

21st Century Girl Level 5 Kick

Choreography By: Kali Boyd, Hillary Hoffman, Allyson Maranitch, Casey Potter

1st formation: 2 lines in windows

Beginning Position: body to L diagonal, R foot dig, head down.

- 8 Hold 1-2, Front line: ball change with R arm across, L arm on hip 3-4 battement with 'L' arms 5 down 6 turn over left shoulder to straight line 7-8. Back line: ball change with R arm across L arm on hip 5-6, battement with L arms 7-8.
- 8 Both groups continue walking to hook up 1-2, flick R foot across 3, flick open 4, pas de bourree with R 5&6, step L 7, inverted R fan 8.
- 8* Pencil turn over L shoulder 1-2, straights RL 3-6, R fan 7-8.
- 8* L Fan 1-2, double R fans 3-6, twist jump 7&8.
- 8 Pop jump facing L diagonal &1, step across with L 2, low flick R 3, chasse L towards R diagonal arms clean 4-5, passe R arms pull to touchdown 6, step diagonal with R 7, Elvis 8-1.
- 8 Hold 2 (ripple L to R) passe R turning over L shoulder to 4th position releve R arm pulls up 3-8.
- 8 R arm drops to hook up L foot digs 1-2, switch dig R then L 3-4, ball change RL &5, open R kick 6, step R 7, close feet 8.
- 8 Step RL 1-2, grand jete hooked up 3, land in tuck or arms unhook 4, Front Line: step through with L 4, step R pivot R arms slices across L arm reaches up 5, turn to back arms come up 90 degrees at chest 6, chasse R 7-8. Back Line: "cat roll" facing back 5-7, L knee up 8.
- 8 Front line: turn over R shoulder to front kick L leg 1-2, Back line: illusion R 1-2 turn towards front 3-4, transition to triangle formation - reach RL to touchdown 5-6, arms sweep back 7, arms continue sweeping to fist passe R 8.
- 8 Continue transition to triangle 1-4 (5,7,1) RL to "L" feet releve R L &5, fold arms in spiral to back 6, step L turn over R R arms swoops over head 7-8.
- 8 Prep for R pirouette &1, double pirouette arms over head crossing at wrists 2-3, jump 2nd release head 4, body over R leg L arm touching R foot 5, continue groups 6-8.
- 8 Finish groups 1-2, ball change to L diagonal arms pull back to 1/2 T 3-4, sweep in 2nd position pile to stage L R arm follows 5-6, press arms flexed to ceiling 7, hook up 8.
- 8 Double R kicks 1-4, straight L 5-6, corner R 7-8.
- 8 Double L kicks 1-4, straight R 5-6, corner L 7-8.
- 8 (Oppositional every other line R or L) A's: beat L leg front land in coupe 1&2, step L 3, passe R forced arch body to R 4, quick grapevine traveling to stage L 5&6, step L 7, R cross kick 8. B's perform sequence in opposite direction 1-8.
- 8 A's: step R 1, pitch kick with L 2, pencil turn arms clean 3-4, chasse R back towards center 5-6, step L 7, grande jete to front 8. B's: perform sequence in opposite direction 1-8.
- 8 Turn out of jete 1-2, ball change open R arm sweeping front 3-4, reach up with L then R moving back towards center 5-6, fold arms to wrap 7, hook up 8.

- 8 Low R point kick 1-2, passe L 3-4, jump kick R 5-6, L fan 7-8.
- 8 L foot behind 1, open to 4th releve to R 2, switch hips to L 3, half tuck to back diagonal 4, (5, 7, 1 front to back) jump splits to front L diagonal 5-6, continue parts 7-8.
- 8 Continue parts 1-4, roll to standing 5-8.
- 8 Transition to kick line 1-8.
- 8 Swivel arms to crossed cheerio 1, hook up 2, (begin repeat) flick R foot across 3, flick open 4, pas de bourree with R 5&6, step L 7, inverted R fan 8.
- 88 repeat *
- 8 (Continuing repeat) pop jump facing L diagonal &1, step across with L 2, low flick R 3, then unhook walk forward 4-5 step out with R to do "2-1" ending pose 6-8.

Alibi

Level 4-5 Pom

Choreographers: Rhodessa Bell, Magaly Guerra, Monique Jordan, Yasmeeen Montes,
Liz Reuter

- Begin in a triangle formation facing back, holding poms in front of chest, right foot dig.
- 8 Hold 1-4 Ripple (R to L starting on every count) high V 1, step back R foot arms broken T 2, face side R arms wrapped around stomach left arm high-V 3, hold or continue ripple 5-8.
 - 8 Finish ripple 1, "3 count part" (1,2,3,4,5 - L to R) arms low, L left leg crossed behind R 2, turn over L shoulder arms break through above head wrists crossed 3, land feet together parallel demi-plie arms low-V 4, hold or continue parts 5-8.
 - 8* Pitch jump arms diagonal 1, land R leg crossed behind arms diagonal cross punch arms down &2, step R arms breakthrough high V 3, step together arms behind head &, step out to R arms R arrow behind head focus R 4, circle R arms 5, pull to L diagonal stepping with R foot arms in a "9" head release back 6, feet step to parallel together arms down 7, cross poms kick R foot low &, step out R leg R arm in low V L pom on L hip 8
 - 8 (Transition rotating formation to box) arms break through R to low V 1, L to low V 2, pump chest 3-4, circle arms to R 5-6, touchdown arms 7, break down 8.
 - 8 Groups A & B by lines:
Group A: Ball change R break through "L-arms" to L 1-2 double pirouette 3-4, land 2nd parallel both arms circle back 5-6, hold 7-8
Group B: Hold 1-2, Ball change R break through "L-arms" to L 3-4, double pirouette 5-6, land 2nd parallel both arms circle back 7-8.
 - 8 Star break through arms in K's (middle section high V) -- break through arms toward inside &1, break through &2, wrap arms around head 3, arms down by side upper body flat back facing center of formation 4, snake up 5-6, diagonal 7, broken T &, clean arms down 8.
 - 8** Ball change R-L rocket arms up &1, tilt kick 2, feet step R-L-R forward arms punch front crossed 3, half T &, T 4, drag back arms break through to L 5-6, step R-L 7&, face front arms high V or low V 8.

- 8** Jump arms punch up to touchdown 1, break through down &2, sit R knee down L knee up R arm high V 3-4, Progression (5, 7, 1) hug knees to R 5-6, layback arms in low V 7-8.
- 8** (Cont. progression) look over R shoulder L behind head 1-2, bug 3-4, popcorn 5, bug 6-7, legs straight in 2nd parallel 8.
- 8** (Cont. progression) snake up 1-2, step out R leg arms cross low to L side 3, shake break through arms low V 4, shakes or finish progression 5-8.
- 8 Walk to 1 line L pom at chest R arm circles once back to front 1-3, everyone steps together face L 4, (every other person in opposition) flat back snake/jump out 2nd parallel facing L arms punch to TD 5-6, throw front flat back 7-8.
- 8 Jump out 2nd parallel arms punch TD snake 1-2, flat back throw arms front 3-4, Everyone “Rocker arms” to R 5-6, L 7-8.
- 8 Up /Down groups:
Up group: Punch low V release head 1-2, cross L foot back circling R arm front &, L pom to hip 3-4, clip turn 5-6, step forward throwing arms front to hug 7, close 8.
Down group: step L B to kneel circle L arm 1-2, knee spin to L face back cheerio 3-4, R kneel arms T 5-6, step L R arm straight up 7, turn over L shoulder hug 8.
- 8 Transition: shake poms 1-4, prep rocket arms 5-6, toe touch 7-8.
- 8 face L diagonal body roll R to L 1-4, turn over R shoulder into low chaine 5-6, turning c-jump 7-8.
- 8 Transition to beg form: step L 1, jump together throw R high V 2, reverse 3-4, box half R 5, switch L &, push L up and over 6&, diamond 7, elbows in &, low V to plie 8.
- 8 Repeat *
- 8888 Repeat ** (everyone together on ground progression, repeat finishes 5-6, triplet back LRL arms R diagonal 7&8).
- 8 Transition: shake poms 1-4, prep 1/2 T 5-6, double coupe turn cheerio arms 7-8.
- 1 Jump open arms swing down lean R, L or front 1.

All I Need Level 5 Jazz

Choreographers: Kali Boyd, Lilian Mason, Yoshio Pineda, Casey Potter, Erica Sowell,
Sarah Starkweather

- Hold in staggered line formation right foot crossed over left in front, L hand on neck.
- 8* Rond de jambe R leg 1-2, put hands on hips walk R first 3-4, ball change &5, walking arms L first wrap head 6, R wrap head 7, step out and head pop to L using R hand &8.
- 8* Swipe face restep to second position 1-2, low second plié to R side 3&, hit R hand across body 4, A’s: plié to back 5, sauté land to floor 6, B’s: step feet together arms up to back 5, plié 6, sauté land to floor 7, C’s: step together with arms up to back 5, hold 6, plié to back 7, sauté land to floor 8.
- 8* Finish parts 1-3, R leg up on 4, cross over L leg 5, spin over on floor, sliding out R leg 7-8.

- 8* Hinge over to stand 1-2, snake up 3-4, plié to outside double pirouette &5-6, low chaîné 7-8.
- 8 A's: chaîné jeté 1-2, turn out 3-4, run to tilt jump 5-8. B's flick 1, step 2, undulation in circle 3-4, step R L on 5-6, swooping lunge to floor 7-8.
- 8 Sassy walk transition to partners 1-8.
- 8 Hand to knee 1, slide out 2, circle head turn 3, down 4, knee pop &5, plié into each other 5, A's: fan 6, turn around 7, front 8. B's: slow plié pitch kick on 8.
- 8 Reach grab partner 1-2, prep for lift 3-4, pike spiral lift from L to R 5-8.
- 8 Kick away from each other 1-2, roll 3-4, stand 5-6, RLR with body roll 7&8.
- 8 Continue body roll 1-2, walk 3-4, prep 5, leg hold turn 7-8.
- 8 Transition to triangle 1-4, hit box 5, wrap 6, passé 7, ball-change &8.
- 8 Triple jazz pirouette 1-3, run 4-5, flick jump 6, pivot turn 7-8.
- 8 Step R 1, chassé 2-3, reverse leap making L split 4, lunge L leg back 5-6, parts swinging arm followed by a R leg floor fan from back to front arm 7-8.
- 8 Finish parts to standing beginning position by 7-8.
- 8888 Repeat * (shake shoulders while waiting for other groups to finish).
- 8 Roll head 1-2, roll shoulders 3-4, roll hips 5-6, press open to tuck down 7&8.
- 8 Jump 1, hit 2, tuck turn 3-4, parallel second 5-6, second group finishes 7-8.
- 8 Step R cut to lame duck 1-2, low chaîné 3-4, ronversé 5-6, land lunge 7-8.
- 8 Roll to back 1-4, transition to clump 5-6, pose 7-8.

Automatic

Level 2-3 Jazz

Choreographers: Halyey Hoffman, Amanda Philio, Caitlin Poulton, Sarah Starkweather

Beginning in a straight line facing stage L with R foot out and L arm on partner and R on hip.

- 8 Hold 1-4, ripple L to R: every other person (odd and even) either hip roll R to sit into L hip OR step out R and places hands on partner's shoulders 5-8.
- 8 Rock L 1, back to pose 2, head roll R-L 3-6, close R foot into L and body roll 7-8.
- 8 Evens - (Walking forward to create the front line) hand over ear stepping R 1, L arms down 2, brush hands up L hip 3, jump out to second 4, hold 5-6, flick hands R 7, L 8.
- Odds - (Walking forward to create the 2nd line) ball change back R-L 1-2, hand over ear stepping R 3, L arms down 4, brush hands up L hip 5, jump out to second 6, flick hands R 7, L 8.
- 8 Step LR hand across 1-2, snap to face the back R foot in dig 3-4, snaking to the R R arm crosses over to face the front 5-7, step together rib pop 8.
- 8* Ball change side RL rib pop 1-2, ball change LR fan face with R hand 3-4, walk L snap R hand 5, R 6, L 7, step out R snap across face 8.
- 8* Hip R R arm up over head 1-4, ball change back LR hand to heart 5-6, circle arms over head stepping back L 7, wrap arms around waist look back 8.
- 8* (1,3,5,7 R to L) stepping R dragging L 1-2, prep arms wrap around chest 3-4, pirouette 5-6, jump out to second 7-8.

- 8* Continue parts: sit into R hip and shoulder pop on even counts 1-2, finish groups 3-8.
- 8 (1,3 by lines) Stepping L crossing arms 1-2, passé R arms in L 3-4, stepping R throwing arms to face back 5-6, walk to back to create a pentagon 7-8.
- 8 Finish groups/continue walking 1-4, face front 5, reach up or down &6, hold 7, switch poses &8.
- 8 Front line switch pose down 1, L arm up 2, snake up 3-6, "Vegas" 7-8.
- 8 Ball change LR L arms flexes 1-2, step L 3, battement 4, cross R in front and turn out of it 5-8.
- 8 Step L 1-2, drag R Spanish arms 3-4, step across L 5-6, pivot R-L with circling arms 7-8.
- 8 Chassé R to downstage L diagonal 1-2, step L 3, leap 4, land 5-6, triplet R arms across chest 7-8.
- 8 (1,5 by lines) "Crazy arms" step L R arm out, step R cross L arm over R, throw arms, release down, roll to stand.
- 8 Groups continued - front line steps R to pivot to front with L leg popped 1-2, finish 3-4, all "Crazy arms" repeat 5-7, arms reach up and grab 8.
- 8 Walking to the back into a straight line - pushing arms down 1-4, turn to the back and walk 5-8.
- 8 Turn back to front and snap 1-4, snaking to the R R arm crosses over 5-7, step together rib pop 8.
- 8888 Repeat *
- 1 Everyone snaps on 1 and slowly melts down 2-4.

Beggin' On Your Knees

Level 3 Pom

Choreographers: Magaly Guerra, Kelsey Joseph, Christine Latin, Yoshio Pineda, Krystel Royster

- 8 Hold beginning position 1-4 drag, windmill arms 5, roll to ground 5-8.
- 8 Front line stay on floor back line roll to standing 1-2, ripple from L to R: circle R arm L behind back 3-7, clap 8.
- 8* Front Line: L diagonal 1, R diagonal 2, break L arm punch down to R &3, low TD 4, L bow and arrow 5, needle front back to bow and arrow &6, switch up step up 7, clap close feet 8.
Back Line: diagonal R 1, switch L 2, break R elbow to L low V &3, TD down 4, bow and arrow R 5, rocket front &, L bow and arrow 6, L dagger R down close feet 7, daggers 8.
- 8* Front Line: step back R punch needle L diagonal 1, close together 2, step back L punch needle R diagonal 3, turn to front R arm behind head L arm high V 4, circle 5, close feet both poms behind head 6, rocket 7-8.
Back Line: step back L punch rocket R diagonal down 1, close together clasp 2, reverse punching L diagonal up 3, open second front R high V L behind head 4, releve TD 5, plie 6, toe touch 7-8.

- 8* Front Line: chasse forward T arms 1-2, pivot back wrap arms 3-4, walk R with L arm shooting up 5, walk L, R arm shoots up 6, turn to front ball change low V arms 7-8.
Back Line: hold in plié arms on knees 1-2, R chasse front T arms break in out 3&4, step L L up R dagger 5, step R TD 6, L ball change front high V 7-8.
- 8* Prep for turn 1-2, double pirouette 3-4, jump out high V 5, clap jump together 6, step back 7, sit in hip low V 8.
- 8* (1,3,5) Step out R circle R L at hip 1, hop together R high V 2, step L cross arms L 3, step facing back poms behind head 4, kneel down poms crossed 5-6, leveled high V 7-8.
- 8* Finish groups 1-4, all swing R arm to L K 5, pump arms &6, circle and shake arms to low V 7-8.
- 8 Roll to floor stand up to back 1-4, Transition: shake poms 5-8.
- 8 Continue transitioning to diagonal: L diagonal cross arms 1, half T L diagonal 2, switch to R diagonal 3, R diagonal cross arms 4, hugging 5-6, step back R needle L diagonal 7, sit back in R hip throw arms to R 8.
- 8 Ripple swinging R arm to front (either to tuck or standing) 1-6, switch to up or down 7-8.
- 8 Down Group: shake to high V 1-4, tuck 5-6, roll up 7-8.
Standing Group: shake to high V 1-4, TD 5, T 6, throw around to half T 7, punch down 8.
- 8 (Opposition by lines) Group A: Triplet R rocket to L behind head R low V 1&2, triplet L half T to punch down low V to side 3&4, turn over R shoulder cheerio 5-6, L kneel low cheerio 7-8.
Group B: Triplet L rocket to R behind head L low V 1&2, triplet R R arm half T to punch down low V 3&4, turn cheerio 5-6, cheerio up 7-8.
- 8 Group A: circle cheerio up 1-2, reverse 3-4, cheerio 5, close elbows 6, close L to stand half T 7, punch rocket front 8.
Group B: circle cheerio down 1-2, reverse 3-4, cheerio down 5-6, jump together half T 7, punch rocket front 8.
- 8 Transition to beg: L arm hip R arm circles down to dagger 1-2, repeat 3-4, double time 5-6, dagger 7 high V 8.
- 8 Cont. transition: L diagonal cross arms 1, half-T L diagonal 2, switch to R diagonal 3, R diagonal cross arms 4, hugging 5-6, clean 7-8.
- 888888 Repeat *
- 8 Roll to stand 1-4, move to groups 5-6, punch R up 7, break down to low V back snake to look at audience 8.

Black Heart

Level 4 Military

Choreographers: Sara Kercho, Lilian Mason, Casey Potter, Krystel Royster

Begin in 4 groups in diamond, with square empty in middle.

- 8 Hold 1-4, groups start every count front clockwise R arm to stomach 5, L 6, R to knee 7, L 8.

- 8 Wrap extend outwards 1, close to next group clockwise dive front 2, continue groups 3-5, pivot back swipe arms to opposite direction 6-8.
- 8* Ball change circle back 1-3, pull R elbow 4, tuck 5, elbow passé 6, flex L 7, press down 8.
- 8 As: ball change R hands behind head 1-2, grab R attitude 3, extend and circle 4, L prep 5, inside turn slice across 6, broken T 7, push down 8. Bs: arms clean by sides down R knee L knee 1-2, wrap arms R in front 3-4, rainbow fall R 5-6, downward dog 7-8.
- 8 As: tuck 1, inversion 2-3, tuck L leg extended 4, thread through 5, return 6, monkey crawl up 7-8. Bs: R needle 1-2, slide R leg through to stand 3-4, prep L lunge arms T 5, slice turn 6-8.
- 8 TOGETHER: to R leg 1-2, L knee in 3, dive ahead 4, together 5, other side 6, circle R overhead 7, behind back 8.
- 8** Transition: pop 1-2, blade pump 3-4, soutenu press down 5-6, R hip 7, L 8.
- 8** Hands on hips 1, swivel to behind head 2-3, circle to behind back 4, W 5, chop waist 6, press forward 7, tuck 8.
- 8 3 groups by diagonals: diagonal R up 1, slice to L 2, switch to R 3, diagonal L up 4, break L down 5, break up 6, swivel R up straight, L at elbow 7-8.
- 8 Circle to tummy 1-2, broken T 3, plié to knee 4, continue groups 5-8.
- 8 Slice press up 1, tuck 2, flying squirrel jump front to back every count 3-8.
- 8 Parts front to back every 2 counts: backwards roll 1-2, knees together 3-4, sit up 5-6, L T 7, break in to shoulder 8.
- 8 Step across RL, L arm unfolds up 1-2, continue groups 3-6, break L in turn over R shoulder 7, T second position 8.
- 8 Transition: pray 1, flip 2, circle to Indian 3-4, flex 5, pull together 6, circle flex 7-8.
- 8 Circle to flytrap 1, down to L 2, close 3, circle bounce 4, prepare 5, single pirouette R arm T 6, land pull in elbow to hip 7, check hips 8.
- 8 Parts stage L to R every 2 counts: pull together in front of face 1, R elbow back flex foot 2, slice front 3, step dive down 4, grande battement 5, land clean 6, break R arm to roll 7, roll 8.
- 8 Stand 1-4, continue groups 5-8.
- 8 Passé flex T 1, press up 2, face side 3, peek-a-boo 4, tuck and turn to front 5-8.
- 88 Repeat *
- 88 Repeat ** moving to levels – swivel to dive up by 8.
- 1 Dive up in levels 1.

Boom

Level 5 Hip Hop

Choreographers: Kali Boyd, Robbyn Good, Monique Jordan, Allyson Maranitch, Yasmeen Montes, Amanda Philio, Casey Potter

Beginning position: tight triangle formation, standing in neutral parallel facing front arms straight down head down.

