in second, land coupe back 8&
- 8 R inverted fan, arms go opposite 1-2, L pirouette 3, L leg layout, R arm reaches back 4, lame duck turn in coupe 5-6, drag L into spiral to the floor, half tuck 7-8
- 8 R hand gestures side "but" 1-2, contagion front to back: pivot R from low level to high, body roll, arms swing L 3-4, jump feet to second, releve 5, beginning pose 6, scoop head up to stand up 7, L elbow front, R back 8

### **Spirit of America**

#### **Level 2 Field Military**

Choreographer: Becky Stover, Timber Creek HS

Beginning Formation in Files

- 8 Hold roll off 1-8
- 8 Left pivot turn (inside to outside) 1-3-5. Arms high V 2 cts, "Indian" 2 cts, low V 2 cts, "Indian" and down to LF knee, down to both knees and outside arm extends to upper diagonal with focus @ extended arm
- 8 Continue parts 1-6, all together "Indian" with focus down on 7, high V and lift head 8
- 8 Melt down to low V 1-4, tuck 5-6, stand up 7-8
- 8 RT arm circle hook-up 1-4, LF arm circle hook-up 5-8

- 8 Bow contagion (RT to LF) 1-4, disconnect on 5-6, Salute on 7 - Front line: RT salute, Back line: LF salute
- 8 Contagion step out to diagonal (start from R) Front line: step out to RT, RT diagonal arms.  
Back line: step out to LF, LF diagonal arms 1-4. Break top arm down to a low angle and walk – to Form #2 on 5-8.
- 8 Continue walking to Formation #2 1-4, face the front 5-6, tuck 7-8
- 8 Grp 1 pop out to Fan on 1 and hold, Grp 2 on 5 and hold
- 8 Everyone hold fan position 1-4, tuck 5-6, stand up 7-8
- 8 Move to Form #3 with cross up arms. R arm across body to lower diagonal 1-2, slice R arm to upper R diagonal 3-4,  
L arm across body to lower diagonal 5-7, slice L arm to upper L diagonal 7-8
- 8 Parts (F to B) 1<sup>st</sup> Line: rocket 1, chest 2, flat back bow 3, hold 5-8  
2<sup>nd</sup> Line: rocket 3, chest 4, flat back bow 5, hold 6-8  
3<sup>rd</sup> Line: rocket 5, chest 6, flat back bow 7, hold 8
- 8 Everyone pivot L, no arms on 1-4, “slice Indian contagion” (F to B) 5-8
- 8 Walk through to Form #4 arms in front of you 1-4, break outside arm to upper diagonal 5-6, back to forward position 7-8.
- 8 Continue walking and double salute 1-2, back to forward position 3-4, arms down 5-6, face front on 7-8
- 8 Parts (F to B – on every count)  
1<sup>st</sup> Line: Top salute 1, bottom salute 2, tuck 3, knees 4, indian 5, T 6, rocket 7  
2<sup>nd</sup> Line: Top salute 2, bottom salute 3, tuck 4, knees 5, indian 6, T 7, rocket 8  
3<sup>rd</sup> Line: Top salute 3, bottom salute 4, tuck 5, knees 6, indian 7, T 8, rocket 1
- 8 Finish 1, hold 2, close down (F to B) on 3-4-5, hold 6, step up w/R and indian 7, stand & high V 8.
- 8 Move to Form # 5. Close 1-2, roll 3-4, broken T to R 5, switch to L 6, T on 7, close 8
- 8 Parts (starting R diagonal lines) (Parts are in 4 groups) W on 1-3-5 or 7, High V on 2-4-6 or 8  
Fold over forehead 3-5-7 or 1. Fold down to waist 4-6-8 or 2. Tuck 5-7-1 or 3.
- 8 Continue W/Fold down parts 1-4, hit levels 5-6, outer rim of triangle starts “over the top” on 7-8
- 4 Continue “over the top” part: inner rim on 1-2. “Over the top” = R bow and arrow, rocket, LF bow and arrow, slice to front
- 8 Outer rim hits high V on 1-2, inner rim hits high V on 3-4, all roll down to low V 5-6, step up R foot 7-8
- 8 Move into stunt groups 1-4, bases into position 5-6, stunt girl steps up R foot 7-8
- 3 Stunt girl steps up L foot 1-2, ending position 3. Stunt girl in a high V, bases with outside arm extended to upper diagonal.

Formation #1

X X X X X  
X X X X X

Formation #2

X X X X X  
X X X X X

Formation #3

X X X X  
X X X X  
X X X X

Formation #4

X X X X  
X X X X  
X X X X

Formation #5

X X X X  
X X X  
X X  
X

## Level 4 Modern

Choreographer: Julie Rowley

Starting position- Partner A is located to the upstage left diagonal of Partner B. All dancers begin with feet in parallel position, arms by your side, and focus front to the audience.

