

# CHOREOGRAPHY

Lisa Elliott, Jean Davis, Meghan Arboleda

## KNOW YOUR TEAM

- Know the strengths and weaknesses of your team and build from there

## START WITH A SKELETON

- Based off of your strengths, build your routine from start to finish

Include:

- Team running tumbling
- Team standing tumbling
- Elite partner stunts
- Cheer
- Jumps
- Running tumbling or another elite partner stunt section
- Pyramid
- Dance

## DRAW OUT YOUR FORMATIONS

- Based on your numbers, draw your formations out on paper
- Use ArrangeUs App, this app helps figure out formations AND transitions for you!

## TRANSITIONS

- Should never have time to stand, wait and set
- Try not to cross center or take more than 4 counts to get to a spot
- Try to include choreography while transitioning

## EIGHT COUNT SHEETS

- Print out eight count sheets and write out sections

## DANCE

- Try to change formations every 4-8 counts
- Try not to have everyone doing the same motions in the same formation for more than 4 counts
- New scoring range for dance & cheer

## SUGGESTIONS

- Don't put your difficulty at the end of your routine
- To quote a famous judge "GET YOUR POINTS AND GET OUT!"
- Be different! What will make you stand out from the rest? Add your WOW factor!



# MUSIC VENDORS

To see the full list of approved music vendors go to  
marylandcheercoaches.org and click on  
“Music Provider List”

## **DJ Cheer**

Email: [Eric@DJCHEER.COM](mailto:Eric@DJCHEER.COM)

Phone: (910) 423-7860

Website: [www.djcheer.com](http://www.djcheer.com)

**\*Very reasonably priced, fast with revisions**

## **Innovative Performance Productions (IPP)**

Email: [info@ippmusic.com](mailto:info@ippmusic.com)

Telephone: 508-826-4046

Website: [www.ippmusic.com](http://www.ippmusic.com)

## **Cheer Sounds**

Email: [info@cheersounds.com](mailto:info@cheersounds.com)

Phone: (631) 724-1237

Website: <http://www.CheerSounds.com>

**\*Very cheap but coach produced, you select music and sound effects then edit yourself**

