

Music

Waiting All Night by Rudimental ft. Ella Eyre

Santo Domingo by Rodrigo y Gabriela

Good For You- Acoustic by Castro

Strut by the Cheetah Girls

Kill The Lights by Alex Newell

Love is Blind by Nick Fradiani

Money on My Mind by Sam Smith

Heat by Kelly Clarkson

Cardiovascular/Warm Up

Waiting All Night by Rudimental feat. Ella Eyre

Dancers spread out facing mirror. Start in engaged ll 2nd position.

Goal is to keep moving and get heart rate up.

Measure	Counts	Movement	Arms	Head	Misc.
1-2	1 2 3 4 5 6 7 8	dp stretch inhale	Start at low and grow to cross above head	Head releases at the top of the inhale	
3-4	1 2 3 4 5 6 7 8	Exhale with a small contraction in the UB	Push down with resistance to starting position	Head can drop	Resistance in arms as if moving through water
5-8	1-8 x2	Repeat measures 1-4			
9	1 2 3 4	ll 2 nd upper body tilts to R	Starting in at chest, push out on diagonal		Keep pushing water image
10	5 6 7 8	Invert L leg and contract UB	L circles overhead and R comes back to core	Looking down over R shoulder	Move with resistance

11	1 2 3 4	UB contraction shifting wt. back and forth	Grab wrist and pull above head to stretch lats	Focus is down	
12	5 6 7 8	dp roll up	Arms drop to sides	Head is the last part to roll up	
13-16	1-8 x2	Rep. measures 9-12 L			
17-20	1 2 3 4 5 6 7 8 / 1-8	4 Falcons			Falcon: arms come thru heart center above and press out and down to side with a contraction in UB to repeat the movement
21-24	1 2 3 4 5 6 7 8 / 1-8	Slow ragdoll R			Ragdoll: upper body tilts R, contracts forward,

					continues to tilt L as recovery from contraction, to fully recover neutral; arms stay at side
25-28	1-8 x2	Rep. measures 13-14 L			
29-30	1 2 3 4 5 6 7 8	Quick ragdoll R			
30-32	1-8	Quick ragdoll L			
33-36	1-8 x2	Rep. measure 17-18			
37	1 2 / 3 4	Chn. R / st. R to R and drag L	1 st / break and reach up to “V”	Look up and slight cambré back	
38	5 6 7 / 8	PdB t. US over R in FA start L / st R together w/ L	From “V”, pull down and bring in energy	Head stays up so it’s a dead spot	

39	1 2 / 3 4	BC L st DS w/ UB contraction / BC L st US w/ UB release	Forward on contraction ll to floor / reach up on release	Focus is down / head and neck are released	
40	5 6 / 7 8	Rep. measure 39			
41	1 2 / 3 4	st L to SL scuff R to ll front attitude in swingy motion / st R to SR scuff L to ll front attitude in swingy motion	Swing down and up to the back R / swing down and back L	Face DS	Thrashing and swingy motion- throw it!
42	5 6 7 8	Rep. measure 41			
43	1 2 / 3 4	st L DS pivot US over R / st US L pivot DS over R			
44	5 6 7 8	Run in place	free		Can do high knees, prance, whatever dancer needs that day
45-52	1-8 x4	Rep measures 37-44 L			

53	1 2 3 4	2 JJ	Arms go up to side on first one / arms go front on 2 nd	DS	
54	5 6 7 8	Rep measure 53			
55	1 2 / 3 4	Prance R / prance L			
56	5 / 6 / 7 / 8	Turning to face US Prance R / L / R / L		Turn to face US	
57-60	1-8 x2	Rep. measures 53-56 to face DS		Turn to face DS	
61	1 2 3 4	Start in 11 1 st and roll down to floor in bug position	Start above head and dive down to ground	Drop down	
62	5 6 7 8	Walk hands out to plank			
63	1 2 3 4	1 push up			
64	5 6 7 8	1 push up			
65-66	1-8	Rep. measures 63-64			
67	1 2 3 4	Use core to slide feet to hands			
68	5 6 7 8	Roll up to standing			

69-76	1-8 x4	Rep. measures 61-68			
77	1 2 3 4	Rep. measure 61			
78	5 6 7 8	Walk out to downward dog			
79-90	1-8	Stretch on your own			6 8 counts
91-92	1 2 3 4 5 6 7 8	Roll up to standing in ll 2 nd			
93-108	1-8 x8	Rep. measure 37-52			
109-124	1-8 x8	Rep. measures 37-52			
125-126	1 2 3 4 5 6 7 8	ll 2 nd inhale	Arms float up above head	DS	
127-128	1 2 3 4 5 6 7 8	ll 2 nd exhale	Arms go back down to sides	Small contraction in UB	
129-130	1-8	Rep. measure 125-126			
131-132	1 2 3 4 / 5 6 7 8	Release head and UB and melt down / roll up	Fall in front of body	Look up and release then focus is down	

133-134	1 2 3 4 5 6 7 8	Shallow lunge (ballet 4 th) R front facing DSL corner	“L” arms with L arm up by head and right arm out at side ll to ground	DS	
135-136	1 2 3 4 5 6 7 8	Maintain position of legs, contract and scoop pelvis under to stretch quads, lifting back heel	Stay in “L” but push forward	DSL	
137-140	1-8 x2	Rep measures 133-136 L			
141	1 2 3 4	ll 2 nd	Arms reach out above head in a pressing manner	DS	
142	5 6 7 8	ll 2 nd flat back	Arms straight out and ll to ground	In line w/ spine	
143	1 2 3 4	Maintain flat back, plié	^	^	
144	5 6 7 8	Stretch and maintain flat back	^	^	
145-146	1-8	Rep. measures 143-144			

