

2017 UDA Routine Notebook



MISCELLANEOUS

Jr/JV All American

"One Dance"

Start with feet together and head down

- 8 High V 1, half "T" 2, low "V" 3, hold 4, clap arm to L side 56, step across arms "T" 78
- 8 Cheerio arms step L 1, step R dagger arms 2, step L 3, battement 4, down 5 hold 6, double "V" 7 clap 8.
- 8 Step out arms up 12, break down 34, chaine L 56, "L" arm 78.
- 8 Swing L arm over 12, prep 34, turn 56, land 78.
- 8 Open arms 1, feet 2&, bounce 34, scoop R 56, L 78.
- 8 Step back 12, bounce 34, rock step &56, ball change &7 hold 8.

Varsity All American

"One Dance"

Start with feet together facing stage L

- 8 Diagonal 1, punch 2, "T" 3 prep 4, double 56, land 7 ball change &8.
- 8 K 12, step around 3, clap 4, punch low/medium/high 5&6, wrap 7 together 8.
- 8 Step out with R foot 1, pick up R foot 2, run 34, leap 5&6, tap R foot around 78.
- 8 Ball change 12, flick 34, triplet 5&6, circle R arm 7 together 8.
- 8 Rock back R/L 12, triplet 3&4, scoop 56, run L/R 78.
- 8 Step back with R foot 1, square off 2, pump L/R 34, step face side 56. Run back 7&8.

Elite Team Routine

"Sax"

Start facing back with Right foot extended back and arms wrapped over head

- 4 Hold 5-7, flick R foot turning body around 8
- 8 *Walk front RL flicking arms 1-2, three step turn jumping out to second 3&4, hinge hips front arms push back 5, hips circle to R arms push down in front 6-7, step L back unwinding with head roll 8
- 8 Continue unwind 1, snap R arm up 2**, walk LR flicking hand 3-4, step L out pull L elbow up 5-6, switch to pull R elbow up 7, R arm reaches out &, R hand to hip tap L in 8
- 8 Groups L to R: step out L 1, double knee jump 2-3, land 4. Groups start on 1 or 3 or 5, groups end on 4 or 6 or 8
- 8 Front half: sit up to knees arms pull up 1-2, sit to R hip 3, lay back 4, stand up to back 5-7. Back half: step L arms up 1-2, face back tap R hands behind head 3, release back 4, forced arch hands together 5, baseball around with hips 6-7. Everyone: ball change RL pull arms to hips &8
- 8 Melt onto L arms half T 1, prep 2-3, fouetté into double back attitude 4-6, double coupe 7-8
- 8 Drag onto R 1, step LR 2-3, R passé cross arms 4, rock body front then back 5-6, push R arm down step on R 7, step L out push L arm down &, circle hips to L while R arm reaches up and grabs 8
- 8 *** Pony R leg up R arm throws arm down 1-2, Pony R leg up arms cross 3, ball change look to R &4, L hand behind head 5, R hand behind head 6, hips circle to L arms push 7, prep 8
- 8 Tilt battement 1-2, Lines 1&3: roll to ground 3-4, push on R leg 5-6, push on L get 7-8. Lines 2&4: step around RL 3-4, push down R leg 5-6, push down L leg 7-8.
- 8 Lines 1&3: stand up 1-2. Lines 2&4: tap turn around 1-2. Everyone: jump feet second 3, head 4, walk RL turning around self 5-6, pas de bourree RLR 7&8, cross L &
- 8 Drag front on R arms reach up 1, step on L arms pull W 2, tap R twice with R shoulder twice 3-4, R hip and R shoulder 5, R hip 6, run to back 7&8
- 8 Firebird jeté 1-2, land 3, jump feet to second 4**** Halves: pump arms chest and back 5&6, step out arm down 7, extend outside leg with inside arm pulling back 8
- 8 Coupe unwind 1-2, jump out facing center arms box 3, hinge back 4, melt onto front leg grab hand 5-6, triplet 7&8