- 8 Hold 1-3, R half of formation slide out to R corner/L half of form slide out to L corner in a slight lunge 4, snake up &, everyone turn into inside of formation with outer leg in forced arch 6, isolate body roll down 7&8.
- 8 Step R foot forward throwing arms up &1, step to 2nd position parallel 2, Tutting fingertips in/R knee forced arch turned out 3, flip hand out and knee in &, pray hands flat to R side 4, weight transfer to R foot on slight releve throwing both arms to L side &5, step out R foot to R side R box arm swings across &, L foot L arm follow to Indian position 6, head pops up &, swivel body around to L L arms lassos above head 7, Indian arms body faces L side 8.
- 8 Releve feet together arms in half-T &, push arms down by sides R leg slides out 1, slide R foot back into "Running Man" 2, R knee pops out-in &3, slide to R side "Popping Plane" arms &a, throw arms to L hip while L leg hooks and upper body contracts leading body to the back 4, step L foot 5, dime drop 6, cheerio arms to help turn over R shoulder to face front 8.
- 8 Pony on L leg arms throw up to cross 1&2, cont. pony arms throw down 3&4, walk back to face back 5-6, run RLRL 7&8&.
- 8 Krump section: Kick back with R flexed foot 1, ball change to face front &2, circle upper body L to R 3, ball change LR to R throwing arms down &4, ball change RL to L side arms circle out-in &5, slide to R side elbow pulls around &6, L knee pops out-in &7, ball change LR to R slight lunge arms in cheerio &8.
- 8* Turn over L shoulder box arms and flexed L foot 1-2, row drop 3, jump out to 2nd position parallel 4, Tootsie Roll 5-6, cross arms in front of face w/ jazz hands 7, open &, head roll L twinkle fingers 8.
- 8* Slow body roll to floor 1-4, ball change swoop &5, booty roll 6, freestyle 7&8.
- 8* Skate front with R foot L arm hooked 1-2, skate front L foot R arm hooked 3, turn to back 4, groove cha-cha 5&6, cross swing arms shake hips 7&8.
- 8 Run drop front 1, kick hit fist 2, kick back 3, switch 4, spiral to floor &5, Indian sit 6, open R leg 7, L leg 8.
- 8 Thread R leg thru L 1-2, snake up to L 3-4, "6-Step" 5&6&7&, prep 8.
- 8 One handed front flip 1, land 2, hold 3, swing L leg to kneel 4, stand up open 5, plie 6, open L knee 7, ball change arms up in cheerio &8.
- 888 Repeat *
- 8 Run drop front 1, kick hit fist 2, kick back 3, switch 4, switching lines: front line skates forward lasso arms smooth hit to L/ back line grooves back arms crossed to R 5-6, rpt groove to L arms behind back 7-8.
- 8 "Puppet arms" R hand over L 1, seperate &, raise 2, drop &, plie 3, R knee hits out &4, R elbow drops 5, L drops &, hands under chin switch weight to R 6, hands push down &, hands under chin 7, R passé &, R hand fist 8.
- 8 Throw 1, jump to second 2, snake head R 3-4, pony on L leg arms throw up to cross 5&6, cont. pony arms throw down 7&8.
- 8 Ball change swoop &1, booty roll 2, isolate body roll down 3&4, skate front with R foot L arm hooked 5-6, skate front L foot R arm hooked 7, turn 8.
- 1 Step forward with R foot throwing arms up 1.

Call Me
Level 1 Pom

Choreographers: Caitlin Hendricks, Lillian Mason, Amanda Philio Caitlin Poulton

Start in a triangle in levels heads down arms by side, hold intro.

- 8 Hold 1-2, head up 3-4, odd lines: broken L or R arm 5-6 rocket down 7 switch 1/2 T 8. Even lines: right broken 5-6 rocket up 7 switch 1/2 T 8.
- 8: 1st line high knees 1-2 while everyone rockets front, step L low V 3-4, clean to stand 5-6, step L punch R L on hip 7, break through to sit with R arm up in diagonal 8.
- 8 Punch R down elbows together 1-2, (3,5,7 front to back) cheerio 3-4, finish groups 5-8.
- 8 Move to staggers low V 1-2, behind back 3-4, shake up 5-6, rocket 7, break through to clean 8.
- 8* Rock R 1-2, rock L 3-4, step forward R arms swipe down 5-6, pivot to back 7, close R leg in 8.
- 8* Jump out hug arms look up 1-2, throw arms 3, wrap arms 4, close R to L rocket front 5-6, L hand on hip step back R sit with R arm in low V 7-8.
- 8* (1,3,5,7 L to R) Punch R across high V L hand on hip 1-2, open to high V 3-4, slice R arm down L hand goes to head tilt head 5-6, hold 7-8.
- 8* Finish groups 1-4, everyone guitar R arm down and around (strumming) L arm T 5-6, break R arm through to low V 7-8.
- 8* Transition to triangle shake 1-4, circle arms down and out (2x) 5-8.
- 8* Rocket up 1-2, ball change back on R arms break through to low V 3-4, chase R 5-6, step L 7-8
- 8* Jete R 1-2, collapse 3-4, high knees 5-6, fists to chest 7-8 (repeat ends with collapse)
- 8 (1,3 every other line) Odd lines: sit and rocket 1-2, breakthrough to L or R diagonal high knees 3-4, hold 5-6, slice R arm to meet L arm and look 7-8.
- 8 (every other line): slice R open to high or low V 1-2, slice L arm to meet R arm 3-4, break L arm to high or low V on opposite diagonals step up L foot 5-6, clean to stand 7-8.
- 8 Pirouette: step out with R foot arms in a T 1-2, prep 3-4, single arms in broken T 5-6, jump out poms behind head 7-8.
- 8 Ripples: R to L: step R touchdown R arm leave L behind head chase with L, close L to R poms on knees head down 1-8.
- 8 R to L: step back R arms breakthrough to R diagonal facing stage R shake poms 1-8.
- 8 Weight on L foot close R to L wrap both arms over head 1-2, ball change L to back R corner arms hyper-extended in low V 3-4, step L cross arms on chest 5-6, battement 7, step R down 8.
- 8 Transition to staggers from beginning low V 1-2, both arms behind back 3-4, come to low V and shake up (roundhouse) to rocket 5-6, breakthrough to clean 7-8.

8888888 Repeat * (end with collapse 3-4), stand up and sit into R hip with L hand on hip and R hand making a telephone 5-6, pivot R throw telephone down 7-8.

1 Turn walk off 1.

Check It Out
Level 3 Officer Hip Hop
Choreographer: Amanda Scogins

Start in clump formation or triangle.

- 8 Hold 1-2, look to the front 3-4, crazy piano 5-7, close 8.
- 8 Snake head 1-2, switch directions of snake 3-4, partner flip or b boy freeze 5-8.
- 8 Roll 1-2, stand 3-4, roll to walk to tight clump 5-6, step out R 7, L 8.
- 8 Throw the hair body rolls to the L twice 1-2, 3-4, move to two lines 5-6, step right reach right diagonal 7, left hand &, step across with left pop head with hands behind head 8.
- 8* Slide left 1-2, cross R foot to L 3, point L foot to L and T R arm &, T left hand look L 4, step L across 5, boogie up down & 6, hold 7, ump with arms in high cheerio & 8.
- 8* Body roll twice 1-2, 3-4, fire hands (back line start up and front line start down) 5-6, switch 7-8.
- 8* Point L foot arms in half T & 1 down to the ground with front line facing R and back line facing L 2, roll up 3, face back 4, hip roll L 5, muscle arms 6, hip roll R 7, pose over R shoulder 8.
- 8* Four bounces 1-4, switch lines "Valley Girl" style 5-8.
- 8* Pull to the R twice 1-2, pull through to the front stepping R 3-4, step together step with right to the back swirl hand 5-6, swing steps in 7, out 8.
- 8* Two taps with L 1-2 run forward with L snaking down and up 3-4, kick step touch L 5-6, R 7-8.
- 8* Running man leg swings 1-2, head roll to R 3-4, walk back LR 5-6, ball change R pulling arms down 7-8.
- 8* Step R 1, snap 2, step L 3, snap 4, change formation to triangle 5-8.
- 8 Check pose 1, pose 2, look L with arms across head 3-4, head roll R 5-8.
- 8 Scoop R 1-2, bounce front with jazz hands 3-4, swing swag back 5-7, muscle arms R 8.
- 8 Step L half T L 1, step R with R hand at ear 2, roll hips R close hands 3-4, twists to the L 5-8.
- 8 Party roll L 1-2, hold 3, L elbow &, R elbow 4, turn over L shoulder & 5, L hip holla hand 6, hold 7, drop hand L hip 8.
- 8 Group 1: R hand down 1, punch L arm up 2, head roll L 3, slap 4, knock on door with R 5-6, stand up 7-8. Group 2: L hip 1-2, R hand down 3, punch L arm up 4, head roll L 5, slap 6, stand 7-8.

88888888 Repeat 8*'s walking off stage for ending.

Coming Home
Level 2-3 Military

Choreographers: David Arevalo, Clayton Cross, Cali Hoffman, Caitlin Poulton, Sarah Starkweather, Allie Stevens

Beginning in triangle, front two groups on low knees released over, back group in a tuck

- 8* Hold 1-4, rocket up in groups 5,6,7, open to flexed high V 8.
- 8* Vogue 1, tick &, vogue 2, parts stage L to stage R inverted flexed V RL &3, &4, &5, &6, or &7, close 8.
- 8* Press out away from center 1-2, pray 3, hold 4, push away from center 5, recover 6, standing up wrap L arm R arm high flexed V 7, clean 8.
- 8* Walking to rotate into lines hands to hips 1, stomach 2, R hand to shoulder 3, L low crossed diagonal 4, swing to open 5, high V 6, circle to close 7-8.
- 8 (1,3,5,7 L to R) Jazz hands in K 1, fist 2, switch blades 3-4, R elbow to L 5, hold 6, circle to flat back 7-8.
- 8 Finish parts 1-6, ball change hands to head 7-8.
- 8 Close to stage L 1-2, (3,5 every other line) open present arms 3, up to mirror 4, tendu swinging arms 5, lunge to prep 6, pirouette 7-8.
- 8 Jump out arms to flexed T head released 1-2, finish groups 3-4, ripple odd lines R to L, even lines L to R 5-8.
- 8 Three step turn 1-3, push arm through 4, MIDDLE GROUP switch and replace arms 5-6, OUTSIDE GROUPS switch and replace arms 7-8.
- 8 Circle arm to close R foot to L 1-2, pivot or ball change with bounce pray arms 3-4, walk to partner L R 5-6, hook arms step L 7, R battement 8.
- 8 Changing Formations: R chaine R step L dig 1-4, windshield wiper 5, low V head released 6, box 7, head pop 8.
- 8 Cheerio 1-4, parts to swing to low V odd lines 5-6, even lines 7-8.
- 8 Lift arms to parallel 1-2, ball change 3-4, back pencil turn 5-6, hold 7-8.
- 8 Extend 1, reach side 2, ripple R stepping into L to face upstage L corner with front rocket arms 3-6, pray 7, flexed T with head released 8.
- 8 (1,3,5,7 from upstage L corner) swing L arm front head pop 1, L arm up R foot back tendu 3, pivot release head arms in flexed L K 5, drop L arm, head pop step together 7-8.
- 8 Tuck 1, finish groups 2-8.
- 8 Plank 1-2, side plank 3-4, tuck L arm and roll to back 5-8,
- 8 Slide up to sitting 1-4, roll to back to stand 5-7, face front hands to hips 8.
- 8 R hand to should &, replace 1, L side &2, slide hands to opposite shoulders 3-4, GROUP A: prep 5, stationary leap 6, land 7-8. GROUP B: drop over 5-6, rocket up 7-8.
- 8 Walk to beginning position slapping 1-4, pop body front pray while continuing to walk 5-6, bounce pray 7-8.
- 8888 Tuck 1-2, beginning position 3-4, repeat * (tighten triangle on moving arms).
- 3 Reach with jazz hands away from center 1-2, make fists and release head 3.

Do It On My Own

Level 2 Kick

Choreographers: Monique Jordan, Amanda Philio, Liz Reuter, Krystel Royster

Start with R foot beveled, head down

- 8 Ripple L to R arms up by ears to low V to front R leg bent chest facing side 1-8.
- 8 Ripple R to L arms wrapping over head turning over L shoulder to R leg inverted arms down by side 1-8.
- 8 (1,5 every other line) walk RL arms reach front palms to audience 1-2, present both arms on 3-4, finish parts 5-8.
- 8 Weight on R foot 1, drag to L side arms pushing behind back 2, face back stepping R arms by ears 3, step L closing arms 4 walk RL 5-6, face front opposition wrap 7, hookup 8.
- 8* Switching bevels 1-2, passé R 3, touch out to diagonal 4, twist hips &, focus RL 5-6, close feet head down up 7-8.
- 8* Four kicks – RLRL 1-6, close 8.
- 8* Hold 1-2, step L 3, R fan 4, R chasse 5-6, switching focus “jumps” feet together 7-8.
- 8 Keep focus to side kick RL 1-4, change to center two floor point kicks 5-8.
- 8 Switch to R side 3 kicks RLR 1-6, close 7-8.
- 8 Focus change L to R 1-2, circling bow movement R to L 3-6, passe R leg focus down 7, present out diagonal leg 8.
- 8 Exercise L kick 1-4, close arms 5, hold 6, move to staggers 7-8.
- 8 A’s (front row) ball change R ft to diag collapse chest over throw arms down 1-2, ball change R ft back arms press down side head release 3-4, step R front 5, hair flip to pivot back 6, walk to back RL 7-8. B’s (back row) opposite body level on ball change 1-4, pick up with A’s on pivot hair flip 5-6, walk back RL 7-8.
- 8 Front row turn over R shoulder walk R arms down 1, step L cross at chest 2, leap R arms by ears 3, land in tuck 4, come to high knees head roll to R 5-6, bug 7-8 (back line holds 1-8).
- 8 Back line repeats same movement for 1-8 (front line holds 1-8).
- 8 (1,3,5) Flick R leg to side wall arms breakthrough to ears 1, roll over L shoulder 2-3, standing 4, both arms wrap head 5, bevel arms relaxed 6, finish groups 7-8.
- 8 Finish groups 1-2, walk back into single kick line 3-6, repeat opposition wrapping hook 7-8.
- 888 Repeat *
- 8 Straight kicks RL 1-4, ft together 5, step R pivot hair flip to back 6, fade front to pose 7-8.

Don’t Stop The Party

Level 5 Pom

Choreographers: Monique Jordan, Allyson Maranitch, Erica Sowell, Sarah Starkweather, Emily Woodard

Formation 1: Diagonal

Formation 2: Stagers

Formation 3: Straight line

Formation 4: Stagers (switched lines)

- 8 (1,3,5) Hips bounce side to side, punch R 7, switch L R comes to R hip 8.
- 8* Walk R/L 1-2, shoulders 2, circle 3-4, wrap 5, switch 6, hip, shoulder, level 7&8 (2 levels: high V or poms to knee)
- 8* (1,2,3,4) Jump feet together R arm circles back 1, elbow twists and punches low 2, finish groups 3-6, checks low middle high 7&8.
- 8 Contagion L to R: R arm circles to Indian while turning over L shoulder to front, prep sauté to split jump land in tuck L leg down 1-8.
- 8 Roll to front R arm slices to stand 1-4, Form 2: walk to stagers arms cross in T RLRL 5-8.
- 8 (1,3,5) R/L elbow pull to 1/2 T 1-2, arms circle back to L knee 3-4, circle up to upside down P 5-6, pull to bow and arrow 7, W &, squat covering face with poms 8.
- 8 Continue parts 1-4, peek out from behind poms 5-6, jump to parallel fourth facing opposite sides throw poms to ground 7-8.
- 8 Shuffle side 1-2, quarter turn R 3, quarter turn R 4, Front row: turn to poms and squat 5-6, grab and roll to front 7-8. Back row: walk R/L 5-6, jump tilt 7, land to floor 8.
- 8 Front row: stand up 1-2, arms swim behind head 3-4, back row: roll to stand 1-4, arms swim behind head 5-6, ALL together clip turn over R shoulder to front 7, arms drop to low touchdown 8.
- 8** Arm shoots up (R or L by lines) and pulls down to low touchdown 1-2, R pulls up to half T &3, L pulls up to half T &4, chest pump to half T 5, push arms to high touchdown 6, push around R to L 7, half T face side 8.
- 8 Form 3: pony to straight line on L 1-4, R elbow pumps up jump out to 2nd arms hit L diagonal 5, hips R/L &6, R arm behind head L on hip R circles to hip R passé 7, ball change RL arms punch to low V &8.
- 8 Form 4: Front row: (hold back to become back row) chaîné turn 1-2, walk RL 3-4, jeté 5, tuck 6, hold 7-8. Back row: chaîné 1-2, walk 3-4, low chaîné 5-6, turning jeté with back leg in attitude 7-8.
- 8 Turning leap continues to floor 1-2, (1,3) new back row: legs jump to second keeping poms on floor 1, snake up 2, R to shoulder, L to hip &, switch 3, K to L 4, cheerio to face back 5, poms to R hip looking over R shoulder 6, finish 7-8.
- 8 (“quick part”) Continue turning over R shoulder L scoop 1, step RL open L diagonal &2, clap middle &, open diagonal 3 (back L, front R), circle top arm up to same diagonal with opposite arm on hip 4, punch bottom L 5, circle hips around 6, poms under chin 7, shake R/L &8.
- 8 Contagion R to L: body circles down and up while poms stop down by sides looking R 1-5, jerk LR 6-7, R circles to back 8.
- 8 Contagion R to L: arms windmill L to wrap 1-5, prep side 6, double pirouette 7-8.
- 8 Form 1: walking back to diagonals RL daggers 1-2, with head RL 3-4, fist pump 5-6, cross front 7, throw to low V 8.

- 88 Repeat *
- 8 Repeat **
- 8 Form 3: pony to straight line 1-4, shuffle RLR 5-6-7, circle booty around 8.
- 1 Booty pop & 1, every other girl sinks to create leveled pose.

Everybody
Level 3-4 Officer Camp Jazz
 Choreographer: Roxanne Gage

- 8 Hold 4, walk 5-8
- 8* Turn back 1-2, turn jete 3-4, rond de jambe 5-6, walk 7-8.
- 8* Scoot 1-2, push back, step saute tilt.
- 8* Saute in passe, slide passe, walk 5-6 attitude push down.
- 8* Tuck up 1-2 touch out, in, run pose reach, turn.
- 8* Side Indian, front open, dive out, chasse prep.
- 8* Pirouette, step skip, walk turn swirl.
- 8* Passe switches and balance in front attitude parallel, developpe.
- 8 Step turn to 5th then 4th, hands on hips, be famous.
- 8 Rond de jambe to R, battement R leg, step prep, sissonne R, turn inside L.
- 8 Circle action squeamish, Stevie Wonder reach.
- 8 Pirouette shape like "4", step around.
- 8 Pose Broadway, dive down R body roll, ball change, battement R.
- 8 Passe, look in mirror, open back "over 40", cross leap.
- 8 Prepare 1-2, turn helicopter arms R 3-4, soutenu dive arm 5-6, land chest lift 7-8.
- 8 Body roll R, L flip arms up 3-4, prep 5, windmill turn 6, leap with back attitude 8.
- 8 Walk around fingers says 'No No'--jazz walk to diag 5-8.
- 8888888 repeat from ** lay out and tuck to floor.

Faster
Pep Rally Jazz

Choreographers: Kelsey Joseph, Amanda Philio, Yoshio Pineda, Shannon Reznick, Allie Stevens

Begin in lines, hands to hips L leg hinge focus R

- 8 Hold 1-3, pop to front & 4, walk front L arms touchdown 5, walk R arm break down 6, walk L arm break down 7, jump to forced arch arms pop to chest & 8.
- 8 Jump to second arms burst open 1-2, weight shift L arms to chest 3, shift R arms to "T" 4, front line shift L arms "L" 5, back line 6, all ball change back arms touchdown 7-8.
- 88* Step R press R arm down 1, shift and press L down 2, passe L arm fan over head 3, ball change & 4, FRONT LINE: 3 step turn to R arms cheerio 5-6, clean and step R 7, drop down 8, snake 1-2, flick L 3, step 4, triplet L arms up to down 5&6, snake to side 7-8. BACK LINE: 3 step turn to back 5-7, step R wrap L arm 8, reach 1, throw 2, flick L facing back 3, step 4, triplet 5&6, snake to front 7-8.

- 8* Step R arm up L to hip 1, switch arms shift weight to R 2, step L 3, releve to corner wrapping R arm L arm up 4, snake back wrapping L arm over head 5-6, step L 7, battement 8.
- 8* FRONT LINE: Pivot to back and walk RLR 1-3, pop hips to sit facing back &4, step L back 5, open R arm to face front 6, to hips clean 7-8, BACK LINE: walk front RLR 1-3, pop hips to sit facing front &4, walk 5-6, open R arm 7, to hips clean 8.
- 8* Step R shooting R arm to L foot 1, snake to sit 2-3, shoulder pop &4, (5,7) sit 5, flick R foot front arm up 6, roll to back and stand 7-8,
- 8* Circle arms to snap and sit to R 1-2, finish groups 3-4, triplet pressing arms down 5-6, step 7, jump to forced arch arms up 8.
- 888888 Repeat * (on last 8-count - jump second 7, pop shoulder &, sit to R reach arm down line and pop head R 8.