147	1-4	Rep. measure 143			
148	5 6 7 8	Drop over and roll up	Relax	Release	
149-156	1-8 x4	Rep. measures 141-150			
157	1 2 3 4	ll 2 nd tilt upper body to the right	Start in jazz 2 nd ll to ground, L reaches over and right stays where it is forming a “V”	DS	
158	5 6 7 8	Return to upright	3 rd L up	Stay in line with spine	
159	1 2 3 4	Twist upper body to face SR			
160	5 6 7 8	Flat back over R leg while maintaining 11 2 nd			
161	1 2 3 4	Contract up slightly	^		
162	5 6 7 8	Return to flat back	^		
163	1 2 3 4	Contract up to standing and still face SR	3 rd		

164	5 6 7 8	Open chest up and layout	Circle down to the back	Release head	
165	1 2 3 4	Flat back over release to stretch over R leg	Back to 3 rd		
166	5 6 7 8	Stretch over R leg			
167	1 2 3 4	Plié L			
168	5 6 7 8	Stretch L			
169-170	1 2 3 4 5 6 7 8	Stretch over R leg			
171	1 2 3 4	Walk had to the middle			
172	5 6 7 8	Roll up			
173-188	1-8 x8	Rep measures 157-172 L			
189-200	1-8 x12	Stretch on your own			12 8 counts

Isolations

Rock Bottom by Hailee Steinfeld, DNCE

Same spots as cardio song- picking up right after song ends

Work on isolating one area of the body and how to connect it all together

Measure	Counts	Movements	Arms	Head	Misc.
1-2	1 2 3 4 5 6 7 8	Roll up from stretch from cardio	At side	Last thing to roll up, face DS	
3	1 2 / 3 4	ll 2 nd engaged, head looks down with plié / head goes back to neutral position legs straight	^		
4	5 6 / 7 8	Head looks up and plié / head goes back to neutral	^		
5	1 2 / 3 4	Head looks down / head looks up	^		No plié
6	5 6 / 7 8	Rep. measure 5	^		
7	1 2 / 3 4	Head looks R and plié / back to neutral DS	^		

8	5 6 / 7 8	Head looks L and pli� / return to neutral DS	^		
9	1 2 / 3 4	Head looks R / head looks L	^		
10	5 6 / 7 8	Rep. measure 9	^		
11	1 2 / 3 4	Head tilts R to shoulder and pli� / return to neutral	^	Focus stays DS	
12	5 6 / 7 8	Head tilts L to shoulder and pli� / back to neutral	^	^	
13	1 2 / 3 4	Head tilts R to shoulder / head tilts L to shoulder	^	^	
14	5 6 / 7 8	Rep. measure 13	^	^	
15	1 / 2 / 3 / 4	Head looks down / head tilts R to shoulder / head looks up / head tilts to L shoulder	^		
16	5 / 6 / 7 / 8	Rep. measure 15 L			
17	1 2 3 4	Head roll to the L	At side		

18	5 6 7 8	Head roll to the R	^		
19	1 2 3 4	Head roll L with upper body	^		
20	5 6 7 8	Head roll R with upper body	^		
21	1 2 3 4	Roll both shoulders to the back towards US			
22	5 6 / 7 8	Roll shoulder US / roll shoulders US			
23-24	1-8	Rep. measure 21-22			
25	1-4	Rev. measure 21			Shoulders roll DS
26	5-8	Rev. measure 22			Roll DS
27	1-8	Rev. measures 21-22			Roll DS
28	1 2 / 3 4	Roll R shoulder US / roll L shoulder US			
29	5 / 6 / 7 8	Roll R shoulder US / roll L shoulder US / roll R shoulder US slow	Makes a circle with the arm on the last shoulder		

30-31	1-8	Rep. measures 28-29 to the L			
32-35	1-8	Rev. measures 28-31 starting with L going front first			Shoulders go DS
36	1 2 / 3 4	Move rib cage front towards DS, everything else does not move / move rib cage back towards US			
37	5 / 6 / 7 8	Ribs go front / ribs go back / ribs go front slow			
38-39	1-8	Rev. measures 36-37 starting to the back			
40	1 2 / 3 4	Move rib cage towards SR / move ribs to SL			
41	5 / 6 / 7 8	Ribs go R / ribs go L / ribs go R slow			
42-43	1-4	Rev. measures 40-41 going L first			

44	1 / 2 / 3 / 4	Ribs go front towards DS / Ribs go back to neutral / move towards SR / back to neutral			Making a box
45	5 / 6 / 7 / 8	Ribs go back towards US / neutral / go SL / neutral			
46	1 / 2 / 3 / 4	Front / R / back / left			
47	5 6 7 8	Roll the rib cage to the right twice			
48-51	1-8	Rev. measures 44-47 to go left			
52-67	1-8	Rep. measures 21-35			
68	1 2 / 3 4	Hips move front towards DS / hips go back towards US			
69	5 / 6 / 7 8	Hips go front / back / front slow			
70-71	1-8	Rev. measures 68-69 starting back			
72	1 2 / 3 4	Hips go R / hips go L			

73	5 / 6 / 7 8	Hips go R / L / R slow			
74-75	1-8	Rev. measures 72-73 starting L			
76	1 / 2 / 3 / 4	Hips go front / neutral / R / neutral			Making a box
77	5 / 6 / 7 / 8	Hips go back / neutral / L / neutral			
78	1 / 2 / 3 / 4	Hips go front / R / back / L			
79	5 6 7 8	Roll hips to the R twice			
80-83	1-8	Rev. measures 76-79 to go L			
84	1 2 / 3 4	Hips move to the DSR corner / twisting hips and move towards to DSL corner			
85	5 / 6 / 7 8	3 Figure 8's of the hips by switching between the DSR and DSL corners to end to DSR			

