



Gymnastics
Australia



Gymnastics Australia
Aerobic Gymnastics

2015

AeroDance

Resource

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Gymnastics Australia AeroDance Resource Rules 2015

1.0 Introduction

AeroDance was introduced as an Aerobic Gymnastics category in 2012. Routines consist of traditional Aerobic Movement Patterns (AMP) and, one 32 count block of a significantly different dance style (eg Latin, hip hop, theatrical). Additionally the routine includes four (4) difficulty elements or skills.

The 2015 AeroDance Resource is the first release of compulsory routines, similar to those of the AeroSchools resource, and has been developed in response to interest in this component of Aerobic Gymnastics. It is designed as an introduction to AeroDance with Division 1 being fully choreographed and Division 2 including optional choreography in the dance component.

1.1 Gymnastics Australia

Gymnastics Australia is the national governing body for the sport of Gymnastics in Australia. Since 1997, Gymnastics Australia has accepted Aerobic Gymnastics as an official discipline of the sport and has assumed management of the sport from grassroots levels of participation to elite Aerobic Gymnastics competition. Gymnastics Australia's contact details are:

Gymnastics Australia
Sports House, Level 2
375 Albert Rd
Albert Park VIC 3206
E-mail ausgym@gymnastics.org.au
Web: www.gymnastics.org.au

2.0 Eligibility

AeroDance is open to all athletes, regardless of their experience or involvement in other streams of Aerobic Gymnastics. Athletes are allowed to compete in only one (1) of the divisions of this kit.

During 2015, AeroDance will only be competitive at State competition Levels and at the State and Australian AeroSchools competition.

At the Australian Aerobic AeroSchools Championships athletes can compete in either Division 1 or 2 in one age division.

3.0 Routine Requirements

Division	Difficulty					Total Possible Raw Difficulty Score	Acrobatic Elements allowed (Optional)	Lifts (With No Held Handstand)	Transitions Moving Through Vertical	Routine Requirements	Age Divisions	Team size
	Music Length	Values	No. of Elements to Count	Max No. of Down of Elements	Compulsory / Optional Skills							
Division 1	1 min 30 sec +/- 5 sec	0.0	4	0	Air Jack 1/2 turn Straight jump 2 sagittal kicks	0.0	No	1	Allowed	Fully Choreographed	9 - 11 years 12 - 15 years 16 + years	Team 5 - 10
Division 2	1 min 30 sec +/- 5 sec	0.2 - 0.3	4	0	Jump 1/1 turn 0.3 Tuck jump 0.2 1/1 turn 0.2 Scissor kick 0.2	0.9	One (1) from A1 - A3	1	Allowed	Choreographed with optional dance choreography	9 - 11 years 12 - 15 years 16 + years	Team 5 - 10

3.1 Age Divisions

A competitor whose age falls between two age divisions in the competition year (ending December 31) may compete in either age division within that year, according to his/her valid legal I.D. Competitors of ages 11 will compete in either the Junior or Intermediate Divisions. Competitors of age 16 will compete in either the Intermediate or Senior Divisions. Examples: a 11-year-old turning 12 within the competition year (by 31st December) may compete in the Junior or Intermediate Division. Likewise a 15-year-old turning 16 within the competition year (by 31st December) can compete as an Intermediate or Senior.

It is allowed to have a **maximum of one** competitor on a team from another age division.

3.2 Lifts

1 lift must be included in the routine. The lifted person must always be in contact with the gymnasts acting as the base.

3.3 32-counts dance block

One 32-count dance block of music/style/dance is included in the routine. For both Divisions 1 and 2 there is the choice of Latin, hip hop or theatrical. In Division 1 the dance component is fully choreographed, while Division 2 allows for optional choreography.

3.4 Difficulty elements

Four (4) elements or skills are included in each routine.

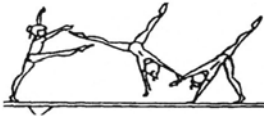

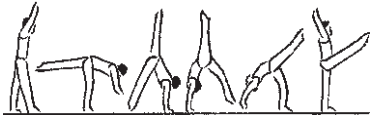

Division 1 Elements	Value	Division 2 Elements	Value
Air Jack	0.0	Jump full turn	0.3
1/2 turn	0.0	Tuck jump	0.2
Straight jump	0.0	Full turn	0.2
2 sagittal kicks	0.0	Scissor kick	0.2
Total Possible Score	0.0	Total	0.9

See Section 4.3 for further explanation of difficulty requirements.