- 6 Everyone holds in stillness
- 6 B's walk front R foot 1-3 L foot 4-6
- 6 B's step R again as the chest collapses 1-3 and step back L 4-6. A's walk R foot 1-3 and L foot 4-6
- 6 B's continue back 1-6. A's step R foot again as the chest collapses 1-3 and step back feet together 4-6
- 6 All together R hand covers face 1-3 L hand covers face 4-6
- 6 Both arms release diagonally back as the R leg rond de jambes around 1-6
- 6 Partner lift- Lazy cartwheel
- 6 Partner Lift- half moon tuck
- 6 Partner Lift- reach swing
- 6 Partner Lift- pull over shoulder
- 6 Run to staggered lines
- 6 Head roll over R shoulder 1-6
- 6\* \*Rond de jambe R leg back R arm front 1-3, Repeat on L 4 step L 5, step R 6
- 6\* Lunge L 1-3, passé over R shoulder landing in a L lunge 4-6
- 6\* Close R to L foot hit L hand with R hand 1, L arm continues to circle back to front 2-3, Repeat arms on R side 4-6
- 6\* Drop swing 1-3, swing up 4, arms continue to circle back to front 5-6
- 6\* Arms reach up release head and close hands 1-3, both arms drop to low R diagonal as R foot steps out to lunge 4-6
- 6\* L arm slices across to upper L diag 1-3, R arm slices across to T to initiate pencil turn 4-5, land R foot down stage R 6
- 6\* Ball change R L 1, sauté R 2-3,\* continue moving to new triangle formation 4-6
- 6 Cont. transitioning to triangle, R arm wipes from upper L corner to lower R corner 1-6
- 6 Step out with L foot reach to low diagonal with the R arm 1, grab R arm with L hand "&" pull arms in half way 2, all the way in 3, to pocket 4, drag turn over L shoulder 5-6
- 6 Come to stillness 1, R arm over head 2, L arm over head 3, break arms halfway down 4, elbows to hips 5, head releases back and fingers close 6 as arms present front
- 6 R leg slides out arms flatten to low V 1-2, L arm throws over and L leg goes to passé to upstage R corner 3, step back to down stage L corner 4-6
- 6 Groups every other line front to back. Group 1 drops over the R knee to the ground focus to the ground 1-3, rock back to the L while R arm arcs over the body 4-6
- 6 Group 1 cont. swing back to R side to invert with legs crossed in the air 1-3, come to standing 4-6. Group 2 hold 1-6
- 6 Group 2 repeat above 1-6
- 6 Run to beginning form to meet partners
- 6666 Repeat Partner work
- 6666663 Repeat \* ending with sauté R 2-3
- 6 Repeat Step out with L foot reach to low diagonal with the R arm 1, grab R arm with L &, pull arms in half way 2, all the way in 3, to pocket 4, drag turn over L shoulder 5-6
- 66 Repeat Group parts all together, ending step back body facing downstage R corner head releases slowly as arms fold at the elbows and fingers close

## Sweet Disposition

### Level 4 Modern

Choreographer: Clayton Cross

Start in clump

- 8 Improv arms 1-8
- 8 Walk L foot 1-2, dip 3-4, walk L 5-8
- 8 Pause with arms 1-4, hands to hips 5-7, heels pop 8&1
- 8 Turn to front kneel 1-4, gesture pose 5-6, gesture bop 7&8
- 8\* Throw 1-2, jump 3, land tuck 4, pop up 5, elbow 6, punch 7, contract 8
- 8\* Bop it 1-2, point 3, pull 4, shampoo 5-6, hands 7&, pop 8
- 8\* Present heart 1-2, pull fist 3, jazz hand 4, melt 5-6, ball change flex 7-8

- 8\* Attitude R leg over 1-4, grab head 5-6, step open 7, close 8
- 8\* Touch knee 1, touch floor 2, pickup and down 3-4, turn walk tummy 5-8
- 8\* Military 1-4, circle to new form 5-8
- 8 Battement 1-2, pull fist 3, open L arm 4, step turn 5-6, ball change contract 7-8
- 8 Tuck 1-2, spiral jump 3-4, roll to floor 5-6, roll 7, plank 8
- 8 Contract 1-2, improv to standing 3-4, improv to diagonals 5-8
- 8 Fast runs 1&2&, hip grab 3-4, over the log 5-6, face corner 7-8
- 8 (1 3 5) Run 1-2, ball change 3, pop 4, spiral 5-6, lunge 7-8,
- 8 Knee kiss 1-2, up 3, lean back 4, heel flex push 5-7, flex and push L arm 8
- 8 Improv until groups are done 1-6, back to center 7-8
- 8 Fast runs 1&2&, hip grab 3-4, over the log 5-6, to gesture bop 7-8
- 888888 Repeat \* circling to ending form
- 4 Pop 1, melt 2-3, head down 4