86-87	1-8	Rev. measures 84-85 to start at DSL corner first			
88	1 2 3 4	Face DSR corner and contract, back foot will be popped up	Arms will circle up and around to the front		
89	5 6 / 7 8	2 quick contractions DSR	Arms make a quick circle front and around / arms press out from chest		
90	1 2 3 4	Standing in jazz 4 th pli��, layout of UB	Starting in front of chest ll to ground, place one arm over the other and slide out to a jazz 2 nd		
91	5 6 7 8	Rep. measure 89			
92-95	1-8	Rep. measures 88-91 to DS in ll 2 nd			

96-99	1-8	Rep. measures 88-91 to DSL corner			
100-103	1-8	Rep. measures 92-95			
104	1 2 3 4	Shoulders, ribs, and hips roll to R slow once			
105	5 6 / 7 8	Quick shoulder, ribs, and hip roll to the R / another quick roll w/ head added			
106-107	1-8	Rep. measures 104-105			
108-111	1-8	Rev. measures 104-107 to roll L			
112	1 2 3 4	Turn out legs in 2 nd and inhale	Arms raise up to the side and above head		
113	5 6 7 8	Exhale and pli� in TO 2 nd	Drop thru the center and elbow rest on legs to help TO		
114-115	1 2 3 4 5 6 7 8	Stretch in this position			

116	1 2 3 4	Pop L heel off floor while torso stretches diagonally over R leg	High 5 th		
117	5 6 7 8	Place L heel on ground while torso comes through center to L			
118	1 2 3 4	Rev. measure 116 so R heel is popped	High 5 th		
119	5 6 7 8	R heel lowers and torso comes to center			

Standing Stretches

September Song by JP Cooper

Goal is to stretch muscles and keep them warm, so progressions are safe and can be performed at full extent

Start facing DS in grand plié 2nd position from isolations

Measure	Counts	Movement	Arms	Head	Misc.
1	1 2 / 3 4	In TO 2 nd plié, contract up / twist torso R	Hands on quads to help open hips more		
2	5 6 / 7 8	Contract up to center / twist torso L	^		
3-4	1-8	Rep. measures 1-2	^		
5-6	1 2 3 4 5 6 7 8	Make way to runner's lunge R	Both DS of R leg	In line w/ spine, face SR	Energy through head and out through heel
7-8	1-8	Hold runner's lunge	^	^	
9	1 / 2 / 3 / 4	While in runner's lunge, plié L / straighten / plié / straighten	^	^	

10	5-8	Rep. measure 9			
11-12	1-8	Rep. measures 9-10			
13	1 2 3 4	Straighten front leg to ll 4 th	Straight and one on each side of leg	Hanging- let it be heavy	Use core to initiate movement
14	5 6 7 8	Hold ll 4 th stretch			
15	1 2 3 4	Plié back leg			
16	5 6 7 8	Recover to straight legs			
17	1 2 3 4	TO back leg and plié			
18	5 6 7 8	Flex front font, back leg still TO			
19	1 2 3 4	Hold this stretch			
20	5 6 / 7 8	Relax front foot / straighten back leg			
21	1 2 3 4	Lower back to runner's lunge R			
22	5 6 7 8	Hold lunge			
23-24	1-8	Hold lunge			

25	1 2 / 3 4	In runner's lunge, take a push up / recover			
26	5-8	Rep. measure 25			
27-28	1-8	Rep. measures 25-26			
29-30	1 2 3 4 5 6 7 8	Runner's lunge	L goes to high 5 th to hold flat back position		
31-32	1 2 3 4 5 6 7 8	Hold runner's lunge	L circles back and open up chest		Don't let R hip drop on the circle
33	1 2 3 4	Back to ll 4 th			
34	5 6 7 8	Hold and stretch			
35-44	1-8	Stretch on your own			5 8 counts on your own
45	1 2 3 4	Make way to downward dog			
46	5 6 7 8	Hold downward dog			
47	1 2 3 4	plié			
48	5 6 7 8	Stretch legs and land in plank			

49	1 2 3 4	2 push ups			These are bicep push ups
50	5 6 7 8	2 push ups			
51-52	1-8	Rep. Measures 49-50			
53	1 2 3 4	Step R foot front to R runner's lunge			
54	5 6 7 8	Hold runner's lunge			
55	1 2 3 4	TO R			
56	5 6 7 8	Hold this position			
57	1 2 3 4	TO R runner's	Drop to elbows		
58	5 6 7 8	Hold elbow			
59	1 2 3 4	Drop L knee			
60	5 6 7 8	Hold and stretch hip flexors			
61-64	1-8	Stretch quad, hip flexor, on your own			2 8 counts
65	1 2 3 4	Twist to face US, pretzel twist w/ R			

66	5 6 7 8	Hold pretzel			
67-68	1-8	Hold pretzel			
69-70	1 2 3 4 5 6 7 8	Unfold and back to runners lunge			
71-78	1 2 3 4 5 6 7 8	Stretch on your own			4 8 counts- focus on quads, hip flexors
79	1 2 3 4	Runner's lunge R			
80	5 6 7 8	Hold lunge			
81	1 2 3 4	Switch hips to face DS in a side runner's lunge	Arms can either be on the ground or straight in front		Heel can be up or flat
82	5 6 7 8	Hold side runner's			
83	1 2 3 4	Switch over to L side			
84	5 6 7 8	Hold L side runner's			
85	1 2 3 4	Switch back to R side runner's			
86	5 6 7 8	Hold R side runner's			