3.5 Acrobatic Elements

Division 1 is not allowed any acrobatic elements

Division 2 is allowed one (1) acrobatic element from A1 to A3. The same acrobatic element must be performed at the same time, but not necessarily by all team members

<u>ACROBATIC ELEMENTS:</u>	
Movements performed with 1 or 2 arms / hands / elbows OR from 1 or 2 feet: A-1) Cartwheel A-2) Round off A-3) Walkover (forward, backward)	A-1) Cartwheel 
	A-2) Round off 
	A-3) Walkover (forward) 
	A-3) Walkover (backward) 

3.6 Music

Music for Divisions 1 and 2 are included in this kit. A choice of three (3) different dance styles is incorporated in the each Division.

3.7 Attire

The competitor's attire must demonstrate proper athletic appearance.

1. Leotard, unitard, two-piece leotard, pants, long leggings, shorts and close fitting tops are allowed. The attire of team members can be different but should be coordinated.
2. School PE uniform
3. The competitors must wear supportive aerobic or sports shoes.
4. Hair must be secured close to the head.
5. The undergarments must not be seen.
6. Large (loose) clothes, additional items/props (tubes, sticks, balls, etc) and accessories (belts, braces, bands, etc.) are not allowed.
7. Attire depicting war, violence or religious themes is forbidden.

4.0 Judging Guidelines

The judges will score four (4) main components of the routine: artistic, execution, difficulty and Chair of Panel deductions. These are outlines below.

4.1 Artistic Component (10 points maximum)

Artistic Component	Judging considerations	Possible points
Music and Musicality	<p>There must be strong cohesion between the overall performance (movements) and the music, with the choreography utilising the idea given by the music. The competitors should be able to express with their movements and body language through the music.</p> <p>All movements must fit perfectly with the chosen music and relate to the specific competitor(s). Every single movement in the routine must be choreographed, and must remain on the rhythm, beats, accents, and musical phrases.</p> <p>The dance music component of the routine must differ from the Aerobic component and match the style of dance being performed.</p>	2
Aerobic Content–	<p>The complexity and variety of the Aerobic Movement Patterns (AMP) sequences are the most important criteria under the Aerobic Content.</p> <p>The AMP Sequences must utilise both, legs and arms, combined together with a high level of body coordination. The leg movements must show the correct technique of Aerobic Basic Steps, including variations. (See Appendix 1).</p> <p>The use of the head and the torso during the execution of the AMP sequences may be another possibility to include in the choreography.</p> <p>Intensity must be shown throughout the routine by ensuring all aerobic movements have rebound and are dynamic.</p>	2
General Content	<p>General Content covers all the movements apart from the Difficulty elements and AMP.</p> <p>The connection from/to movements must be smooth and fluent. All the movements presented in the routine, must be linked, smoothly and easily performed and show agility without any unnecessary pauses or showing fatigue (laborious/hesitant) or appearing heavy.</p> <p>All these criteria must be evident in the dance component of Division 2 to make it exciting and</p>	

	<p>memorable:</p> <ul style="list-style-type: none"> • The movements are complex when they are composed of many interconnected parts, are hard to perform and require body coordination with previous preparation (physical conditioning). • Variety of movements means they must be without repetition or reiteration of the same or similar types of movements. • Creativity means that the movements have been constructed and are performed creating meaningful new ideas, forms, interpretations, with originality, progressiveness, or imagination, avoiding copying and monotony. 	2
Space and formations	<p>Throughout the routine and including the dance component:</p> <ul style="list-style-type: none"> • The competition area must be effectively used, not only the corners and the centre of the competition space but all areas of the 10 x 10m competition space. • Travelling must be shown in all directions (forward, backward, laterally, diagonally and circular) over long and short distances, without repetition of similar traces/tracks. • Different formations and different positions of the team members must be shown (including distances between gymnasts - far versus close). • The formation changes should be fluent, the formations and positions showing originality and complexity. 	2
Artistry	<p>Artistry is the ability of the gymnast(s) to</p> <ul style="list-style-type: none"> • Transform the composition from a well-structured routine into an artistic performance. • Demonstrate Musicality, Expression and Partnership in addition to impeccable execution. • Combine the elements of the dance and aerobic components into one attractive message towards the audience, in an athletic manner. Unique/memorable routines include many details to enhance the quality of the routine. <p>Competitors must do more than smile to engage their audience through body language, energy and showmanship. Competitors must perform with confidence and with genuine and natural facial expressions (no artificial or exaggerated facial expressions). No verbalizations, shouting or singing is permitted.</p> <p>Artistry in the dance component must match the dance style, making it a highlight of the routine.</p>	2
Total possible points		10

SCALE FOR EACH ARTISTIC CRITERIA

Scale	Possible points for each criteria	Overall Artistic Score
Excellent	Outstanding 2 points	between 9.6 to 10
Very Good	High 1.8 – 1.9 points	between 9.0 to 9.5
Good	Good 1.6 – 1.7 points	between 8.0 to 8.9
Satisfactory	Average 1.4 – 1.5 points	between 7.0 to 7.9
Poor	Low 1.2 – 1.3 points	between 6.0 to 6.9
Unacceptable	Unacceptable 1.0 – 1.1 points	between 5.0 to 5.9

4.2 Execution Component (10 points maximum)

a. Technical Skill

The judges evaluate the ability to demonstrate movements with maximum precision. An excellent routine demonstrates perfect posture and alignment, active and passive flexibility, strength, power and muscular endurance.