### Telephone

#### Level 3 Jazz

Choreographers: Kali Boyd, Robbyn Good

First formation in parallelogram 2 levels, front half down back half standing

Begin with R arm over head L arm wrap stomach looking to L

- 8 Hold 1-5, R arm push up &, L arm push out release head 6, wrap 7, reverse beginning arms look to the R 8
- 8 (1 5) head ache 1, hold 2, swing R arm then L arm to head 3-4, fold over arms press back 5, hold 6, snake up 7, arms press to chest contract 8
- 8 Finish group 1-4, open arms 5, return to chest 6, push R arm down 7, L arm 8
- 8 Group on the floor rolling to stand 8-2, standing group 3 step turn over R shoulder 8-2 move to staggered block 3-6, wrap face R arm up, L arm under step to forced arch L, R & 7, turn head to side arms pull 8
- 8\* L arm up L hinge 1, turn to R 2, plie snake to L side 3-4, box arms up to corner 5, rond de jambe en l'air leg 6, 3 step turn to R 7-8
- 8 (1 3 5) jump to back L arm flex down 1-2, touch back in fists 3, open to jazz hands 4, snake head L around to front arms pulling away 5-6, touch R toe open point R arm to L diagonal 7, shift weight to R tray arms 8
- 8 Parts continue 1-4, all together R hand flick 5, push arms down flick R leg 6, step R leg to prep 7, pirouette to front arms wrap on top of head 8
- 8 Switching lines through each other L half moves to R, R half moves to L, arms to pockets stepping L foot 1-2, wrap R arm 3, to chest 4, continue walking 5, catch step push arms down to side flexed & 6, arms to rooftop over head 7, flat back over hands to hips R leg in hinge 8
- 8 "GaGa section" ball change R leg back release head 1-2, GaGa arms 3, same arms switch to L side 4, feet switch L,R in plie arms to shoulders & 5, tilt to diagonal in plie 6, R arm touches ground L arm to hip 7, hold 8
- 8 R leg flick up 1, down 2, R arm swing out flexed, L arm flexed to head 3, couture to chest 4, arms windmill together to front 5, prep for pirouette 6, double pirouette 7-8
- 8 Moving arms to triangle L arm reach forward 1, R arm behind head 2, pull under chin 3-4, wrap around head 5-6, push down side of body 7-8
- 8 (1 3 5) peel off L to R arm fountain up 1, fold over arms in fists in box position 2, to reach R arm to L side low diagonal straight legs 3, hold 4 (back sides of triangle pull to tuck on floor next 2 counts, front diamond of triangle pull R leg to dig arms pull in)
- 8 Continue parts through 1-2, head release back 3, forward 4, (middle group) ballchange R leg back arms reach up 5-6, battement R leg arms breakthrough down 7, land over touching floor in plie 8, (side groups) arms back 5, developpe R leg 6 L leg in forced arch, bend R leg to thread needle 7, rolling to stand 8
- 8 Continue rolling 1-3, standing up in second position 4, all together R arm behind back in jazz hand 5, L arm the same 6, head roll to R hands clothes in 7-8
- 8 (Center part) stomach roll over R shoulder to stand up 1-4, (outside groups) T arms flexed down head release 1, 3 step turn 2-4, all together facing forward press R arm to L high diagonal 5, L arms press to low R diagonal in plie 6, circle arms around 7, jazz hands pull to face 8
- 8 Moving back to first block formation 1-6, repeat from hands wrapping around head & 7, pulling to side 8
- 8\* Repeat
- 8 Pull in block formation to get closer using arms from first block parts, arms flexed out 1-2, behind head in fists 3, open to jazz hands 4, lean to L pull arms away 5-6, point to L diagonal 7, tray hands 8

- 8 Hold 1, step L R, R toe popped parallel & 2, arms reach up straight 3, break R arm down &, L arms break down 4,  
head look to R side 5, back to front 6, pencil turn over L shoulder R leg drags behind 7, step out R leg punch R arm to  
L high diagonal 8  
1 release back arms breakthrough down both legs in plie R heel off floor 1

**The Way You Make Me Feel**  
**Level 2-3 Officer Camp Field High Kick**  
Choreographer: Shelley Wayne

Beginning Position: Double files of 5 or 7 facing back

- 8 Contagion back to front. Ball change away from file chaine away from file hit pose in 2<sup>nd</sup> 1-8  
8 Continue with contagion until formation is opened up 1-8  
8 All walk back into single file 1-4, pass through one another to straight line step L 5, passe R  
6, step R 7, passe L 8  
8 Continue walking to straight line 1-4, step L 5, passe R 6, step R 7, passe L 8, with heads  
8 Step L 1, kick R 2, back R 3, open L 2<sup>nd</sup> 4, cross R over L 5, flick kick L 6, L cross bc 7&8  
8 Step R 1, passe L 2, step L 3, kick R 4, step R 5, passe L 6, back L 7, bc back &8  
8 L corner kicks 1-2, 3-4, 5-6, close 7-8  
8 Step L 1, passe R 2, step R 3, kick L 4, step L 5, passe R 6, back R 7, bc back &8  
8 R corner kicks 1-2, 3-4, 5-6, Jump kick L to C 7-8  
8 Straight kicks front RLR close on 7-8  
8 Flick flick R 1-2, pas de bourre 3&4, flick flick L 5-6, pas de bourre 7&8  
8 Twist twist R to L 1-2, cross R over L 3, open 2<sup>nd</sup> 4, jump kick R 5-6, jump kick L 7-8  
8 Jump kick R 1-2, chasse fwd R 3-4, pivot L to back 5-6, stagger 5-8  
8 Contagion center out open with arms end in tuck facing diagonal 1-8  
8 Contagion outside to center sit back release head 1-8  
8 Front row prep 1, kick extend 2, sit 3, hold 4, back row prep 5, kick extend 6, sit 7, hold 8  
8 Z-sit front 1-2, forward 3-4, stand 5-6, close 7-8  
8 Move to 2 rows one in front of each other 1-8  
8 Flick flick R 1-2, pas de bourre 3&4, flick flick L 5-6, pas de bourre 7&8  
8 Twist twist R to L 1-2, cross R over L 3, open 2<sup>nd</sup> 4, jump kick R 5-6, jump kick L 7-8  
8 Front row jump fan R 1-2, jump fan R 3-4, jump fan R 5-6, chasse R 7&8  
8 Back row jump fan L 1-2, jump fan L 3-4, jump fan L 5-6, chasse L 7&8  
8 Front row step behind LR 1-2, chasse L 3&4, disconnect and start formation change 5-8  
8 Back row step behind RL 1-2, chasse R 3&4, disconnect and start formation change 5-8  
7 Continue to triangle formation 1-2, drop in levels 3, 4, 5, hold 6, hit pose on 7

