

## 2020 NDA Routine Descriptions

### TEAM DANCE

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#### Ignite Team Dance

- Band Chant, Hip Hop sideline, Jazz routine
- High spirit, three section performance, good visual movement and high energy

#### Beg/Int Team Dance

- 3 parts; includes Pom, Kick, Jazz and Hip Hop
- Battement, Single pirouette, simple floorwork

#### Int/Adv Team Dance

- Includes weight exchange, house steps, variety of kicks
- 3 parts; includes Pom, Kick, Jazz and Hip Hop

#### Elite Team Dance

- 3 parts; includes Pom, Kick, Jazz and Hip Hop with exciting visuals and high energy transitions for elite dancers
- A la second turns, inside single into assisted penche, pique arabesque, calypso, split to floor, and monkey swipe

#### Team Leader

- Hip Hop, Jazz, and Pom with a four 8-count section to incorporate your own choreography
- Has double pirouette, battements, and a fun upbeat tempo

### JAZZ

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#### Ignite Jazz – *With You* by Kaskade, Meghan Trainor

- 2 parts, opposition, small repeat, sassy movement
- Right battement, single pirouette, jazz walks & struts, passé, pivot step, side chassé, basic footwork

#### Level 1 Jazz – *Shoutout to My Ex* by Little Mix

- Opposition, battement kick, and pirouette turn
- Sassy, quick and slow movement, traveling and switching lines, and super energetic

#### Level 2 Jazz Time Out – *So Close* by Notd, Felix Jaehn, Captain cuts, Georgia Ku

- 2 parts, no repeat, opposition, double turn, chaîné center
- Smooth and sassy, upbeat jazz, with lots of levels and part variations. Good use of musicality and core control for slow and fast paced movements

#### Level 2 Jazz – *Salt* by Ava Max

- 2 parts, 1 8-count repeat, contagions, levels, floor work, opposition
- Sassy, fun, energetic! Contains calypso leap, double pirouette, fan kick, attitude kick, split jump, ballet movements like rond de jambe, pas de bourrée, chaîné

#### Level 3 Jazz Time Out – *Future Nostalgia* by Dua Lipa

- 2 parts, no repeat, opposition and parts, minimal floor work
- Hard-hitting, sassy jazz that works for gym floors or the field; a few technical elements, this routine focuses on style and strong lines

#### Level 3 Jazz – *On a roll* by Ashley O

- 2 parts, no repeat; Opposition, levels, and roll offs
- Upbeat, sassy, and energetic! A la seconde into double coupe derriere, battement, single stag jump, fan kick, triple skater turn, lots of “and” counts

#### Elite Jazz Time Out – *Don't Start Now* by Dua Lipa

- Stylized jazz movement with a lot of musical moments
- Up tempo & visual routine that would be great for the football field or basketball court

#### Elite Jazz – *Black Cat* by Janet Jackson

- 2 parts, 3 section ripple, opposite direction facings, frequent level changes. Very upbeat and high energy, super fun to perform
- Super sassy and stylized movement, intricate counts and quick weight shifts, quadruple pirouette, center leap, calypso leap, à la seconde turns, reverse leap

### POM

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#### Ignite Pom – *ABC* by The Jackson 5

- 2 parts, opposition, repeat, and ripples throughout; upbeat and energetic with both slow and quick movements
- Single pirouette, sassy and fun movement, and a great basic pom foundation

#### Level 1 Pom – *He's the Greatest Dancer* by Sister Sledge

- 2 parts, opposition, small repeat, levels, stylized disco movement
- Take a trip to the disco-filled 70's with this upbeat & groovy dance; single pirouette, passé, right battement, simple pom trick

#### Level 2 Pom – *Take What You Want* by Post Malone Ft Ozzy Osbourne & Travis Scott

- Opposition, battement kick, coupe turn, and toe touch
- Sassy pom motions, opposition, ripples, and very energetic to pump up the crowd

Level 3 Pom Time Out – *Lose Control* by Meduza, Becky Hill, Goodboys

- 2 parts, no repeat, opposition, visuals, and levels throughout
- Visual and crowd-pleasing routine, fun to dance with advanced technical team elements, herkie into toe touch, triple pirouette, turning disc, firebird, creative floorwork

Level 3 Pom – *Graveyard* by Halsey

- Stylized, upbeat movement that incorporates visuals, opposition and ripples
- Double pirouette, a la seconds, firebird, calypso, illusion and fan

Elite Pom Time Out – *Don't Stop Me Now* by Queen

- 3 parts, no repeats, High energy, fast-tempo
- Intermediate/Advanced technical skills, showcases performance and visual appeal

Elite Pom – *This is How we Do it* by Party Pupils Ft Audien

- 2 parts, no repeat, opposition, a la seconds, double and triple pirouette, center and karate leaps.
- High energy, fast motions, with a lot of syncopated movements. Good strong control and power for this routine.

