

2021 NDA Routine Descriptions

TEAM DANCE

Ignite Team Dance

- 3 parts; includes Pom fight song, Hip Hop sideline, Jazz routine
- High energy, great for field and court performances, great variation in music and movements

Beg/Int Team Dance

- Coming Soon

Int/Adv Team Dance

- 3 parts; includes Pom, Kick, Jazz and Hip Hop
- Floor work, double pirouette, variety of kicks

Elite Team Dance

- 3 parts; includes Pom, Kick, Jazz and Hip Hop
- Upbeat and fast-paced movement, changing arm double pirouette, tilt kick, double coupe, calypso

Team Leader

- 3 parts; Jazz, Hip Hop and Pom; perfect for team leaders, captains, officers
- Double turn, battement, isolations, toe touch, visuals, sharp motions
- Fun, upbeat, routine that appeals to all audiences, with the opportunity to incorporate your team's own choreography

JAZZ

Level 1 Jazz – *Feedback* by Janet Jackson

- Ripples and groups; floor work, high energy, no repeat, fun footwork and arms
- Single pirouette, battement kick, leap to the floor, big movements, fun and sassy routine

Level 2 Jazz – *Hallucinate* by Dua Lipa

- 2 parts; one opposition, one complementary choreo, double pirouette, saut de chat, regular kicks
- Upbeat jazz with mix of foundational lines and individual style. A lot of traveling makes this visual and high-energy

Level 3 Jazz Time Out – *Party Go Boom* by Wizardz Of Oz ft. Robyn Johnson

- Some opposition and group work; fun, upbeat, and sassy jazz with quick steps and lots of hips
- Tilt jump, double coupé, layout, and battements

Level 4 Jazz – *She Knows How to Love Me* by David Guetta ft. Jess Glynne & Stefflon Don

- No repeat, quick, intricate movement, foot work, and direction changes
- A la seconde turn combination, triple pirouette, floor work, tilt jump, saut de chat, fun routine with a swing feel

Elite Jazz Time Out – *Sway With Me* by Saweetie, GALXARA

- Many Group visuals, a le second turn sequence, center leap, floor work
- Very stylized and Intricate choreography

POM

Level 1 Pom Time Out – *Bang!* by AJR

- Opposition and ripples throughout, no repeat, floorwork
- Fun, crowd-pleasing routine, single pirouette, grand jete, center leap, right battement

Level 2 Pom – *Matches* by Britney Spears, Backstreet Boys

- 2 parts; no repeat, levels, group work in ripples
- Double pirouette, leap in second, battement, jete, tap, toe touch, great variation of pom motions, energetic

Level 3 Pom Time Out – *Diamonds* by Sam Smith

- An energetic routine that includes a triple turn, toe touch, tilt kick, jete leap and a double coupe turn into a calypso
- Also incorporates quick feet and intricate pom motions to challenge dancers

Level 4 Pom – *Head and Heart* by Joel Corry, MNEK

- Quick, syncopated pom with intricate motions, a triple turn, a la seconde turn section and a turning disc
- 2 parts; be sure to send pairs of dancers

Elite Pom Time Out – *Runaway Baby* by Bruno Mars

- Group and partner parts; quick, sharp, energetic pom routine, fast footwork and & counts
- Toe touch, surprise leap, aerial, handstand, jeté attitude

HIP HOP

Level 1 Hip Hop Time Out – *Work* by Ciara ft. Missy Elliot

- Exciting routine with grooves textures and visual parts
- A fun level one routine that includes grooves, quick feet & dynamic movement

Level 2 Hip Hop – *Run It Up* by Dame D.O.L.L.A ft. Lil Wayne

- 2 ripples, two 8-counts repeat in chorus

- Fundamental hip hop style throughout and introduces different grooves and levels, lots of fun to experiment with different styles and to find the team's groove

Level 3 Hip Hop Time Out – *Tap In* by Saweetie

- 2 parts; two 8 counts of repeat choreography, tempo changes
- Fun musicality, basic footwork, high energy, moments of subtlety

Level 4 Hip Hop – *Rock the Mic* by Mikey J, the UK Female Allstarz

- 2-3 parts; opposition throughout, includes a butterfly kick and kip up, foundational hip hop grooves such as isolations, gliding, intricate footwork, direction changes, floorwork
- Explores dynamics between smooth and sharp, combination between hard-hitting and sassy movements

Elite Hip Hop Time Out – *Fight Night* by Migos

- 2 parts; bring a friend
- Foundational hip hop grooves mixed with musicality and dynamics

KICK

Level 1 Kick – *Make Me Like You* by Gwen Stefani

- This routine has group parts
- Includes a leap and single turn

Level 2 Kick – *Grown Woman* by Beyoncé

- 2 parts; no repeat, opposition, and visual effects
- Surprise leap, connected chasse, direction changes, lots of variety in kicks and sassy movements to show off personality

Level 3 Kick – *I Wanna Dance With Somebody* by Whitney Houston

- 2 parts; no repeat, ripples, floor work, levels
- Double pirouette, tilt, battements, direction changes, great variation in kicks, high energy routine

Elite Kick – *Let Me Think About It* by Fedde Le Grand

- 2 groups; sections vary on skills and floor work, no 8-counts repeat, fun, upbeat, and sassy
- Advanced kick combinations combined with technical jazz skills and groovy movement seen through intricate musicality and footwork

LYRICAL

Level 1 Lyrical – *My Girl* by Boyce Avenue, The Temptations

- 2 parts; no repeat, opposition, floor work, arm movements

- Simple ballet technique including chaîné, piqué, jeté, single pirouette; long, soft movements focusing on reaches and emotion

Level 2 Contemporary – *Only the Young* by Taylor Swift

- Upbeat, feel-good contemporary with a double turn and traditional leaps and legs
- Partner work, bring a friend

Level 3 Lyrical – *Fathers and Daughters* by Michael Bolton, Boyce Avenue

- Long lyrical lines and mostly classical technique
- Featuring arabesque, triple coupe, intermediate floorwork, and solo/small group feature

Elite Contemporary – *Put Your Records On* by Corinne Bailey Rae

- 2 parts; stylized movement with level changes, opposition, penche, reverse leap, quad pirouette, floor work
- Allows opportunity to share artistic voice, great way for dancers to release and dance it out in class

DRILL

Military – *Anaszi* by DJ Maxwell

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

Field Routine – *Trumpets (Band Mix)* by Jason Derulo

- Intermediate skill level jazz routine, includes double turn, battement front, grand jete, fans, disc jump, and a little kick line
- Visuals with lots of ripples and arm placements, super upbeat drumline

STINGER

Stinger

- 2 parts; includes ripples and groups throughout
- Audience appeal and opportunity to incorporate style

STAND ROUTINE

Stand Routine

- 2 parts; opposition, levels, and ripples throughout
- Visual, sharp, versatile, and fun pom movement variations

BAND CHANT

Band Chant #1 – *Go Big Blue* by Albert Ahronheim

- Opposition and ripples throughout, two 8-count repeat
- Visual, crowd-pleasing, and energetic routine to pump up the crowd