**This Ain't Goodbye**  
**Level 5 Lyrical**  
Choreographer: Shannon Reznick

- 8 Hold 1, reach 2, wrap 3, turn 4, three step turn 5, passé &6, sauté 7, step R 8  
8 Hands press &1, circle 2, ball-change 3, reach 4, L-R 5&, touch and prep 6, high chaine/ low chaine 7&8&  
8 Jete back leg in attitude 1, turn out 2, "swan-lake" 3, press &, circle 4, face 5, attitude turn 6, run 7-8&  
8 Passe jump 1, coupe turn to ground 2, reach 3, over your head 4, stand up 5-6, inside pirouette 7, ball-change 8&  
8 Saute 1, step R-L 2&, battement 3, step R 4, left &, sweep arms 5, across face 6, rond de jambe 7, step R 8  
8\* Forced arch pivot 1, passé (L arm up) 2, prep 2&, coupe turn 3-4, press out 5, press to back 6, wrap front 7, release 8  
8 Prep 1&2, pique 3-4, fouette 5, fouette 6, fouette 7, low chaine 8  
8 Ronverse 1, land &2, reach 3&, twist 4, twist 5, swirl 6, run 7&, jete 8  
8 Roll 1-2, wrap 3&, T 4&, reach and roll 5, stand 6, reach 7, reach 8  
8 Press 1, chaine 2-4, prep &5, pirouette R leg extended 6&, ball-change 7&, swipe jump 8  
8 Land 1, hold 2, up 3-4, begin repeat with sweep arms 5, across face 6, rond de jambe 7, step R 8  
8 Repeat \*

**Turntables**  
**Level 2-3 Hip Hop**

Choreographers: AnnaMaria Diamant, Alex Alpha, Allyson Maranitch, Hayley Hoffman, Jordan Raymond, Julie Rowley, Karis Warren, Lillian Mason, Megan DeHoyos, Yoshio Pineda

Start in one long line ft in 2<sup>nd</sup> position arms down

- 8 Ripple L to R 1-3, R ft steps to front head rolls over R shoulder to front as R hand comes to hip, sit in the L hip R ft pops off floor 4, split to two lines 5-8
- 8\*\* R ft steps out to R hands come to ears 1, close R ft to L arms drop 2, step out to L as L arm comes to hip R hand closes in front of mouth 3, close L ft to R, R hand opens to front 4, R ft slides out to R as arms make a box with L elbow up 5, close R ft to L 6, jump on L ft to move forward finger points down head drops 7, fingers point back up by shoulders head comes up R ft touches out 8
- 8\*\* Front line- R ft digs to L, both fingers swivel in to each other and up to high V knees switch 1-2, Back line - does the same thing on 3-4, everyone steps out to the L as R arm wraps waist 5, L arm wraps waist 6, head rolls to R 7, R hand throws down 8
- 8 walk to a triangle on 1-8
- 8 Step out to L with L ft L hand comes to hip R hand comes to ear head isolates to L 1, head back to center 2, head rolls over L shoulder to take you to the back arms drop to side 3, ft in 2<sup>nd</sup> position arms bent with hands to shoulder level with broken wrist 4, hips move to R 5, hips move to L 6, Head snakes over R shoulder 7, drop to floor with R knee up R arm resting on knee 8
- 8 weight shifts to L hand on floor as you open your R knee to side with R hand 1, bring it back in on 2, stand with L ft out to side hands come together to push to R bottom diag 3, arms lead as you make a full turn around L shoulder back to front 4-5, R arm makes a box with fist down 6, L arm makes a box with fist down 7, flip both L &, R box up as R ft flexes to front head pops forward 8
- 8 R ft slides over to R as R hand slides across sternum L hand slides across ribs 1, hands come to fist arms bent in candle sticks facing R diag L ft scuffs 2, L ft steps back to L as L hand follows ft 3, R hand goes to L 4, pop R hip to front & 5, R ft come to L arms come to 1/2 T pop R hip again & 6, arms pass through a cheerio position 7, hands come to hips to pop chest 8
- 8 Walk to block 1-8
- 8\* (1, 3, 5, 7) arms in a "T" position arms bent with elbows down wrist broken, pivot with the R ft to back 1-2, pivot R ft again back to L back diag 3-4, chug R ft to get to front 5-6, head rolls twice 7-8
- 8\* parts continue last group head rolls twice on 5-6, A's- R arm BT to bottom L diag 7, BT to upper R diag as R ft crosses at ankle 8. B's- Do the opposite of A's
- 8\* A's and B's continue to be opposite- A's- step out with R ft to side as R arm comes down, elbow stays by hip and hand 1/2 circles down and up 1-2, L hand 1/2 circles down and up 3-4, isolate rib cage to R 5, isolate rib cage to L 6, roll rib cage twice 7-8. B's- go opposite 1-8
- 8\* everyone drops upper body over cross R ft in front of L & 1-2, opens to 2<sup>nd</sup> position plie arms bent elbows in to stomach hands in candle sticks 3, hold 4, A's- two shoulder pops to R 5-6, B's- two shoulder pops to L 5-6, everyone take R ft to L, R arm swims out and in to chest L hand on L hip 7-8
- 8 Ripple L to R, R ft clip behind L to turn you all the way around to sit to R side, R arm extends to take you around, Landing with R knee up R arm on knee L arms down 1-8
- 8 Stand and walk to Triangle 1-8
- 88 Repeat \*\* (on 2<sup>nd</sup> 8 count of repeat, inside triangle R ft digs to L, both fingers swivel in to each other and up to "HV" knees switch 1-2, outside V's go 3-4, finish repeat 5-8)
- 888 Repeat \* (all together, replacing the head circles that happen on 7-8 with A's- R arm BT to bottom L diag 7, BT to upper R diag as R ft crosses at ankle 8 B's- Go opposite like before)
- 8 Snake head to L as R arm punches to L bottom diag R fist comes to L elbow, making a "9" 1-2, swim to model pose 3-4, roll dice R to flex 5-6, down 7-8
- 8 (1 3) Middle "V"s go first- cross R ft over L to spin to back L diag on 1-2, step with R ft to back pass through a wide 2<sup>nd</sup> position 3, step to back L 4, turn over R shoulder as you turns on L ft, R ft stays on floor turn to twist around to back, arms in a "w" wrist broken 5-6, walk off 7-8

**Vicious Delicious**  
**Level 2 Officer Camp Military**  
Choreographer: Stacey Kornegay

First Formation is a triangle, start L arm holding R elbow down low, feet apart.