House Of The Rising Sun
Level 3 Officer Camp Lyrical
 Choreographer: Lyndsay Renger

A's facing down stage left diagonal feet in parallel first with right arm wrapped around stomach and left hand grabbing behind the neck.

B's sitting facing downstage right diagonal.

- 8 A: head roll R to L 1-2, lunge R leg out arms opening into R "L" 3-4, curve over to R leg bringing arms first position 5-6, arch back releasing arms back to front 7-8. B: head comes up 1-2, push into L "L" arms with R leg extended 3-4, curve over 5-6, roll to standing 7-8.
- 8 A: step back on L 1, fan R leg with L leg in plie 2, step on R 3-4, lunge L leg back with arms in K 5-6, drop arms and upper body to leg 7-8. B: shoulders roll back 1-2, step 3-4, meet up with As on 5-6, continue same movement 7-8.
- 8 All ball change LR to L 1-2, reach L arm to L 3, head looks to hand as the fingers fold in 4-5, jump out to second with R arm reaching up with jazz hand 6, pull arm down with "spirit fingers" while hinging weight into R hip 7-8.
- 8 Jump back LR with "reverse swim" arms 1, land in parallel first with chest over 2, roll up 3-4, R arm to L shoulder 5, L arm to stomach 6, turn shoulders and hips to R with R leg in flexed front attitude 7, hold 8.
- 8 Fouette R leg to attitude arms stretching over R to L 1-2, step back R 3, inside ronde de jambe L to face back 4, R shoulder rolls back 5-6, again 7, look to audience 8.
- 8 Step to audience 1, tendu L leg side 3, chest over 4, snake up 5-6, thread the R arm across lunging to L 7, releve in seconde with R arm by ear 8.
- 8 Lunge into R hip with R arm reaching to back wall 1-2, step L leg to R downstage diagonal arms parallel to floor 3, drop chest and arms over 4, push L arm away and snake to back diagonal 5-6, ripple over left shoulder, sit into left hip arms in L check mark 7-8.
- 2 Head roll R to L arms in second 1-2.

- 8 R arm swinging up two stomps on R leg 1&, pull L arm in front of face R leg into passé 2&, drag L ball change with swivel arms 3&, tour with arms in first 4, rond de jambe R leg turning to back 5, step R to back L diagonal 6, thrown R passé 7, ball change RL &, chaine in plie 8&.
- 8 Jete back attitude with arms in first position 1-2, land front with left leg in tendu side focus over R shoulder 3-4, sauté arabesque R leg with arm in fish hook 5-6, step behind R 7, step to front 8.
- 8 Pique penche onto L leg to front 1-2, roll to floor 3-4, come to standing on R leg facing R 5-6, “pizza serve” R arm L arm in second release head 7-8.
- 8 Saute in parallel facing back 1-2, collapse down 3-4, throw L in passé 5-6, throw R in passé 7-8.
- 8 Turning over L shoulder battement R leg 1-2, step RL prepare to downstage L diagonal 3-4, outside pirouette in parallel passé 5-6, step out and reach to R 7, pull to left hip 8.
- 8 Spiral roll to floor sitting with knees up 1-4, extend legs 5-6, circle arms L to R coming to knees with R leg extended out 7, pull hands to L hip 8.
- 8 Step RLR into runners lunge reaching R arm up 1-4, step R 5-6, pull elbows back 7-8.
- 8 Ripple to floor- release back, slide R leg down to floor, roll onto stomach with legs bent behind, sit on high knees, windmill arms R to L, R “spirit fingers” up with focus following 1-8.
- 1 Pull R elbow down closing to fist head drops on 1.

I Got This
Level 1-2 Hip Hop

Choreographers: David Arevalo, Magaly Guerra, Hayley Hoffman, Monique Jordan,
Sarah Kercho, Yasmeen Montes, Liz Reuter

Staggered lines facing back, feet in 2nd position, head down

- 4 Hold 1-4.
- 8* Look over R shoulder, R hand on hip 1-2, turn side 3-4, arms down pop chest 5-6, pop again with arms above head 7, back down to shoulder level 8.
- 8* Turn to back with arms in 1/2 T elbow to R 1-2, move L elbow over to L as L ft crosses over R 3-4, turn to front 5-6, roll arms down as body rolls to a 2nd position plie 8.
- 8* A/B Groups -- Group A (stage R): Step R in 2nd position plie arms pull up to chest 1, close ft to front arms drop 2, repeat step L 3-4, face front arms crossed at chest under chin, step out with right ft as heels bounce and hips move from R to L 5-7, R hip pops as fist go out and back in on & 8. Group B (stage L) – same choreography, opposite order 1-4, 5-8.
- 8** Everyone steps R ft forward arms cross in front of chest palms out L over R 1, uncross to low V demi plie 2, elbows pull up to box grande plie 3, hold 4, ronde

- de jamb R leg open hands and press around and away 5-6, shift weight back on R ft hands in boxing position 7, L heel twists and hip pops on & 8.
- 4 (free style) wave out formation in levels 1-2, back in 3-4.
- 8** R elbow initiates movement forward stepping R 1-2, close ft arms by side 3-4, R ft steps out R hand slides up belly, L hand slides up spine 5, ft together 6, L ft steps out L arm punches around front 7, 1/2 T L arm close ft 8.
- 8** (Moving to Triangle with partners side by side) Pony with arms by side head pops forward 1-4, continue pony arms touch down 5, cross arms at chest hands grab shoulders 6, touch down 7, arms down by side 8.
- 8 Turn to L side step back R ft arms cross over chest 1, turn to front open hands to shoulders 2, shift weight to L hip flip hair 3-4, partner on L kick R ft hands grab pants moving to R 5-6, partner on R kicks L ft hands grab pants moving to L behind partner 7-8.
- 8 Front person - step out R ft arms open by side palm forward 1, plie hands push down in center 2, slice arms up above head 3, hold 4, roll ribs to R as you lower 5-6 again 7-8. Back person – same choreography, but steps out to the L. (on rib rolls partners should end up behind one another).
- 8 Front person - come to standing step out to L 1-2, drop back down to floor 3-4, R arm 1/2 T to chest 5, L follows 6, push arms down body slightly lifts up 7, back down 8. Back person - step out R 1-2, slight plie 3-4, R arm 1/2 T to chest 5, L follows 6, push arms down as body slightly lifts up 7, back down 8.
- 8 Front person - step out to R, elbows to thighs circle body down to pass back partner 1-2, close side 3-4, 3 step turn 5-7, open to 2nd position 8. Back person - arms slice over partner in plie hands open 1-2, going to floor 3-4, roll on floor over L shoulder 5-8.
- 8 Pop head or stand 1-2, everyone moves to clump walk in 3-6, L hand raises to diagonal hands open 7, R hand punches L palm 8.
- 8 (Moving back to staggered lines) walk 1-4, start on R ft cross wrist 5, open 6, cross wrist 7, open 8 in 2nd position
- 8 (1,3,5 R to L) Low plie circle upper body from R-L 1-6, clip turn with R ft to back for repeat 7-8.
- 888 Repeat *
- 8 Step L side cross wrist 1, cross R ft over L open arms 2, repeat on other side 3-4, jump to 2nd position arms circle around and back 5-6, pop shoulders back to L 7, pop shoulders back to R 8.
- 88 Repeat ** (Move to clump with pony 8-count)
- 8 Ripple from L to R head circle L-R 1-4, face side and pop chest 3 times 5,6,7 pose 8.

I'm Into You Level 1 Jazz

Choreographers: Cali Hoffman, Kelsey Joseph, Christine Latin, Allyson Maranitch, Julie Rowley, Allie Stevens

Lines, posed facing back with hands on hips L foot popped

- 8 Hold 1-4, every other line switch pose to L 5 or 6, switch back 7 or 8.
- 8 Roll Hips 1-3, snap 4, FRONT LINE: Step to front L 5, tendu R breaking arms up 6, BACK LINE: repeat 7-8.
- 8* Press arms level front release back 1, head up 2, open to flexed T 3, circle arms &, scoop to dig hands on hips 4, step R touch L with L arm crossing chest 5-6, step L touch R arms "L" 7-8
- 8* (1,3,5) Ball change &1, passe 2, chasse side 3&4, rond de jambe to front crossing R arm 5-6, 'Whip It' arm 7-8.
- 8 Finish parts 1-4, all kick ball change flicking wrist 5&6, 3 step turn 7&8.
- 8 Transition to triangle – chasse L arms wrapped down to L 1&2, switch to R 3&4, arms break to low "V" walk 5-6, pivot L 7-8,
- 8 Jump forced arch arms up 1, (2,3,4) open stepping front R 2, finish groups 3-4, clip turn 5-6, step to R arms waterfall up and down focus to R 7&8.
- 8 Look front 1-2, prep 3, single pirouette 4, jump to second arms up 5, jump together 6, plie shoulder rolls 7&8.
- 8 Bug 1, slide R leg through to floor 2, roll to sit 3-4, (5,6,7) sit back on elbows and battement 5, return to sit 6, finish groups 7-8,
- 8 Cross L to stand 1-2, pivot wrapping R arm 3-4, chasse to back 5-6, step L to side 7, grand jete arms L 8.
- 8 Transition back to lines – chasse L arms wrapped up to L 1&2, switch to R 3&4, arms break to low "V" walk 5-6, pivot L 7, dig R foot 8.
- 8 Step on R and press/roll hips all the way to front 1-4, REPEAT FRONT LINE: Step to front L 5, Tendu R breaking arms up 6, BACK LINE: repeat 7-8.
- 88 Repeat * (all together on ball change parts)
- 1 Pose in levels 1.

Jet Lag

Level 2 Pom

Choreographers: David Arevalo, Kali Boyd, Lyndsay Renger, Hillary Hoffman

Beginning Position: Diamond form - everyone face back, feet together, arms clean, focus front.

- 8 Hold 1-8.
- 8 Step out R leg to second arms shake out to sides up to touchdown 1-3, close feet arms break down 4, cross R foot over L as arms go to chest 5, turn front over L shoulder arms punch to rocket 6, slice out down 7-8.
- 8 (1,3,5 front to back) Everyone step back on L leg to sit in hip starburst arms 1-6, everyone step forward R arms cross R over L 7, bring L foot to R break through to T 8.
- 8 (Ripple front to back) Step out R foot to sit in R hip R arm circles towards L finishes in T L pom comes to L hip 1-8.
- 8 Re-step on L to pull R foot in, R arm circles down around to L 1-2, grounded chasse T arms in and out 3&4, turn over L shoulder to face back L arm stays tucked in to side R arm punches up 5-6, step R switch arms 7-8.

- 8 Step out L as L arm circles towards R 1, jump feet together R arm meets L in rocket 2, (Ripple back to front) Step L back arms peel down to low V head releases 3-8.
- 8 (Transition to Staggered Lines) Re-step on R foot 1, pull L to R turn over L shoulder to come front 2, walking arms: Shake 3-4, L arm breaks down R arm shampoo around head 5-6, punch R to L flat corner 7, swing across to T 8.
- 8* Swing R arm up 1, break down 2, cross arms R over L punch front 3, break through to clean 4, (5, 6, 7 left to right) jump out into second position facing L, punch R arm out 5, 6, or 7, L arm meets R punch through plie 8.
- 8* Bring R foot to L as arms circle around 1-2, step through forward on L to prepare 3-4, single pirouette 5-6, jump out in second position R arm punches up 7, switch arm 8.
- 8* (1, 3, 5 left to right) Drop over bring L arm to R knee 1-2, release back L leg arms break through to low V head release 3-4, open up to back R leg to second position L arm wrapped in front R in back 5-6, punch both to touchdown 7-8.
- 8* Finish parts 1-4, everyone shake down to clean 5-8.
- 8 Step R to L turning over L shoulder arms to belly button R over L 1-2, (switch lines) R arm goes to forehead 3-4, bring L to meet it 5-6, rocket up 7-8.
- 8 (1,5 Odds or Evens) Step out L arms open 1-2, tuck R leg down 3-4, roll over L shoulder 5-8.
- 8 punch L arm to Front 1 or 5 arms cross in front pop R foot 7 low "V" 8
- 8 half tuck 1-2 explode 3-4 arms roll in 5 arms behind head 6 touch down 7 plie arms to floor 8
- 8 front row snakes up 1-4 back row snakes up 5-8
- 8 (Switch lines back) Wrap head 1-2, clean arms down 3-4, punch candle sticks forward 5-6, clean arms 7-8.
- 8 Step touch starting L (4x) L arm punches mid-level across the body to low-V 1-2, switch 3-4, arms to higher diagonal 5-6, switch arms 7-8.
- 8 Punch R arm up cross L foot over R 1-2, clip turn to back 3-4, drag over R shoulder arms in 1/2 T 5-6, step out L punching arms down 7, pop R low V arms 8.
- 8 Double punch to R low diagonal 1-2, repeat transition arms from beginning starting with shake 3-4, shampoo 5-6, punch across body 7, swing open to T 8.
- 8888 Repeat *
- 8 (1, 3, 5 outside to inside) Twist over L shoulder, chest goes front arms break through to low V on 1, 3, or 5, jump out arms come to rocket 7-8.
- 8 Shake open to a low V, head releases 1-4 as music fades.

Judas
Level 3 Pom

Choreographers: Sara Kercho, Christine Latin, Casey Potter, Liz Reuter

Start off in a diamond

- 8 (1,5) hold 1-4, wrap arms R in front L in back 5, low v 6, rocket 7, breakthrough low V head release on 8.

- 8 Finish groups 1-4, (5,7) cross arms to put hands behind head on 5-6, finish groups 7-8.
- 8* Moving out to staggers - cross whips in front 1-2, shake poms at chest 3-4, open/close arms 5-6, T out 7, slice down to close arms 8.
- 8* Opposition high/low V ball changes 1-2, 3-4, back row turns to face back arms wrapped on stomach on 5-6, front row holds 7-8.
- 8* Ripple L to R: turn over R shoulder slice R arm to R side R foot pointed on floor 1-6, R arm/focus whips to L 7-8.
- 8* R chasse front arms punch break down 1-2, step L shoulders LRL 3&4, pivot R back T arms 5, step L with R behind head L arm behind back 6, same T arms 7, opposite wrap arms 8.
- 8* Turn over R shoulder clap 1, hold 2, into chest R punch across ball change 3-4, single pirouette arms broken T 5-6, jump to second arms low V 7, close touchdown arms 8.
- 8* (1,2,3) R arm swings to L 'K' 1, clap 2, R 'K' 3, cheerio 4, hands on R knee 5, switch to L focus stays up 6, finish groups 7-8.
- 8* Opposition three step turns by row 1-8.
- 8* Transition to inverted V formation - chest 1-2, L arm wrap waist R arm high V 3-4, switch opposite side 5-6, L arm circle to low V 7-8.
- 8* Punch R arm 1, L arm 2, cross at chest 3, low V 4, step L bring arms into chest closed position 5-6, switching check marks 7-8.
- 8 (Different diagonals of the inverted v parts) step back leg out broken T arms to face front 1-2, focus/hands down on knees 3-4, rocket parts 5,6,7 circle out down 8.
- 8 RL walks opposite punching arms 1-2, side ball change slice arms across body 3-4, turn around R shoulder 5-6, high/low V every other person steps out in RLRL 7&8*.
- 8 (1,3,5 L to R) step L 1, kick R leg arms down by side 2, close step R 3, face side R hand to L shoulder 4, finish groups 5-8.
- 888888888 Repeat * (jump out to second position throw R pom on ground with a jazz hand).

Lights
Level 4 Officer Camp Contemporary
 Choreographer: Clayton Cross

Beginning is 2 lines. Front line sitting, holding knees on right diagonal, second line is standing behind and to the left of each sitting person. The extra person should be in the front row.

- 8 Sitting person - hold 1-2, flex feet 3-4, scoop 5-6, reach 7-8.
- 8 Both arms reach R 1, arabesque leg 2, roll to stand 3-8. Standing person - box arms 1-2, lunge 3-4, attitude R leg 5-6, step together 7-8.
- 8 Plié turn 1-4, attitude throw 5 reverse shampoo 6-8
- 8 Touch heart 1, pull out 2-4, swivel wrap arm 5-6, walk back 7-8.
- 8 Circle to open lean back 1-2, stand 3, knee 4, pop foot to R &5, press R &, L 6,

- step together 7-8.
- 8 Swivel L foot bird arms 1-2, press L arm 3, open 4, pirouette 5, hold 6, press to face back 7-8.
- 8 (1,3) Box arm lunge 1, grab lights and 2-3, x jump to front 4&5, big R fan 6, roll to floor lay on back facing diagonal 7-8.
- 8 Wait for standing partner 1-4, superman stunt up 5-6, down 7-8. (Second group waits until 3-4, all movement is two counts later, standing partner fans on first 8, then stunts on 5-8).
- 8 Walk under partners arm 1-2, partner pulls 3-4, battement over head 5-6, partner unwinds 7-8.
- 8* All together punch and 1, drop lights and 2 swivel hips 3-4 , L lunge 5, stand punch 6, open in second head back stretch 7-8.
- 8* Front Line: Reverse fan 1, tuck and roll 2-4, stand 5-6, face gesture 7, pull face 8. Back Line: releve circle 1-4, walks behind partner partner gestures 5-8.
- 8 Drop forward 1, pull partners face 2, walk to diagonal 3-6, rebound R foot 7, attitude flick 8.
- 8 (1,3) Pull R leg front 1-2 flick 3, step and 4, reach 5, pull 6, step and 7, cut 8.
- 8 Step 1, developpe 2, flex L 3, open 4, wrap turn 5-6, back swirl attitude 7-8.
- 8 All together big fan 1, down 2, reverse attitude throw 3, unwind 4, first position plie 5, pop jump &6, head roll flex &7, punch &8.
- 8 R flex gesture 1-2, roll arms &3, plie contract L arm 4, arabesque press to face different diagonals 5-8.
- 8 (1,2,3) grab lights up 1, L 2, R 3, down 4, finish groups 5-6, all jump pop arms out pop head 7, down 8.
- 8 Roll up 1, look up 2, tuck roll L to stand 3-8.
- 88 Repeat * (rolling to spiral stand reach 7-8).

Mama Knows Best
Level 3-4 Officer Camp Jazz
 Choreographer: Monique Haley

Begin in 3 staggered lines, feet little more than shoulder width apart head down hands by sides.

- 8 Hold 1, shoulder left 2, shoulder R popping R foot forced arch 3, half head roll to R 4, finish head roll L 5, slight lunge weight on R foot 6, replace with L foot rond de jambe R foot 7, arms high V ball-change RL pressing hands by sides &8.
- 8 Step front pressing hands arms to T 1, passé parallel 2, ball change &-a, chaine 3-4, quick prep &-a, double coupe turn 5-6, quick prep &-a, double pirouette 7-8.
- 8 Land pirouette in parallel second hands by sides 1, softly raise hands in jazzy high V 2, quick hips RL &-a, ball change RL 3, cross L foot front in plie &, R battement 4 leg arms jazzy high V, drop leg R cross L again to front upper body in curved flat back arms swing forward &-a, arms swing up bring body over the R shoulder for a floor slide 5-7, to crawl onto R shin L knee up sit spin hands above head 8.

- 8 Land in "S" sit 1, R knee front, hold 2, lift head L leg around to crouched standing 3-4, skitter to clump improv arms 5-7, jump parallel arms parallel above head by ears 8.

Parts:

*A's- jump and land tucking L leg and laying on left side on the floor 1, hold 2, sit body up 3, lifting R knee looking into middle with head snap 4, getting up slow heads down 5-7, pop head front 8.

*B's- land parallel jump favoring R leg with weight at the end slight bend of knees and L leg forced arch head over R shoulder "no sweat" hands on 1, roll shoulders back relaxing hands head coming center 2, head roll 3-4, split b group down center - those to the R bend down to R pointing R finger R arm bent at elbow to group c, L hand lifted high in half V 5, slowing come up to standing head front by 8, the other half of the b's does the same pointing to the a's and faces standing front head looking up 8

*C's- same counts as a's except tucking R knee to fall to your R side, and lifting L knee before head pop center

- 8 Walking to front R 1-3, look front 4, L passé step down to back arms present through first position 5-6, stepping onto R foot single inside turn with 'whirlpool' arms 7, step out R foot hitched as arms flick down to L side 8.
- 8 Triplet with hips to right RLR arms gradually reach high V 1&2, rond de jambe R leg arms pull towards chest 3, ball change &4, chaine plie prep turn 5-6, X jump over R shoulder &, landing L arm curves down across body L leg cross over on "a", flick towards front crossing at knees arms reaching up towards high V 8.
- 8 Single pirouette R arm meets L swinging in front of body and back up 1, stepping out with R arms press down focus down 2, body undulation up as arms float up with flickering fingers 3, pressing back down 4, Even lines - stepping onto L foot R arm circles changing body position to back 5, ball change arms parallel pressing out upper body released &6, drop torso arms close to sides 7, shoulder roll initiates body opening to side, front R leg in forced arch 8. Odd lines - hold 5, stepping onto L foot, R arm circles changing body position to back 6, ball change arms parallel pressing out as upper body released &7, arms dropped to side picking up with other group, shoulder roll 8.

