

2025 NDA Routine Descriptions

JAZZ

Level 1 Jazz – “All For You” (Janet Jackson)

- 2 parts with ripples and opposition
- Intermediate level skills with sassy musicality for a fun crowd pleasing routine

Level 2 Jazz - “Thumbs” (Sabrina Carpenter)

- 2 parts, opposition and levels
- Foundational jazz technique, as well as battements, jetes, double pirouettes, and coupe turns! Super sassy dance that’s fun to do with a partner!

Level 3 Timeout Jazz – “Training Season” (Dua Lipa)

- 2 parts, opposition, no repeat
- Fun, sassy jazz. Illusion, double pirouette into chaine leap, straight leap, fan kick.

Level 4 Jazz – “Million Dollar Baby” (Tommy Richman)

- Two parts (opposition and differing parts), floor work, fun group sections.
- Technical elements include pirouettes, a la seconde turns, attitude leap, and leg extensions. Super fun remix of the song with lots of personality to show throughout the routine!

Elite Jazz – “Bling Bling” (ALTEGO)

- Girly, hard hitting, dynamic jazz with 2 parts
- Skills: tilt jump, inside double pirouette, floor work, back attitude into tilt extension

POM

Level 1 Timeout Pom - “Push it” (Salt-N-Pepa)

- 2 groups for some parts, no repeat; incorporates lots of sharp holds, some quicker counts and a battement
- Energetic and visual, has a variety of pom motions and opposing groups to create exciting moments for the audience

Level 2 “Stargazing” (Myles Smith)

- • 2 parts, opposition throughout
- • A high-energy pom routine that includes a battement, toe touch, double pirouette, and lots of directional changes. Fun to do with a partner!

Level 3 Timeout Pom – “Espresso” (Sabrina Carpenter)

- 2 parts – skills including double stag, double pirouette, jete & floorwork
- Sassy hard hitting pom routine with ripples incorporated for visual opportunities & layering

Level 4 Pom – “Like a Prayer” (Madonna)

- 2 parts with opposition – skills include, toe-touch, battement, single stag leap, fouette triple turn.
- Fast paced & dynamic pom motions for visually appealing routine

Elite Pom – “Calibria” (Enur)

- 2 parts, no repeat, many jumps and leaps
- Quick pace pom with a little latin flair. Toe touch, switch arabesque, calypso, triple pirouette, fast motions.

HIP HOP

Level 1 Hip Hop - “The Jump Off” (Lil’ Kim)

- 2 parts (opposition throughout), a couple interactive partner sections, repetitive movement in different directions, steady tempo.
- Foundational hip hop grooves & footwork. Basic party style movements from different eras - “Butterfly”, “Harlem Shake”, and “Drop”. Upbeat and crowd engaging routine!

Level 2 Hip Hop - “Oops” (Young Gravy ft. Lil Baby)

- *2 parts - floorwork & standing, opposition throughout, no repeat sections*
- *Foundational hip-hop footwork, styles, and grooves.*
- *Full of energy, musicality, and character moments!*

Level 3 Hip Hop – “Bow Chika Wow It” (Kali J. LiTTiE)

- 2 parts throughout, a variety of levels, and groundwork
- This high-energy hip-hop exudes sass and confidence, with bold and fun movements that command attention. The group work creates a dynamic element to keep the routine engaging and easy for the crowd to follow.

Level 4 Hip Hop – “1, 2, 3, 4” (Coolio)

- 2 Parts (opposition throughout) High-energy and Very bouncy dance routine.
- Powerful and Strong with Foundational breakdancing moves and footwork.

