

2019 UDA Routine Notebook



ELITE ROUTINE NOTES

Hip Hop Performance Routine

"Make it Shake"

- 8 Hold 1 2, 1st line pose up 3 4, middle lines add on pose 5 6, back line add on pose 7 8.
- 8 Jump R w/ elbows 1, L 2, R add arms up 3, L arms down 4, kick ball change 5&6, step R grab 7, step L grab 8.
- 8 Lines in opposition: snake R or L 1 2, ball change &3, heel twist &4, up or down snake 5 6, shake 7 8.
- 8 Go back to window repeat snake 1 2, ball change &3, heel twist &4, jump together 5, pedal walk R 6, L 7, R 8.
- 8 Jump kick 1, land down 2, slide through 3, step up L 4, hitch/cut kick L 5, step down 6, hips 7 8.
- 8 4 groups jump to back 1, or 2 or 3 or 4, move to clump feet LRL 5&6, RLR 7&8.
- 8 Group 1 downstage snake 1 2, hips 3 4, 2nd group pickup snake 5 6, chest 7 8.
- 8 3rd group pick up open arms snake 1 2, heel toe heel 3&4, jump R swinging arms 5 6, L 7 down 8.
- 8 Coming up back to front, snake 1 or 2 or 3 hold 4, step and roll hands 5 6, step L 7, shuffle kick 8
- 8 Drop 1, up 2, push away R arm 3, L arm 4, spreading out sunburst running with big arms 5-8.
- 8 Circle upper body R 1, L arm up 2, R 3, hold 4, jump front 5 w/ arms coming down, hold 6, chest isolations 7 &8.
- 8 Pull down R 1&, L 2&, rock swing hips and arms 3 4, hop w/ R arm 5& again 6&, come forward R L hands to sides 7 8.
- 8 Wash hair R foot L arm 1&, other side 2&, scoop R 3&4, twist elbows knees 5& dive 6 7 hop &8 (shaking up)
- 8 Hop it R arm double 1 2, L 3 4, singles (tightening up the group) 5 6 7 8.
- 8 Arms half T R foot 1 &, circle stepping L 2 &, arms down 3, up sleeve &4, groups snake R 5, or 6, or 7, face inward 2 groups in half & 8.
- 8 Chug ball change going outward 1 &2, repeat 3 &4, step touch moving back in 5, 6, 7, 8.
- 8 Ending levels poses 1.

Hip-Hop

"Fun Mix"

- 8 Hold 1-2, front dancer pose on 3, back dancer look up on 3, hold 4, look R or L 5, slide away from column 6, hold 7, arms "what" 8.
- 8 Point to partner & 1, hold 2-3, switch back arms over head and point to partner 4&5, hold 6, look 7, hold 8.
- 8 Pony spreading out 1-4, swing arms in and out continue Pony 5-8.
- 8 Dancers split half and half, stage right step R Boogaloo turn with knees turned out, stage left step L Boogaloo turn 1-3, land facing outside corner 4, four groups out to in leaning back 5 or 6 or 7 or 8.
- 8 Dancer center pose 1, dancers holding arch back look front 1, come back up 2-3, slap hand 4.
- 8 Pony arms down 1-2, arms out fist 3, arms drop Pony 4, knock R arm 5, left hand over face 6, roll arms 7, throw R hand 8.
- 8 Step R body rolls down 1-2, snake head down 3-4, lines 1&3 stand up 5, lines 2&4 stand up 6, R arm to chest 7&, L arm up 8, look R &.
- 8 Lines 1&3: Jump pop your back RL 1-4, step throw left arm over 5-6, step throw your right arm 7, together 8. Lines 2&4 Jump pop your back LR 1-4, step throw right arm over 5-6, step throw your left arm 7, together 8.
- 8 James Brown Drop right left straight roll off lines front to back. Line 1 drop 1, line 2 drop 2, line 3 drop 3, line 4 drop 4, kip up 5-8, non kip up dancers hold 5-8.
- 8 Kip up dancers left leg forward 1, non kip up dancers hold 1, everyone face back knees out 3, arms up in fist 5, 3 groups from left to right pose and look R 6,7,8.
- 8 Arms and body swing around front 1-2, arms and body groove in 3-4, Dougie RLRR 5-8.
- 8 Step R 1, step out L clap hands 2, step L 3 clap hands 4, Gallop kicks getting back to original columns, 5-8.
- 8 Line 1&3 Cabbage Patch R 1-4, Line 2&4 Cabbage Patch 1-4, face partner and grab hands 5, partner tuck jump 6-7, land 8.
- 8 Touch hands to chest and release 1-3, lean R hands tut out in out 4&5, isolate chest 6, hands on chest 7, drop to L knee 8.
- 8 Knee glide traveling back LRLR 1-8.