Each movement must have a clear start and finish position and each phase of the movement has to demonstrate perfect control. Proper balance must be shown in difficulty elements, transitions, take-off, landings and aerobic movement patterns.

All routines begin with 10 points and deductions are made each time for every error as follows:

- Small error 0.1
- Medium error 0.2
- Large error 0.3
- Unacceptable execution or fall 0.5
- Maximum deduction for an element 0.5

b. Synchronisation

The judges evaluate the ability of the team to execute all movements as a unit.

Deduction each time 0.1 Whole routine – maximum deduction 2.0 points

Examples of Deductions

General Errors	Small	Medium	Large
	0.1	0.2	0.3
Incorrect body alignment	0.1	0.2	0.3
Incorrect body form	0.1	0.2	
Legs/feet bent or apart	0.1	0.2	
Uncontrolled arms	0.1		
Uncontrolled/Incorrect landing	0.1	0.2	
Incomplete rotation	0.1	0.2	0.3
Incorrect technique	0.1	0.2	0.3
Hopping during turns		0.2	
Turn not on the ball of the foot		0.2	
Knees not at the waist level in Tuck	0.1	0.2	0.3
Loss of balance	0.1		0.3


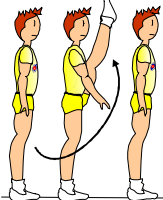
4.3 Difficulty Component

- a. The routine must include the 4 elements listed for each of the divisions .
- b. All skills must be performed by all members of the team at the same time. Failure to do this will result in a deduction of 0.2 from the Chair of Panel for a change of choreography.

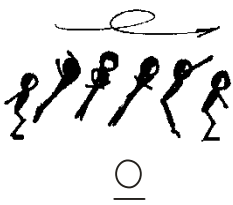
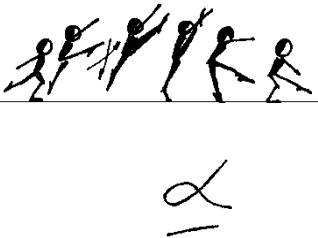
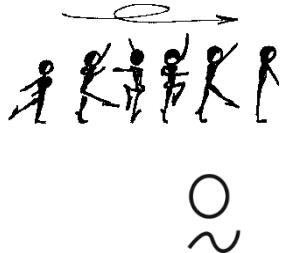
Four elements from Group C and D are included in each routine.

Division 1 Elements	Value	Division 2 Elements	Value
Air Jack	0.0	Jump full turn	0.3
1/2 turn	0.0	Tuck jump	0.2
Straight jump	0.0	Full turn	0.2
2 sagittal kicks	0.0	Scissor kick	0.2
Total Possible Score	0.0	Total	0.9

Division 1 Elements

Air Jack	½ Turn	Straight jump	2 sagittal kicks
 <p>From a standing position the body jumps into the air in a star shape, with arms moving sideways.</p>	<p>Starting position - standing position with feet together</p> <p>Action - a half turn (180°) is performed on one leg. Optional placement of the free leg and arms.</p> <p>Finishing position - Standing with feet together.</p>	<p>From a standing position swing arms straight forward lifting the body vertically off the ground. The body should be fully extended in the air with a straight line from finger tips to toes. Legs are together.</p> <p>Land In starting position with legs bent.</p>	 <p>The only movement is hip flexion. Kicking leg is straight and moves directly in front of the body. Knee joint shows no movement. Standing leg stays straight, Upper body stays erect. Height is not as important as correct technique.</p>

Division 2 Elements

360° Air turn	TuckJump	Scissor Kick	1/1 Turn
<p>C 103 1/1 AIR TURN</p> 	<p>TuckJump</p>	<p>C 832 SCISSORS KICK</p> 	<p>D 142 1/1 TURN</p> 
<p>To obtain the 0.3 difficulty score:</p> <ul style="list-style-type: none"> Air turn must be performed without a fall 	<p>To obtain the 0.2 difficulty score:</p> <ul style="list-style-type: none"> Tuck jump must be performed without a fall Legs at least parallel to the floor 	<p>To obtain the 0.2 difficulty score:</p> <ul style="list-style-type: none"> Scissor kick must be performed without a fall Leading leg at least parallel to the floor 	<p>To obtain the 0.2 difficulty score:</p> <ul style="list-style-type: none"> Turns must be performed without a fall Turns must be performed on the ball of the foot without hopping. At least 270°

4.4 Chair of Panel

(Deductions made by the Chair of Panel are per occurrence, or per additional occurrence)

Deductions and declarations of warnings or disqualifications given by the Chair of Judges Panel are made as follows:

0.1 point deduction

- Line fault

0.2 point deductions

- Incorrect attire (jewelry, ornaments, body glitter, undergarments showing, lack of chest support, dirty shoes, shoe laces not secured, etc.)
- Presentation fault
- Change to the routine choreography or difficulty element requirements.