***CHORUS

- 8 Triplet RLR with 'come to me' hands towards front diagonal 1&2, R leg rond de jambe R arm flicks down across body twice &4, fourth position arms close to side 4, even lines - arms push out parallel torso dropping flat back fingertips in &5, hold 6, odd lines - hold 5, arms push out parallel torso dropping flat back fingertips in &6, all - penche 7, tuck head under front roll 8.
- 8 Standing up R foot back 1-2, plie &, turned out single coupe arms clasped in rocket 3, arms drop with in parallel 4, contract jumping onto R foot arms reach to diagonal &5, pique L foot arms 6, chaine 7-8.
- 8 R jete 1, ball change L forward &2, backwards saute push stepping back R, L extended front arms in opposition 3&4&, over R shoulder run to front diagonal

- RL 5-6, parallel tuck jump arms 'push open' legs to diamond shape &7, drop to left lunge 8.
- 8 Hold 1-2, (3,5 by lines) stand up R leg steps front, R "L" arms pressing up wrists flexed 3, pivot to back R elbow in 4, L foot forward sitting in R hip arms cling to side 5-6, all step front R 7, stepping back with L foot 8, turning over R shoulder step RL L feet forward &-a.
- 8 Stomping R foot twice, 'jazz hand pull circle' arms 1-2, stepping out R sit in hip jazz hand pulled to hips 3, switching to L hip,L hand released in front 4, knees lifted in parallel RL arms straight pulling shoulders up in opposition of legs 5-6, jumping R foot to front R diagonal arms circle back to front 'lifting' &7, torso and arms drop plie 8.
- 8 Parallel releve in 2nd arms in wide V &1, swivel contract pulling left 2, 'skitter' to tighter clump 3&a4, step out R fourth position parallel to R diagonal shimmy down arms placed on knees head down &a5, shimmy up arms pulling up &a6, weight on L foot R foot extended in point press everything down head roll to L 7, shaking head body over parallel forced arch to L diagonal 8&.

*** REPEAT CHORUS, no parts

- 8 Triplet RLR with 'come to me' hands towards front diagonal 1&2, R leg rond de jambe R arm flicks down across body twice &4, in fourth position arms close to side 4, arms push out parallel torso dropping flat back fingertips in &5, down in plie 6, booty bump to R &7 coming up to coupe turn 8.
- 8 Contract jumping onto R foot arms reach to diagonal &1, pique L foot preparation arms 2, chaine 3&, R jete on "a", ball change L forward on 4, over R should run to front diagonal RL 5-6, parallel tuck jump arms 'push open' legs to diamond shape &7, drop to L lunge 8.
- 8 Skitter to clump improv arms 1-5, torso contracted 6, jump parallel arms parallel above head by ears 7, ending position in parts* (continue into next 8)

*A's (R side)- jump and land tucking L leg and laying on L side on the floor by 8, R knee closes towards L upper body releasing back 1.

*C's (L side)- jump and land tucking R leg and laying on R side on the floor by 8, L knee closes towards R upper body releasing back 1.

*B's (middle)- land parallel jump favoring R leg with weight at the end slight bend of knees and left leg forced arch head over R shoulder, "no sweat " hands on 8. Sitting in L hip, pointer finger up 1, 'naughty' finger and head shake after music cuts.

Me and the Microphone

Level 1 Military

Choreographers: Rhodessa Bell, Lilian Mason, Yoshio Pineda, Julie Rowley

- 4 Hold 1-4.
- 8 Step back R R arm slice up 1-2, pivot T arms 3-4, pivot L arm slice up 5-6, break half daggers look up 7, clean 8.
- 8 Prayer 1, broken T 2, push down 3, tuck 4, plank 5-6, tuck 7, knees low V 8.
- 8 Bend L arm 1-2, slice across roll R 3-4, roll to stand 5-7, clean 8.

- 8 Transition to diamond: R angle arms bent in front of face 1-2, straighten R 3-4, switch 5-6, circle R to behind head 7-8.
- 8 Pump 1-2, (3,5,7 front to back) flex L or R high diagonal 3, slice to low diagonal across 4, circle 5-6, continue groups 7-8.
- 8 Continue groups 1-2, all arrow R arm up 3-4, ball change shoot through 5-6, 3 step turn R arms broken T 7-8.
- 8 Dive up 1, circle to low V 2, (3,5,7 side to side) check mark R 3, L 4, W 5, T pli  6, clean 7, continue groups 8.
- 8 Continue groups 1-3, microphone 4, ripple R to L: slice across, pivot turn 5-8.
- 8 Transition to straight line: hug yourself 1-2, dive front 3-4, dive up 5-6, break down RLR 7&8.
- 8 Repeat moving arms 1-8.
- 8 2 groups: A's: R broken T step out R 1-2, circle L over to Indian look down 3-4, dive front high knees 5-6, scissor L arm up look front 7-8. B's: hold 1-2, push R arm flex T step out L 3-4, close R to L dive front 5-6, scissor R arm up look front 7-8.
- 8 A's: Clean 1-2, arrow R arm straight T 3-4, roll L to standing 5-8. B's: pivot 1-2, close arrow L arm straight 3-4, 3 step turn R clean 5-8.
- 8 Transition to staggered lines: microphone R 1-2, circle clean 3-4, microphone L 5-6, circle clean 7-8.
- 8 Transition continued: cross R at chest 1-2, L to X 3-4, low V 5, X 6, circle to cheerio 7-8.
- 8 (Every other line) swivel to low cheerio pivot to back 1-2, swing arrow front R arm straight 3-4, turn wrap arms 5-6, dive down pli  7, jump clap hands overhead 8.
- 8 Tuck 1-2, continue groups 3-4, 4 groups pop out into L high diagonal flex, R hand on hip 5, 6, 7, or 8.
- 4 Slice L across look front 1-2, pass  flex L R arm up 3-4.
- 8 Clock work L arm out R arm down 1-2, switch 3-4, up 5-6, (7,1,3,5 R to L) cheerio 7, L 8.
- 8 Continue groups 1-6, circle L arm to flex T 7, jump together clean 8.
- 8 Transition to diamond: R angle arms bent in front of face 1-2, straighten R 3-4, switch 5-6, circle R to behind head 7-8.
- 8 Pump 1-2, (3,5,7 front to back) flex L or R high diagonal 3, slice to low diagonal across 4, circle 5-6, continue groups 7-8.
- 8 Continue groups 1-2, all arrow R arm up 3-4, ball change shoot through 5-6, 3 step turn R arms broken T 7-8.
- 8 Dive up 1, circle to low V 2, (3,5,7 side to side) check mark R 3, L 4, W 5, T pli  6, clean 7, continue groups 8.
- 8 Continue groups 1-3, microphone 4, pivot turn to back corner R arm slices 5-7, clean 8.
- 1 Microphone pose in levels, highest in back 1.

**My Swaggs Mean
Level 1-2 Hip-Hop**

Choreographers: Christine Latin, Amanda Philio, Casey Potter, Caitlin Poulton, Krystal Royster

Begin in clump in any pose

- 8 Hold 1-4, morph into new pose 5-8.
- 8 Morph into new pose 1-2, dig L foot behind 3, unwind 4, slow run R 5, L 6, quick run into staggered lines 7&8&.
- 8* Flex R foot to L downstage diagonal with arms in cheerio 1, step back R foot drop arms &, elbows up plié 2, pivot knees to R drop arms 3, ball change LR &4, dig L foot back swivel 5, step R jump together R arm in broken T 6, “Swagg” move 7&8.
- 8* Step out R scooping arm up 1, ball change RL punch arms down &2, plié bring arms to broken T &, push arms out 3, back to broken T &, throw arms 4, point up 5, step L 6, turn to back 7, throw back 8.
- 8* GROUP 1: pop with arms in broken T 1, step out big arms 2, step L 3, kick ball change 4&, pivot knees to R 5, slide to floor 6, kick R leg 7, roll to stand 7-8. GROUP 2- hold 1-2, pop with arms in broken T 3, step out L big arms 4, step R 5, kick ball change 6&, pivot knees to L 7, slide to floor 8 .
- 8* GROUP 1: stand 1, close R foot in 2, stepping back with R arms scoop up to turn to front 3, grab &4. GROUP 2: kick L leg 1, roll to stand 2-3, grab 4. Both groups join together snake back 5-6, step R pull L arm 7, step L pull R arm (moving into triangle) 8.
- 8 Quick runs 1&, hit pose 2, run 3&, hit pose 4, (5,6,7 front to back) flex R foot pull arms across R in broken T 5, back front &, punch down 6, down and up 7, punch arms down stepping back L 8.
- 8 Finish groups 1-2, everyone one together ball change LR sweep R arm across 3, face stage L 4, 1st and 3rd lines pop 5&, front 6, 2nd line pop 7&, front 8.
- 8 Kick ball change L 1&2, lean R 3, lean back &, back to lean 4, ball change LR &5, “Woah” 6, swipe roll L 7, swipe roll R 8.
- 8 Swagg face 1, pivot back 2, swipe roll L 3, swipe roll 4, run 5&, pose 6, run 7&, pose 8 (back to staggers).
- 8888 Repeat *
- 1 Hit Swagg pose on 1.

On the Floor

Level 3-4 Pom

Choreographer: Heather Williams

Formations: 1. Triangle 2. Stagger Lines 3. Triangle

- 8 (Lyric intro) Hold 1-4, poses on 5, 6, 7, “cheerio arms” 8.
- 8* Hip 1, hip 2, unfold 3, head 4, back 5, low V 6, cross plie 7, releve passé 8.
- 8 Step 1, cut battement 2, step 3, drag 4, run 5 &, X jump 6, unwind 7-8.
- 8 L hand on hip pose 1, hold 2, (3,5) “hey girl” 3-4, swing 5, throw 6, kick ball change with twist arms 7&8.
- 8 Double pirouette 1-2, step R punch 3-4, repeat L 5-6, repeat R 7-8.

- 8 Pivot & throw 1-2, run 3, run 4, grand jete 5, unwind 6-8.
- 8 Grand battement 1, step 2, FORM CHANGE arms 3-4, cross head back 5, low V 6, shimmy 7-8.
- 8 Jump 2nd 1-2, (3,5,7) pull 3, punch releve 4, high V 5, toe tap 6, cross 7, cut 8.
- 8 Prep 1-2, low chaine 3-4, barrel to floor 5-6, roll 7-8.
- 8 Leg pose 1-2, cross low V 3-4, arms throw up 5-6, roll to stand 7-8.
- 4 Roll to stand 1-2, hold 3-4.
- 8 Hands behind head 1, close 2, “hey girl” 3-4, whip 5-6, hold 7-8.
- 8 Drag 1, 2, FORM CHANGE hips 3-4, “flashers” 5-8.
- 8 A’s: cheerio 1-2, coupe turn in plie 3, front diag arms 4, plie L 5, swing to touchdown 6, cha-cha pull 7&8.
- 8 B’s: repeat above.
- 8 Pose 1-2, pose 3-4, roll 5-6, roll 7-8.
- 8 Pivot punch 1, drag L to back 2, FORM CHANGE 3-8.
- 8 Repeat *
- 8 Hips to passé 1-8.
- 8 Drag to X jump 1-8.
- 8 Hip Pose to cha-cha 1-8.
- 8 Pivot throw to jeté 1-8.
- 8 Grande battement, 4 walks, ending pose 1-8.

Only Love
Level 2 Officer Jazz
 Choreographer: Erica Sowell

Beginning formation: Triangle - face back R diagonal feet parallel closed arms down by sides

- 8 Hold 1-4, snake head step R & reach arms towards downstage R diagonal 5-6, contract pull arms to L hip 7, every other line switches R hip on 8.
- 8 Release flex hand reach press 1-2, pull bevel lunge front 3-4, swivel R knee in out extend 5&6, step R plie 7, arabesque floater turn arms wrapped at shoulders 8.
- 8 Step L 1, parallel pas de chat 2&, land R slide to floor L leg extended 3-4, roll drop chest to floor 5-6, stand up 7-8.
- 4 Transitioning to 2 lines: three walks to plie parallel prep arms going wrap 1, head 2, R arm reach across body L hand on hip 3, keep arms there 4.
- 8 Sauté jete 1, land 2, chasse R 3&4, pas de bouree L to face back 5&6, R leg extends out hip roll 7, sit back pose 8.
- 8 Flick L jump R 1, step L 2, touch R back turn 3, step R 4, walk R L reverse shampoo arm 5-6, reach out jazz hands side 7, pull contraction in fists to hips 8.
- 8 (1,3,5) Arch snake up 1-2, reach R arm up 3, switch L arm up R arm grabs elbow turn to back 4, chasse R 5&6, step side L 7, X jump to front arms go straight out & around 8.
- 8 Land L foot back plie hold 1, (3,4,5) walk L R L to switch lines 6-8.
- 8* (1,2) step out wide second arms reach T 1, cross step L, R hand goes to head L arm grabs elbow 2, step out R wide second 3, switch arms to L side across body 5,

- everybody releases R arm away & head goes back 6, contract R knee to chest arms pull back in fists 7, push down parallel stand facing left downstage diagonal 8.
- 8* Prep front ball change 1-2, double pirouette 3-4, Front line: drop slide center splits to floor 5-6, close legs together 7-8. Back line: step out R release body roll arms out to T 5-6, lunge both knees bent 7-8.
- 8* Front line: roll to the back 1-2, stand up 3-4, walk through back line windows LRL 5-7 turn front 8. Back line: pull elbow back RL 1-2, step R 3, battement R leg arms straight up 4, walk through front line windows RLR 5-7, close 8.
- 8* Step forward R hands on hips 1, shift weight back sit R arm to chest 2, rond de jambe R leg back arms circle push around 3-4, 'run' lean away 5, step L 6, turn back 7, chasse L 8&.
- 8* Cont. chasse 1, reverse jete 2, ball change LR 3-4, walk forward LRL, L hand on hip R hand pointer finger shaking 'no' 5-7, dig R 8.
- 8 Slow run plie in place L leg goes back L arm goes forward 1-2, step L forward R arm to shoulder 3, throw R arm & look back 4, head pop look front 5, shake booty 6&7&8&.
- 8 Snap turn 1, dig R 2, chasse R back arms pull bow 3&4, drop tuck spin L arms straight up 5-6, jump out wide second 7-8.
- 8 (1,3,5,7) Hip roll pick up in four groups 1-8.
- 4 Release freestyle as an entire group or each individual for 1-4.
- 88888 Repeat * (all together)
- 8 Slow run plie in place L leg goes back L arm goes forward 1-2, step L forward R arm to shoulder 3, throw R arm & look back 4, body roll plie look front 5-6, R hand to heart R knee turns in and front 7-8.
- 4 Release head back body roll R arm pulls away from heart step back L 1-4.
- 8 Fast feet scurry each person different arms transitioning into clump 1&2&3&4, walk charge front 5-8.
- 5 Salsa step R, ball change look to R 1&2, kick L 3, ball change &4, throw hard pose 5.

Paper Scissors Rock

Level 4 Hip Hop

Choreography: David Arevalo, Magaly Guerra, Monique Jordan, Yasmeen Montes, Yoshio Pineda, Liz Reuter

Beginning Pose: 2 groups face each other arms by side.

- 8 Step L 1, touch R hand L leg back 2, steps LRL 3&a, clap 4, repeat 5-8.
- 8 Snake R 1-2, pas de bourre LRLR 3&4&, bounce front low V arms 5-6, bounce back cross arms 7-8.
- 8* Swivel R to L arms Indian &1, reverse &2, half T 3, push down &, contract front plie 4, "money" 5e&da, TUTTING: side prayer 6, slide L hand back &, flip LR 7, flip L elbow down &, extend L out with fingers R shampoo head L heel up twist side 8,

- 8* Slide L foot back roll shoulders R 1-2, snake L &, scuff 3, step out R side &, close L 4, stomp pivot turns to corner 5-6, focus front 7, pulse &8.
- 8 B/c melt 1, look B extend 2, cross arms R 3, uncross L &, high V stand 4, melt low &, 2 groups: Front Row - slide L 5, reverse 6, cross L over turn to stand 7, top to bottom isolation 8. Back Row- turn R 5, slide R 6, melt L floor 7-8.
- 8 Continue parts: Front Row - triplet back RLR body roll with arms 1&2, flick hands “no” stepping RL 3-4, kick slide L arms come round 5, face front step RL arms Indian &6, tilt arms R plie 7, throw arms up &, lean L arms down 8. Back Row - reach R arm 1, L arm &, turn R 2, sit wave RL 3&, slide L 4, turn over R to stand back 5-6, lean L 7, pivot over right shoulder &8.
- 8 Transition step: “Crazy” RL 1-4, groove arms cross and low V 5-8.
- 8 Cont. transition step: Crazy” RL 1-4 groove arms cross and low V 5-8
- 8 1/2 T fist pump 1&, scoop R 2, L kick R arm through release head 3&, step R hands on head focus side 4, close L &, throw head RL 5-6, R foot stomp to side body isolation fist to chest 7&8.
- 8 Rond de jambe 1, pas de bourre LRL to face front &2&, step R dip R 3, throw arms contract 4, repeat 5-6, ‘TLC’ RL7-8.
- 8 Groove freestyle 1-4, ‘TLC’ back to original formation 5-8.
- 88 REPEAT *
- 8 Transition to clump: step L 1, touch R hand with L leg back 2, steps LRL 3&da, clap 4, repeat 5-8.
- 8 Bounce front low V arms 1-2, bounce back cross arms 3-4, stomp around shake hips to back 5-8.
- 1 Peace and pose to front 1.

Papi

Level 1 Camp Jazz

Choreographers: Clayton Cross, Robbyn Good, Hayley Hoffman, Hillary Hoffman, Sara Kercho, Allyson Maranitch, Lilian Mason, Lyndsay Renger, Erica Sowell

Beginning Position - two triangles

A’s & C’s are shifted in their R hip with L hand at R knee and R arm on hip.

B’s are shifted in their L hip with their L hand on hip, R arm resting on top of head.

8 Hold 1-4, A’s & C’s switch to B’s pose on 5-6, switch back to original pose 7-8. B’s do the opposite.

8 Head roll to R stomping R heel 1-4, both groups jazz walk towards center to staggered lines 5-8.

8 Chainé into center 1-2, walk 3-4, arms up 5, down 6, wrap chest 7, open to T 8.

8* (1,3,5 R to L) Ball change R-L as R arm swipes around L side of face 1-2 (or pull arms down to clean 1-2), turn over R shoulder to back as R arm unfolds down by side sitting in R hip 3-4, finish parts 5-8.

8* Everyone turn torso look L to front 1, hands slide up to small of back 2, chest pop 2 times 3-4, Front line: step L 5, tendu R leg out to side R arm reaches to ceiling 6, Back Line: hold 5-6, step reach 7-8.

- 8* Melt R arm out and down 1-2, bring arms to hip 3, break up to touchdown 4, switch lines as arms pull down hands in fist 5-7, close feet 8.
- 8* Rond de jambe L leg as arms swim in T 1-2, step back on L 3, pull R foot to L as arms break through to L 4, step R 5, step L 6, battement R leg to the front arms down 7, step on it 8.
- 8 Odd Lines: pivot on L foot to back 1-2, tuck L leg under and roll to L 3-4, bring R leg around facing front 5-6, tuck R leg in bring L leg to the side 7-8. Even Lines: Cha-Cha ball change L-R arms in bow & arrow 1-2, cross L leg 3, step R 4, “sunburst” arms step L together 5-6, tuck over 7, hold 8.
- 8 Odd Lines: Reach arms up 1-2, roll back over L shoulder to face side 3-7, close feet 8. Even Lines: Reach up with R arm tendu out 1-2, open arms to T 3-4, step R across 5, chasse L to side wrapping head 6&7, close to L pop R toe 8.
- 8 (Transition to a triangle with the point in the back) Snap hands above head 1-2, again 3-4, cross hands over face to melt down to hips 5-8.
- 8 Coming forward step L as R arm swings up and forward to shoulder level 1-2, switch feet and arms 3-4, ball change LR as arms swing up to touchdown body facing profile 5-6, step to back 7, bring arms down close feet R to L face front 8.
- 8 Chasse R 1-2, step L 3, leap 4, bring feet together body collapses over arms throw forward 5-7, hands to hips 8.
- 8 Cha-cha L arms move up the body to shoulder level 1&2, Cha-cha R arms continue to touchdown 3&4, step L forward prepare 5-6, pirouette 7-8.
- 8 Land open second 1-2, wrap arms torso twist to L 3, twist to R as hands go to small of back 4, snake the head to L 5-6, front line jump feet together as arms wrap chest 7, back line 8.
- 8 (1,5 by lines) step out to side with R as arms circle above head 1-3, sit in R hip as hands go to R hip 4, finish groups 5-8.
- 8 Walk back to staggered lines 1-4, repeating moving arms (arms up 5, down 6, wrap at chest 7, T 8).
- 8888 Repeat * (walk to clump on last 5-8).
- 1 Pose 1.