- 8\* Hold 1-4, arms pull up 5-6, circle clockwise to left side 7-8.
- 8\* L hand slaps R hand 1(palms up), circle both hands toward body and down to low diagonal 2-3, hold 4 (3 groups) push L arm to R side 5,6, &7, everyone hold 8.

- 8\* L foot passé R arm out, wrist bent down, L arm by side 1, step L back L arm out wrist bent down, R wrist flex up 2, switch wrists 2 times 3-4, sit and roll 5-8
- 8\* Step R, body face front arms in L arrow 1, switch to R arrow, L leg sweeps to small kick back w/ knees connected 2, L,R,L step to left arms touchdown and to L side 3-4, 3 step turn to R side end facing front 5-8.
- 8\* Move to 2<sup>nd</sup> formation – stagger lines – arms bend at elbows “W” 1-2, low V 3-4, low roof 5-6, high roof 7-8
- 8\* High V 1-2, “W” 3-4, high V 5-6 clean 7-8
- 88\* Lines 1 & 3 – jump feet apart arrow L 1-2, flat back low 3-4, arrow R 5-6, clean feet apart 7-8 high V 1-2 clean 3-4 feet together hold 5-8. Lines 2&4 L knee down arrow R 1-2, both knees down rocket up 3-4, R knee up L arrow 5-6, clean feet together 7-8 hold 1-4 high V 5-6, clean 7-8.
- 8 Move to partners 1-4, Front partner: jump feet apart arrow arms R 5-6, swing arms to L arrow 7-8. Back partner: squat 5-6, slide to stomach under partner’s legs 7-8
- 8 Front partner: High V 1-2, rocket 3-4, pull arms to chest 5-6, clean arms to side 7-8. Back partner: V arms and feet 1-2, rocket 3-4, hands to chest 5-6, pull knees forward “bug” 7-8
- 8 Front partner: High V 1-2 hold 3-4 rocket arms 5-6 clean and pull feet together on 7-8. Back partner: Sit up clean arms 1-2, high V 3-4, Rocket 5-6, clean arms down 7-8
- 8 Turn to your right back to staggers or stand 1-4, switch lines 5-8 – slap sides.
- 88 Move to triangle again
- 88888888 Jump out 1-2, L arm grabs R elbow 3-4, repeat \* beginning 5-8
- 8 (1 5) First position arms at tabletop 1, plie arms open 2, close 3, hold, step R – R arm to side in blade 5-6, switch to L arm flexed hand 7-8
- 8 Swing L arm down &, push to R, turn body to R, down on L knee 1-2, sit on knees and clean arms 3-4, finish 5-8
- 8 (1 3 5) pull up on high knees elbows together 1-2, open to “roof” face front, L leg extends to L side 3-4, rocket arms look up 5-6, L arm presses to L side, R arms down 7-8.
- 8 Finish groups 1-4, everyone either stands or sits on knees 5-6, arms bend to shoulders 7, high V 8

**Watch Me Move**  
**Level 2-3 Officer Camp Pom**  
 Choreographer: Rosie Torres

Start in two columns, second position hinge, hands wrapped, facing in opposites

- 88 Hold 1-4, all hip roll with outside hip 5-6, Gp1, step out releve second with high V arms 7, wrap to other side and sit 8, giant chaine with arms in second, then to pray 1-2, step out to second position releve arms to high V 3, wrap sit facing outside 4. Gp2. Hold 1-4, hip roll 5-6, hold 7-8, begin movement on 1-6. Gp 3. Hold 1-4, hip roll 5-6, Hold 7-8-1-2, begin movement 3-8
- 8 Movement: Assemble with arms to touchdown, prep, double pirouette, jump out to second into low V arms, fold down to floor and punch arms to parallel; Gp1. 1-6, Gp2. 3-8, Gp3. 5-8-1-2
- 8 Continue holding 1-2, all jump to close feet while arms brush up to high V 3-4, walk to staggered lines and shake poms 5-8.
- 8\* Assemble forced arch, arms punch to center rocket 1, clean arms while stepping forward with R 2, left leg point and sit while right arm punches high V breakthrough to low V 3&4, opposite 5&6, chasse front with left leg while arms double punch T 7&8
- 8\* Pivot to back over right shoulder and step back 1, step left to back 2, "saddle-up" step to right second while right hand goes to hip 3, then to the left side while left hand goes to hip 4, shake to right 5&6, shake to left 7&8
- 8\* Kick to right side with check arms 1, kick to (your) front with arms to touchdown 2, step right stay in touchdown 3, step left and prep 4, lounge right open arms to second 5, ronde de jambe coupe with arms in box 6, chasse forward with left leg while arms punch front to clean 7&8
- 8\* "Slash" right 1, left 2, "check arms" right 3 & 4, left 5 & 6, step back to prep 7 & 8
- 88\* Line 1: High chaine 1-2, low chaine 3-4, grand jete with high V arms 5, roll out of it and land in drill team tuck with left leg up 6-8-1-2. Line 2: Tuck 1-6, step back and prep 7-8, repeat same combination 1-8
- 8\* Line 1: High V 1, fully tuck 2, Line 2: High V 3, fully tuck 4, all hold 5, roll back to standing 6-8
- 8 All hold 1-2, step left 3, pivot to front 4, step left 5, toe tap right with breakthrough touchdown arms 6, move to parallelogram/ diagonals while arms open through high V to clean 7 & 8.