0.5 point deductions

- Failure to appear on the competition area within 20 seconds
- More than one lift: each time
- Prohibited lift (propelling): each time
- Not having at least 1 lift
- Prohibited moves: each time
- Interruption of performance for 2-10 sec

2.0 point deductions

- Themes in contravention of the Olympic Charter And the Code of Ethics
- Stop of performance more than 10 seconds

Warnings/Disqualification:

Warnings (A maximum of one warning shall be given. A second warning will result in disqualification)

- Presence in a prohibited area
- Improper behaviour /manners
- Disrespectful manners to judges and officials
- Unsportsmanlike behaviour
- Competition attire not being worn at medal award ceremony

Disqualification

- Walkover: Team fails to appear on stage and strike a starting position within sixty (60) seconds

4.5 Prohibited Moves

A routine, including its opening and ending poses, entry and exits, must not contain movements recognizable as prohibited, whether standing, grounded or airborne.

Prohibited Moves (Chair of the Judges Panel) Deduction – 0.5

- a. Static moves showing extreme flexibility (i.e. hyper extension of the back, bridge)
- b. Handstand held more than 2 seconds
- c. Combination of acrobatic elements
- d. Division 1 – any acrobatic element
- e. Division 2 – any acrobatic move apart from a cartwheel, round off, forward walkover or backward walkover.

5.0 Competition Information

5.1 Final Score Calculation

- The final score reflects the total points obtained for Artistic Merit, Technical Merit and Difficulty minus the Chair of Panel deductions.
- The final score shall be rounded to the nearest hundredth.

Example of score:

Division	Artistic	Execution	Difficulty	Difficulty Deductions	Subtotal Score	Chair Deductions	Final Score
2	8.2	6.6	0.9	0	15.7	0.2	15.50

5.2 Tie Breaking Rules

If a **qualification** round of competition is held and there is a tie, the “leading” team will be determined as follows.

- 1 the team receiving the highest **Execution** Score.
- 2 the team receiving the highest **Artistic** Score.
- 3 the team receiving the highest **Difficulty** Score.

If the tie cannot be broken in qualification or In the **Final** round of competition in case of a tie at any place of the ranking, the tie will not be broken.

5.3 Incidences of Extraordinary Circumstances

- Incorrect music is cued
- Music problems due to equipment malfunction
- Disturbances caused by general equipment failure
- The realisation of or introduction of any foreign object into the performance area, just before or during a performance, by an individual or means other than the athlete(s)
- Extraordinary circumstances that may cause a Walk Over or other disturbances that is not the responsibility of the performing athlete.

5.4 Management of Extraordinary Circumstances

- It is the responsibility of the team to immediately stop the routine if an extraordinary circumstance occurs, including but not limited to those mentioned above.
- The Chair of the Panel and competition organiser(s) will review the situation, and upon their decision, the team may restart the routine once the problem has been corrected.
- A complaint after the routine has been completed will not be accepted.

5.5 Protests

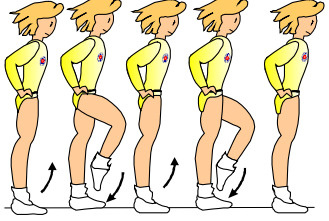
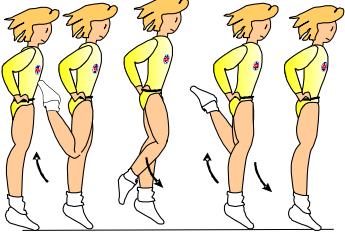
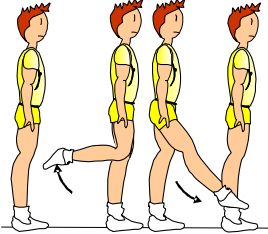
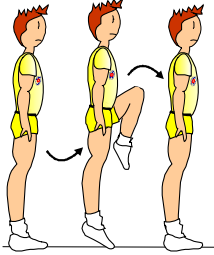
Protests are prohibited against any score or result. (For Extraordinary Circumstances see Section 1.13 and 1.14).