87	1 2 3 4	Back to L side runner's			
88	5 6 7 8	Hold side runner's			

Standing Stretches

Daydreamin by Jonathan Tilkin

Keep body heat up and stretch muscles

Coming L side runner's lunge, switch hips to face SL for L runner's lunge

Measure	Counts	Movement	Arms	Head	Misc.
1-2	1 2 3 4 5 6 7 8	L runner's lunge	Both hands DS of L leg	In line w/ spine	Energy and long continuous line
3-4	1-8	Hold runner's lunge			
5-6	1 / 2 / 3 / 4 / 5 / 6 / 7 / 8	Plié R leg / stretch / plié / stretch / plié / stretch / plié / stretch			Still in runner's lunge, don't let R hip drop
7-8	1-8	Rep. measures 5-6			
9	1 2 3 4	Come up to a standing ll 4 th position	On either side of L leg	Heavy and hanging	
10	5 6 7 8	Hold this stretch			
11	1 2 3 4	Plié back leg in ll 4 th			

12	5 6 7 8	Straighten back leg			
13	1 2 3 4	TO back leg and pli�			
14	5 6 7 8	Flex front foot			
15	1 2 3 4	Hold this stretch			
16	5 6 / 7 8	Relax front foot / straighten back leg			
17	1 2 3 4	Back down to L runner's lunge			
18	5 6 7 8	Hold lunge			
19-20	1 2 3 4 5 6 7 8	Hold lunge			
21	1 2 / 3 4	2 push ups in lunge			Don't drop L hip
22	5 6 / 7 8	2 push ups in lunge			
23-24	1-8	Rep. measures 21-22			
25-26	1 2 3 4 5 6 7 8	Hold runner's lunge	R goes to high 5 th to complete flat back		
27-28	1 2 3 4 5 6 7 8	Runner's lunge	R circles back towards SR and opens chest		

29	1 2 3 4	Make way back up to ll 4 th			
30	5 6 7 8	Hold stretch			
31-40	1-8	Stretch on your own			5 8 counts
41	1 2 3 4	make way to downward dog			
42	5 6 7 8	Hold downward dog			
43	1 2 3 4	plié			
44	5 6 7 8	Stretch out to plank			
45	1 2 / 3 4	2 Push ups			Tricep push ups
46	5 6 / 7 8	2 push up			
47-48	1-8	Rep. measures 45-46			
49	1 2 3 4	Step L foot front to ll runner's lunge			
50	5 6 7 8	Hold lunge			
51	1 2 3 4	TO L			
52	5 6 7 8	hold			

53	1 2 3 4	Hold TO L	Walk it down to elbows		
54	5 6 7 8	Hold	elbows		
55	1 2 3 4	Drop R knee			
56	5 6 7 8	hold			
57-60	1-8	Stretch on your own			2 8 counts to focus on hip flexors and quads
61	1 2 3 4	Twist to face US for L pretzel			
62	5 6 7 8	Hold pretzel stretch			
63-64	1-8	Hold pretzel stretch			
65	1 2 3 4	Make way back to TO runner lunge	Hands on ground DS on L leg		
66	5 6 7 8	hold			

67-74	1 2 3 4 5 6 7 8	Stretch on your own			4 8 counts to focus on hip flexors and quads
75-76	1 2 3 4 5 6 7 8	L runner's lunge			
77	1 2 3 4	Twist hips to face DS for L side runner's lunge			
78	5 6 7 8	Switch to R side runner's			
79	1 2 3 4	Hold R side			
80	5 6 7 8	Go back to L side			
81	1 2 3 4	Hold L			
82	5 6 7 8	Go back to R			
83	1 2 3 4	Bring L leg in to a grand plié TO 2 nd			
84	5 6 7 8	Hold this stretch			
85-100	1-8	Stretch on your own			8 8 counts to stretch on your own

Ballet Section

Too Late for Lullabies by James Morrison (Counted in 6's)

Focus on alignment, placement, and technique

Face DS

Measure	Counts	Movement	Arms	Head	Misc.
1-8	1 2 3 4 5 6	Take time for you, roll out ankles, pop hip, stretch calves, etc			This is for you
9	1 2 3	In TO 1 st , dp	Start en bas, out to second in thrashing manner		Heavy weighted pelvis
10	4 5 6	Straighten legs	Return to en bas		
11	1 2 3	dp	Up to 1 st		
12	4 5 6	Straighten	Open to 2 nd		
13	1 / 2 / 3	dp / FA / rel	En bas / 1 st / high 5 th		
14	4 5 6	Slow lower of heels	Open to 2 nd		

15	1 / 2 / 3	Rev. measure 13	High 5 th / 1 st / en bas		
16	4 5 6	Slow straighten legs	Grow out to demi-2 nd		
17-18	1 2 3 4 5 6	Grand plié in 1 st	Arms are yours		
19-20	1 2 3 / 4 5 / 6	Recover to straight legs / rel / quick lower down to heels			
21	1 / 2 / 3	Rel / lower / rel	Free moving		
22	4 / 5 / 6	Lower / rel / lower			
23	1 / 2 / 3	Rel / lower / plié			
24	4 5 6	Tendu R to 2 nd			
25-35	1-6 x 11 1 2 3	Rep. measures 9-23 in 2 nd position			
36	4 5 6	Tendu R to 5 th R front			
37-47	1-6 x 11 1 2 3	Rep. measures 9-23 in 5 th position R front			
48	4 5 6	Tendu L front 5 th			

