

## 2026 NDA Routine Descriptions

### JAZZ

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#### Level 1 Jazz – “Please, Please, Please” (Sabrina Carpenter)

- A fun and sassy jazz routine set to a popular song most people recognize.
- Features simple choreography with clean, effective visuals that make it entertaining and easy to perform.

#### Level 2 Jazz - “Get Ready For It” (Tina Parol)

- 2 parts, counts with musicality incorporated.
- Foundational jazz technique, as well as battements, jetes, double coupe, and a reverse leap! Very stylized choreography!

#### Level 3 Timeout Jazz – “Signed, Sealed, Delivered” (Stevie Wonder)

- Fun and sassy jazz with a little breakdown moment. Lots of clean lines and hips.
- Incorporates a penche, double turn into firebird, and calypso and/or switch arabesque.

#### Level 4 Jazz – “Get It Done” (Guy Sebastian)

- Stylized jazz with a “grunge” feel
- 2 parts, opposition - Incorporates a calypso, tilt jump, quad pirouette, and leap in second

#### Elite Jazz – “Best Friend ” (Heartclub)

- Edgy, sassy choreography – routine will challenge dancers to continue to dance as they enter and exit technical skills
- Skills: floor leap, double coupe turn, hook jump, single stag, a la seconde sequence

### POM

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#### Level 1 Timeout Pom - “Ready For What’s Next” (Becca Lynn)

- 2 Parts, opposition
- A high-energy pom routine that includes pom technique, chaine turns, and a pirouette.
- Focuses on musicality and creating visuals

#### Level 2 “Hey Mama” (Play-N-Skillz)

- 2 parts, opposition throughout, 2 8-counts repeat
- Upbeat, quick footwork, ripples, toe touch, double pirouette; such a versatile dance for the field or the court!

### Level 3 Timeout Pom – “How It’s Done” (HUNTR/X)

- Upbeat pom with some quicker footwork and exciting energy
- Incorporates a toe touch, firebird and calypso

### Level 4 Pom – “Waterfalls” (James Hype ft. Sam Harper, Bobby Harvey)

- 2 parts with opposition – skills include toe-touch, a la seconde triple turn, triple pirouette, tilt kick, extension, center leap.
- Fast paced & musicality-based pom motions for visually appealing routine.

### Elite Pom – “Get Down On It” (Kool & the Gang)

- 2 parts, no repeat, features switch tilt, a la seconde turn set, pirouettes, tour, firebird jump, fan, toe touch.
- Choreography focuses on intricacy and dynamic pathways. Quick pace is maintained throughout and highlights strength and precision. Brings fun and engaging energy.

## HIP HOP

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### Level 1 Hip Hop - “LEFTRIGHT” (Lizzo)

- Foundational hip hop grooves with modern twist; focuses on rhythm, coordination, and performance quality
- Basic footwork patterns - step touch, grooves, directional changes, simple level changes - perfect to learn with a friend!

### Level 3 Hip Hop – “I’m a Hustla” (Cassidy)

- 2 parts throughout with opposition
- Energetic hip hop routine including a variety of “old-school” styles, textures and footwork.

### Level 4 Hip Hop – “Squabble Up” (*Kendrick Lamar*)

- 3 Parts featuring grounded, high-energy movement with dynamic level changes
- Intricate musicality paired with varied formations to enhance audience appeal

### Elite Hip Hop – “Swag Surfin’” (*F.L.Y - Fast Life Youngstaz*)

- A fun hip hop with strong musicality sure to catch the crowd’s attention using group visuals and textures
- Quick footwork paired with subtle moments creating opportunity to explore Hip Hop authenticity in different ways

## **KICK**

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### Level 1 Kick - "I Just Might" (Bruno Mars)

- 2 parts, floorwork, ripples, and contagious excitement!
- Skills include right split, right battement, and a beginner-level variety of kicks and fans

### Level 2 Kick – "These Boots are Made for Walking" (Nancy Sinatra)

- 2 groups, multiple ripples, floorwork – fun, energetic, sassy routine allowing dancers to push performance and stamina
- Technical Skills: Jete, flick kicks, left battement, variety of kicks

### Level 3 Kick - "Stayin' Alive" (Bee Gees)

- Incorporates musicality within group work.
- Variety of kick techniques including fan kicks, tick tocks and more to create visual appeal.

### Elite Kick – "Ya Ya" (Beyonce)

- 2 parts, no repeat, syncopated timing, stylized group work, themed movement, direction changes, intricate and varied link ups.
- Upbeat, personality-focused, and fun routine with an opportunity to display dynamic movement quality, character, and precise technical mastery. Features advanced hitch kicks, leg holds, balances, leg to back connection, split jump, floor work, and pixie jump.

## **CONTEMPORARY/LYRICAL**

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### Level 1 Lyrical - "Long Way To Go" (Lita Brown)

- A heartwarming and feel good routine to do with a partner – utilizes mirroring and group work
- Has weight changes, floorwork, and musicality to help challenge dancers.

### Level 2 Contemporary – "Ordinary" (Alex Warren)

- An uplifting routine with many moments for breath work
- 2 parts, floorwork and turn group
- Incorporates single pirouette, chaine fan kick

### Level 3 Lyrical – “Take Me Home” (Benson Boone)

- True lyrical movement with weight shifts and direction changes, group work and floor work included.
- Skills include, triple turn into floor shift, reverse illusion, ring leap, double coupe, penche roll.

### Elite Contemporary – “Northern Lights” (Teddy Swims)

- This routine will challenge dancers to connect movement to the music – dancers will work to find the dynamics between moments of release and staccato accents throughout choreography
- Battement, leg extension hold, turning C jump, inside fan, a la seconde sequence

## **DRILL & GAME DAY**

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### Military – “You Against Me”

- 2 parts, no repeat, sustained movement, changing levels, floor work.
- Group sections, dynamic angles of arms and upper body, variety of textures and musicality, and control.

### Field Routine - “Grease Lightning”

- 2-3 parts to perform in front of a large crowd on game day!
- Contains strong pom motions, a 4-count repeat, with opposition, group work, and tons of visuals!
- Skills include right battement and single pirouette

### Stand Routine

- 2 Parts, opposition
- This routine contains multiple visuals and fun exciting movements to keep the crowd engaged on the sidelines.

### Stinger

- 4 8-count routine that can be repeated, and used with poms or not. Lots of levels and groups used within the choreography
- Includes a right battement