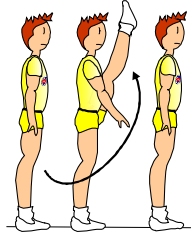
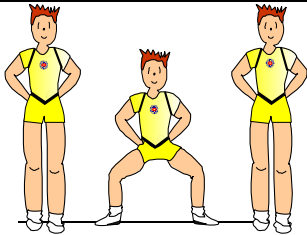
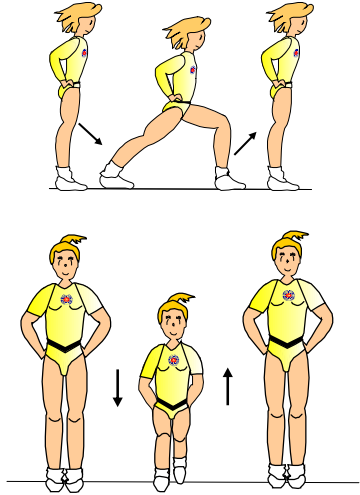
5.6 Awards Ceremony

Every Aerobic Gymnastics Australian Championships or Australian AeroSchools Championships will conclude with a ceremony honoring the athletes with the highest total scores. Medals will be awarded to at least the top three place getters in each category of competition. Ribbons/certificates will be awarded to the 4th – 6th place getters.

APPENDIX 1

DESCRIPTION OF THE BASIC STEPS

Name	Description	Optimal Step
March	<ul style="list-style-type: none"> ➤ Leg is bending in front of body: Hip and knee flexion. ➤ Ankle shows clear movement, toe-ball-heel. ➤ Total movement is upwards, not downwards. ➤ Upper body is erect with neutral spine, natural alignment. ➤ Upper body shows core strength, no co-movement upwards-downwards or forwards-backwards. ➤ Amplitude: From neutral position to full plantar flexion of ankle, 30-40° flexion in hip and knee 	
Jog	<ul style="list-style-type: none"> ➤ Lower leg is lifted maximally backwards to the gluteus. ➤ Neutral hip or slight hip flexion or extension (+/- 10°). ➤ Knee flexion. ➤ Ankle is showing plantar flexion at top position. ➤ Feet show controlled movement, landing toe-ball-heel. ➤ Upper body is erect with neutral spine, natural alignment. ➤ Amplitude: Neutral position to 0-10° hip extension, 110-130° knee flexion, full plantar flexion 	
Skip	<ul style="list-style-type: none"> ➤ Skip starts as a jog with hip extension, knee flexion and heel backwards to the gluteus to set of a low kick with hip flexion of 30-45° and full knee extension to 0° - a skip. ➤ Movement is seen in both hip and knee. ➤ Muscle control is shown through all of the movement. Lower leg is stopped by the quadriceps. ➤ Upper body stays erect with neutral spine, natural alignment. ➤ Amplitude: From neutral hip to 30-45° flexion, from full knee flexion to complete extension 	
Knee lift	<ul style="list-style-type: none"> ➤ Working leg shows a high degree of flexion in hip and knee, minimum 90° flexion in both joints. ➤ When thigh of moving is at the top position, the lower leg is vertical, with ankle plantar flexion. ➤ Elevated Ankle can be dorsal or plantar flexed but muscle control must show. ➤ Standing leg is straight, maximum knee/hip flexion is approx. 10°. ➤ Upper body stays erect with neutral spine, natural alignment. ➤ Amplitude: From neutral position to minimum 90° flexion in hip and knee of working leg. 	

Name	Description	Optimal Step
Kick	<ul style="list-style-type: none"> ➤ Straight leg high kick, minimum amplitude: heel at shoulder height, approx. 145°. ➤ Only movement is hip flexion. Leg is straight – knee joint is showing no movement. ➤ Ankle is plantar flexed throughout movement. ➤ Standing leg stays straight, maximum knee/hip flexion approx 10°. ➤ Upper body stays erect with neutral spine, natural alignment. ➤ Amplitude: From neutral position to 150-180° hip flexion in working leg. Knee shows full extension throughout movement. 	
Jack	<ul style="list-style-type: none"> ➤ A hop out and in with legs bending. Natural outwards rotation in hip joint. ➤ Landing is with feet further than shoulder width apart, knees and feet point outwards. ➤ Controlled but powerful take off and landing. Precise and controlled movement of ankle and foot – toe-ball-heel action. ➤ Hopping in: Feet/heels together, toes point forward (preferred) or outward. ➤ Upper body is erect with neutral spine, natural alignment. ➤ Amplitude: From neutral position to approx shoulder width plus 2 foot lengths apart with 25-45° flexion in hip/knees (more if in super low or low with grand plié position) 	
Lunge	<ul style="list-style-type: none"> ➤ Legs/feet start together or shoulder width apart, no outward rotation at hip. One leg is extended (without locking the knee) backwards in the sagittal plane. ➤ Heels are lowered with control. ➤ Feet stay in sagittal plane. Whole body moves (side to side) as a unit. ➤ Low impact: Body slightly forward (front leg is weight bearing), straight line from neck to heel. ➤ High impact: Legs are hopping, alternating, in the sagittal plane in a cross county skiing motion. ➤ Amplitude: Approx. 2-3 feet apart in sagittal plane. (Lunge variations = different amplitudes). 	