49-59	1-6 x 11 1 2 3	Rep. measures 9-23 in 5 th position L front			
60	4 5 6	Tendu L to 1 st TO			
61	1 / 2 / 3	Tendu R devant / release toes to demi-pointe / back to full point	2 nd		
62	4 / 5 / 6	Demi-pointe / pointe / demi- pointe	^		
63	1 / 2 / 3	Pointe off ground at deg. height / flex foot / turn in	^		
64	4 / 5 / 6	Turn out / pointe tendu / close back to 1 st in plié	^		
65	1 2 3	Tendu R devant	^		
66	4 5 6	Close w/ plié to 1 st	^		
67	1 2 3	deg. R close w/ plié	^		
68	4 5 6	Rep. measure 67	^		
69-76	1-6 x4	Rep. measures 61-68 to the side			

77-84	1-6 x4	Rep. measures 61-68 to the back			
84-92	1-6 x4	Rep. measures 69-76			
93-124	1-6 x16	Rep. measures 60-92 to L			
125	1 2 3	Battement R devant	2 nd		
126	4 5 6	Flex R and plié both working and standing leg	Elbows bend in towards lats		
127	1 2 3	Stretch both legs	2 nd		
128	4 5 6	Rep. measure 126			
129	1 2 3	Stretch both and rel L leg	2 nd		
130	4 5 6	Bring R to retiré and L rel	Float up to 5 th		
131	1 2 3	Balance in retiré	5 th		
132	4 5 6	Plié in 1 st	Drop through middle		
133-140	1-6 x4	Rep. measures 123-132 L devant			
141-148	1-6 x4	Rep. measures 123-132 R side			
149-156	1-6 x4	Rep. measures 123-132 L side			
157-158	1 2 3 4 5 6	Turn ll 1 st	Arms at side		

159-160	1 2 3 4 5 6	Press to rel	At side		
161-162	1 2 3 4 5 6	Balance on rel	Float up from side to “V”		
163-164	1 2 3 4 5 6	Balance on rel	Press outtowards the front in “V” still		
165-166	1 2 3 4 5 6	Maintain balance	Throw arms down to sides		
167-168	1 2 3 4 5 6	Hold balance			
169-170	1 2 3 4 5 6	Balance on rel 1 st	Arms at side		
171-178	1-6 x5	Rep. measures 161-170			
179	1 2 3	Lower down and plié			
180	4 5 6	Stretch legs			
181-200	1-6 x20	Balance passé R and L, turned in and TO			

Strengthening and Conditioning

Santo Domingo by Rodrigo y Gabriela

Strengthen core and keep body warm

Start in ll 1st facing DS

Measure	Counts	Movement	Arms	Head	Misc.
1	1 2 3 4	Roll down to ground		Lead the movement	
2	5 6 7 8	Walk hand out to plank	In line w/ shoulders	In line w/ back and spine	
3	1 2 / 3 4	Push up			
4	5 6 / 7 8	Push up			
5-6	1 2 3 4 5 6 7 8	Hold plank on hands			
7	1 2 3 4	Slide feet into hands			Use core to initiate movement
8	5 6 7 8	Roll up		Last to come up	
9-14	1-8 x3	Rep. measures 1-8			

15-16	1 2 3 4 5 6 7 8	Hold plank			
17	1 2 / 3 4	Touch R hand to L shoulder and set back down / touch L hand to R shoulder and set back down			Do not let booty sway back and forth- hold core and do not move!
18	5 6 7 8	Rep. measure 17			
19-20	1-8	Rep. measures 17-18			
21	1 2 / 3 4	Touch R hand to R hip and set back down / touch L hand to L hip and set back down			
22	5 6 7 8	Rep. measure 21			
23-24	1-8	Rep. measures 21-22			
25	1 2 / 3 4	Touch R hand to L hip and set back down / touch L hand to R hip and set back down			
26	5 6 7 8	Rep measure 25			

27-28	1-8	Rep. measures 25-26			
29	1 2 / 3 4	Bring R knee to R elbow and set it back / bring L knee to L elbow and set it back			
30	5 6 7 8	Rep. measure 29			
31-32	1-8	Rep. measures 29-30			
33	1 2 / 3 4	Bring R knee to L elbow and set it back / bring L knee to R elbow and set it back			
34	5 6 7 8	Rep. measure 33			
35-36	1-8	Rep. measures 33-34			
37	1 / 2 / 3 / 4	Bring R knee to L elbow / turn out R leg / make R ll / set it back down			Figure 8
38	5 6 7 8	Rep. measure 37 L			
39-40	1-8	Rep. measures 37-38			

41-48	1 2 3 4 5 6 7 8 x4	Hold plank			
49-50	1 2 3 4 5 6 7 8	R arm comes up to a side plank for L abs			Keep side supported and not dropped
51	1 2 3 4	Hold side plank			
52	5 6 7 8	Return to normal plank			
53-54	1 2 3 4 5 6 7 8	L arm comes up to a side plank for R abs			
55	1 2 3 4	Hold side plank			
56	5 6 7 8	Return to normal plank			
57	1 / 2 / 3 / 4	Drop to R elbow / drop to L elbow / back up on R hand / back up on L hand			Do not let butt move
58	5 6 7 8	Rep. measure 57			
59	1-4	Rep. measure 57			