Elite Team Routine

- 8 Partners A&B: everyone ball change LR into second ribs circle &1-2, step L crossed over 3, pivot to face partner 4, push on partner walk RLR back to original spot 5-7, clean 8
- 8 Ball change grab hands with partner &1, hold 2, circle arms up to lean on partner's back 3-4, L partner drops over 5-8, R partner leg extension 5-8
- 8 R partner: step leg down 1, ball change LR with L arm cross body and R extended out 2-3, L partner: hold 1, arms match partner's 2, step R 3, Everyone: prep 4, double attitude arms wrap 5-6, plié &, inside fan battement 7-8
- 8 Feet together 1, L split arms wrap over head 2, arms up and over to go to R split 3-4, roll to stomach and stand up to back 5-8
- 8 Repeat *** to **** Groups front to back: drop squat arms cross 5, jump second 6, knee drop with leg extended up 7, roll to face side 8-1-2
- 8 Groups end on 2 or 3 or 4 or 5. Roll to back 6, bug 7, split legs 8
- 8 Stand up facing side 1-4, cha cha LRL arms up or down 5&6, push towards center 7, face front pop R leg 8
- 8 Repeat * to ** snap up happens on 1 instead of 2

Technical Elements: Fouetté into double back attitude into double coupé pirouette, tilt battement, firebird jeté, double attitude pirouette into inside fan battement

Team Routine

"Top 40's Mix"

Start with feet together arms wrapped and head down

- 8 Hold 1-8
- 8 Group one steps out on 12, group 2 steps out 34, group 3 twists hips 56. Everyone scoops low 78.
- 8 Step touch with arms low middle or high 12, other way 34, teeter totter legs with arms in half T 5&6 cheerio up 78.
- 8 Tap arms to L knee 1, side cheerio 2, open arms though T 3 punch hands 4, groups step in and lift R arm on 5 or 6, jump out to point up 78.
- 8 3 groups jump in with arms in karate on 1 or 2 or 3 everyone looks up 4, run RL 56 fast runs with arms opening 7&8.
- 8 Jump forward & throw arms to wrap in front 1 knees go out in &2, twist body with knee pop &3 &4, throw R arm out and over 5, 6 drop 7, jump out with R arm up 8.
- 8 Shake hips 12. Crossing groups: half T 3 down 4 face each other 5 snake low 6&7 stand up 8. Up group: Hold 3 half T 4 prep 5 turning tuck jump 6 land 7 hold 8.
- 8 Jump out with arms pressing front 1, pump &2, roll R arm 34, curled running arms push 56 again facing back 78.
- 8 Snake up or down 12, switch 34, head nod 56, snake LR 78.
- 8 Switching groups: chaine back to original position 1234. Up group: punch arms stepping back 1 prep 2 toe touch 3 land 4.
- 8 Step clap 12, 34, prep 56 double pirouette 78.
- 8 *Jump out with arms in diagonal 1, break down & 2, pump R arm &3, swing to low V 4, tuck and roll 5678.
- 8 Stepping side RLR bow and arrow arms 1& L arms 2, swing to T 3 face side with arm in cheerio 3 prep back 4, split jump with back leg in attitude 5 land and clap 6, flat back 78.
- 8 **Arms circle to high V 12 or 34 or 56 hands behind head 7 starburst motions 8.
- 8 Opposition check marks 1, 2, K 3 wrap 4 ½ T jumping in & K together 6 swing arms in low goal post 78.
- 8 Repeat from * to **, group 1 starts on 1 and ends with high V arms on 12, group 2 starts on 3 and ends on 34, group 3 starts on 5 and ends on 56, everyone has hands behind head on 7 starburst motions 8.

Team Routine

- 8 Opposition check marks 1, 2, K 3 wrap 4 ½ T jumping in & K together while walking 6 swing arms in low goal post 78.
- 8 Slow walks low or high 12, 34, 56 walk 78 with arms pressing behind head 78.
- 8 Hips circle while feet shuffle and arms push 1&2& throw arms 3 head 4, push R arm over head to T 56 drop chest crossing hands at wrists 7 knees 8.
- 8 Press arms front crossing wrists 1 ½ T 2 R leg out pose 3 bend R leg prep 4, groups pop to straddle 5 drop 6 or 6 drop 7 or 7 drop 8.
- 8 Snake up 12 tap toe reaching R arm 3 L arm up 4 cross chest 5 fist 6 bow and arrow 7 clean 8.
- 8 Step R 1 flick 2 3 step turn 3&4, step L drag arms 5 step R with R arm up 6 step LR arm in fist 78.
- 8 Circle arms 1&2, chasse back 3&4, flick L leg 5 sit 6, box rock 78.
- 8 Drop crossing arms down 12 reach up 34 for ending pose.

Technical Elements: Double pirouette, split jump with back leg in attitude, toe touch, tour jump.