APPENDIX 2

2015 AeroDance Division One Choreography Notes: Don't Stop the Party – Latin (Livin' la vida loca)

AeroDance	Division 1	
Counts	Movement	Arm movement
Counts 1-4	Start Pose (optional)	
Counts 1-8 Counts 1-8	Grapevine Grapevine	Blade hands, reach in to chest, upright, out to side, down by sides. Repeat x 2 Star hands, one reach out to side, one elbow bent star hand near face. Swap x 8
Counts 1-8 Counts 1-8	Jogs Jogs	2 x single punch up, out to side, 2 x claps, fists in to chest. Repeat x 2
Counts 1-4 Counts 5-8	Lift (can be changed according to group numbers) Slide out	Slide, one arm reach up, wrist flicked in Latin hands, one arm out to side with wrist flicked in Latin hands
Counts 1-4 Counts 5-8	2 x High Leg Kicks (sagittal plane) Double jack	2 x punch up, 2 x punch down
Counts 1-8 X 2	Side flick kick	Star hands in to chest and reach out to side, swap
Counts 1-4 Counts 5-8 Counts 1-8	Air Jack Shimmeys Step together showtime X 2	Star hands to side Stretch arms down Reach forward, star hands one arm stretch up, one across centre
DANCE BREAK Counts 1-4	Ball change step out, back in to a squat, both legs out to one leg popped	Arms up, wrists flicked, hands in fists in front of face – elbows in, one hand on hip, one Latin hand on knee
Counts 5-8	Hip bop x 4	One hand on hip, one Latin hand on knee
Counts 1-4	Step out to side, step across, step out to side, join feet together	Opposite arm to leg in an L shape, one in front one to side, wrists flicked in Latin
Counts 5-8	Hip roll pivot on supporting foot x 2	Keeping elbows near waist, reach hands to side and grasp hands
Counts 1-4	Moving forward, step across and point other foot to side x 2	Elbows out to side hands over mouth, keep elbows up, blade hands to side
Counts 5-8	Hip movement to pose, one knee bent, foot popped, other leg straight	One arm straight out to side, wrist flicked, other extends across arm to shoulder
Counts 1-4 Counts 5-8	Chasse, ball change behind Repeat	Arms extended to side, shoulders shimmeys, one arm extended up with wrist flicked, one arm out to side with wrist flicked

Counts 1-2	Optional Pose	
Counts 1-8 Counts 1-8	Double hop Double hop	Star hands, reach up and down. Repeat
Counts 1-8 Counts 1-4 Counts 5-8	Scoops $\frac{1}{2}$ Turn Step together	Scoop hands forward Prepare arms in L shape Reach forward, star hands to face
Counts 1-8 Counts 1-8	Forward flick kicks x 8 Forward flick kicks x 8	Blade hands, opposite arm to leg in L position, one forward one to side. Repeat
Counts 1-4 Counts 5-6	Straight Jump Easy Walk	Blade hands, reach arms up Star hands reach up, bent into chest and down on a diagonal
Counts 1-8	Knee Lifts	Clap hands together under lifted knee x 2, Star hands reach up x 2.
Counts 1-8 Counts 1-8	Hook knees, step out, lift one knee and place crossed behind. Repeat to other side Repeat	Star hands reach up, in to chest, out to front, in to chest. Repeat x 4
Counts 1-8	Jogs	Fist hands, one bent at chest, one reach up. Swap. Both fists reach up x 2.
Counts 1-8	Repeat jogs OR Last 8 count optional	
Count 1	End Pose (optional)	