Rolling In the Deep
Level 4-5 Officer Lyrical
 Choreographer: Shannon Reznick

- 8 Hold 1-2, scoop 3-4, push back 5-6, attitude turn 7-8.
- 8 Pull through 1-2, R arm melts down while body collapses 3-4, initiate with R hip while reaching 5-6, through the hoop 7-8.
- 8 Drag 1-2, step 3-4, pirouette 5-6, three step turn 7&8 (extend right leg on 8).
- 8 Step 1, push back and jump 2, land 3, reach R arm up while twisting knees 4-5, spiral 6, step L 7, circle arms and “side hitch jump” 8.
- 8 Land 1, pirouette with arms circling overhead 2, peel up R arm with legs in second position 3-4, scoop down in second position plie’ 5-6, flick arms with R leg in arabesque 7-8.
- 8 Soutenu 1-2, walk forward and extend R arm 3, L arm 4, sit and twist

- throw arms 5, step 6, step 7, leap in second 8.
- 8 Push back 1-2, (3,5) chaine 3-4, low chaine 5&, jeté with back attitude 6, roll to ground 7-8.
- 8 Snake on the ground 1-2, peel L arm across 3-4, stand up 5, prep 6, pirouette with arms lifting to high 5th (second group no pirouette).
- 8 “Explosion” arms 1-2, push rond de jambe 3-4, reach back with left arm 5-6, step 7, fan 8.
- 8 Chaine’ 1-2, push 3, sharp elbows 4, soutenu 5-6, drop upper body with R foot in tendu towards the audience 7-8.
“Silence” 4 count break - press back 1-2, pique’ 3-4.
- 8 Turns in second 1-2, 3-4, right hand over chest 5-6, both hands on chest 7-8.
- 8 Chaine’ out 1-2, run 3-4, back “C” jump 5-6, long reach over 7-8.
- 8 Jump to front with “heart” hands 1-2, release back 3-4, collapse over 5-6, step back 7, snake upper body back 8.
- Final phrase - Step R, step L developpe’ battement, step wrap over L shoulder, step R illusion L leg, attitude jump on the floor to seated position facing the back. Begin roll off determined by dancers, arch back and slide down to the floor, curve to fetal position, sit over to R hip with L hand coming to face, stand up on the L, repeat through the hoop, turn press to back in ending position.

Rumor Has It Level 4 Jazz

Choreographers: Magaly Guerra, Kelsey Joseph, Hillary Hoffman, Sara Kercho, Yoshio Pineda, Lyndsay Renger, Krystel Royster

- Clump in back, facing back R leg popped arms pulled back.
- 8 Hold 1-3, contract and pop back 4&, head pop front 5, hold 6, snake to front 7-8.
- 8 Walk slow arms Fosse behind L 1-2, R 3-4, Walk LRLR 5-8.
- 8* Cut under rond de jambe R leg arms open “L” 1-2, releve 3, sit in hip arms to shoulders 4, wave arms to L &, wave arms to R and focus back 5, prep 6, inside pirouette 7-8.
- 8* Reach R leg to L corner 1-2, drag to front coupe L 3-4, step L 5, R arm wraps face pop R toe behind 6, push hips to R 7, switch hips 8.
- 8* Pop knees 1-2, FRONT LINE: rond de jambe R leg and flick 3-4, chasse to corner 5&6, pas de bourre turn to front wrapping R arm 7&8. BACK LINE: step R 3, flick L leg front 4, chasse to front corner 5&6, pas de bourre turn to front wrapping L arm 7&8.
- 88 NEW FRONT LINE: Drag to L 1, step 2, rond de jambe L to switch facing 3, ball change 4&, roll to ground 5-8, fan L arabesque around on floor 1-2, slide through 3-4, swivel to partner 5-6, standing 7, flip to fan R leg 8. NEW BACK LINE: drag to R 1, step 2, rond de jambe R to switch facing 3, ball change 4&, low chaine 5-6, jete front leg straight back leg attitude arms in first 7, contract L leg tendu side upper body release L hand touching floor 8&, snake up 1, step L 2, grab for partner 3-4, pick up partner 5-8.

- 8 FRONT LINE: 3 step turn to front 1&2, BACK LINE: Step out to L 1-2,
EVERYONE: Sit hips to R and snap towards partner 3-4, transition to triangle –
walking arms lift to high “V” 5-6, pas de bourre turn wrapping arms over head to
shoulders 7-8.
- 4 Prep 1, triple pirouette 2-4.
- 8 Jump to second 1, jump to forced arch R arm throws across 2, step prep to back 3-
4, saute tour 5-6, run 7-8.
8 – Reverse leap arms high “V” 1, ball change back 2-3, triplet to front corner
4&5, clip L leg behind 6, turn around R dig front contract over 7, stand straight 8.
- 8 Roll hips 2x 1-4, focus back and wrap arms across chest &, step R 5, touch L
tendu pull R arm to shoulder L to hip 6, release head 7, melt upper body to floor
8.
- 8 (1,3,5) Snake up 1-2, walk LRLRL shaking finger “No” 2-7, step out R 8.
- 88 (1, 3,5) Flick R leg to back corner 1, step R 2, pivot to L facing front 3, flick
arabesque arms up 4, passe 5, slide R leg to floor 6, roll to stand facing the back
7-1, pose 2, finish groups 3-6, all pop knees 7-8.
- 8 Swivel hips to front 1-2, step L cross 3, battement second 4, reach through across
body 5-6, jump to forced arch soutenu arms above head 7-8.
- 8 Transition to beginning form 1-8.
- 8 Claps 1-4, walk to second form LRLR Fosse arms 5-8.
- 888 Repeat *
- 8 Drag 1, walk to clump 2-4, touch L tendu wrapping arms 5, open arms R to
shoulder L to hip 6, ALL BUT SOLO: release head 7, melt to upper body to floor
8. SOLO: Shift weight in hips and throw up a sassy “No” finger 7-8.

Run The World (Girls)
Level 3 Officer Hip Hop
Choreographer: Yasmeeen Montes

Pose of choice starting in tight clump,

- 8* Hold 1-2, whip hair 3-4, snake to stand 5-6, pop hands to hip &7, nod 8.
- 8* March to spread out to triangle or diamond formation RLRL arms switching
daggers 1-4, continue walking with “Gaga hands twisting” 5-6, arms daggers
together hands in fists &, “Gaga” hands 7, jump to second 8.
- 8* Pop R &1, L &2, cross arms to L 3, twist R knee in &4, step R front snake up 5-6,
shake finger “No” &7&8.
- 8* Jump to second rolling arms in &1, jump together and clap 2, slide L with R arm
extending to side &3, step L forward arms pop behind head to broken “T” &4,
turn around 5-6, cross fingers 7, open fingers to side sitting in L hip &, point
down 8.
- 8* (1,3) Sink to floor 1-2, snake R 3, punch R arm 4, scoop up 5, pop &6, finish
groups 7-8.
- 8* ALL: Pony arms throw out and in leaning upper body back TRANSITION to 2
lines 1-4, kick R 5, cross &, hands punch to hips 6, slide to L “Serve” up 7&8.

- 8* Push arm and snake to L 1-3, turn knee in and out &4, nod &, drag to back wrapping arms 5-7, pop chest &8.
- 8* Stepping forward arms snake in and out 1-2, fist hands RL 3&, releve 4, swipe stilettos front &5, back &6, back it up RLR spank hand 7&8.
- 8* Circle arms around head 1-2, step front hook leg 3-4, step back 5, tuck turn arms up 6, stand up and roll hip &7, roll finger in looking to R 8.
- 8 Swoop up L hip 1-2, step out to R 3, whack arm behind head feet together 4, whack arm out 5, cross wrists 6, sassy walk to one line 7&8.
- 8 Poses all in different individual levels and facings, pose and shake/bounce 1-4, switch pose shake/bounce 5-8.
- 8 Switch pose cont. shake/bounce 1-4, slide up 5, back it up whipping hair 6-8.
- 8 “Waitress arms” R looking R 1, L arms 2, hit R shoulder to head &, roll head 3-4, broken wrists breakthrough high V R 5, L 6, slide back L leg arms circle in front 7&, hit front heel 8.
- 8 Throw arms back stepping side with R foot 1, circle L 2, rpt 3, throw arms back 4, snake down R 5, scoop up to L 6, Irish leaning back 7&8.
- 8 Walk back 1-2, on releve arms up twist hips R 3, twist fast LR &4, walk back arms straight down 5-6, keep body to back to just upper body to front and yell “GIRLS” 8.
- 8 Hold in pose 1-2, L Hip Hop pirouette arms throw to cross 3-4, walk to beginning formation 5-7, jump out to a wide 2nd position 8.
- 88888888 Repeat *
- 8 Pony to clump up tight throwing arms out and cross leaning upper body back 1-4, “Serve” arms 5&6, action figure pose punching R arm front fingertips facing front L hand in fist on hip head turns to L side 7, stomp R foot to dig/ L arms slides behind lower back R hand salutes 8.

Runaway Baby

Level 2-3 Social Officer Pom

Choreographers: David Arevalo, Rhodessa Bell, Cali Hoffman, Hayley Hoffman,
Christine Latin

- 8 Hold 1-4, shift weight R & high V 5, roll down to low V &6, shift L 7, hands on hips 8.
- 8* Cut around w/ L leg “bow & arrow” arms 1-4, switch to L 5-6, switch to R 7-8.
- 8* (1,3,5 R to L) Circle R arm 1-2, dig L leg behind “L” to R 3-4, finish groups 5-8.
- 8* Arms half T 1-2, “L” 3-4, switching lines everyone poms to chest 3 step-turn LR 5-6, back line ball change L back low V arms 7-8. Front line ball change L forward low V arms 7-8.
- 8* Close 1-2, step out R foot swing R 3, swing L 4, close feet R to L wrap L arm to waist R arm around head 5-6, sit in R hip R arm low V 7-8.
- 8* (1,3 front to back) Head release hug 1-2, step R 3, step L 4, R Jeté to L side 5, tuck 6, hold 7-8.

- 8* Continue groups 1-2, everyone sit and roll towards back to stand L in front 3-7, twist to front and sit in R low V arms 8.
- 8* Transition arms to triangle - shake poms 1-4, pony R w/ L arm up R arm down 5-6, pony L switch arms low V L/R arm behind head 7-8.
- 8* Jump open to 2nd position flat back 1, head up 2, arms low check to R 3, switch 4, (5,7,1 L to R) dagger circle step together-step RLR 5-7, hold 8.
- 8 Continue arms T 1, wrap 2, repeat 3-4, finish groups 5-8.
- 8 Jump together arms touchdown 1-2, prepare L foot front 3-4, pencil turn 5-6, feet together plie head down 7-8.
- 8 Odd lines- step out R foot R arm T 1, step L w/ R arm up by ear 2, step R 3, step L slice arm down 4, dig R foot punch L arm down to 45° 5, pop L knee punch R arm mid level 6, pop R knee punch L arm up 7, hold 8. (Even lines hold)
- 8 Even Lines- Same choreography 1-8. (Odd lines hold)
- 8 (1,3 by lines) step L foot facing back arms diagonal 1-2, finish groups 3-4, everyone switch diagonals 5-6, R clip turn to front poms to chest 7-8.
- 8 Transition to columns - shake poms 1-5, front line tuck 6, low knees 7-8. Back line continue pom shake 6, daggers 7, close arms 8.
- 8 (1,2,3 L to R) "Bow & arrow" arms to L 1, touchdown 2, bow & arrow to R 3, half T 4, finish groups 5-6, everyone high Cheerio 7, hold 8.
- 8 Circle "Cheerio" in opposition 1-2, 3-4, 5-6, all high "Cheerio" 7-8.
- 8 (1,3,5 L to R) Slice to leveled V's 1-2, rocket center 3-4, chest 5-6, leveled V's 7-8.
- 8 Continue parts on 1-4, high knees 5-6, stand RL 7-8.
- 8 Rotate form shaking poms 1-4, pony L arms up 5-6, switch R arm 7-8.
- 8 Chassé R 1&2, step L 3-4, R passé high V arms 5-6, step down R foot break through arms to low V 7-8.
- 8 Transition towards the back to beginning formation, shaking poms 1-8.
- 8 Arms low "V" 1, shake draw arms up to wrap over head 2-4, repeat beginning high V 5, roll down to low V &6, shift weight to L 7, hands on hips 8.
- 88888888 Repeat *
- 8 Arms dagger circle step together step RLR 5-7, hold 8.
- 8 Continue arms T 1, wrap 2, repeat 3-4, T 5-6, wrap tuck 7-8.
- 8 Pose on floor 1.

She Hot

Level 3 Camp Hip Hop

Choreographers: Rhodessa Bell, Robbyn Good, Cali Hoffman, Christine Latin, Allyson Maranitch, Casey Potter, Julie Rowley

Start in columns of 4. hold the intro during solo.

- 8 Jump in opposition and circle shoulders 1-4, TRANSITION TO STAGGERDS dribble 5-7 throw 8.
- 8 Crank 1-4, fan yourself w/R hand looking back 5-6, switch and look front 7-8.
- 8 Stage L parties while Stage R points 1-2, switch 3-4, step together step to R 5-6, while brushing shoulder then L w points 7-8.

- 8 Change form to triangle clapping 1-4, walk it out 5-8.
- 8* Step R 1, L knee up 2, switch 3-4, squat 5, clap 6, R arm front switch 7-8.
- 8** L arm chest 1, fist &, plie 2 w/ muscles pump L arm up & 3, touch &, back on 4, swivel 5-6, scuff 7, replace &, pop 8.
- 8 (1,3,5,7) Throw L knee up to lunge 1-2, R leg up and over 3-4, L leg pulls thru 5-8.
- 8 Get up stepping L 1-2, pose pump 3-4, keep pumping to finish groups 5-8.
- 8 Groups finish 1-2, groups swing into the rockin rocket front to back 3-4, or 5-6, or 7-8.
- 8 (1,2,3 R to L) snake over L shoulder to hug yourself 1-3, hold 4. TRANSITION BACK TO STAGGEREDS brushing hands 5-6, snake 7-8.
- 8 Repeat **
- 8 Repeat * finish to pose on 8.

SINGItforJapan
Level 3 Modern

Choreographers: Kelsey Joseph, Yoshio Pineda, Sarah Starkweather, Allie Stevens

Beginning Position – dancers in four different levels of space, body released over

- 8 Hold 1-4, roll up through spine 5-8.
- 8 Push 1-4, roll 5-8.
- 4 Roll up, find windows 1-4.
- 8* Releve in second reaching up 1-2, carve R arm 3, shift weight L 4, drag pulling R elbow 5, step across 6, step R 7, straight leg barrel 8.
- 8* Ball change R arm sweeping across 1-2, R elbow 3, L elbow 4, chug reaching out 5, A's: roll to floor 6-8, B's: Roll head and leg 6-8.
- 8* A's: Release in to floor 1-2, swing R leg across 3-4, rainbow jump to feet 5-6, reach L arm 7-8. B's: saute R hand to chest 1-2, body roll R to L 3-4, arcing run 5-8.
- 8 A's grab B's hand 1-2, pull to standing switching grip 3-4, partner lift 5-8, group one reach up 8.
- 8 (1,3,5,7) Push R hand, head spiral to back wall 1-2, step L R 3-4, saute arabesque 5, step out and spiral to floor 6-8.
- 8 Finish parts 1-6, look up to audience 7-8.
- 8 (1,5 every other line) body roll with arm 1-4, fan R leg 5-6, flip over 7-8.
- 8 Finish parts 1-4, arc up 5-6, walk forward to stand up 7-8.
- 8 Jump to modern parallel first reaching arms out 1-2, present arms front 3, step L 4, R fan kick 5-6, step out 7-8.
- 8 Chug swing arms up and over 1-2, step out 3-4, shoulder L R 5-6, step L R with straight arms 7-8.
- 8 Front half of formation reach up arms crossing center 1-4, Back half 5-8.
- 8 Reach up 1-2, pull arms in 3-4, change formations 5-8.
- 8 Triplet R 1-3, step L across 4, saut de basque 5-6, step around 7-8.
- 8 Brush R leg R arm swinging back 1-2, R leg pulls into turned out passé 3-4, arcing run to beginning formation 5-8,

- 888* Repeat *
- 8 A's pulls past B's 1-2, run to upstage left corner 3-6, pivot 7-8.
- 1 Reach arms to T releasing head 1.

Someone Like You
Level 4-5 Officer Modern
 Choreographer: Jamie Drake

- 8 Hold 1-4, roll up bourre 5-8.
- 8 Hug 1-4, roll back stand 5-8.
- 8 Go to soloist touch face for "shy" 1-8.
- 8 Run back turn soloist into lean 1-8.
- 8 Lift 1-4, circle to front run 5-8.
- 8 Run 1-4, open arms on "blue" 5, jump step back 6-8.
- 8 Turn 1-2, arabesque 3-4, run into chaine 5-8.
- 8 Contracted leap 1-4, turn into floor 5-8.
- 8 Improv floor work 1-8.
- 4 Individual movement for the word "over" and stand 1-4.
- 8* Reach forward lift knees 1-4, touch chin lift knees 5-8.
- 8* Reach up parallel attitude 1-4, turn in parallel attitude 5-8.
- 8 Throw arms side 1, throw arms forward 5.
- 8 Turn tilt arabesque 1-4, extension 5-8.
- 88 Cannon in three groups: chaine, double attitude, chaine, barrel turn in to floor, stressed pose.
- 88 Grab hands tight clump extend out 1-8, push away run to front 1-8
- 88 Repeat *
- 8 Throw arms side 1, front 2, side 3, down or forward 5, hold 6-8.
- 8 Arabesque turn 1-4, jerk hands up body 5-8.
- 8 Parallel attitude 1-4, arms up and over extend left leg 5-8.
- 8 Rond de jambe turn 1-4, handstand or flat arabesque 5-8.
- 8 Run back 1-8.
- 8 Contract hold stomach or soloist fall to floor 5-8.
- 8 Walk forward step over soloist 1-8.
- 2 Contract hold stomach 1-2 into silence.

Super Bass
Level 2 Pep Rally Pom
 Choreographers: Rhodessa Bell, Sara Kercho, Lilian Mason, Caitlin Poulton, Lyndsay Renger, Krystal Royster

- Begin in 2 staggered lines, back line standing, front line squatting
- 8* Hold 1-4, back line touchdown arms 5, break down 6, front line touchdown 7, break down 8.

- 8* Ball change R side R arm slice across and pull broken T 1-2, step L punch L down 3, jump together L arm high diagonal R arm buckets 4, (5,6,7,8 R to L) jump to second arms R high diagonal 5-8.
- 8* Front line switches to L high diagonal to pump 1-2, everyone switches to opposite diagonal to pump 3-4, circle high arm toward body 5, return 6, circle again 7, jump together, hands behind head 8.
- 8* Lines go in opposite directions - chasse arms high V back line or low V front line 1-2, ball change arms to L, L arm up front or R arm up back 3-4, 3 step turn back to original spot shaking poms at chest 5-6, circle down 7, clap 8.
- 8* Clean 1, lines switch front and back step R pull L to broken T 2-3, step L pull R to broken T 4-5, step RLR arms push down body from broken T to clean 6-8.
- 8* W &, hips 1, (2,4,6 L to R) cheerio circle overhead 2-3, bring to R hip look R 4, continue groups 5-8.
- 8* Wrap head pull feet together 1-2, prepare L arms 3-4, double pirouette broken T 5-6, jump second low V 7, clean feet together 8.
- 8* Lines go opposite directions, K R or L 1, switch 2, bend both arms upstage arm to head, downstage to up elbow head back 3, arms to knee head down 4, back line circles L arm step R 5, dig L foot L arm low V 6, front line circles R arm step L 7, dig R foot R arm low V 8.
- 88888888 Repeat * (dancers keep original parts even though the lines are switched)
- 1 Jump to second position arms circle inwards and up to low V, head nods 1.

Swimming Level 5 Modern

Choreographers: David Arevalo, Cali Hoffman, Allyson Maranitch, Lilian Mason, Caitlin Poulton, Sarah Starkweather

Beginning in partners

- 8 Hold 1-2, R hand 3, L 4, drop & 5, blink 6, grab L 7, R 8.
- 8 Sitting group - throw arms 1-2, snake to T 3-4, grab partner 5, roll 6-8.
Standing group - throw 1-2, wrap around partners 3-4, begin rolling 5-8.
- 8 Pushing up 1-4, sitting group - swipe R leg across 5-6, roll to stand 7-8.
Standing group - circle R arm step R-L 5-6, step back L-R-L undulate arms 7-8.
- 8 Lines 1 & 4 - hold or continue to stand 1-2, knee to knee R arm flex over 3-4, elbow swish 5-6, sauté arabesque 7-8.
Lines 2 & 3 - hold or continue to stand 1-2, grab partner 3, reach R arm 4, turn partner around 5-8.
- 8 Lines 1 & 4 - roll 1-2, swivel roll 3-4, prepare 5-6, handstand 7-8.
Lines 2 & 3 - snake under partner 1-2, collapse 3, over 4, handstand 5-6, swim arabesque 7-8.
- 8 Lines 1 & 4 - swim arabesque 1-2, contract over 3-4,
Lines 2 & 3 - contract over 1-2, hold 3-4,
everyone together snake up 5, grab with downstage hand &, other hand 6, run to line 7-8.
- 8 Continue to run to line 1-2, hold 3-4, middle person falls out 5, back in 6, front and back person fall to ground 7-8.

