

2022 NDA Routine Descriptions

JAZZ

Level 1 Time Out Jazz – *Woman Up* by Meghan Trainor

- 2 parts opposition and groups; high energy
- Single pirouette, front leap to the floor, battement, fun and sassy routine

Level 2 Jazz – *I Still Believe* by Mariah Carey

- 2 parts with level opposition, double pirouette, double coupe, right jete, right battement
- Upbeat & stylized jazz with floor work in groups.

Level 3 Time Out Jazz – *Crowd Go Crazy* by John Legend

- Stylized & fast-paced with syncopated movements. Upbeat/fun energy.
- Side leap into a front leap, penche, fan kick, quick floorwork.

Level 4 Jazz – *Fabulous* by C.U.T.

- Syncopated choreography, intricate movement, with quick foot work, and direction changes. Sassy & strong moments demands full confidence of the dance floor.
- 2 parts, quick triple pirouette, firebird or leg hold extension, swing tilt to back.

Elite Time Out Jazz – *Physical* by Dua Lipa

- 2 parts; triple pirouette, front leap & floor work
- Fast-paced stylized & intricate choreography. Hard hitting movements creating great crowd appeal.

POM

Level 1 Time Out Pom – *A Fool In Love* by Tina Turner

- 2 parts, sassy, powerful visuals, crowd engaging
- Single pirouette, battement, leap, floor kick

Level 2 Pom – *Butter* by BTS

- 2 parts; no repeat, levels, group work in ripples
- Double pirouette, battement, energetic with hip hop movements

Level 3 Time Out Pom – *Think* by Aretha Franklin

- 2 parts; high energy pom style with quick feet & intricate pom motions to challenge dancers from head to toe.
- Double pirouette connected to a chaine into fan kick, inside turn, battement, floor work, tilt kick

Level 4 Pom – *Rock This Party* by Bob Sinclair Ft Ron Carroll & MZ Toni

- 2 parts; Exciting & up beat pom routine. Crowd appealing balanced with high energy & technical elements
- Quick, syncopated pom with intricate motions, center leap, floorwork, toe touch, double coupe, a la seconde turn section

Elite Time Out Pom – *Sir Duke* by Stevie Wonder

- Very fast paced, quick, sharp, energetic pom routine, fast footwork and counts
- A la seconds into triple, battement, toe touch

HIP HOP

Level 1 Time Out Hip Hop – *What Up Gangsta* by 50 Cent

- Slow paced routine bringing opportunity to explore hip hop authenticity
- A fun level one routine that includes grooves with moments of up tempo footwork

Level 2 Hip Hop – *Move, Drop, Shake* by DJ Laz ft Flo Rida, Casely & Pitbull

- 2 ripples, three 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 Time Out Hip Hop – *Watch Out For This* by Major Lazer ft Busy Signal, The Flexican & FS Green

- 2-4 parts; ripples creating great visuals for all team sizes, tempo changes
- Fun musicality, high energy with moments of subtlety.

Level 4 Hip Hop – *Dirt Off Your Shoulders* by Jay-Z

- 2-3 parts; opposition for visuals, foundational hip hop grooves such as isolations, intricate footwork, direction changes
- Explores dynamics between smooth and sharp.

Elite Time Out Hip Hop – *Go Buck* by FLAME

- 2 parts; in opposition & ripples, partner work creating fun moments in team performances
- High energy fast paced routine with foundational hip hop grooves mixed with musicality and dynamic choreography.

KICK

Level 1 Kick – *Cold Heart* by Dua Lipa, Elton John

- 2 parts enhancing visuals with ripples & groups, fun/upbeat choreography intertwined with kick technique
- Front leap, floor work, split jump

Level 2 Kick – *Beautiful* by Bazzi ft Camila Cabello

- 2 parts; no repeat, opposition, and visual effects with line changes & group work
- Front leap, direction changes, floor work, lots of variety in kicks and sassy movements to show off personality

Level 3 Kick – *Love Never Felt So Good* by Michael Jackson & Justin Timberlake

- 2 parts; ripples, levels
- Leg hold tilt, turning stag into left split, sissonne to floor into penche, direction changes, great variation in kicks, upbeat/fun routine.

Elite Kick – *Celebrate* by Pitbull

- 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 – *Can't Help Falling In Love* by Ingrid Michaelson, Elvis Presley

- 2 parts; no repeat, opposition, a lot of floor work, arm movements
- Simple ballet technique including, piqué, jeté; long, soft movements focusing on reaches and emotion

Level 2 Contemporary – *Us* by James Bay

- Feel-good contemporary moments, combining technical elements within breath & isolation throughout routine.
- 2 parts with partner work & connection, 2 8-count repeat. Front leap, double coupe, center leap, chaine calypso, floorwork, fan kick.

Level 3 Lyrical – *One & Only* by Adele

- 2 parts; long lyrical lines and dynamic moments within musicality
- Featuring a la seconds into calypso, arabesque, intermediate floorwork, and solo/small group feature

Elite Contemporary – *Titanium* by Jasmine Thompson, David Guetta ft Sia

- 2 parts; stylized movement with level changes, tilt, saute, double pencil turn, straddle to floor work, moments of release & stretching through technical elements.
- Flows from soft to strong – very dynamic. Allows opportunity to share artistic voice, great way for dancers to release and dance it out in class

DRILL

Military – *Heigh Ho* by Walt Disney

- 2 parts for opposition; crisp lines and full body visuals
- Includes ripples, kick line, and other drill basics to enhance visual performance. Upbeat, high-energy routine.

Field Routine – *Legacy* by Blue Devils

- 2 parts; includes double turn into firebird, split jump, battement, grand jete
- Visuals with lots of ripples and arm placements, classic drumline cadence. Perfect for Game Day.

STINGER

Stinger

- 2 parts; includes ripples and groups throughout
- Audience appeal and strong pom movements

STAND ROUTINE

Stand Routine

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

BAND CHANT

Band Chant – *Highlight Reel* by Blue Devils

- Opposition and ripples throughout, two 8-count repeat
- Visual, crowd-pleasing, and energetic routine to pump up the crowd. Paired with NCA Band Chant.