Elite Hip Hop – “Party Up (Up In Here)” (DMX)

- Strong musicality sure to catch the crowd's attention
- Quick footwork paired with subtle moments creating opportunity to explore Hip Hop authenticity in different ways

KICK

Level 1 Kick - "Forever Young" (Alphaville)

- Feel-good upbeat, crowd favorite
- Energetic with a focus on endurance and synchronization
- Kicks included: straight, corner, tilt, attitude

Level 2 Kick – "The Way You Make Me Feel" (Michael Jackson)

- 2 groups for parts, no repeat; incorporates a variety of kicks and opposing groups
- Sassy and cute, this routine has some more advanced kicks such as a cross kick, a fan kick, and a "rocking horse" with quick feet, but simpler movements in between to keep the focus on proper kick technique

Level 3 - "Doo Wap" by Lauryn Hill

- 2 parts, no repeat
- High energy kick routine with stylized jazz elements sprinkled throughout
- Details revolve around footwork, head placement, and weight transfers

Elite Kick – "Dust (Another One Bites The Dust)" by Queen

- 2 parts, no repeat, dynamic group work and visuals.
- Energetic, intense and sharp performance opportunity, challenging direction changes, with technical skills including a la second turns, leg holds, six o'clocks, center split. Opportunity to step into character while tackling vast variety of kicks and textures.

Contemporary/Lyrical

Level 1 Lyrical - "Hold You Till We're Old" (Jamie Miller)

- A heartwarming and feel good routine to do with a partner!
- Utilizes a lot of reaches, basic ballet/lyrics technique, and simple footwork

Level 2 Contemporary – "Easy On my" (Adele)

- No repeat, extensive floor work, control work, movement quality
- Double pirouette, grand jete, lots of upper body movement and breaths

Level 3 Lyrical – “Beautiful Things” (Benson Boone)

- Tempo changes from an 8 count into a 6 count
- Quick, dynamic movements accenting musicality.
- Skills: double attitude turn, Inside double pirouette, Double Stag leap, illusion, battement layout, floorwork

Elite Contemporary – “Hit the Road Jack” (2WEI)

- - Two parts (opposition during some moments, different sections during other moments), includes floorwork as well.
- - Very musical. Accents and cool sound effects are highlighted through the movement of the routine! Technical elements include passe and coupe pirouettes, karate leap, floor leap, and leg extensions.

DRILL

Military – “The Countdown”

- 2 parts, opposition throughout.
- Traveling with arm movement, focus on musicality and cleanliness, group sections, intricate arm and wrist work, classic.

Field Routine - “Hey Mickey”

- 2 parts – Skills include: straight leap, double pirouette, some floor work
- Upbeat routine with transition opportunities to utilize floor space on any field or court size

2025 NDA College Routine Descriptions

JAZZ

College Jazz – “Clap Clap” (CLiQ)

- 2 parts, musicality, opposition and levels
- Sassy jazz with fast ‘and’ counts, floor work, inside fan, double pirouette to the ground, left and right center leap

College Time Out Jazz – “Good Graces” (Sabrina Carpenter)

- Girly Jazz, 2 parts, ripples, dynamic movement accenting musicality
- Skills: Triple pirouette, battement, single stag leap, double coupe turn

POM

College Pom - "Everybody" (Nicki Minaj)

- High-energy, powerful movement, fast-paced
- Toe touch, aerial, pop jete, advanced turn combo
- Full of intensity, precision, and attitude!

College Timeout - "APT" (Rose & Bruno Mars)

- 2 parts standing vs floor version, no repeat
- Upbeat music create an engaging timeout performance
- Musicality at the core, quick motions, dynamic syncopation, oppositional choreography to create visuals

HIP HOP

College Hip Hop – "Work That Body" (P Moody)

- Powerful high-energy dance routine with sassy dance moves.
- Intricate in musicality, Fun, with a Latin vibe.

College Timeout Hip Hop – "You Wish" (Flyana Boss)

- 2 parts with opposition
- Sassy & upbeat Hip Hop that explores quick footwork & musicality

BAND CHANT

College Game Day Band Chant - "Kernkraft 400" (Zombie Nation)

- 2 parts, no repeat, can add different variety of visuals
- A blend of classic pom motions and gameday style, ensuring clean and captivating visuals. The routine flows with the music, showcasing strong musicality to keep the crowd engaged with a familiar stadium tune.

College Band Chant (Apache)

- Game Day routine incorporating sharp traditional pom motions and textured Pro-style movements.
- Contains multiple ripples to create dynamic visuals within your team.
- Right battement to show technique suitable for the turf or court.