2015 AeroDance Division One Choreography Notes: Don't Stop the Party – Hip Hop (Fancy)

AeroDance	Division 1	
Counts	Movement	Arm movement
Counts 1-4	Start Pose (optional)	
Counts 1-8	Grapevine	Blade hands, reach in to chest, upright, out to side, down by sides. Repeat x 2
Counts 1-8	Grapevine	Star hands, one reach out to side, one elbow bent star hand near face. Swap x 8
Counts 1-8	Jogs	2 x single punch up, out to side, 2 x claps, fists in to chest. Repeat x 2
Counts 1-8	Jogs	
Counts 1-4	Lift (can be changed according to group numbers) Slide out	Slide, one arm reach up, wrist flicked in Latin hands, one arm out to side with wrist flicked in Latin hands
Counts 5-8		
Counts 1-4	2 x High Leg Kicks (sagittal plane)	2 x punch up, 2 x punch down
Counts 5-8		
Counts 1-8	Side flick kick	Star hands in to chest and reach out to side, swap
X 2		
Counts 1-4	Air Jack	Star hands to side
Counts 5-8		Stretch arms down
Counts 1-8		Step together showtime X 2
		Reach forward, star hands one arm stretch up, one across centre
DANCE BREAK		
Counts 1-8	Step forward on one foot, ball change. Repeat x 4, swapping forward foot	Throw chest forward, elbows bent in, fist hands one in front of chest, other behind back. Repeat opposite arms to legs
Counts 1-2	One knee lift and step to side, other knee lift step to side	Fists, both hands reach around knee and into chest
Counts 3-4	Legs remain out to side	Hand flick off opposite shoulder x 2
Counts 5-8	Repeat counts 1-4	Repeat counts 1-4
Counts 1-4	Step out to side, leg bent in crossed in front of knee. Repeat to other side	One arm with blade arms swings around over head to chest with elbow up, repeat other arm
Counts 5-8	Deep squat x 2	Both arms, fist hands, swing around between knees to pull to one side, bent one elbow to side, keep other stretched to side, repeat to other side
Counts 1-8	Step turning and join feet together	Fist hands, keep down during turn, clap on counts 4 and 8
Counts 1-2	Optional Pose	
Counts 1-8	Double hop	Star hands, reach up and down. Swap
Counts 1-8	Double hop	

Counts 1-8 Counts 1-4 Counts 5-8	Scoops ½ Turn Step together	Scoop hands forward Prepare arms in L shape Reach forward, star hands to face
Counts 1-8 Counts 1-8	Forward flick kicks x 8 Forward flick kicks x 8	Blade hands, opposite arm to leg in L position, one forward one to side. Repeat
Counts 1-4 Counts 5-6	Straight Jump Easy Walk	Blade hands, reach arms up Star hands reach up, bent into chest and down on a diagonal
Counts 1-8	Knee Lifts	Clap hands together under lifted knee x 2, Star hands reach up x 2.
Counts 1-8 Counts 1-8	Hook knees, step out, lift one knee and place crossed behind. Repeat to other side Repeat	Star hands reach up, in to chest, out to front, in to chest. Repeat x 4
Counts 1-8	Jogs	Fist hands, one bent at chest, one reach up. Swap. Both fists reach up x 2.
Counts 1-8	Repeat jogs OR Last 8 count optional	
Count 1	End Pose (optional)	

2015 AeroDance Division One Choreography Notes: Don't Stop the Party – Theatrical (Supercalifragilisticexpialidocious)

AeroDance	Division 1	
Counts	Movement	Arm movement
Counts 1-4	Start Pose (optional)	
Counts 1-8 Counts 1-8	Grapevine Grapevine	Blade hands, reach in to chest, upright, out to side, down by sides. Repeat x 2 Star hands, one reach out to side, one elbow bent star hand near face. Swap x 8
Counts 1-8 Counts 1-8	Jogs Jogs	2 x single punch up, out to side, 2 x claps, fists in to chest. Repeat x 2
Counts 1-4 Counts 5-8	Lift (can be changed according to group numbers) Slide out	Slide, one arm reach up, wrist flicked in Latin hands, one arm out to side with wrist flicked in Latin hands
Counts 1-4 Counts 5-8	2 x High Leg Kicks (sagittal plane) Double jack	2 x punch up, 2 x punch down
Counts 1-8 X 2	Side flick kick	Star hands in to chest and reach out to side, swap
Counts 1-4 Counts 5-8 Counts 1-8	Air Jack Shimmeys Step together showtime X 2	Star hands to side Stretch arms down Reach forward, star hands one arm stretch up, one across centre
DANCE BREAK Counts 1-4 Counts 5-8	Box step – step forward and across, step forward and across, step back, join together Repeat	Flex wrists with blade hands, swing opposite arm to leg Repeat
Counts 1-4 Counts 5-8	Ball change, stretch one heel out to side. Repeat to other side Ball change, stretch one heel out to side. Repeat to other side	Star hands behind head, reach one out to side with wrist flicked in latin hands Star hands behind head, reach one out to side with wrist flicked in latin hands
Counts 1-4 Counts 5-8	Chasse to side, ball change Turning, step high knees, step together	Stretch arms out to side, 2 x click fingers in front of chest Flexed wrists, blade hands arms down, clap hands
Counts 1-4 Counts 5-8	Chasse to side, ball change Feet together, stretch one out with flexed heel to floor, other knee bent. Join feet together, pose, stand on one	Stretch arms out to side, 2 x click fingers in front of chest Hands together push down, pop up to chest One hand on hip, one stretched up with wrist flicked in Latin hands

