

2023 NDA Routine Descriptions

HIP HOP

Level 1 Time Out Hip Hop – *Quiero Bailar* by 3BallMTY & Becky G

- 2 parts; opposition, ripples and levels
- High energy routine with a Latin flair

Level 2 Hip Hop – *Walk It Talk It* by Migos

- 2 parts; ripples and direction changes
- Routine consists of stylized movement that allows dancers to experiment and showcase personalities and authenticity

Level 3 Time Out Hip Hop – *Gimme Dat* by Ciara

- 2 parts; opposition and opportunity for ripples
- Includes foundational hip hop grooves with unique musicality. Top tock, isolations, body rolls

Level 4 Hip Hop – *Church* by T-Pain & Teddy Verseti

- 2 parts; ripples, opposition and direction changes
- Fun musicality, high energy with moments of subtly. Challenges dancers with hard hitting moves and staccato musicality

Elite Time Out Hip Hop – *Make It Rain* by Fat Joe & Lil Wayne

- 2 parts; level changes, opportunity for ripples
- Combines fundamental hip hop grooves and technique with fast paced movement to challenge dancers

JAZZ

Level 1 Time Out Jazz – *Made You Look* by Meghan Trainor

- 2 parts; opposition and group work throughout
- A sassy fun routine with lots of foundational jazz funk movements. Skills include a single pirouette and a right leap

Level 2 Jazz – *Work For It* by Daphne Willis & LONIS

- 2-3 parts; cannons and group work
- Sassy choreography that will push dancers to focus on musicality and changing tempos. Skills include a double pirouette, front battement and a surprise leap

Level 3 Time Out Jazz – *Crazy What Love Can Do* by David Guetta, Becky Hill & Ella Henderson

- 2 parts
- A sassy jazz with a lot of hips, clean arm motions and quick footwork. Skills include a double coupe pirouette, chaine leap and battements

Level 4 Jazz – *Vegas* by Doja Cat

- 2 parts; opportunity for more; opposition and levels
- Upbeat, sassy routine with lots of personality. Skills include fouetté quad pirouette, floor work, and various jumps/leaps

Elite Time Out Jazz – Play With Fire by WAR*HALL

- 2 parts; ripples and group work
- Energetic, hard-hitting jazz that will challenge dancers with direction changes, floor work and quick footwork. Skills include a variety of pirouettes, leaps, a la seconds and an aerial

POM

Level 1 Time Out Pom – *Smile* by Katy Perry

- 2 parts; opposition and groups throughout
- Foundational pom technique with lots of fun and sassy movements. No repeats. Skills include floor kick, single pirouette and a right leap

Level 2 Pom – *Freedom* by Pitbull

- 2 parts, opportunity for more
- An energetic intermediate pom routine, no repeats. Skills include a double coupe turn, toe touch, calypso and floorwork. Focuses on pom motion work

Level 3 Time Out Pom– *Chain My Heart* by Bebe Rexha & Topic

- 2 parts; opportunity for more
- Energetic pom routine with unique visuals that will challenge dancers to focus on pom motions while incorporating skills. No repeats, skills include a double coupe pirouette, toe touch, calypso and floorwork

Level 4 Pom – *Let's Go Crazy* by Prince

- High energy and fast paced, no repeats
- Challenges dancers on musicality. Focuses on precise and quick footwork and intricate pom motions. Skills include a la seconds, double pirouette, toe touch, firebird

Elite Time Out Pom – *Valerie* by Amy Winehouse

- 2 parts; level changes
- Fun and upbeat with, fast paced with precise footwork. No repeats. Skills include single and double pirouettes, chaine center leap, butterfly jump, aerial and toe touch

KICK

Level 1 Kick – *Move Your Feet* by Junior Senior

- Choreographed as one part, opportunity for more. Multiple cannons and ripples
- High energy routine with fun transitions. Skills include a single pirouette, variation kicks, linked kicks and individual kicks. No repeats

Level 2 Kick – *Late Night Talking* by Harry Styles

- 3 parts; opposition and visual effects
- Sassy and fun routine to show off dancers' personality while focusing on intermediate kicks and technique. No repeat, skills include standing leap, connected chasse and floorwork

Level 3 Kick – *Water Me* by Lizzo

- 2-3 parts; opportunity for more. Includes cannons and group sections
- High energy routine that moves and includes group work. Skills include a double coupe pirouette, variety of kicks both single and linked

Elite Kick – *Can't Remember to Forget You* by Shakira ft. Rihanna

- 2 parts; ripples, opposition and different choreographed groups
- Upbeat and fast tempo routine with a variety of formation changes and opportunities. Elements of jazz movement quality incorporated throughout the routine. Skills include jump split, various elite kicks and a tilt drop

LYRICAL/CONTEMPORARY

Level 1 Lyrical – *I Won't Give Up* by Chance Pena

- Counted in sixes
- 2 parts
- Emotional and sustained movements, routine does not include any repeats. Skills include leaps, battements, piques and chaine turns

Level 2 Contemporary – *Flaws* by Calum Scott

- 2 parts; opposition throughout
- Routine builds with a mix of graceful slow movements leading up to faster paced steps, includes "&" counts. Skills include battement, coupe turn and calypso

Level 3 Lyrical – *Amen* by John Adams

- 2 parts; levels and oppositions
- A feel good lyrical that builds, includes staging opportunities for larger teams with a focus on using the floor. No repeats, includes a triple pirouette and a chaine attitude leap

Elite Contemporary – *Hotline Bling* by Drake

- Showcases a unique style, focuses on control and musicality. Skills include a variety of kicks/leg work, pirouettes and a rotating axel jump to the floor

DRILL

Military – *Night Life* by Zhanna Friske

- 2 parts; opportunity for more. Ripples and opposition
- A high energy, precise and unique routine. Skills include right and left splits, a kick line, a tilt hold and rotation

Field Routine – *Happy* by Pharrell Williams

- 3 parts; ripples, level changes. Focuses heavily on visuals
- High energy routine focused on jazz movements. Skills include calypso, battements and leaps

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 – *Cupid Shuffle* by Cupid

- 2 parts, opportunity for more. Opposition and ripples throughout
- Visual, crowd-pleasing, and energetic routine to pump up the crowd