RIPPLES:

- 8 Front to Back: Punch through high V, R/L collapse 1-6, all roll up and down 7-8.
- 8 Back to Front: Punch through T's L/R and wrap 1-6, all unwrap to T 7, wrap 8.
- 88 Front to Back: Chaine clean arms, prep stationary leap, to tuck (1-6) (3-8) (5-8-1-2) (7-8-1-4) all walk back to original staggers with clean arms 5-8.
- 88888888 Repeat \*

- 8 All hold 1-2, step left 3, pivot to front 4, step left 5, toe tap right with breakthrough touchdown arms 6, move to triangle 7&8
- 8 Punch up right & sit 1&2, punch up left & sit 3&4, punch right across to T 5&6, punch left across to T 7&8
- 8 Clean arms and prep 1-2, double pirouette with pray arms 3-4, jump out to second with low V arms 5, forced arch assemble breakthrough to touchdown 6, step forward right press arms to low V 7, wrap back cross arms into chest 8
- 1 Unwrap to front with arms opening to low V and straightening legs 1

**We Are One  
Level 2 Pom**

Choreographers: Yoshio Pineda, Clayton Cross, Monique Haley, AnnaMaria Diamant

Starting position; 1<sup>st</sup> and 2<sup>nd</sup> line face each other with legs in second position with right arm extended onto partners right shoulder left pom at left hip, head is down.

- 8 Hold 1-4, head roll to the right 5-7, look down 8
- 8 Hold 1, right arm 2, swing arms down to low V with knees bent 3-4, (second row faces back) everyone comes up to touch down position \*5-6, 1<sup>st</sup> row steps out with R foot R arm in low V, L arm behind head; 2<sup>nd</sup> row in R arm in high V 7, everyone T 8
- 8\* Everyone punch arms to left 1, hold 2, circle arms L to R to hips in plie 3-4, switch lines 5&6, close feet 7, jump out in 2<sup>nd</sup> position arms rocket up 8
- 8\* Ripple R to L: swing arms to T to the left circle down to the ground facing the left 1-8
- 8\* (1 3 5) Lay back with arms, release head 1-2, upper body comes up wrap arms 3-4, come up to touch ground 5-6, come all the way up look right 7-8
- 8\* Groups finish 1-4, (form changes to triangle) rocket 5, low V R 6, daggers 7, clean 8
- 8\* "Rock Out" R arm pumps 1-2, daggers 3, clean 4, "Rock and Roll" R 5-6, L 7-8
- 8\* Ripple back to front: arms punch forward R then L down to ground with knees bent poms together 1-8\*
- 8 Jump forced arch to the corner w/poms behind head 1-2, step R w/ poms on R hip, reverse 4, pirouette prep in 4<sup>th</sup> position w/ "L" arms 5-6, single pirouette 7-8
- 8 Jump out into 2<sup>nd</sup> position, R arm low V body roll R to L 1-2, punch arms down to left knee 3-4, T arms 5, step back R touchdown arms 6, step back on 7, face back 8
- 8 (1, 3, 5) Front to back: wrap 1, step R arms T 2, drag front 3-4, chasse 5-6, step 7, leap 8
- 8 Land 1-2, groups finish 3-6, everyone pumps R arm 7-8
- 8 Ripple from R to L: roll knees together L pom in low V 1-8
- 8 Everyone comes to L diagonal legs in 2<sup>nd</sup> position arms on ground 1-2, punch L over R 3-4, arms roll in feet together 5-6, roll out to rocket 7-8
- 8 Move to original line shaking down 1-4, ball change RL poms at left hip 5-6, step RL 7-8
- 8 R battement w/ arms in "L" 1, step R 2, tuck 3-4, begin repeat with touch down position 5-6, 1<sup>st</sup> row steps out with R foot R arm in low V, L arm behind head; 2<sup>nd</sup> row in R arm in high V 7, everyone T 8
- 888888 Repeat \*
- 8 Jump to forced arch 1, punch to the L 2, swing around entire form to back 3-6, circle pom to front in levels 7-8,
- 1 Down 1

**Whatever  
Level 4-5 Officer Camp Contemporary**  
Choreographer: Monique Haley

Form: 2 staggered box forms that end up in one staggered box form

- 8 Groups A B C's: sitting legs parallel bent and apart arms between legs palms down head down, hold 1-3, sit up in groups 4-6, head back 7-8
- 8 Leg floor work 1-8
- 8 Roll up 1-2, on the diagonal, step back rt lft 3-4, arching back lft hand to heart rt arm swings down and over to front 5, walk briskly including the and counts 6-8
- 8 Step left on 1 hold 2, contracting torso and curving lft arm and 3, swirling upper body and rt hand up to diagonal body on &4, hold 5, drop to plie on left leg right leg rond de jambe arms go from center out to second position head releases down 6, step over the rt shoulder body facing to the lft wall 7-8