	leg, knees together other leg bent up.	
Counts 1-2	Optional Pose	
Counts 1-8	Double hop	Star hands, reach up and down. Swap
Counts 1-8	Double hop	
Counts 1-8	Scoops	Scoop hands forward
Counts 1-4	½ Turn	Prepare arms in L shape
Counts 5-8	Step together	Reach forward, star hands to face
Counts 1-8	Forward flick kicks x 8	Blade hands, opposite arm to leg in L position, one forward one to side. Repeat
Counts 1-8	Forward flick kicks x 8	
Counts 1-4	Straight Jump	Blade hands, reach arms up
Counts 5-6	Easy Walk	Star hands reach up, bent into chest and down on a diagonal
Counts 1-8	Knee Lifts	Clap hands together under lifted knee x 2, Star hands reach up x 2.
Counts 1-8	Hook knees, step out, lift one knee and place crossed behind. Repeat to other side	Star hands reach up, in to chest, out to front, in to chest. Repeat x 4
Counts 1-8	Repeat	
Counts 1-8	Jogs	Fist hands, one bent at chest, one reach up. Swap. Both fists reach up x 2.
Counts 1-8	Repeat jogs OR Last 8 count optional	
Count 1	End Pose (optional)	

2015 AeroDance Division Two Choreography Notes: Ridiculous

AeroDance	Division 2	
Counts	Movement	Arm movements
Counts 1-4	Start Pose (Optional)	
Counts 1-8	Grapevines x 2	Reach up and down in stars
Counts 1-4	Double hop x 2	Reach hands to right above head in stars (repeat to left)
Counts 5-8	Double hop x2	Clasp hands and bend into right shoulder (repeat to left)
Counts 1-4	Scissor kick	
Counts 5-8	Jump jacks x 2	Hands on hips, hands on shoulders then clasp with elbows straight in front of body
Counts 1-4	Flick kicks to side x 2	Hands in stars at chest, then hands out to side (stars)
Counts 5-8	Jogs x 4	Reach up (blades) and down (fists)
Counts 1-8	16 count lift (can be altered to suit group numbers)	
Counts 1-8	Optional acro element	
Counts 1-4	Jog x 4	Punch hands out to horizontal and back in to shoulders
Counts 5-6	Jumping jack	Clasp hands with elbow straight in front of body
Counts 7-8	Show time	One hand on stomach in star, other arms reaches to diagonal in stars
Counts 1-8	Repeat	Repeat
Counts 1-4	Air 1/1 turn	
Counts 5-6	Knee, knee	One arm straight next to body, other elbow bent with hand at shoulder, fist hands, swap
Counts 7-8	Side lunge together	Arms out in front of body at horizontal with wrists flicked in latin hands, bend elbows next to body with hands in fists
Counts 1-4	Skiing swaps x 4,	One arm straight next to body, other elbow bent with hand at shoulder, swap
Counts 5-6	Slide together	One arm next to ear, other at horizontal
Counts 7-8	Twist, twist	Hands in fists at chest
Counts 1-8	Mumbo chasse, 2x jog, jumping jack	Arms cross chest & swing downwards to horizontal in stars, clap clap, hands on hips
Counts 1-8	Repeat	Repeat
Counts 1-4	2x Scoops	2x Clap
Counts 5-8	2x Knee lifts	2x Clap hands under leg
Counts 1-8	8x Jogs	Punch single arm with other hand at shoulder, repeat with other arm, punch arms up, punch arms to side
Counts 1-32	DANCE BREAK	Optional Choreography for Latin, hip hop & theatrical
Counts 1-2	Jogs x 2	Reach up and down in stars
Counts 3-4	Prepare	
Counts 5-8	1/1 Turn	

Counts 1-4	Grapevine	Arms bent in to chest, reach up, out to the side and down in blades, keep down in blades count 5)
Counts 5-8	3x knees lift	Bend and straighten arms with elbows at sides in fists
Counts 1-8	Repeat	Repeat
Counts 1-4	2x leg curls	2x Arms reach out in front at horizontal with hands in fists, bring in to face with hands in stars
Counts 5-8	Fly, knee, fly, together	Arms in diagonal in blades, bend elbows to meet at chest, arms back to diagonal in blades
Counts 1-8	Repeat	Repeat
Counts 1-4	Tuck jump	
Counts 5-8	2x Step touch	One arm bent with hand at shoulder, other arm reaches to diagonal in fist, repeat on other arm
Counts 1-2	2x Jogs	Double arms reach up in stars
Counts 3-4	Chasse	Hands clasped and complete a circle around face
Counts 5-8	2x Flick kick	2x Hands by side and then reach hands forward in fists to horizontal
Counts 1-8	Repeat	Repeat
Counts 1-8	End 8 counts Optional	
Count 1	End Pose (optional)	