60	5 / 6 / 7 8	Drop to R elbow / drop to L elbow / hold plank on elbows			
61	1 2 / 3 4	Dip hips to the R / dip hips to the L			
62	5 6 / 7 8	Dip hips R / dip hips L			
63	1-4	Rep. measure 61			
64	5 6 / 7 8	Dip hips R / dip hips R			
65-68	1-8 x2	Rep. measures 61-64 start L			Double dip will be on L side now
69	1 2 / 3 4	Push forward so shoulders are past elbows / use core to pull back at buttox up in the air like a downward dog postion			
70	5 6 7 8	Rep. measure 69			
71-76	1-8 x3	Rep. measures 69-70			
77-84	1-8 x4	Relax and make way to back			

85	1 2 / 3 4	W/ feet on the ground, sit up and back / sit up and back down	Hands behind head		
86	5 6 7 8	2 sit ups	^		
87-88	1 2 3 4 5 6 7 8	Legs in butterfly position, 4 sit ups	^		
89-90	1 2 3 4 5 6 7 8	Legs straight out, 4 sit ups	^		
90-91	1 2 3 4 5 6 7 8	Legs straight up so hip joint is a 90 degree angle, 4 sit ups			
92-93	1 2 3 4 5 6 7 8	Small beats in the legs crossing and lower legs to the ground			
94-95	1 2 3 4 5 6 7 8	Keep beating legs, slowly raise them back to 90 degrees			
96-100	1-8 x2	Rep. measures 92-95			
101	1 2 / 3 4	W/ legs at 90 degrees, reach L arm across and up to work oblique / rep. with the R arm			

102	5 6 7 8	Rep. measure 101			
103-104	1 2 3 4 5 6 7 8	Rep. measures 101-102			
105-108	1 2 3 4 5 6 7 8	Rep. measures 101-104 with feet on the ground			
109	1 / 2 / 3 / 4	L arm past R knee and sit up / R arm past L knee / L return to behind head / R return to behind head			
110	5 6 7 8	Rep. measure 109			
111-112	1-8	Rep. measures 109-110			
113-116	1-8 x2	Rep. measures 109-112 L			Start with R arm
117	1 2 / 3 4	Drop hip to the R, 2 sit ups w/ a twist in torso to face ceiling			
118	5 6 7 8	Rep. measure 117			
119-120	1-8	Rep. measures 117-118			

121	1 2 / 3 4	w/ hips still dropped to R, turn torso to face SR, 2 sit up			
122	5 6 7 8	Rep. measure 121			
123-124	1-8	Rep. measures 121-122			
125-132	1-8 x4	Rep. measures 117-124 w/ hips dropped L			

Floor Stretches

You Don't Know by Katelyn Tarver

After conditioning, sit up in butterfly position to face DS

Get a little deeper stretch in muscles

Measure	Counts	Movement	Arms	Head	Misc.
1-4	1 2 3 4 5 6 7 8 x2	Sitting in butterfly position, focus on breathing; sway, rock, stay still, whatever you need for these 2 8 counts	Press on knees, hold ankles, reach up and allow sits bones to settle into the floor	Shake it yes and no; tilt it side to side, roll in a circle; whatever you need today	Focus on inhaling and exhaling; how is your breath going to facilitate the movement and help get a deeper stretch?
5	1 2 / 3 4	In butterfly, contract backward towards US / bring head DS towards feet while keeping curve in thoracic spine	Holding ankles		

6	5 6 / 7 8	Flat back and keep head as close to ground as possible / flat back up back to strong back sitting upright	Holding ankles		Connect movement and never stop moving; focus on breath
7-8	1-8	Rep. measures 5-6			
9	1 2 / 3 4	Fat back over towards ground and feet / bring head closer to ground by allowing spine to curve and contract			
10	5 6 / 7 8	Keep contraction going to move US and torso is more lifted but sunken / straighten spine to sit up with good posture			
11-12	1-8	Rep. measures 9-10			
13	1 2 / 3 4	Still in butterfly, reach L arm from SL over head making a	R arm is on the ground by R knee		

		circle towards SR / contract forward			
14	5 6 / 7 8	R arm swing around in front of body just barely off the ground towards SL / finished the circle by coming back overhead to SR to touch the ground	When R arm touches ground, L float up to get a side stretch		
15-16	1-8	Rep. measures 13-14 starting w/ R arm			
17-24	1 2 3 4 5 6 7 8 x4	Stretch on your own in butterfly position			Bring legs out more, stretch to either DS corner, relax over, continue with circles, etc.
25-26	1 2 3 4 5 6 7 8	Recover from whatever stretch you're in			

27-28	1 2 3 4 5 6 7 8	Straighten legs out to pike			Can have a little separation- don't need to be glued together
29	1 2 3 4	Stretch over both legs, toes pointed	Hands pass by ears to strong arms above head, reach down towards toes		
30	5 6 7 8	Hold pike position	Grab ankles or reach past toes		Small rocks and sways are fine
31-32	1 2 3 4 5 6 7 8	Stretch in pike	Arms can swim, continue to hold feet, etc.		
33	1 2 3 4	Keep legs in pike, flat back and flex feet	Grab toes and pull back towards head	In line with spine	
34	5 6 7 8	Hold this stretch			

35-36	1 2 3 4 5 6 7 8	Hold flexed flat back			
37	1 2 / 3 4	Grab R foot with L hand / spinal twist	R arm reaches US		
38	5 6 7 / 8	Hold stretch / put foot back down and face DS			
39-40	1-8	Rep. measures 37-38 with L foot			When putting L foot back, place it in passé
41	1 2 3 4	L leg in passé, R straight out in front	Hands pass by ears and come overhead to reach out to stretch over R leg		
42	5 6 7 8	Hold this stretch			
43-44	1-8	Hold this stretch with toes pointed			