- 8 Second and second to last person R-L lunge 1 & 2, snake head up 3-4, step L 5, throw and sauté back 6, turn out of the throw 7, arm curve up 8.
Middle person inverted attitude 1-2, extend leg 3, hold 4, step R 5, throw and sauté back 6, turn out of the throw 7, arm curve up 8.
Front and back people bring R leg into lunge 1-2, snake head up 3-4, step 5, throw and sauté back 6, turn out of throw 7, arm curve up 8.
- 8 Traveling to triangle - throw left arm up 1-2, wrap 3-4, arms flow down 5-8.
- 8 Swim arms 1-2, switch K position 3, grab R 3, L 4, R diagonal kicks L leg around 5, middle diagonal 6, L diagonal 7, face front 8.
- 8 Throw R arm back 1, punch down arms R knee up 2, switch 3-4, back attitude turn 5-6, down to knee 7, throw out 8.
- 8 Wrap arms 1-2, sit and L leg up 3-4, stand 5, face front 6, collapse 7, over 8.
- 8 Throw arms 1-2, thread through 3-4, open 5-8.
- 8 R diagonal passé throw 1-2, run 3-4, sauté fouette 5-6, turn out of it 7-8.
All others plié 1, flick L 2, turn over L shoulder and roll to floor 3-4, reach arms out 5-6, flick 7-8.
- 8 Improv back to four staggered lines 1-8.
- 8 (1,3,5,7 front to back) repeat knee to knee R arm flex over, elbow swish, sauté arabesque, swivel roll, prepare, handstand, swim arabesque, contract over.
- 8 Continue group repeat.
- 8 Continue group repeat (Drop over on the same count line began on).
- 8 Snake head up 1-4, grab downstage hand &, upstage hand 5, pull 6, run back to line 7-8.
- 8 Arrive in line 1-2, contagion fall out front to back 3-6, front and back person fall out while everyone else holds 7-8.
- 8 Second and second to last person R-L lunge 1 & 2, snake head up 3-4,
Middle person inverted attitude 1-2, extend leg 3, hold 4,
Front and back people bring R leg into lunge 1-2, snake head up 3-4,
Everyone rolls to floor into a seated crossed legged position 5-7, flick arms on 8.

The Edge of Glory **Level 3 Jazz**

Choreographers: Robbyn Good, Christine Latin, Amanda Philio, Caitlin Poulton, Krystel Royster, Allie Stevens

Beginning position – Dancers in a triangle formation facing the back, R foot in a dig hands on back

- 8 Hold 1-8.
- 8 Ronde de jambe R 1-2, passé 3, touch R foot 4, A's: windmill to switch arms switch weight 5-6, hold 7-8. B's: hold 5-6, windmill 7-8.
- 8* (1,3) Turn over L shoulder wrapping arm over head 1-2, step L 3, flick forward 4, step L 5, pirouette arms wrapped 6, triplet R pulling arms across chest 7&8.
- 8* finish parts 1-2, extend R arm to side 3, contract forward 4, step L R pushing arms to flexed T 5-6, (7,1,3 back to front) turn over L shoulder 7-8.
- 8* Step L into roll 1-4, finish groups 5-8.

- 8 Drag with arms in 'L' 1, step out 2-3, releve 4, chaine in plie 5-6, grande jete with back leg in attitude 7-8.
- 8 Land leap 1, pose of choice 2,4,6, step L 7, passé R arm up L arm drops 8.
- 8 Walk R L bringing R arm by face 1-2, swing R arm side to front 3-4, step L arms crossed parallel to floor 5, drop arms R battement 6, pivot 7-8.
- 8 Walk R L 1-2, continue walking swing arms up 3, wrap arms over head 4, turn to face front, continue walking bursting arms open 5-6, prep 7-8.
- 8 Double R pirouette 1-2, prep 3, single L inside pirouette 4, FRONT LINE: step L 5, runner's lunge 6, roll towards back wall 7-8, BACK LINE: step out of turn L R making 'L' arms 5-6, ball change dropping arms down 7-8.
- 8 FRONT LINE: continue rolling 1, pike 2, roll to standing up 5-6, L chasse downstage 7-8. BACK LINE: walk forward 1-2, turn feeding arms down 3-4, chasse 5-6, tilt jump 7-8.
- 8 FRONT LINE: tilt jump 1-2, land 3-4, BACK LINE: land 1-2, hold 3-4, (5, 7, 1 side to side) jump legs to second 5-6, reach R arm up knees twisting R 7-8.
- 8 Slide R leg through 1-2, roll on stomach to stand 3-8.
- 8 Finish parts 1-4, walking to switch lines arms R reach 5, L reach 6, pull R hand across L arm 7-8.
- 8 Ball change L R 1-2, walk L hands to heart 3, drop over 4, front line arch up 5-6, back line arch up 7-8.
- 8 Step R 1, drag onto L 2, walk back to first form 3-4, continue walking with windmill arms L to R 5-8.
- 888 Repeat * (begin the repeat all together)
- 8 Step L 1, R passé R arm reaches up 2, walk bringing R arm by face 3-4, sweep R arm to front 5-6, step L 7, R battement 8.
- 8 Pivot 1-2, walk to center and tighten formation 3-6, pivot turn 7-8.
- 4 Reach R arm up to parallel to the floor 1-3, R dig throw R arm back and look over R shoulder 4.

This Instant
Level 2 Officer Hip Hop
 Choreographer: Rosie Torres

Start in a column

- 8* First person in column stomp 1, everyone jump into formation 2, Gp1 isolate knee into box pose 3&4, Gp2 repeat 5&6, all clap to top diagonal 7&8.
- 8* All jump to L and open to second position 1&2, Gp1 isolate to front onto left knee 3&4, Gp2 repeat 5&6, all slap hands 7&8.
- 8* All roll over L shoulder to pike 1-4, roll up to standing 5-7, pivot over L shoulder to front 8.
- 8* All walk forward with two claps 1-4, move to staggered lines with talking hands 5-8.
- 8 Three slow body isolations to grand plie 1-6, double bounce 7-8.
- 8 Twist roll to standing over L shoulder to standing drag R hand 1-4, ball change prep 5-6, double turn holding on to R leg 7-8.

- 8 Step out to R second position 1, hands on hips &, twist double lunge to R 2, Gp1 pop head and body 3&, Gp2 repeat 4&, all fan bounce to L side 5&6, bend knees and rock 7-8.
- 8 “Old School” step 1-4, switch lines 5-8.
- 8 Pull back R hand with roll 1, punch front 2, “fire” back 3, close feet and hands into crossed position 4, step to L diagonal pop chest with arms opening 5-6, slide hands down and pop body 7-8.
- 8 Ball change to R &1, bow and arrow “stop” arms 2, fan hands into body roll 3&4, pause and sit 5, hip roll to front 6-8.
- 8 Gp1 body roll forward 1-2, Gp2 repeat 3-4, Gp1 body roll up to standing sit 5-6, Gp2 7-8.
- 8 Big pump section; step to right hook L 1-2, repeat to opposite 3-4, walk it in with a little bounce 5&6, stomp forward with R foot and open arms to clean 7-8.
- 8 Hip hop walk or skip to all four corners of room 1-4, wobble legs 5-8.
- 8 Flick kick R leg 1, cross R leg 2, spin over L 3-4, hip hop walk or skip back to first formation 5-8.
- 8888 Repeat *
- 8 Stomp R foot 1, open to second position 2, knees in out close 3&4, “Re-run” 5-8.
- 8 Stomp R foot 1, open to second face R side 2, half back bend with L arm leading 3-4, pulse heart 5-6, pull yourself up 7-8.
- 8 Step forward with R leg 1, pivot to front 2, knees in out close 3&4, “Re-run” 7-8.
- 8 All walk in half circle 1-4, all three step circle to front 5-7, step L 8.
- 1 Assemble with circle arms 1.

This is What RNR Looks Like Level-3 Kick

Choreographers: Robbyn Good, Amnda Philio, Casey Potter, Sarah Starkweather,

Face back diagonal

- 8 Hold 1-4, ripple over R shoulder R ft popped arms back 5-8.
- 8 Wrap arms around chest flick R ft in 1, back down 2, releve ft together 3, R arms up by ear cross L leg to side facing side arm drop 4, pop L shoulder front 5-6, breakthrough cross wrist to front look R 7, hook up focus to front 8.
- 8 Ripple back to front: Step L fan R drop R knee to floor, unhook sit and roll to stand and hook back up, to bow.
- 8 Ripple continue through 4, flat back then snake head up to R 5-8.
- 8** R corner kick 1-2, L corner kick 3-4, R straight 5-6, L straight 7-8.
- 8** Prep 1, pop jump to L corner 2, back to R 3, chasse forward or back 4&5, walk 6-7, together 8 (lines should be squared to front).
- 8* Open R-L &1, cross R-L &2, touch R toe L diag 3, touch R toe R diag 4, cut flick L foot back 5, releve step L ft cross 6, passé flexed ft R to L diag 7, step down R foot 8.
- 8* Step R 1, kick to L corner 2, step R 3, kick L 4, exercise swing L foot back 5, twist R 6, twist L 7, sit in R hip pop L toe arms drag down elbows lead 8.

- 8 (Moving in to staggereds) Throw R arm to L lower diag L hand on hip 1, R arm to R upper diag 2, R arm throw in front of body L arm back 3, prep 4, chaine turn 5-6, leap arms up by ears 7-8.
- 8 Turn out of leap 1, R foot in front 2, (back line face back, front line face front) step L 3, drag L foot to R arms up by ears 3-4, chasse L arms drop 5-6, step R open to 2nd slice arms to L 7, sit to L hip drops arms release 8.
- 8 Move to two lines, shoulders facing either side wall, walk to diag 1-4, chaine to R arms down 5-6, step R 7, ball change prep & 8.
- 8 Double R pirouette 1-2, jump to 2nd position plie R arm reach up by ear 3, jump feet together R arm drop L arm up by ear 4, walk back to one line, "stop sign" 5, grab to L across face 6, throw low diag 7, hold 8.
- 4 Head roll 1-3, hook up 4.
- 8 Twist hips to L 1, kick R 2, switch kick R to L corner 3-4, L open to L corner 5-6, R cross to L corner 7-8.
- 8 Passe R point back 1-2, L straight 3-4, R fan 5-6, chasse R 7-8.
- 8 Ball change L back 1-2, prep 3, forced arch R extend L back 4, pas de bourree 5-7, fan 8.
- 8 Step R back 1, close L to R 2, R foot pop 3, switch 4, step L 5, kick R 6, step 7, close 8.
- 88 Repeat *
- 88 Repeat ** (all chasse front)
- 1 Look front 1.

**Till the World Ends
Level 1-2 Camp Pom**

Choreographers: David Arevalo, Robbyn Good, Hayley Hoffman, Christine Latin,
Yasmeen Montes, Emily Woodard

First formation: 1 line (feet in second position, arms low V reaching back, head down)
Hold talking part

- 8* Ripple L to R: wave arms starting L breaking up and back down, shift into L hinge, L arm to R foot, R arm on hip, focus to R 1-8.
- 8 Ripple R to L: L arm swing around to back to stand, looking to L 1-7, look front 8
- 8** (1 or 3, every other person L to R) half T 1, punch down to tuck 2, OR half T 3, punch down stay standing 4, all release head back, break through low V 5-6, punch forward still in levels 7-8.
- 8** All together 1/2 T 1, back to same punch position 2, T 3, circle down to behind back & 4, standing group punch R K 5, switch 6, circle R arm down and around, jump together arms to cheerio 7-8 OR bottom group roll to back to stand up 5-7, step together to front arms to cheerio position 8.
- 8 Circle arms to L down to hip, pop R toe 1-2, punch both arms to L diagonal 3, L positions back line up front line down 4, (5,6,7,8 F to B) L arm on hip swing R arm over flat to L diagonal 5, half T 6, punch down crossing poms 7, break through to low V jump to forced arch 8.
- 8 Finish parts 1-3, tuck over to knees all together 4, starburst parts front to back 5-8

- 8 Arms in 1, back to starburst position 2, pivot R foot 3, turn to back R arm punch rocket 4, arms touch back, step R 5, T arms step L 6, snake around R side to front 7, arms move to punching down feet together 8
- 8 Transition to Christmas tree formation step clap 2X 1-2, 3-4, arms shake up 5-7, close 8.
- 8*** Rainbow arms to R 1-2, R diagonal 3, break through switch L diagonal 4, (5,7,1 L to R in diagonals), swing R arm down to diagonal punch facing L diagonal 5-6, step to back with L leg open L arm to high V 7-8.
- 8*** Turn over L shoulder looking punch R arm down 1-2, step across to front with R L punch through to L diagonal 3-4, touch L toe break through arms low V release head 5-6, finish part 7-8.
- 8*** Finish parts 1-2, all together head looks forward 3, hold 4, karate punch R arm L arm to hip 5, switch punch 6, swing L down 7, jump together arms in rocket 8.
- 8*** Step L prepare for pirouette arms in daggers 1, hold 2, single pirouette 3-4, jump out 2nd cross punch forward 5, break through to T 6, every other line slice low rocket then high or opposite 7, switch 8.
- 8 Ripple L to R snake plie down and over to R side 1-4, push L arm around to turn to back, clip L foot, face back look around L shoulder to front 5-8.
- 8 Ripple continued 1-4, head roll around to R 5-6, feet together to front 7, punch R arm to rocket 8.
- 8 Transition to triangle formation, arms circle around 1-3, stack arms together 4, high V 5, poms to chest 6, circle arms clockwise 7, back to chest 8.
- 8 repeat * (beginning ripple)
- 88 all together swing L arm over 1, low V 2, begin repeat ** (standing part).
- 8 Moving transition back to Christmas tree
- 8888 Repeat *** (all together, counts change, shake poms into tighter formation 5-8)
- 8 Snake down and over to R 1-3, turn and face back step L to R punch R arm to rocket release head 4.

Turnaround (5,4,3,2,1)

Level 1 Hip Hop

Choreographers: Rhodessa Bell, Sara Kercho, Erica Sowell

Start in triangle

- 8 Hold 1-3, look up and snap in any direction 4, hold 5, circle shoulders 6-8.
- 8 (1,3,5 front to back) circle L 1-4, snake 5-8.
- 8 Groups finish 1-4, step back L body roll 5-6, pull to T 7-8.
- 8* Jump 3 times 1-3, L pivot 4-5, step L 6, box 7, snap 8.
- 8* (1,3 every other line) Slow L pivots 1, front on 3, fast 5-6, finish groups 7-8.
- 8* Slide 1-2, knock 3-4, other way 5-6, bounce head 7-8.
- 8* R arm meets L 1, jump 2, booty pop 3-4, ripple 5-8.
- 8* Bounce 1-2, house step flower in your direction 3-4, high box 5-6, Beyonce 7&8.
- 8 Move to staggers 1-4, continue to move step clap 5-8.
- 8 Press R hand 1-2, L hand 3-4, rocket 5, twist and drop 6, roll up 7-8.
- 8** (1,3,5,7) Running man 1-2, double lunge 3-4, cheerio 5-6, tuck 7-8.

- 8 Pull shirt on 1-2, point up 3, point down 4, finish groups 5-8.
- 8 Groups finish 1-2, scoop to R 3-4, kick L arm across snap 5-6, serve it 7-8.
- 8 Switch lines 1-4, ski step clap L 5-8.
- 88888 Repeat *
- 8 move to triangle 1-4, repeat step clap 5-8.
- 8 Repeat ** all together
- 1 Pose 1.

Two

Level 2 Officer Jazz

Choreographers: Kali Boyd, Robbyn Good

Beginning Formation: Two lines staggered - R toe popped, arms wrapped R in front

- 8 Hold 1-5, turn over R shoulder to front hit low V position 6, turn to back hands in pockets 7-8.
- 8* Hips to R 1-2, L 3-4, hips R throw low V 5-6, hips L arms reach up 7-8.
- 8* Present arms step R 1-2, pivot over L shoulder push arms through flexed 3-4, melt through center down step side R foot 5-7, look to R 8.
- 8* L 3 step turn R arm shampoo 1-7, hold 8.
- 8* (1, 5) Slice around to TV position with R ball change 1-2, grab arms reaching up 3, hip to R 4, second group 5-8.
- 8* Rond de jambe R leg arms melt down R arm around face 1-4, step back R leg cross arms front 5, passé L leg R leg forced arch arms reach back 6, step L 7, R leg out arms reach up 8.
- 8 Front line reach R arms out melt out to half T 1-2, back line to the L 3-4, unfold arms out to full T 5-6, prep L foot forward arms in L for pirouette 7-8.
- 8 Double pirouette 1-4, jump out to second position arms explode open 5-6, reach down to floor 7-8.
- 8 Roll to L 1-4, moving formations with walks to triangle 5-8.
- 8 Drag L leg 'L' arms 1-2, step L 3-4, chasse step 5-8.
- 8 Jete to side looking forward 1-3, arms open pop R toe sit into L hip hands on hips 5-8.
- 88 Parts transitioning to triangle: A's chasse R arms in T 1-4 step R, L prissy walks; hands in pocket 5-8 reach forward arms crossing at wrists 1-2 arms wrap head; R toe popped 3-4 hold 5-8. B's hold 1-4 chasse R arms in T 5-8 step R, L prissy walks; hands in pocket 1-4 reach forward arms crossing at wrists 5-6 arms wrap head; R toe popped 7-8.
- 8 Step touch to R, R arm up to ear 1, clean 2, repeat L 3-4, R foot to dig 5, extend R foot hands on hips 6, head looks R then L 7-8.
- 8 Cross R foot over L, R arm up to ear 1-2, clip turn to face L side hands shelved on hips 3-4, two chest pops 5-6, 7-8.
- 8 Drag forward with R, arms in T 1-2, step L arms wrap chest head released back 3-4, ball change forward with R arms wrap head 5-6, ball change back with L arms break through 7-8.

- 88 (1,3,5 inside to outside) Battement R arms in “L” 1-2, land 3-4, pivot to back 5-6, jump out to 2nd arms break through to low V 7-8, release body over R leg 1-2, hold to continue groups 3-6, everyone tucks L to sit 7-8.
- 8 Shoulder pops to front 1-4, L arm on R leg head releases 5-6, look 7-8.
- 8 Roll contagion L to R - R leg extended roll to stand arms in low V 1-8.
- 8 Body facing side, hip roll R to L 1-2, shake hips 3-4, pop R toe to front arms pull to 1/2 T scoop to floor 5-8.
- 8 Arms extend to T jump to 2nd 1-2, ball change R, R melts across face 3-4, single pirouette turn R arm to shoulder, L arm to pocket 5-6, prissy chug 7-8.
- 8 Prissy chug 1-2, three step turn to R arms in touchdown 3-6, arms swipe to R stepping out to R 7-8.
- 8 Drag to L, R arm extended across 1-2, walk to beginning staggered formation 3-8.
- 88888 Repeat *
- 1 Arms break through to clean, R foot dig, focus looking in to center 1.

U

Level 4 Lyrical

Choreographers: David Arevalo, Monique Jordan, Shannon Reznick, Sarah Starkweather

Feet parallel, head down

- 8 Hold 1-2, head roll to the R 3-4, *R arm peels up 5, cross 6, hands to knees 7, swivel 8.
- 8 Prep 1, inside turned out pirouette arms L 2-4*, arabesque 5, breathe 6, drag and run 7-8.
- 8 Switch L reverse leap 1, developé R leg through pressing arms opposite 2, contract and step through 3, hop attitude throwing arms back &4, double inside pirouette straight R leg 5-6, press arms across diagonally 7, roll tucking L leg 8.
- 8 Grab stomach while lifting body up 1-2, roll through 3-4, hop step up 5-6, R shoulder out 7&, L elbow 8&
- 8 Head back 1, up 2, hug arms rond de jambe 3, barrel turn over L shoulder 4, arms out 5, prep 6, double outside pirouette R leg attitude 7&, run 8&.
- 8 Leap 1, press R arm 2-3, turn around to cut passé arms in “S” position &4, low R chaîné 5&, leap 6, roll 7-8.
- 8 Arms extend parallel front 1, grab fists into chest 2, contract down 3, hands up 4, around head 5, extend to L position 6, walk 7&, piqué turn 8.
- 8 A la secondé 1-2, arms up 3, down 4, low chaîné 5, double stag jump hips spiraling R 6, turn out 7, R pitch kick 8.
- 8 Drop down to lunge 1, roll up 2, place L hand out 3, twist L hand in 4, ball change R leg back &5, throwing L arm low R chaîné 6, R fan kick 7, double inside coupé turn &8.
- 8 Throw arms through 4th position over 1-4, walk 5-6, R arm w/ R step then L arm w/ L step &7, twist 8.
- 8 Pull arms R 1-2, arms relax in front 3-4, repeat * 5-8.
- 8 Continue repeat 1-4, roll to ground after pirouette to ending position 5-8.