Hip-Hop

- 8 Land L side 1-2, roll knees and stand up 3-4, quick steps RLR 5&6, step R hand out 7, step LR hands opposite foot 8&.
- 8 Arms throw up 1-2, swing L arm front wrist roll 3&4, swing R arm front wrist roll 5&6, step L arms drop 7, arms cross chest 8&.
- 8 Chest hits and arms open 1-2, drop chest and grab t-shirt 3-4, Chicago Footwork RLRR 5-8.
- 8 Lines 1&3 face in L arm slide across 1-4, Lines 2&4 face in and R arm slide across body.
- 8 Apache hips isolate R back L front right left 1-8.
- 8 Party groove crossing with partner body rocking down 1-2, facing front 3-4, rocking back 5-6, slide back to original position 7-8.
- 8 3 Groups from L to R: Group 1 pivot back R foot arms throw up 1-2, pop back and touch feet RL 3-4, walk back RLRL 5-8. Group 2 pivot back R foot arms throw up 5-6, pop back and touch feet RL 7&8. Group 3 hold 1-8.
- 8 Group 1 hips rock RLRLRLR 1-7. Group 2 walk back 1-4, hips rock RLRL 5-7. Group 3 pivot back R foot arms throw up 1-2, pop back and touch feet RL 3-4, walk back RLRL 5-7, all dancers step over R shoulder hands to chest 8.

Technical Elements: Dougie, Knee Glides, Cabbage Patch, Chicago Footwork, James Brown Drop, Boogaloo Turn.

Jazz Performance Routine

"You Don't Know Me"

- 8 Hold 1-4, lean to the left in three groups on 5,6,7,8.
- 8 R leg kicks 12 step 3 jump out 4 head L right on 5& arms up legs 678.
- 8 Jump together 1 step L 2 right 3 jumping fan 456 down the body 7 flick wrist 8.
- 8 Circle hips 1 snap 2 cha cha 3&4 rond de jambe 5 sit 6 switch legs 78.
- 8 Step L on 1 wrap turn 2 prep 34 double pirouette arms on stomach 56 odd lines jump with arms in T 7 down to knees 8. Even lines opposite 78.
- 8 Clap to the front 12 step right 3 turn around face the front point left 4 rock R 5 L 6 wack wrist pas de bourree 7&8.
- 8 Step L 1 step R & step R 2 to stage L step back with R foot 3 post 4& rebound 56 hold 7 clap 8&.
- 8 Step L 1 jump knees to the R 2 switch the L & step 3 flick 4 walk to the back 5678.
- 8 Three groups stage L to R 2 count ripple. Step R 1 left arm shampoos turn around yourself 2 step R arms T 3 step L arms first 4 reindeer jump 5&6 right leg coffee grinder to the floor 78. Next group finishes on the next 56 everyone sits up 78.
- 8 R arm to knee 12 go to L lunge 34 snake up 56 step L 7 passé snap on 8.
- 8 Step R 1 step with L 2 arms out on hands on head 3 up 4 whip R arm 5 R leg comes in 6 shampoo turn 78
- 8 Odd lines: Fingers up 12 step L 3 right inside fan 4 step 5 L foot drags 6 hold 7 flick R behind 8 sassy walk 12 cheerio 3 jump front 4 flick wrist 5&6 snake to the L 78 shampoo turn 1234.

