

2024 NDA Routine Descriptions

JAZZ

Level 1 Time Out Jazz – *Yes, And?* by Ariana Grande

- 2 parts opposition and groups throughout
- Foundational jazz dynamics and traditional footwork
- Single pirouette, battement, fun and sassy & energetic routine

Level 2 Jazz – *Houdini* by Dua Lipa

- 2 parts, frequent opposition, 1.5 8-count repeat, floor work
- Variety of pace and texture; "and" counts; double coupé turn; tilt kick; toe touch; partner interaction; cute and upbeat movement

Level 3 Time Out Jazz – *Bring It On* by FIFA Sound, Biarra, Sylla, Bia, Tones & I

- 2 parts, no repeat, levels
- Battement, split leap, double pirouette and attitude jump. Hips and shoulders make this a fun jazz with full body movement.

Level 4 Jazz – *Players* by Coi Leray

- Upbeat, fast paced arm work, triple pirouette, floor work, a la secondes with double attitude
- 2 parts, no repeat with extensive levels & technique

Elite Time Out Jazz – *Good Times Roll* Griz ft Big Gigantic

- 2 parts; double coupe turn, variety of leg extensions, 1 8-count of a la secondes & turning disc
- Fast-paced stylized & intricate choreography. Sassy hard hitting movements creating great crowd appeal.

POM

Level 1 Time Out Pom – *Get Me Bodied* by Beyonce

- 2 parts, sassy, powerful visuals, crowd engaging
- Fun upbeat movements perfect for a game day routine!

Level 2 Pom – *Lil Boo Thang* by Paul Russell

- Opposition, roll offs, 2 groups, Straight Leg Leap, Double pirouette
- No repeat, upbeat, and energetic to pump up your crowd.

Level 3 Time Out Pom – *Burning Love* by Elvis Presley

- Overall unison choreography with some group work in this high-energy, unique pom that offers some character work

- Double coupe, single-leg slide to the floor, stag jump, single coupe into unassisted leg extension, calypso, switch arabesque, a la seconde turns into double pirouette

Level 4 Pom – *Dip It Low by Christina Milian*

- 2 parts, no repeat, extensive & intricate footwork
- Fast-paced, unique & challenging musicality with intricate footwork, toe touch, calypso, double passe turn, tilt kick, a la seconde into double into a firebird

Elite Time Out Pom – *Lady Marmalade by Labelle, Christina Aguilera, Lil Kim, Mya, P!nk*

- 1 part, no repeat, quick motions and footwork
- Fun stylistic pom with texture and musicality. Triple turns, switch tilt leap, firebird, and back roll. Upbeat and great song for a performance worthy timeout or halftime routine!

HIP HOP

Level 1 Time Out Hip Hop – *Take It To The Floor by B2K*

- 2 Parts (same choreography on different counts) with 1 8-count of repeat
- Foundational hip hop grooves and isolations with fun freestyle moments!

Level 2 Hip Hop – *Edamame by bbno\$, Rich Brian*

- 1-8 count repeat, opposition, fun characterized swag!
- Upbeat, stylized hip hop grooves, powerful hits; waving, popping. Tempo changes throughout, levels and direction changes. Fun to do with a team or small groups!

Level 3 Time Out Hip Hop – *Let It Bump by Missy Elliott ft Timbaland*

- 2 parts; ripples & levels creating great visuals for all team sizes, tempo changes
- Fun musicality, with moments of grooving & hints of subtlety.

Level 4 Hip Hop – *DJ Turn It Up by Dimension*

- 2 parts; intricate footwork & direction changes
- Explores dynamics between smooth and sharp while keeping it sassy!

Elite Time Out Hip Hop – *Grove St. Party by Waka Flaka 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 – *Im Coming Out/Upside Down* by Chris Cox, Diana Ross

- A routine to get back to the basics of kickline!
- Includes roll offs, groups with some jazz elements
- Kneeling sidekicks, tendues, passes & right fan kick

Level 2 Kick – *Twenty-Five Miles* by Edwin Starr

- Opposition, fan kick, and line switches, straight Leg Leap, Double pirouette
- For your game day, super high energy with lots of crowd appealing visuals with kick variations.