When The Bass Drops
Level 2 Pep Rally Hip Hop

Choreographers: Rhodessa Bell, Clayton Cross, Magaly Guerra, Yasmeen Montes,
Lyndsay Renger, Krystal Royster, Erica Sowell

- 8 Hold 1-4, circle lean forward 5-6, drop holding arms up 7, stay tucked drop arms 8.
- 8* Roll up 1-2 pumps needle then box arm 3-4, slide RL arm scoops 5, pump R arm 6, slide L R arm scoops 7, pump L arm 8.
- 8* Ball change box arms &1, close arms in front of face 2, drop hands to knees 3, bounce &4, circle to back 5-6, circle hips 7, kick up R foot to knee snap L up 8.
- 8* Front Line: walk back 1-3, hop 4, jump to flat back 5, stand up with hands behind head 6, shoot arms forwards, step forward R 7 pop arms up 8.
Back Line: jump out arms behind head 5, flat back 6, bounce hands on knees 7, pelvic thrust 8.
- 8* Front Line: (moving forward) step L, crouch low 1, step R clap hands up 2, boogie forward 3&4, slide R L arm circles 5, bounce L leg 6, slide L R arm circles 7, bounce R leg 8.
Back Line: (moving back) step R clap hand up 1, step L crouch low 2, boogie back 3&4, slide L R arms circles 5, bounce R leg 6, slide R L arm circles 7, bounce L leg 8.
- 8* (1,3,5,7) circle arms up 1-2, feet together 3, clap behind back 4, crouch through second 5-7, hip bump, swing R arm up 8.
- 8* Circle down 1-2, box arm point 3, throw down 4, bounces 5-8.
- 8 Finish groups/bounces 1-2, all pose 3-4, pose 5-6, two bounces 7-8.
- 8 Walk back to beginning 1-4, circle lean forward 5-6, drop holding arms up 7, stay in tuck drop arms 8.
- 888888 Repeat * (parts go all together)
- 8 Walk to clump 1-4, body roll pushing fists down 5-6, jump out hit tut 7, hit crouch pose L R hand to ear 8.
- 1 Look to corner point 1.

Where Them Girls At
Level 3-4 Hip Hop

Choreographers: Monique Jordan, Kelsey Joseph, Krystal Royster, Erica Sowell, Allie Stevens

- 8 Snake ripple 1-8.
- 8 Lean 1-3, hand flips 4, turn over left shoulder 5-6, slide right 7, left 8.
- 8* L punch 4th position 1, hip sit right 2, left 3, circle down 4-5, hip pop 6, tuck 7, layout 8.
- 8* Kick 1, cross 2, twist 3-4, pop up 5-6, roll up 7-8.
- 8* (1,3,5) Groovy arm pickup 1-6, Indian arm twist 7-8.
- 8* (1,3,5) Groovy slide pickup 1-6, touchdown arms 7, hip 8.

- 8* Push down walk 1-4, pump walk 5-7, jump out 8.
- 8* Circle right 1-4, circle left 5-6, reach up 7, throw down 8.
- 8 Switch feet &1, chest pop 2, switch feet &3, down 4, roll up groups 5-8.
- 8 Chest 1-2, blush 3-4, party arms 5-6, booty 7-8.
- 8 Fast feet back 1-4, front 6-8.
- 8 Arms in 1-2, roll 3, sit 4, kick back 5, front 6, out in out 7&8.
- 8 Sassy ground walk 1-4, jump out to back 5, around 6-7, knee snap pose 8.
- 8 Sassy walk to staggers 1-8.
- 888888 Repeat *
- 8 Circle in to tight triangle 1-4, Tutting section 5-8.
- 8 Con't Tutting 1-4, circle arms get up 5-8.
- 8 Blush walk 1-2, cross hands at chest 3-4, hips 5-6, walk 7, close 8.
- 8 Jump out 1 or 2, ripple 3-6, lean 7-8.
- 1 Hand flips 1.

Who Says

Level 3 Contemporary

Choreographers: Magaly Guerra, Yoshio Pineda, Julie Rowley, Allie Stevens

Dancers start in a straight line in parallel facing the back.

- 8 Hold 1-4, awkward pose of choice assigning counts at random 5,6,7 or 8.
- 8* Turn over R shoulder to face front in parallel 1-2, fondu extending R leg R arm sweeping across 3, EVERY OTHER PERSON GROUP A: switch arms and feet 4, swirl arms around head pulling L leg through passé 5-8. GROUP B: flick arms 4, turn back on self 5-6, walk with arm swipe 7-8.
- 8* Rond de jambe swim arms 1, coupe turn 2, forced arch lunge 3-4, swirl R arm to contraction 5-6, (7,1 every other line) saute 7-8.
- 8* Roll to floor 1-2, reach arms 3, wrap 4, all step onto L foot into coffee grinder 5-6, swivel to land with crossed legs 7-8.
- 8 Drop head 1, arc 2, hug knees 3, pike with flexed feet and arms up 4, ODD LINES: hit L arm into side 5, roll to stage R to stand up 7-8. EVEN LINES: same movement as odd reversing the side.
- 8 Finish standing up 1-2, ODD LINES: R passé 3, turn it out 4, step R 5, swing around L arm coming to first 6, arc back 7, EVEN LINES: same movement as the odds reversing the side, EVERYONE jump to parallel with tilted box arms 8.
- 8 2 GROUPS SIDE TO SIDE: Stage L backwards skip 1-2, saute in L passé 3-4, arc up 5-8, stage R repeat 5-8.
- 8 Stage L run to partner 1-3, Stage R arc up 1-4, Stage L touch partner 4, swivel to floor 5-8.
- 8 Floor partner stand up 1-3, saute in arabesque 3, run through to new form 4-8.
- 8 Step R 1, drop over bird arm 2, switch feet and slice arm 3-4, pirouette feeding R arm up 5-6, step out bending R arm 7, swivel R arm taking body to face stage L 8.
- 8 Both arms reach back high diagonal 1-2, arms feed through the center of body 3, touch knee 4, switch weight to prep 5, inverted fan 6, plie 7, saute with R flick 8.
- 8 Land 1-2, pop up 3, feel good dancing 5-7, drop over 8.

- 8 Present arms 1-2, feed arms through center 3-4, walk back R L 5-6, chug with R leg rond de jambe landing in passé &7, pop up 8.
- 8 Boxed arm pose any angle 1, hold 2, swivel out 3-4, transition into beginning formation 5-8.
- 8 Continue filling in to beginning line facing front 1-4, awkward pose of choice assigning counts at random 5,6,7 or 8.
- 888 Repeat * (on last 8 count - stand up 5-6, walk to meet up with odd lines 7-8)
- 4 Everyone in their level drop head 1, arc up 2-4.

Who You Are

Level 4 Contemporary

Choreographers: Rhodessa Bell, Clayton Cross, Kelsey Joseph, Allyson Maranitch,
Caitlin Poulton, Allie Stevens,

Beginning position: diagonal line facing the upstage left corner

- 8 Hold 1-8.
- 8 (1,3,5) Sweep R arm stepping to downstage R corner 1, drop over 2, arc up 3-4, finish groups 5-8.
- 8 Head roll 1-2, transition into three diagonals with groups 3-4, (*) reach out R L 5-6, contract in 7-8.
- 8* Turn over R should R arm feeds up through center 1-2, step R 3-4, flick R leg around to face downstage R corner 5-6, step L leg back L arm sweeps 7-8.
- 8* Contract over 1-2, saute bringing L leg to coupe 3-4, roll to floor 5-8.
- 8 Reach into arced arms 1-2, roll 3-4, replace feet R L into flat extension 5-6, stand 7-8.
- 8 Moving to two circles 1-4, continuing traveling pushing L arm 5-6, walk 7-8.
- 8 Hand to chest 1, breath 2-4, dropping in groups 5, 6, 7, or 8.
- 8 Recover 1-4, arms carve up through center hands to shoulders 5-8.
- 8 Arms up to sides releasing head 1-4, (5,7,1 L to R) pass through grande plie in second 5-6, fan kick in attitude with arm circle 7-8.
- 8 Finish group parts 1-4, flex foot extend leg 5-6, walk R L to rotate circles 7-8.
- 8 Walk R L 1-2, step into forced arch R L &3, hold 4, travel to lines 5-8.
- 8 Reach out 1, hug self 2, A's: flick R leg 3-4, ball change over 5-6, arabesque throw 7-8, B's: hold 3-4, flick R leg 5, ball change over 6-7, arabesque throw 8,
- 8 A's: slide to floor 1-2, L knee slides through 3-4, roll on stomach 5-8. B's L leg lifts to hip crease 1-2, step L 3-4, R fan facing back wall 5-6, run around self 7-8.
- 8 A's: L battement 1-2, come up to high knees windmill arms over 3-4, roll to standing 5-8. B's: L battement 1, flip hips 2, step around to face downstage L corner 3-4, forced arch reaching arms out 5-6, step R L 7-8.
- 8 A's: finish standing 1-2, chug back 3-4. B's: chug back 1-2, walk out 3-4, all together walk reaching arms up 5-7, pull arms in 8.
- 8 Sweep arms R L 1-2, battement R leg 3, step back R 4, dig L foot back 5-6, pique onto L 7, continue turn pulling knees together 8.

- 8 Ball change 1-2, FLOOR PART: every other line slide to floor 3, roll around to sitting 4-8. STANDING PART: every other line slide 3-4, hit arced arms 5, hold 6-8.
- 8 FLOOR PART: Reach out 1-2, pull in 3-4, rainbow jump to standing 5-6, roll up 7-8. STANDING: flick 1, step L 2, inside double pencil with flexed foot 3-4, step out facing stage L 5, pull arms in 6, saute to face stage R 7-8.
- 8 Transition back to second formations walk R L 1-2, step into forced arch R L &3, hold 4, travel to lines 5-8.
- 888 Repeat * (counts change), melt 4-8.

Young Forever
Level 2-3 Officer Pom
 Choreographer: Rosie Torres

Start in high-kick line

- 8 All hold 1-4, Gp1 step prep low chaine grand jeté with back leg in attitude 5-8, Gp2 hip swivel in place, while holding.
- 8 Gp1 continue rolling to right knee to front rocket 1-2, Gp2 repeat sequence 1-8.
- 8 All breakthrough high with shake 1-2, roll back to standing 3-7, pivot over L shoulder to breakthrough low V 8.
- 8 Move shaking in pray position to stagger lines 1-4, ball change prep &5, double pirouette hands in pray 6-7, jump out to second position with arms in low V 8.
- 8 Punch to L side with L in low V, R arm to T, L arm to high V 1&2, pull R arm to half T 3&4, open to high V with releve 5, punch L arm across to low V 6, open L arm back to high V 7, close feet and clean arms 8.
- 8* Gp1 chasse double punch T 1&2, pas de bourre with touchdown arms to back 3&4, walk RL with cross arms, brush tilt kick with L arms to tuck sit 5-8, Gp2 hold 1-8.
- 8* Gp1 hold, Gp2 repeat sequence 1-8.
- 8* All roll back to standing 1-4, move to staggered lines with “cha-cha” arms 5-7, clean 8.
- 8* Gp1 step R low V arms 1, push half pivot to L with ‘L’ arms 2, step R clean arms 3, push half pivot to L with front rocket arms 4, run-run RL 5-6, direction change leap to front 7, recover and wrap to L hip &8, Gp2 hold 1-8.
- 8* Gp1 hold 1-8, Gp2 repeat the sequence 1-8.
- 8* Gp1 chaine to R step ball change with punch rocket to breakthrough low V arms 1-4, Gp2 repeat 5-8.
- 8* All run right, back, side 1-6, walk forward RL 7-8.
- 8 Swing arms to up touchdown and low touchdown with assemble 1-2, wiper shake to R 3-4, bow and arrow switches 5-6, swing L arm over head 7-8.
- 8 Punch R arm to L into diagonal rocket 1, breakthrough R arm to low bow and arrow &2, switch bow and arrow up, down, up 3&4, punch arm to high V 5, left arm punch 6, high V 7, clean 8.
- 888888 Repeat * (all together on chasse double punch section)
- 8 Gp1 step prep single fouette to runners lunge 1-6, Gp2 5-8.

- 8 Gp2 continue runners lunge 1-2, all roll back to standing 3-6, walk back to group 7-8.
 1 Pose 1.

Baby

Level 2 Field Kick

Choreographer: Shelley Wayne

Beginning Position: Staggered line facing back

- 8 Hold 1-8.
 8 Pose over shoulder 1, hold 2-3, head down up 4-5, hold 6-8.
 8 Throw to L 1, hold 2-3, head up 4-5, hold 6-8.
 8 Slide back step L 1, hold 2-3, pull together 4-5, walk to straight line 6-7, hook up 8.
 8 Exercise back L 1-3, kick R 4, cross R over L 5, ball change 2nd 6-7, step L 8.
 8 Chasse R 1&2, step L over R 3, brush switch cut R 4, step R 6, open L 2nd 6, ball change back &78.
 8 Step L 1, kick R to R 2, back exercise to L side 3-4, step R 5, kick L to L 6, back to center 7-8.
 8 Step L 1, kick R 2, forward 3, dig L 4, chasse L 5&6, close 7-8.
 8 Straight kicks RLRL 1-8.
 8 JK R 1-2, chasse R fwd 3&4, step L 5, spin back 6, lay back towards audience 7-8.
 8 Cross bc L 1&2, cross bc R 3&4, step L 5, spin front 6, head down 7, reconnect 8.
 8 Bow contagion 1-8.
 8 Coupe R front 1, extend 2, chasse R 3&4, repeat L 5-8.
 8 Jump kick R to C 1-2, R to C 3-4, L to C 5-6, touch switch in front RL 7-8.
 8 Coupe L front 1, extend 2, chasse L 3&4, repeat R 5-8.
 8 Jump kick L 1-2, L 3-4, R 5-6, touch switch in front LR 7-8.
 8 Jump kick R drop off in 3 sections of the line. 1-2, 3-4, 5-6, finish in tuck 7-8.
 8 Contagion over L shoulder to ground pose 1-8.
 8 Z sit 1-2, knees 3-4, stand 5-6, close 7-8.
 8 Move to staggered kick lines or block 1-8.
 8 (Alternating fans row by row) Step fan circle bow over and up, reverse to other side 1-8.
 8 Finish alternating fans all close on 7-8.
 8 Graduated kicks – jump points RL 1-2 3-4, jump waist level RL 5-6 7-8
 8 Straight kicks RLR 1-6, close 7-8.
 2 Down 1, end pose 2.

Dynamite

Level 2 Field Hoopla

Choreographers: Donna Haas, Cali Hoffman, Emily Woodard

Begin in diagonals by color.

- 8 Hold 1-4, (5,1 every other person in diagonal) step open 2nd with R arms T to L wall 5-6, hoop to chest front 7-8.
- 8 Rocket hoop 1-2, finish groups 3-5, ball change back L level hoop 6-7, flip hoop down close feet 8.
- 8 (1,3,5,7 front to back on diagonal) slide L back T level 1-2, step R hoop in 3, step L extend to high V angle 4, R diagonal with hoop in L hand 5-6, grab hoop flat to low L angle 7-8.
- 8 Finish groups 1-6, snake to front halo close to L foot 7-8.
- 8 Moving to large block (still in colored sections) R 3 step turn 1-4, shake to level 5-7, chest 8.
- 8 Twist low V angles opposition by lines 1-2, jump open 2nd rocket hoop 3-4, hoop flat on floor clip R foot back front line 5-6, back line 7-8.
- 8 Ripple L to R sunshine around 1-8.
- 8 All tuck 1-2, level by lines 3-4, up/down opposition by lines 5-6, 7-8.
- 8 (1,3,5,7 color groups L to R) 'Supermodel' 1-8.
- 8 (1,3 down lines and up lines) R arm to knee hoop flat focus front 1-2, flip up 3-4, back to flat 5-6, finish groups 7-8.
- 8 Form columns hoop to chest 1-4, circle around to chest (every other column) 5-8.
- 8 Ripple front to back: stand hoop up to touch hoop down 1-7, all to chest 8.
- 8 Moving to staggered block (each color is a line) hoop in downstage hand walk walk chasse 1-4, repeat 5-8.
- 8 Continue moving: chest to front 1, level in front 2, steering wheel 3-7, chest 8.
- 8 (1,3,5,7 sections R to L) 'Clockwork' 1-8.
- 8 Tuck hoop forward 1, stand grab low 2, finish groups 3-8.
- 8 (1,3 by halves) Clip turn section 1-8.
- 8 Finish clip turns 1-2, ripple R to L: fold hoop underneath arms 3-8.
- 8 Ripple L to R: jump 2nd unfold hoop to high rocket 1-8.
- 8 Wave hoop in R hand 1-4, circle out 5-7, jump together hoop to chest 8.
- 8 Moving to diamond: punch hoop front 1, chest 2, repeat 3-4, halo 5-6, flip to front 7-8.
- 8 Circle low to chest 1-4, reverse 5-7, to chest 8.
- 8 (1,3,5 front,bowtie,back) Angles: high L 1-2, low R 3-4, low L 5-6, high R 7-8.
- 8 Finish angles 1-4, (around diamond by colors) close to L foot hoop to chest 5-8.
- 8 Moving to diagonal of diamonds: twist hoop to hips 1-3, high rocket 4, shake to level 5-7, chest 8.
- 5 Level by diamonds hoop to chest 1-4, L high V 5.

Hold On I'm Coming

Level 1-2 Field Pom

Choreographer: Betsy Heathcock

Beginning Position: Facing back with L foot in a dig.

- 8 Hold 1-4, step back L R while punching R out from sh 5-6, step back L R while punching L out from sh 7-8.

- 8 step back L bring arms to chest 1-2, turn over L sh to the front while arms dive up 3-4, step out R ball change arms out in a T 5-6, step back on R ball change press arms down to sides 7-8
- 8 Lift up R leg while circling R arm toward the back 1, extend out front from sh 2, pull R elbow toward back while turning in R knee 3 R foot down and arm out sh 4, pull L elbow toward back while turning in L knee 5 L foot down and L out from sh 6, punch arms out to T 7, bring back in and down sides feet in forced arch 8.
- 8 PICKUP BY V'S FRONT TO BACK Step front on R arms to down V 1-2, turn over L sh to back wrap arms at waist 3-4, 2nd V 3-6, 3rd V 5-8
- 8 Everyone turn back front arms down V 1, scoot L to R arms to up V 2, TRANSITION – hit sides 3-4, R out sh L 1/2 T 5, out front from sh 6, L out sh R 1/2 T 7, out front from sh 8.
- 8 Open arms to T 1, up overhead 2, chest 3, touch knees plié 4, (Opposition Movement) Up 5-6, back down 7-8 or hold 5-6 up 7-8.
- 8 PICKUP ACROSS L TO R EVERY 2 COUNTS Lift R arm up by ear extending out from sh facing L step back on R ball change 1-2, bring arms to 1/2 T bring R into L foot single turn over R sh 3-4, circle arms out and touch knees 5-6, tuck down 7-8.
- 8 Finish Last group 1-4, BEGIN NEXT PICKUP BACK TO FRONT EVERY TWO COUNTS - Jump out second keeping hands on floor 5-6, lift up touching R to thigh and L on hip 7-8.
- 8 Turn toward the R with R on hip and L on sh 1-2, punch L out sh facing toward R corner in releve 3-4, Continue pickup 5-8.
- 8 Jump back onto R foot kicking L out while facing R corner arm cross over extended out from sh 1-2, step back on R ball change bring arms to daggers at sh 3, down by sides 4, jazz square with arms in 1/2 T 5, drop down 6, open T 7, up overhead 8.
- 8 R tilt kick front arms by sides 1-2, bring L to R sh stepping front R 3, turn over L sh facing back touch poms to knee 4, circle arms R up by ear then follow with L 5-7 facing front touching arms to knee 8.
- 8 Sit and roll to standing contagion from the R to L end up with weight on L and arms at L hip 1-8.
- 8 Moving to next formation: Arms to chest 1-2, up 3-4, chest 5-6, down V 7, back into chest 8.
- 8 PICKUP BY V'S EVERY TWO COUNTS Drop arms down swiping legs and step out 2nd 1, Indian 2, open arms hips to the R 3 back in 4, high V hips R 5, back in 6, open arms hips R 7, back in 8.
- 8 Down V hips R 1, back in 2, open T 3, dive down plié 4, jump crossing feet arms overhead 5-6, land in plié arms down 7, broken T close feet on 8.
- 8 PICKUP EVERY OTHER LINE EVERY TWO COUNTS Face L arms down > 1-2, pull R to 1/2 T L to up > flex L foot 3-4, face L arms down 5-6, open front 7-8
- 8 Turn to the R arms down > 1-2, circle L arm up and over close feet 3-4, plié touch knees 5, hold 6, continue pickup 7-8.

- 8 Bring arms to chest kneel down L 1-2, arms overhead 3-4, arms to T kneel down on R 5-6, hit levels arms to chest 7-8.
- 1 Arms to broken T and hit down V out from sh V or high V & 1.