Even lines: Kneel 12 rond de jombe R leg right arm rainbow 34 lie on back 56 L leg around 78 sit to knees 1234 L arm crosses 5 right arm & box head to floor 6 up 7 high knees 8 jazz roll 1234.
- 8 Pat hips 56 clap 7 throw arms 8 chest pop 1&2 right disco arm 3&4 head roll down to the R 56 clap 7&8 ending pose 1.

"Soul Survivor"

- 8 Hold 1,2,3 R knee up 4, switch knees 5, hold 6, L leg out 7, inside 8.
- 8 Upward facing dog 1, 2, 3, lower 4, pushback 5, recover 6, hands circle floor 7, stand up 8.
- 8 Hold 1, R hand pushes 2&, rond de jambe R leg 3, 4, R leg fan 5, down 6, tour en l'air 7&, arms to eyes 8&.
- 8 Sway to L 1, 2, lines 1/3 catch lines 2/4 4&, odd lines lunge to L 5, even lines recover 5, 6, step L 7, reach RL 8&.
- 8 Grab L wrist 1, all rotate to front 2, recover 3, move to "chains" 4&5, melt 6, 7, "heaven" throw 8.
- 8 Switch lines &1, counter balance 2, 3, 4, "pain" grab wounds 5, pulse 6, 7, flip L foot 8&.
- 8 *R foot lifts arms open 1, recover 2, beat chest back up 3&4, glowsticks 5&, cut L foot passé 6&, spread out 7&, prepare for turns 8&
- 8 **A la seconde turns 1&2&3&, double pirouette 4&, a la seconde turns 5&6&, double coupe pirouette 7&, land 8.
- 8 3 groups stage L to R single count ripple. L foot touches R arms up 1, step L 2, envelope 3, lunge 4, hinge to R 5, roll on belly 6, finish 7. 2nd group finishes 8, last group finishes 2, everyone roll up 3, lunge push back 5, 6, pas de bourée 7&8.
- 8 Pivot walk upstage to lift 1,2,3,4,5, dancer lifted on 6,7, down 8.
- 8 Hold 1, everyone but leg highlights flat back 2, roll up 3, 4, flatback spread out to four lines 5,6,7,8.
- 8 Groups front to back. Slow run 1, 2, triplet step 3&4, roll to floor 5, 6, hold 7, 8. Wait for other groups to finish. Last group finishes 4, everybody leg switch floor trick 5, 6, 7, 8.
- 8 Repeat * to **
- 8 Passé circle R arm 1, 2, ball change L R &3, open arms to R &4, fist 5, oblique click 6, ball change L R 7, snake down 8, snake up 1, arms click sides 2, 3, inside pirouette 4, move to downstage R corner 5&, look L 6, step R 7, L 8, arms pull down finish melt 1.

"Madonna Mix"