45-48	1 2 3 4 5 6 7 8 x2	Flex R foot and switch between flat back and relaxed over			
49	1 2 / 3 4	Lift torso up / slide R hip backwards towards US			
50	5 6 7 8	Stretch over R leg			
51-52	1 2 3 4 5 6 7 8	Hold this stretch			
53-60	1-8 x4	Stretch on your own with R front			Focus in the hamstring ll
61-64	1-8 x2	Recover from R side and move to left, circle hips to keep joints moveable and not rigid			
65-84	1-8 x10	Rep. measures 41-60 on L			

Floor Stretches

Good for You- Acoustic Version by Castro

Continue to get deeper in muscles for progressions

Coming from L leg front and R in passé, use time between songs to make way to R jazz split

Measure	Counts	Movement	Arms	Head	Misc.
1	1 2 3 4	Twist torso to face SL, sit in R jazz split	L arm circles from US to DS overhead towards R foot		
2	5 6 7 8	Hold this stretch	R arm in front of R leg, L arm overhead but not touching R leg		
3-4	1-8	Hold this stretch			
5	1 2 3 4	Walk hand out towards DSL corner and get chest as flat on ground as possible			
6	5 6 7 8	Hold this stretch			

7-8	1-8	Hold stretch			
9	1 2 / 3 4	Recover up and torso faces DS / reach L arm across body and leg and stretch over R leg			Can be either ll or TO
10	5 6 7 8	Hold this stretch			
11-12	1-8	Hold stretch over R leg			
13	1 2 / 3 4	Lift torso / pick R hip and slide it back			
14	5 6 7 8	Stretch over R leg			Should feel it a little deeper now
15-16	1-8	Hold this stretch			
17-26	1-8 x 5	Stretch here on your own			Stretch out quads in z sit, full split, pigeon
27-28	1 2 3 4 5 6 7 8	Recover up to siting R jazz split, switch to L jazz split			

29-56	1-8 x14	Rep. measure 1-28 L			On measure 55-56, use that to move to straddle
57	1 2 / 3 4	In straddle	L arm reaches from SL overhead to SR		
58	5 6 / 7 8	^	Circles down in front of face / circles back up overhead		
59	1 2 3 4	^	Keep over head		
60	5 6 7 8	^	Push back towards USL and open up chest		
61	1 2 3 4	Recover to straight back and twist torso towards SR			
62	5 6 7 8	Stretch over R leg			
63-64	1-8	Hold this stretch			

65	1 2 3 4	Walk hands DS of R leg so body is going more towards DSR corner			Optional flex and plié of R leg to open up hip more
66	5 6 7 8	Stay in the DSR corner stretch			
67-68	1-8	Hold this stretch			
69	1 2 3 4	Walk hands towards center			
70	5 6 7 8	Hold stretch			
71-72	1-8	Hold stretch			
73-78	1-8 x3	Stretch in straddle on your own			
79-80	1 2 3 4 5 6 7 8	Walk hands in back up to sitting			
81-104	1-8 x 12	Rep. measures 57-80 L			

Walks Across the Floor

Strut by The Cheetah Girls

Goal is to find personal style in the most basic of combinations.

Start SL traveling SR facing DS

Measure	Counts	Movement	Arms	Head	Misc.
1	1 2 3 4	Facing DS, walk R to SR, L to SR, R to SR, L to SR	Arms are yours to add style		You can cross, you can step together, sway hips, drag, fierce pick up feet
2	5 & 6	3 st turn in FA over R shoulder US spotting SR	^		Use your seatbelt! (van der Merwe)
	7 & 8	PdB t. in plié over L shoulder US spotting DS, feet are L R L	^		

Rep. measures 1-2 until ATF. Next dancer will add in every 2 8 counts. Rep. to the L once all have gone

Floor Work

Kill the Lights by Alex Newell with Mile Rodgers

Use of abs to get to the floor and up from the floor

Start SL facing SL

Measure	Counts	Movement	Arms	Head	Misc.
1	1 / 2 / 3 & 4	Facing SL, walk backwards R to SR / walk backwards L to SR / triplet ¼ turn over R shoulder to face DSR corner	Start at side, lift up palms down to be ll w/ ground on count 2 / rainbow overhead towards SR on triplet		
2	5 6 7 8	Inside turn over R shoulder on R leg, L tucks under and roll to ground and face DS on knees	R arm throws out from L shoulder to 2 nd and beyond / use hands to catch yourself on roll to ground	Head roll o turn	

3	1 / 2 / 3 4	Up on knees, flick L out to side SL / set it down and put weight on it to face DSL corner / outside R pir. from knee spotting DSL corner	Arms throw above head / jazz 3 rd for prep / 1 st for turn	Look SL on flick and keep focus there	
4-5	5 & / 6 / 7	Chn SR spotting SR / run R to DSR corner / run L to DSR corner	1 st for turn / nat. opp. For the jazz runs	Spot SR on turn / run DSR	Change of spot
	8 / 1	Jazz drag to the floor	Arms shoot out from side to ll w/ floor		
	2 3 / 4	Roll towards US to end facing SL / stand up on L facing SL			
6	5 6 / 7 / 8	Slow pivot w/ hips dropping and deep FA / walk R SR / walk L SR	L slices across from SL to SR ll to floor	Follow L hand	

7	1 2 / 3 4	Sauté off L w/ R in passé, slight cambré towards SL / land L / st R to SR	R up by ear, L ll to floor / on count 4 R arm crosses body in prep		
8	5 6 / 7 8	Chn. to SR end facing SL / BC st R SL front st L SR back	1 st / cha-cha feel for BC		