- 8\* Contract hands on chest looking down 1, hold 2, lean back from lft hand palm facing toward your body rt hand on hip 3, rocking body starting lft first and 4, lean weight to the rt leg for three step turn over lft shoulder, lft rt arms lofty high V melting by sides to face the back 5-7 coupe right foot back arms low fifth position 8
- 8\* Battement rt leg to the back diagonal 1-2, drop swing rt leg forward 3, lift torso 4, arms by ears, head roll left shifting weight in same direction 5, step lft 6, tuck jump rt lt 7, come down rt lft and 8
- 8\* Lean back 1-2, step left 3, sou sou & 4, prep for double pirouette & 5 rt lft, turn 6-7  
group by lines: odd lines, shake water off hands 8-1 hold 2, even lines shake water of hands 8 high release arms breaking up on 1 hold 2
- 8\* Shaking water through 2, arms wrap around waist 3, weight change 4-5, push turn 6, front attitude pique 7, hold the globe hands 8
- 8 Hold 1, shoulder 2, group by A B C's : contract stomach grab lft to rt C's 3 hold 4-6, B's hold 3 go 4 hold 5-6, A's hold 3-4 go 5 hold 6, step back rt foot with arm 7, cross lft behind 8
- 8 Unscrew light bulb 1-3, ball change with contraction 3-4, sou sou and 5, arabesque 6, lean back hand down face 7-8
- 8 Rock forward 1-2, step rt lft to hunched position to the back 3-5, stomp on 6-7, turn over rt shoulder head whips around 8
- 8 Saute 1-2, contract dig 3-4, traveling step flick kicks and 5&6, half front attitude turn arms go down and around & 7-8
- 8 Come down arms between legs in second 1, shoulder 2, twist arms clasp 3-4, parallel outside pencil with arms swinging down to up by ears 5, rond de jambe 6 rt leg, two ball changes with one head roll using "whatever arms" & 7&8-1
- 8 Finishing head roll 1, hold 2, 2 groups A and B's splitting block down center horizontally, arm swings coming forward, group A go 3-6, group B hold 3-4 go on 5-6, stepping front 7-8
- 8 Step lft leg front pressing lft hand 1, contract lifting rt heel 2, step back with big arms rt 3, lft 4, prep for turning double stag jump that rolls to the floor 5-8
- 8 Stand up lft foot front 1-2, holding globe arms 3 hold 4, body crouching to left hands wrapped on tummy 5, skitter back to clump as you release head 6-8
- 8 Hip roll to rt with shoulder 1, hand in blade arching rt 2, fan hand to fist turning over rt shoulder 3-6, facing back rt diagonal rond de jambe 7-8
- 8 High release rt leg tondue arms break up 1-2, press arms down look forward over lft shoulder 3, pouty arm 4, rock back 5, front 6, keep hands crossed walk forward lft foot first 7-8
- 8 Step lft 1, step rt to 2<sup>nd</sup> 2, arms out "attitude whatever" 3, shake head 4, improv spreading out back to box form 5-8
- 888 Repeat \*
- 8 Continue next repeating 8 count 1-3, prep rt foot forward to front lft diagonal, inside fan with lft leg and arm 4, roll the landing to the rt 5-7 release head back arms on knees head goes back down on 8-1

**Who Are You**  
**Level 2 Field Pom**

Choreographer: Kim Cardwell, Colleyville Heritage HS JV

Beginning formation triangle:

- 8\* Chorus: ripple back to front 1-8
- 8\* Left arm on hip right arm diagonal 1, switch 2, hold 3, cross left arm to right shoulder 4, V arms 5, wrap 6-7, jump together 8
- 8\* Walk right arm/leg 1-2, left arm/leg 3-4, front ball change 5-6, arms touch down look up 7, pray 8
- 8\* Chaîne 1-2, step 3, touch 4-5, walk left 6, right 7, together 8
- 8\* Arms burst up jump out 1-2, ball change 3-4, kick 5, step 6, hold 7-8
- 8 Odd lines cross arms low V 1-2, even lines 3-4, shoulder 5, shoulder 6, down 7-8
- 8 Move to staggered lines in two 8 counts: shake 1-4, right arm to left arm half T 5, switch 6, switch 7, switch 8
- 8 Shake 1-4, right arm up left arm to shoulder 5, switch 6, half daggers 7, down 8
- 8 Right diagonal break up 1-2, left break 3-4, touch up 5, prayer 6, T and plie 7, close 8
- 8 Slice side 1-2, open and break to T 3-4, break to side 5-6, prayer 7-8
- 8 Arms to left 1-2, down poms touch 3-4, left to left 5-6, front prayer 7-8
- 8 Jump out arms T 1, circle in 2, prep 3-4, single turn 5-6, jump out with arms low V 7, together 8
- 8 Break up 1, down 2, slice 3, down 4, break cross arms in front 5, break arms low V 6, shake hips 7-8
- 8 Front line down knees and back line stand, slice up rocket 1&2, slice down 3-4, right arm to left shoulder 5, high V 6, left arm 7, high V 8
- 8 Wrap head front line stand 1-2, dagger 3, down 4, ball change low V 5-6, pray 7, look while back line looks up arms up 8
- 8 Move to block in one 8 count: right arm to left shoulder 1, out straight 2, left 3-4, wrap shoulder 5, T 6, hips 7, down 8

8 Shake up 1-6, break down 7-8  
8 Punch right 1, punch left 2, ball change 3-4, ball change 5-6, together looking down 7-8  
8 Shake fan 1-6, ball change 7-8  
8 First group punch 1, break 2, hold 3, second group punch 4, break 5, hold 6, prep 7-8  
8 Chaine 1-4, arms come up the circle down "put on the glove" 5-8  
8 Left arm hip right arm diagonal 1, switch 2, cross left arm to shoulder 3-4, high V 5, circle around your head 6-8  
8 Move to hook-up spacing in two 8 counts: shake poms while moving 1-6, down 7-8  
8 Keep moving broken T 1, punch out crossed right arm on top 2, hold 3, low V 4, close 5, right elbow to right hip, left fist to left hip 6, switch 7, down 8  
8 Passé 1-2, hook up 3-4, start ripple 5-8  
8 Ripple 1-4 hold 5-8  
8 Come up 1-4, ripple left arm T right arm diagonal shaking 5-8  
8 Ripple 1-4, arms together 5, rond de jambe 6, ball change right 7-8  
8 Move to triangle in two 8 counts: cross arms 1, out 2, cross 3 out 4, diamond 5-6, down 7-8  
8 Cross arms 1, out 2, cross 3, out 4, diamond 5-6, down 7-8  
88888 Repeat \*  
8 Right arm circle down 1-2, left arm up 3-4, shake 5-8  
8 Ripple (left to right) circle left arm then right 1-6, wrap and clip down ripple 7-8  
8 Ripple 1-6, roll over right shoulder break to shaking left 7-8  
8 Ripple 1-6, walk 7-8  
8 Walk 1-4, touchdown 5, adjust poms 6-8  
8 Ripple up (right to left) 1-8  
1 Pose 1 front line knees low v back line standing high v