- 8 (Lines 1 & 2) Walk L/R 12, half "T" 3 low "V" 4, walk L/R arms up 56, together 7 high "V" 8. (Lines 3 & 4) Cut and roll on L leg 1-4, walk R/L 56, together 7 sit into R hip 8
- 8 Shake hips 12, 34 chaine in stage 5-8
- 8 K Arms 1, point R foot while R arm goes up 2, diagonal 3, box 4, L arm at head 5, "T" 6, ball change facing towards a partner on the diagonal 78.
- 8 Walk towards partner 12, triplet R/L/R 3&4, first group arms go 5&6, second group 7&8
- 8 Odd lines High "V" 1, down 2, clap 3, clean 4. (Even lines) prep 1, toe touch 2, land 3, high "V" 4.
- 8 Move to make three tighter groups, (outside groups) walk with outstate leg 12, 34 quick steps shake poms 567, hook up 8 (middle group) walk with R foot to get tighter 12, 34 quick 567 hook up 8
- 8 (Outside groups) Point inside foot across arm swings back 12, 34, walk 56, arms clap 7 opposite arm up 8 (inside group) ball change with R foot 12, 34, high heel walks R/L/R 5-7, release head 8
- 8 (Outside groups) Flick outside leg 1, down 2 chain 3/4 back to 4 lines 5-8 (inside group) head up 1, flick R foot to back 2, walk $\frac{3}{4}$, turn over R shoulder continue to move 5-8
- 8 Point R foot out and drop over 1, up 2, prep 34, triple 5-7, High "V" 8
- 8 (3 groups) 1st Group- Scoop 1/2, chug passe' 3, step R 4/5, little jete 6&7, unwind 8. 2nd group starts on 3/4 and ends on 3/4. 3rd group starts on 5/6 and ends on 5/6
- 8 Pump arms 12, 34, 56, 78
- 8 Ball change 1/2, battement 3, down, 4, circle R arm triplet 5&6, pull R arm up 7, down 8
- 8 (3 groups) L to R circle R leg 12, or 34, or 56, prep 78
- 8 Second turns & 12, 34, attitude 56, 78
- 8 Double 12, land 34, punch in stage 5, "C" position 6, ripple inside out to a 7&8
- 8 *Walk R/L arms at shoulder 12, "W" 3, high "V" 4, circle arms 5, clap up 6, clap R/L 78
- 8 (2 Groups) half diagonal 1 down 2, or 34, "K" to L 5, turn around 67, prep 8
- 8 Back stag 1, land 2, jump to front 3, land 4, ball change L/R & 56, R/L & 78

Pom Performance Routine

“No Brainer”

- 8 Hold 1 2 3 High V/ Low V on 4 goal post arms 5 6 T 8 hips 8
- 8 *Ball change 1 2 swing arm 3 check mark 4 ripple 5 V clap low 6 or 7 or 8
- 8 **Jump together S arms 1 2 ball change T 3 4 double pirouette 5 6 jump out low V 7 pump 8
- 8 Jazz square 1 2 muscle man 3 close arms 4 drag apart 5 high V in opposition jump together 6 step 7 ball change backwards & 8
- 8 First group reaches forward 1 knees 2 Second group reaches forward 3 knees 4 swing arm across 5 6 step low V 7 & high V 8
- 8 Body roll 1 2 switch sides 3 4 ball change arms in T & 5 battement 6 or ball change in T & 6 battement 7 land 8
- 8 Drag 1 or 2 or 3 step and swing the arm around by 6 lasso arm 7 8
- 8 Prep for toe touch 1 toe touch 2 land 3 jump to an X on 4 2 groups T split 5 drop down to knee 6 next group T split 7 knee 8
- 8 Roll 1 2 3 elbow 4 reach up 5 collapse over 6 step up 7 open 8
- 8 Shake together 1 2 transition 3 4 5 6 7 8
- 8 High V with inner arm 1 2 3 4 jump out to second 5 head nod 6 table top 7 close & lean 8
- 8 Lean & Kick and drop kick and drop scoop 5 in 6 funky feet 7 & 8 &
- 8 Circle arm 1 2 Bigger circle arm 3 4 step away 5 cut 6 step 7 jump together 8
- 8 Repeat *
- 8 Repeat **
- 8 Ball Change goal post 1 2 hips & 3 flick 4 pivot 5 6 walk 7 8 Pose 1

Pom

- 8 **Walk back R/L/R check mark arms 1, 2, half “T” 3, punch arms forward 4, (3 groups)
1st group chaine 56 passe jump 78, 2nd group chaine on 34,
- 8 1st group lands unwinding 1, pull and look to L 2, 2nd group on 78 while 3rd group starts
on 78
- 8 3rd group lands 12, hold 34, circle R arm back 56, L 78
- 8 Repeat * to ** instead of starting groups again on 78 drop over to face front 7 pose on 8