Jump Level 2 Field Chair

Choreographer: Shelley Wayne

Beginning Position: staggered lines, behind chair facing back, head down

- 8 Hold 1-8.
- 8 Hold 1-8.
- 8 Hold 1, contagion open pose 4th position 2-8.
- 8 Hold 1, contagion shoot R leg out and look R 2-8.
- 8 Step R 1, pull L together 2, and throw head back walk around L side of chair 3-8.
- 8 Down 1-2, pick up chair 3-4, move to files of six 5-8.
- 8 Continue to file 1-4, chair down 5-6, stand 7-8.
- 8 Contagion back to front of file: step up L turn to face front high V arms close down 1-8.
- 8 (1,5,1 opposition by pairs) Circle out w/arms 1-2, step off chair and pose 3-4, finish groups 5-8.
- 8 Finish parts 1-3, all look front 4, ball change back and side 5-6, close 7-8.
- 8 (1,5,1 every two in opposition) Inside leg on chair 1-2, lunge spin to other side 3-4, chasse away from chair 5-6, ball change 7-8.
- 8 Walk back to chair 1-4, finish groups 5-8.
- 8 Finish groups 1-4, all grab chair 5-6 pick up 7-8.
- 8 Formation change to straight line facing back 1-8.
- 8 (1,3,5,7) Moving to diagonals of 4 - pivot back to front 1-2, walk fwd into diagonal 3-6, step pull and close facing L 7-8.
- 8 Put chair down in parts 1-2, 3-4, 5-6, 7-8.
- 8 (1,3,5,7) Brush arabesque on chair in parts 1-2, turn to face R and sitting 3-4, finish groups 5-8.
- 8 Finish groups 1-2, all hold 3-4, face front knees together 5-6, shoot leg out circle R arm around 7-8.
- 8 Close down 1, get up walk around L side of chair to other side 2-8.
- 8 Grab chair 1-2, stand 3-4, move to straight line 5-8.
- 4 Continue to straight line 1-4.
- 8 (1,3 every other person) Open 2nd facing R 1-2 chair down 3-4, turn and sit 5-6, finish groups 7-8.
- 8 Contagion: lay back shoot legs up, roll off chair fwd to tuck position on ground 1-8.
- 8 Continue contagion 1-8.
- 8 Contagion: roll left into R split on L diagonal 1-8.
- 8 Lay on back 1-2, kick legs RLR 3-5, close 6, sit up 7-8.
- 8 Z sit facing back 1-2, knees 3-4, stand 5-6 close 7-8.
- 8 Walk around to back side of chair 1-4, grab chair 5-6, pick up 7-8.
- 8 Walk to staggered pairs 1-8.

- 8 Chair down 1-2, up 3-4, back girl steps up on chair 5-6 face front 7-8; front girl goes to front of chair 5-6, sits down 7-8.
- 8 Windmill arms in opposition to pose 1-4, pose 5-6, close 7-8.
- 8 Close to front of chair 1-2, pose 3-4, face opposite sides 5-6, lay back 7-8.
- 8 Front girl close front 1-2, back girl gets up faces chair 3-4, front girl shoots legs out front circles arms overhead 5-6, close 7-8; back girl circles chair overhead spins around 5-8.
- 8 Front girl stands and pivots to face chair 1-4, both grab chair 5-6, stand 7-8.
- 8 Move to triangles of 6 1-8
- 8 Back girl pivots front 1-2, continue moving 3-4, chair down 5-6, stand 7-8.
- 8 Step R 1, pull L together and throw head back 2, walk around L side to front 3-8.
- 8 Swing chair to face front 1-4, walk to end pose area 5-8.
- 2 Head down 1, pose 2.

Rescue Me
Level 2 Field Jazz

Choreographer: Kristina Tarman

- 8 Hold 1-4, Outside groups: shift weight to outside leg w/ “L” arms 5-6, step forward w/ outside leg cross arms 7-8, Center group: R step out w/ sunburst arms 5-6, pivot front 7-8.
- 8 Outside groups: kiss feet passé with outside leg arms parallel 1-2, push arms 3-4, pivot wrap arms at back 5-6, step w/ outside leg outside arm reach 7, inside leg & arm 8, Center group: prep 1-2, R pirouette turn 3-4, jump 2nd parallel arms 5-6, R arm down 7, L 8.
- 8 Transition to form #2: arms cross extended in front 1-2, low V 3-4, arms high V slow 5-8.
- 8* (1,5,1) step outside L 1, drag w/ “L” arms 2-3, prep 4, chaine 5-6, prep 7, tilt jump 8.
- 8* Coupe 1, hold 2, step out L, R w/ right arm 3, R hand to L knee 4, hold for other groups 5-8.
- 8* Wait for 3rd group 1-4, step L 5, R battement 6, step R 7, step out L wrap arms 8.
- 8* R ball change 1-2, kick step touch w/ T arms 3-4, hips L 5-6, front line pivot 7-8, back line hips R 7-8.
- 8 Chasse R though lines w/ low or high V arms 1-2, step L 3, dig R hands on hips 4, three step turn R cross arms 5-7, dig L w/ “L” arms 8.
- 8 Chasse L circling arms 1-3, dig R and face other line 4, back line: R chasse and R jete 5-8, Front line: walk RL 5-6, R battement 7, step R 8.
- 8 Transition to form #3: reach L across 1-2, L T 3-4, reach R across 5-6, R T 7-8.
- 8 Ripple: 1st line low, 2nd line lunge, 3rd line high 1-4, ripple back close feet parallel arms 5-8.
- 8 (1,3,5) ball change R with “T” arms 1-2, ball change R behind L arm crosses w/ R on hip 3-4, step R 5-6, R tilt battement w/ “L” arms 7-8.
- 8 Step R front frame face w/ L hand 1-2, pivot back hands on hips 3-4, windmill arms stepping out R 5-6, hips with focus change 7-8.

- 8 Finish 1-4, step L 5, kick R, snap L 6, step out R frame face 7-8.
 8 Transition to form #2: L arm half T 1-2, L arm up 3-4, lower L arm 5-8.
 8888 Repeat *
 8 Step L 1, cross R 2, turn 3-4, transition to form #4: walk w/ arms going to high V 5-8.
 5 Walk pushing arms down 1-3, plie press hands at knees 4, jump 2nd reach up 5.

Teenage Dream

Level 3 Field Kick

Choreographer: Melissa Page

Beginning position: In a triangle, facing back, arms by side, feet shoulder width apart.

Triangle

- 8 Hold-1-3, shift weight to L, bending R leg, arms break through to a T, look L 4, hold 5, shift weight to R, bending L leg arms break through straight up by ears look to back wall 6, hold 7, shift weight to L turn torso to side R leg in a dig focus front, R hand on hip, L hand on back of head 8.
 8 Keep hands where they are step onto R ft 1, bring L leg to passé place both hands on hips 2, keeping hands on hips ball change with L in front 3-4, step with L leg circle upper body forward R corner to left corner flat back hands still on hips 5-6, circle hook up closing L ft into R 7-8.
 88 *Split the triangle down the middle, each side does the same but different legs:*
R Side: R envelope kick touch out to R diagonal 1-4, prep R angle prep R angle 5-8, prep R fan 1-3, prep straight R kick prep straight L kick 3-6, prep pike with head pop down &8.
L Side: L envelope kick touch out to L diagonal 1-4, prep L angle prep L angle 5-8, prep L fan 1-3, prep straight R kick prep straight L kick-3-6, prep pike with head pop down &8.

Transition to 3 Triangles

Front Triangle:

- 8 Still hooked up passé over with R leg R chasse 1&2, passé over with L leg L chasse 3&4, ball change forward with R leg twisting hips 5-6, close R ft to L head pop &7, hold 8.

Right Triangle:

- 8 Still hooked up step R ft L ft in relevé hips facing R diagonal 1-2, switch hips to face L diagonal step R ft L ft in plié 3-4, chasse to the R side leading with R ft 5-6, close L ft to R head pop &7, hold 8.

Left Triangle:

- 8 Still hooked up step L ft R ft in relevé hips facing L diagonal 1-2, switch hips to face R diagonal step L ft R ft in plié 3-4, chasse to the L side leading with L ft 5-6, close R ft to L head pop &7, hold 8.

3 Triangles

- 8 Three straight kicks RLR 1-7, close everything hands go down by side 8.

Transition to 3 U's

8 Step R w/ R arm breaking straight up by ear flexed wrist with palm out 1, keeping the R arm up step L w/ L arm breaking straight up by ear flexed wrist with palm out 2, triplet with R ft both arms circling above head to the R 3&4, triplet with L ft both arms circling above head to the L 5&6, step R step L with arms up swaying R side L side 7-8.

8 Break arms down by side stepping on R 1, bring both elbows in w/ hands out shimmying touch out with L ft 2, keep shimmying cross L ft touch R cross R ft touch L 3-6, bring both hands to hips dig R ft hips to R diagonal switch to dig L ft hips to L diagonal 7-8.

3 U's

8 *Graduating kicks:* Prep with hands by side 1, hold hands and look down touch R ft prep touch L ft 2-5, bring arms level with shoulders prep R waist level kick prep L waist level kick 6-8.

8 *All U's do three high kicks, R, L, R, but different arms:*

Front U and Back U: Arms slice up with R kick 1-2, arms slice down with L kick 3-4, arms come back up with R kick 5-6, let go of hands 7, arms stay straight up by ears hands in fists pop both feet in a dig together forced arch 8.

Middle U: Arms slice down with R kick 1-2, arms slice up with L kick 3-4, arms come back down with R kick 5-6, let go of hands 7, arms slice straight up by ears hands in fists pop both feet in a dig together forced arch 8.

Transition to Open V

8 Chainé w/ R breaking arms down by side 1-2, facing front walk RL presenting arms 3-4, step R bringing R arm to hip 5, step L bringing L arm to hip 6, walk RL with shoulder rolls 7-8.

8 Step RL with arms breaking straight up by ears palms facing out 1-2, ball change forward with R ft bringing arms down parallel with floor 3-4, ball change back with R ft breaking both arms to press down the sides of torso head goes back 5-6, close both ft arms by side head goes down 7, head pop up to hook up 8 .

Open V

8 *Cross kicks:* Prep 1, kick R 2, cross R leg over 3, hop out 4, prep 5, kick L 6, cross L leg over 7, hop out 8.

8 *Split formation down the middle, each side does the same but different legs:*

R Side: Two R angle kicks 1-4, cross R leg over L ft 5, spin around hands down by side 6, slap hookup head goes down up 7-8.

L Side: Two L angle kicks-1-4, cross L leg over R ft 5, spin around hands by side 6, slap hookup head goes down up 7-8.

8 *Single fan to knee line by line. Left side does L fan, right side does R fan. First group preps on 1, last group preps on 6 to be on their knee by 8.*

8 *Sways in three groups, L side has R knee in front, R side has L knee in front:*

Front lines: Move front leg to inside and sway to inside 1, snap head to inside 2, sway back outwards leaving head 3-4, disconnect arms tuck and roll on bottom 5-6, stand up 7-8.

Middle lines: Hold-1-2, move front leg to inside and sway to inside 3, snap head to inside 4, sway back outwards leaving head 5-6, disconnect arms tuck and roll on bottom 7-8, stand up-1-2.

Back lines: Hold-1-4, move front leg to inside and sway to inside 5, snap head to inside 6, sway back outwards leaving head 7-8, disconnect arms tuck and roll on bottom-1-2, stand up-3-4,

Transition to 3 Lines

- 8 *Each group joins in after they stand up:* Walk with shoulder rolls RL 1-8.
8 Four ponies starting on R keeping elbows in but swaying hands to sides RLR & 1-4, step out with R ft L arm by side brush L shoulder with R hand looking to L-5-6, slice R arm over to hook up look front-7-8.

3 Lines

- 8 Sway hips RL 1-2, ball change R ft behind & 3, R angle kick, with head tilted to the L 4, chasse to R side leading with R focus is front 5-6, ball change with L ft behind flexing R ft to step & 7, close ft and arms 8.

Separate into 6 Lines

- 88 *Every other girl comes forward:* ball change with L ft behind arms pushing straight down in front 1-2, close ft and arms together 3-4, *Ripple from R to L starting on 5:* Turn around over R shoulder to face back breaking both arms up to ears bending L leg, sliding down with R leg straight to sit on bottom, slice arms over R shoulder to roll on tops of knees, continue rolling on bottom to stand up to face L wall, end with weight on L leg with R ft behind hands by sides.

Transition to Box

- 8 L side turns to face inside, R side already facing inside. Walk inwards RL with hands in blades 1-6, slap hook up with head pop to face front 7-8.

Box

- 8 *Three groups, files L to R:*
Left group: R leg envelope kick end touch to R and look to R-1-4, hold-5-8.
Middle group: Hold-1-2, R leg envelope kick end touch to R and look to R-3-6, hold-7-8.
Right group: Hold-1-4, R leg envelope kick end touch to R and look to R-5-8.
8 Leaving focus to R wall grapevine leading with R ft 1-3, low kick with L leg and snap head to L wall 4, leaving focus on L wall grapevine leading with L ft 5-7, low kick with R leg and snap head to front 8.
88 *Every line goes either L or R, with same choreography:*
Going right: Three traveling R fans-1-7, twist with head-&8, step with L ft focus front 1, R waist level flick kick snap head to L 2, step R 3, L waist level flick kick 4, step L 5, ball change with R ft forward twisting hips snap head to front 6-7, close everything 8.
Going left: Three traveling L fans-1-7, twist with head & 8, step with R ft focus front 1, L waist level flick kick snap head to R 2, step L 3, R waist level flick kick 4, step R 5, ball change with L ft forward twisting hips snap head to front 6-7, close everything 8.

Transition to Diamond

- 8 Prissy walks hands on hips twisting hips slightly start on R 1-6, step on R ft to front hands still on hips 7, turn to face the back over L shoulder bringing L ft to R hands slide straight down to side 8.

Diamond

- 8 *Ripple back to front:* Step back with R ft, swinging head down and up to face front hands by side shoulders square to side weight on R ft 1-4, melt to any pose 5-8.
- 8 Both ft go out to second arms come straight on in front parallel to ground crossing at wrists focus front 1-2, bend knees down to where L leg is bent up weight on R leg R arm on hip straight L arm resting on top of L knee focus to L wall 3-4, **pick-up groups start, back to front-5-6*
- 88 *Back group:* *Circle hookup arms bringing L ft to R 5-6, Straight R kick 7-8, Straight kicks LRLR-1-8.
Middle group: *Hold-5-8, circle hookup arms bringing L ft to R 1-2, straight kicks RLR 3-8.
Front group: *Hold-5-8, hold 1-4, circle hookup arms bringing L ft to R 5-6, straight R kick 7-8.
- 7 All straight L kick 1-2, close ft together 3, close arms to bring by side 4, cross arms straight in front at a low angle chin goes down 5, hit ending position 7.

Ending position:

Outer V: While putting chin down, go down on R knee 5, bring left knee down to sit on both wrap inside arm across waist outside arm in a low V hands in blades head pops up 7.

Middle V: While putting chin down go down on inside knee 5, put outside leg straight out to side, should be on high knee on inside leg inside arm wrapped across outside arm straight and parallel to floor hands in blades head pops up 7.

Inside Triangle: While putting chin down, step back with R ft 5, shift weight to back leg front leg turned out on ball of ft R leg in a plié both arms straight up touching ears hands in blades head pops up 7.

Think

Level 2 Field Pom

Choreographer: Kristina Tarman

Beginning Position: Tuck with arms straight and head as an extension of back

- 8 Two Groups start every four counts – Hold 1-4, Roll up 5-6, bring to chest 7, jump second arms in high V 8.
- 4 Second group roll up 1-2, everyone to chest 3, hit high and low V 4
- 8* Two Groups pickup every two counts -- Drop arms to sides 1-2, bring arms to broken T 3-4, punch arms out from sh and plié 5-6, close R foot to L circling R arm up and out from sh 7-8.
- 8* Touch knees 1-2, second group finish 3-4, arms overhead ball change R L 5-6, step back R flat back over 7-8
- 8 Transition to form #2: Around the world arms – Arms R 1, dive up 2, L 3, sides 4, reverse L 5, dive up 6, out R 7, sides 8.
- 8 Pickup by lines every two counts - Step out R with L arm in out sh and R in 1/2 T 1-2, brush L foot back end up connecting knees with L arm up by ear and R out sh 3-4, step out 2nd arms overhead 5-6, face R plié with L on R sh and R touching knee 7-8

- 8 Grande plié touching knees 1-2, facing R kneel down on L touching R knee 3-4, kneel on both knees circle L arm up and around to down V 5-6, tuck all the way down with forearms on floor 7-8
- 8 Hit the floor while continuing pickup 1-2-3-4, Two Parts Odd/Even Lines Odd Lines – Reach front 5-6, open T 7, reach front 8. Even Lines – lift up arms to chest 5-6, T 7, dive up 8.
- 8 Tuck down 1-2, lift up to 2nd hands on the floor 3-4, lift up to 1/2 T 5-6, grande plié dive down 7, close feet arms to diamond overhead 8.
- 8 Transition to 2 lines: Chest 1-2, up 3-4, chest 5-6, down to sides 7-8.
- 8 Facing toward L with L at hip and R to down > 1, CONTAGION FROM L TO R: circle R up and around to down > and L ends up > pop L knee 2-8.
- 8 Bring L arm down to meet R and plié 1-6 face front grande plié arms in down V 7, jump close feet and bring arms to sides 8.
- 8 Ball change bringing arms to low > facing both directions 1-2, close feet and bring arms to up or down V 3-4, reverse 5-8.
- 8 Pickup by lines every two counts (Group 2 bring hands to chest 1-2, high V 3-4 then begin combo) - Step forward R ball change arms up overhead 1-2, step back R ball change flat back over 3-4, step forward R lift L arm front out from sh 5-6, turn over L sh pull R elbow toward the back 7-8.
- 8 Step forward R lift R up by ear 1-2, turn over L sh pull R to sh 3-4, step out R arms in a T 5-6, plié bring R arm front L out sh 7-8.
- 8 R pirouette 1-2, land in 2nd arms in high V 3-4, dive down 5-6, cover face 7-8.
- 8 Hit hands together 1-4, TRANSITION: shake poms 5-8.
- 8 Shake poms 1-3, dive up 4, hold 5, Pickup by V's front to back - circle arms up and around all the down to tuck 6, 7, 8.
- 8 Pickup Back to Front every 4 counts: Roll up 1-2, arms to chest 3, jump 2nd arms up to high V 4, roll up 5-6, arms to chest 7, arms to front corners out sh 8.
- 4 Roll up 1-2, chest 3, arms to low V 4.
- 88 Repeat * (on last 8-count: everyone circle arms around head 5-6, throw poms down lift head up 7, look at audience 8).

We're Not Gonna Take It
Level 2 Field Pom
 Choreographer: Emily Woodard

Beginning position: face back in lines, poms to tummy, head down.

- 8 Hold 1-7, head up 8.
- 8 Step out R connect to partner low V circle hips 1-2, again extend L low V 3-4, wrap over head 5-6, jump together rocket 7, hold 8.
- 8 Clip R back 1/2 T arms 1-2, turn front shake 3-4, high/low V angles with plies 5-6, 7-8.
- 8 Separate lines T arms 1-2, close feet and arms 3-4, level by lines high V 5, touchdown 6, dagger L 7, R 8.

- 8 (1,5 every other line) clean R to side 1, to touchdown 2, 'L' to L wall look L 3-4, finish groups 5-8.
- 8 Ripple L to R: touchdown to cheer position 1-4, ripple L to R: jump out low/high V by lines 5-8.
- 8 Punch both to R high V 1-2, break open R diagonal 3-4, daggers 5, candlesticks 6, circle down to clap 7-8.
- 8* Transition to triangle: clap 1-4, wrap head with R 5-6, R T 7, clap 8.
- 8* (1,3 outside to inside) L ball change back punch L up 1-2, close feet T arms 3-4, 1/2 T 5, punch low superman 6, jump 2nd circle around to behind head 7-8.
- 8* Finish groups 1-2, 1/2 T 3-4, arms to low V RL w/hips 5-6, back to 1/2 T RL 7-8.
- 8 Slow shake to high V's leveled 1-5, 'bugs' RL 6-7, all stand to high V 8.
- 8 3-step turn on diagonals wrap arms in front and behind 1-3, close feet and poms 4, scoop high or low 5-7, Indian 8.
- 8 T drag 1-2, high Superman 3-4, walking to re-set form 5-7, face front poms to chest 8.
- 8 (1,5,1) break poms down stepping RL into jeté high V arms 1-3, land down 4, finish groups 5-8.
- 4 Finish groups 1-4.
- 8 Hold 1-2, roll to back L knee up 3-7, stand face front starburst arm angles 8.
- 8 Big claps moving to skinny block high low high 1-6, break daggers down 7-8.
- 8 LR walks front punch low RL crossed at wrist 1-2, ball change to L wall break to low V 3-4, close to R rocket up head up 5-6, cheer position hands on knees 7-8.
- 8 Whip R arm out in 1-2, re-step R foot 3, 1/2 T face R wall 4, L arm high V low V 5-6, R to 1/2 diagonal 7, low Superman to front straight legs 8.
- 8 (1,2 by lines) 'pants' section 1-4, step together to columns 5-8.
- 8 Ripple front to back: 'fountain' 1-8.
- 8 Ripple front to back: circle chaser 1-8.
- 888 Repeat * (ball change parts all together, level 7-8).
- 1 High V pose 1.