## **HIP HOP**

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Ignite Hip Hop – *Sally Walker* by Iggy Azalea

- 2 parts; repeat of concepts in choreography
- Popular social dance inclusion, lots of fun to do as a question and answer scenario between groups, great introduction to weight changes within choreography, fun for all levels.

Level 1 Hip Hop – *Gasolina* by Daddy Yankee

- Strong and very grounded movements
- Includes opposition and small group parts

Level 2 Hip Hop Time Out – *Get Back* by Ludacris

- 2 parts, opposition throughout, ripples, levels, and dance through transitions
- Skills include building on hip hop fundamentals, grooves, direction changes, musicality and intermediate footwork

Level 2 Hip Hop – *Everytime Tha Beat Drop* by Monica Ft Dem Franchise Boyz

- 2 parts; 2 8 counts of repeat choreography, tempo changes
- Grooves, basic footwork, high energy, fun musicality.

Level 3 Hip Hop Time Out – *New Vibe Who Dis* by Madison Mars Ft Little League

- Very Energetic and visually appealing routine
- Super sassy and fun to perform

Level 3 Hip Hop – *Tempo* by Lizzo Ft Missy Elliot

- 2 parts; opposition work; 4 count breaks
- Waacking, dancehall, tempo variances, full body and fun

Elite Hip Hop Time Out – *Shawty Get Loose* by Lil Mama, Chris Brown, T Pain

- Upbeat, energetic, b-boy/b-girl type floor work, lots of levels (ground, mid and jumps), big movement, fast footwork
- Foundational hip hop grooves mixed with musicality and dynamics

Elite Hip Hop – *Start a Riot* by Duckworth, Shaboozey

- Contains isolations, krumping basics, arm and body waving, intricate footwork
- Advanced weight exchange, direction changes and stylized movement

## KICK

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Level 1 Kick – *If I Can't Have You* by Shawn Mendes

- Perform this visual routine at your next football game
- Includes simple ripples and group parts

Level 2 Kick – *Conga* by Glora Estefan, Miami Sound Machine

- 2 parts, two eights of repeat, upbeat kick with a Latin flair
- Kicks include left and right fans, around the world, tendus, leg holds, and alternating kicks

Level 3 Kick – *Kiss* by Prince

- Includes front and back parts
- Incorporates fun visuals and kick sequences

Elite Kick – *Brown Eyed Girl* by Van Morrison

- 2 parts
- Very fast tempo, variety of kicks with weight and tempo changes. Also includes a double pirouette and second turns with unique exits, right split work, and a variety of leg holds.

## LYRICAL

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Level 1 Lyrical – *We Need Love* by John Legend

- 2 parts, some repeating sections, floor work
- Easy, pretty lyrical good for beginner dancers working on style and torso movement. Single inside pirouette, chaîné turn, fan kick, Ran de Jamb, and contractions

Level 2 Contemporary – *Heal* by Tom Odell

- Double pirouette, battlement, partner work

- Uses a lot of musicality with body movements stemming from the pelvis.

### Level 3 Lyrical – *Someone you Loved* by Lewis Capaldi

- 2 parts throughout, no repeat, advanced floor work, opportunity for three individual solos or three parts
- Fluid lyrical that focuses on lines and technique; leg extensions, triple coupe, left cartwheel to floor; solos include upper body movement (1), firebird jump(2) and penche (3)

### Elite Contemporary – *Dancing on My Own* by Calum Scott

- Stylized movement with quick dynamic & level changes, group visuals, opposition, triple pirouette, leg extensions, floor work
- Allows an opportunity to share artistic voice, awesome way to get campers to release and dance it out in class

## DRILL

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### Military – *Anaszi* by DJ Maxwell

- Crisp lines and full body visuals
- Includes ripples, kickline, and other drill basics to enhance visual performance

### Field Routine – *Crazy In Love* by Beyonce Ft Jay-Z

- Ground and standing parts, visual transitions
- Kick line, pom-based motions, and energetic visuals

## STINGER

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### Stinger

- A fun and visual performance from the sidelines of any game
- Ripples, opposition, and audience appeal

## STAND ROUTINE

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### Stand Routine

- 2 parts; opposition, levels, and ripples throughout
- Visual, versatile & fun with pom movement variation--slices, breaks, swings, shakes, rolls

## BAND CHANT

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### Band Chant #1 – *Celebration* by Kool & the Gang

- 2 parts, repeats, High energy, mid to fast-tempo
- Minimal technical skill, showcases performance and visual appeal

### Band Chant #2 – *Sweet Caroline* by Neil Sedaka

- Opposition, fan kick, and line switches

- Perfect for your game day, super high energy with lots of crowd appealing visuals

## **SIDELINES**

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### Sideline Hip Hop

- Use of opposition, switching of lines, and a 3 part ripple, great way to hype up a crowd
- Incorporation of commercial style grooves, and beginner B-boy footwork/kneebreak

### Sideline Jazz

- Four 8-counts of upbeat jazz choreography that's perfect for game day
- Stylized for fun performance

### Sideline Pom

- 2 parts with contagions and levels
- Utilizes basic pom motions to create a simple yet visual sideline routine