Rep. measures 1-8 until ATF. Next student will add in once the previous student has gone through once. Rep. L

Turns and Flexibility

Love is Blind by Nick Fradiani

Work on placement for turns and extensions out of them

Start SL facing SR

Measure	Counts	Movement	Arms	Head	Misc.
1	1 / 2 / 3 / 4	St R and roll thru foot to SR / tap L toe / st L and roll thru foot to SR / tap R toe	Arms at side, on R st, L shoulder dips down / on L st, R shoulder dips down	SR	Easy breezy feel
2	& 5 / 6 7 / 8 &	BC R to USR, L to DSL to face DS / fan kick in plié / BC R to SR, L to SR pir. prep	On fan, arms in a low “V” / prep. 3 rd arms	Focus is to SL out and down on fan / SR for prep	Chest lifted
3	1 2 / 3 4	Single pir. high rel & passé / plié L and dev. R ll as high as possible	1 st for turn / slice out to 2 nd on dev	Spot SR / focus is SR	Chest lifted

4	5 / 6 / 7 8	St R SR / st L SR and hips switch to face DS / batt. tilt	Softly fall / diag. with R up matching leg	Looking past L hand on tilt	Float the tilt- have pop and hard accent going up but sustain and control lowering of leg
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Rep. measures 1-4 until ATF. Next dancer adds in after 2 8 counts. Rep. L

Leaps

Money On My Mind by Same Smith

Use legs to jump and switch directions of jumps

Start SL facing SR

Measure	Counts	Movement	Arms	Head	Misc.
1	1 / & 2 / 3 & 4	Kick R devant / BC R back to SL L front to SR / rep the same movement	R shoulder leans back on the kick		
2	5 / 6 / 7 / & 8	Run R SR / run L SR / surprise leap R DS / land R L facing DS	1 st on runs / high “V” on leap / cross R across body and left at a 30 degree angle	Upper body slightly dropped	
3	1 2 / 3 / & 4	Barrel chn. SR / calypso traveling SR but seen DS / land R L turning the landing	1 st / ballet 3 rd / in tight towards chest	Drop upper body on the chn.	

4	5 / 6 / 7 8	St R to SR / cross L over R to SR / drop hips and step R to DSR and pivot to face USL	Arms are yours		“sexy” feel with head kinda down and eyes up
5	1 & 2 / 3 / 4	Chs. w/ L USL corner / run R USL / run L and pli�� USL	1 st		
6	5 / & 6 / 7 8	Leap in 2 nd facing SR / Land R L / BC R USL back L DSR front	L up R ll to floor making an “L” / arms are yours on BC		
7	1 / 2 / 3/ & 4	Run R DSR / run L DSR / tuck jump off L / land L R	“V” for tuck jump		
8	5 6 / 7 8	St L SR over R, unwind / pose of choice		Head roll on unwind	

Rep. measures 1-8 until ATF. Next dancer adds in after 4 8 counts. Rep. L

Center Combination

Heat by Kelly Clarkson

Implement elements of direction change, placement, and style in combination

Start facing US spread out across the room

Measure	Counts	Movement	Arms	Head	Misc.
1-4	1 2 3 4 5 6 7 8 x2	2 8 counts of improv facing US for the beginning	Yours	Yours	Face US- think silhouette
5	1 2 / 3 / 4	L leg in pli�, shoot R leg out to SL in flick motion and drag to L / st R DS to face SL / cross L over R still facing SL	Shoot R arm out w/ leg and pull into body, L at side / yours for the 2 walks	Look SL on the out and drag / SL on walks	
6	5 / 6 7 8	St R to DSL corner in lunge prep. / doub. inside L turn	3 rd / 1 st	Spot DS	Optional triple
7	1 2 / 3 / 4	Dev. L to DSR corner, R in fendu / st L DSR / switch hips to face DS and battement tilt R	From 1 st , slice out to second / 1 st / diag arms on tilt R up	DSR / look past L hand	Optional FA / optional rel. on tilt

8	5 / 6 7 / 8	Tuck R from batt. and go to ground / roll over L shoulder to SR / st up R to DSR	Use to help	Spot R	
9	1 / 2 / 3 / 4	St L to face USL hips drop / run R to USL / run L USL / run R USL	Swing through from DSR to USL	Switch focus to USL	
10	5 / 6 & / 7 8	Leap in 2 nd facing US / land R L / spin to face DS / drop into ll 4 th in plié L front facing DSR	Arm both up palms out / come down with leap / straight up palms face DS / R in front of chest L down and behind slightly	US / face DS / switch focus DSR	
11	1 / 2 / 3 / 4 &	Run R DSR / run L DSR / tuck jump from L / land L R	Run nat/ opp. / “V” palms out / come down		

12	5 / 6 / 7 8	Cross L over R towards SR / unwind in FA / hit/accent of choice	On unwind, arms out to side palms facing up	Head releases on unwind	
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Abbreviation Key

ATF- across the floor

batt- battement

BC- ball change

Chn.- chaîné

Chs- chassé

dp- demi-plié

diag- diagonal

doub- double

DS- downstage

DSL- downstage left

DSR- downstage right

FA- forced arch

JJ- jumping jacks

L- left

ll- parallel

nat. opp.- natural opposition

PdB- pas de bourrée

pir.- pirouette

R- right

rel- relevé

Rep- repeat

Rev- reverse

SL- stage left

SR- stage R

st- step

t.- turn

TO- turned out

UB- upper back

US- upstage

USL- upstage left

USR- upstage right

wt- weight

w/- with

^- same as above