### Whole Lot of Love

#### Level 3 Kick

Choreographers: Liz Reuter, Natalie Tomlinson

Beginning position- Front row face forward, back row face backward, both rows with right arm in pocket and left leg out to side with left arm resting on leg.

8 Front row hold 1-4, turn backwards right arm up and leg out 5-6, switch arm and leg again 7-8. Back row hold 1-8  
8 Back row turn front with right arm up and left leg out with left arm in pocket 1-2, switch again on 3-4, everyone walk left, right left 5-7 (should be in one long line) head down &, hook up and head up 8  
8\* Jump kick right 1-2, jump kick left 3-4, jump kick right 5-6, head down 7, kick right with head up 8  
8\* Repeat with left leg kicking 1-8 (Repeat these kicks at the end)  
8 Everyone close 1-2, 1<sup>st</sup> row people ball change right leg back with V arms up 3-4, step right left & 5, leap 6, down on knees 7, arms in low V with head back 8. 2<sup>nd</sup> row people ball change right leg back with V arms down 3-4, pivot turn to front 5-6, jump out with V arms up with head release 7, break arms down to low V with left leg forward and head release 8  
8 Stand up or close on 1-4, ripple windmills from left side to right 5-8  
8 Everyone windmill back from right to left 1-2, head roll with body 3, all the way up 4, left leg comes to right 5, prep for turn 6, double pirouette 7-8  
8 Jump out to second 1-2, soutenu turn with arms in pockets and head roll all on 3-4, walks left right left 5-7, right toe is pointed out on the ground and arms up in dive arms with head down 7, hook up with head up 8  
8 Jump kick right fan three times 1-6, two switching toe points with left leg first from left to right & 7&8  
8 Around the world kicks starting with left kick then alternating the kicks 1-8  
4 Still counting the around the world kicks, you are now facing right with left kick then right kick 1-4  
8 Facing right still hooked up hold 1-2, step left together 3-4 step left 5, kick right leg 6, soutenu feet with hips turned left 7, soussus 8  
8 Everyone chasse with left leg leading 1-2, separate groups to a diagonal 3-5, ripple bow 6-7, all the way up 8  
8 Fan parts jump 1, fan 2, or jump 3, fan 4, or jump 5, fan 6, to the ground with right knee down left leg bent out 7-8  
8 Still on ground, head pops 1-2, stand right to left 3-4, groups pass touch out on 5-7, everyone hold 8  
8 Ball change right 1-2, touch together soussus 3-4, walk left right left 5-7, hook up on & pop jump pop head 8  
88 Repeat \*  
8 Everyone close 1-2, Ball change left leg goes back with high V arms 3-4, run right left on & 5, leap 6, tuck position 7, body up 8  
2 Reaching across arm back look to right side 1, front 2

**Winner**  
**Level 4 Hip Hop**  
Choreographer: Amanda Scogins

Beginning formation is a circle

- 8 Hold 1, step back right 2, pop to front 3, melt back 4, step back 5, level hits &6, turn over left 7, second &, together head down 8, look up &
- 8 Battle walk to two lines 1-6, left arm & right grab 7, twist left &, jump 8, land &
- 8\* Drag front 1, close arms up 2, pop &3, turn over right 4, right arm 5, left &, pop 6, swing right 7, close &, muscle arm push 8&
- 8\* Push slide left 1-2, switch lines 3-4, step right arm/head tilt 5, right leg back pull front 6, hip roll 7, pose 8, right arm up &
- 8\* Winner hips 1-4, dig front 5, punch over head 6, step right arms T &7, roll up pop &8
- 8\* Body roll right 1-3, down 4, roll up 5-6, move to straight line 7-8
- 8 Facing back shake left 1, right 2, left 3, pose and girl on end pop 4, shake walking to triangle 5-8
- 8 Push step left 1, back head pop arms punch right 2, turn right 3, hands on head two pops &4, step right 5, in &, step left 6, step right w/right hand on chest 7, sit right w/right arm in T &, step left arms in front head up 8, look front &
- 8 jump front arms on head 1, right arm up left arm down 2, close &, drop arms look right feet in second 3, front & body roll 4&, head shakes right 5-6, one group pose on 6, shake left 7-8 (one group pose on 8)
- 8 Group 1: right half T 1, switch lean right 2, arms up touch down &3, lay out 4, up 5, flat back &6, dip to roll up shakes &7-8. Group 2 starts on 3, Group 3 starts on 4.
- 8 finish groups 1-3, walk to reversed two lines 4-6, repeat starting with left arm & right grab 7, twist left &, jump 8, land &
- 8888 Repeat \* walking to clump instead of triangle
- 8 G step to right 1-2, G step to left right arm up in muscle 3-4, walk right left to front 5&, chest pop 6, walk right left to back 7&, head pop back front 8
- 8 Ball change right left &1, walk right 2, left 3, step right hip pop with muscle arms 4, roll back to left 5-6, walk back right 7, left 8
- 1 Pose