Level 3 Kick – *Material Girl* by Madonna

- 2 parts, opposition, no repeat
- Saut de basque, Tinkerbelle jump, connected hitch kick, penché, leg hold, tilt kick, fan kick, flick arabesque, incorporates opportunity for sass and personality within variety of challenging kicks!

Elite Kick – *Something To Talk About* by Bonnie Raitt

- Challenging kick line beginning with two groups while connected, direction changes, a hitch kick, a fan, a leg hold, and finishing in a rippled split to the floor
- 2 parts - one allowing for a showcased leg extension into a leg turn
- Quick steps, “and” counts, triple turn, many formation changes, and upbeat music to help bring full energy

LYRICAL

Level 1 Lyrical – *Pretty Hurts* by Beyonce

- 2 parts opposition and groups throughout
- Foundational contemporary-jazz dynamics with isolations & contractions
- Chaine turn, grande jete & minimal floorwork.

Level 2 Contemporary – *Call My Name* by Lukas Graham

- Soft movements with strong emphasis on body control & contractions
- 2 parts no repeat. Arabesque kick, 2 step preparation for grand jete, double pirouette, floorwork

Level 3 Lyrical – *Used To Be* by Steve Aoki, Kiiara, Wiz Khalifa

- 2 parts; swift pace with a lot of musicality
- Featuring double coupe turn into a renverse jump, fan kick, double stag turning leap & a la seconde turn sequence

Elite Contemporary – *Break My Soul* by Beyonce

- 2 parts; stylized movement with level changes, calypso, double pencil turn, floor work, extension into jete, a la secondes with changing spots into double attitude, moments of release & stretching through technical elements.
- Flows from soft to strong – very dynamic. Great way for dancers to release

and dance it out in class

DRILL

Military – *Seven Nation Army by The White Stripes*

- 2 parts, no repeat, frequent group sections, floor work
- Split drop, short kick section, fast-paced, classic but visual movement, intricate musicality and arm work!

Field Routine – *Best Song Ever by One Direction*

- Features roll offs, powerful arms & strong visuals with an emphasis on the traditional game day jazz style.
- Technique included: calypso, left kick, back attitude kick, corner split jump & right turning fan jump

STINGER

Stinger

- 3 Parts, 4 8-count Repeat; Levels and ripples
- Foundational Pom movements with lots of fun visuals and energy

STAND ROUTINE

Stand Routine

- Contains visuals that would benefit with poms incorporated
- Relatively stationary choreography to be paired with any stadium song or band piece
- Visual, sharp, versatile, and fun pom movement variations

BAND CHANT

Band Chant – *Let's Go Tigers by The Blue Devils*

- Designed to enhance the game day experience with a cheer team & band.
- Features visuals that complement the 2024 NCA Band Chant
- Contains vocals, roll offs & traditional jazz elements including: a right kick, firebird, double coupe turn & a calypso

SIDELINE

Pom Sideline

- Upbeat, energetic & sassy!
- 2 parts; opposition and different count groups throughout
- Incorporates different percussive pom movements

Jazz Sideline

- 2 parts, 4 8-count Repeat
- A great true jazz feel with nice visuals and a battement; will look great on the field or the court!

TEAM DANCE

Level 1-2 – **Hip Hop Song**, *Bad Habits* by Ed Sheeran, **Kick Song** *Never Gunna Not Dance Again* by P!nk

- Styles: Hip Hop > Pom > Kick > Jazz
- Single Pirouette, right jete, cha cha step, chasse

Level 3-4 – *10:35* by Ariana Grande, *Humble* by Kendrick Lamar, **Kick Song, Pom Song**

- Styles: Jazz > Hip Hop > Kick > Pom
- Double pirouette, passe layout, back attitude kick

Elite – **Jazz Song, Hip Hop Song, Kick Song, Pom Song**

- Styles: Jazz > Hip Hop > Kick > Pom
- Battement, floor leap, triple turn, tour jete