

Choreography Title
Date Updated or Created

Choreography Name
Choreographer, Year
“Track Name,” from *Album Name*

Emotional Perspective: Notes go here.

Other notes: Time or counts before entrance. Entrance direction.

Music and Dance Phrase Outline

Counts	Detail #	Music Phrase / Section Summary	Finger Cymbals

A. Rhythm / Verse / Chorus

1. Section Summary (8 cts)

Step: Jamila Steps go here [1-4], Jamila Steps go here [5-8]. If Default Only.

Feet: Steps go here [1-4], more notes [5-6], and more, with commas between if needed [7-8].

Hips: Steps go here [1-8].

Hips 2: Steps go here [1-8].

Torso: Steps go here [1-8].

Torso 2: Steps go here [1-8].

Arms: Steps go here [1-8].

Head: Steps go here [1-8].

Eyes: Steps go here [1-8].

Z: 3-1-3-1-3 [1-4], 3-3-7 [5-8].

Notes: Steps go here [1-8].

Emotion:

Staging: Steps go here [1-8].

Music: Steps go here [1-8].

Cymbals: 3-1-3-1-3 [1-4], 3-3-7 [5-8].

Notes: Steps go here [1-8].

2. Section Summary (8 cts)

Step: Jamila Steps go here [1-4], Jamila Steps go here [5-8]. If Default Only.

Feet: Steps go here [1-4], more notes [5-6], and more, with commas between if needed [7-8].

Hips: Steps go here [1-8].

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Hips 2: Steps go here [1-8].

Torso: Steps go here [1-8].

Torso 2: Steps go here [1-8].

Arms: Steps go here [1-8].

Head: Steps go here [1-8].

Eyes: Steps go here [1-8].

Z: 3-1-3-1-3 [1-4], 3-3-7 [5-8].

Notes: Steps go here [1-8].

Emotion:

Staging: Steps go here [1-8].

Music: Steps go here [1-8]. **5. Section Summary (8 cts)**

Cymbals: 3-1-3-1-3 [1-4], 3-3-7 [5-8].

Notes: Steps go here [1-8].

B. Rhythm / Verse / Chorus

3. Section Summary (8 cts)

Step: Jamila Steps go here [1-4], Jamila Steps go here [5-8]. If Default Only.

Feet: Steps go here [1-4], more notes [5-6], and more, with commas between if needed [7-8].

Hips: Steps go here [1-8].

Hips 2: Steps go here [1-8].

Torso: Steps go here [1-8].

Torso 2: Steps go here [1-8].

Arms: Steps go here [1-8].

Head: Steps go here [1-8].

Eyes: Steps go here [1-8].

Z: 3-1-3-1-3 [1-4], 3-3-7 [5-8].

Notes: Steps go here [1-8].

Emotion:

Staging: Steps go here [1-8].

Music: Steps go here [1-8]. **5. Section Summary (8 cts)**

Cymbals: 3-1-3-1-3 [1-4], 3-3-7 [5-8].

Notes: Steps go here [1-8].

4. Section Summary (8 cts)

Step: Jamila Steps go here [1-4], Jamila Steps go here [5-8]. If Default Only.

Feet: Steps go here [1-4], more notes [5-6], and more, with commas between if needed [7-8].

Hips: Steps go here [1-8].

Hips 2: Steps go here [1-8].

Torso: Steps go here [1-8].

Torso 2: Steps go here [1-8].

Arms: Steps go here [1-8].

Head: Steps go here [1-8].

Eyes: Steps go here [1-8].

Z: 3-1-3-1-3 [1-4], 3-3-7 [5-8].

Notes: Steps go here [1-8].

Emotion:

Staging: Steps go here [1-8].

Music: Steps go here [1-8]. **5. Section Summary (8 cts)**

Cymbals: 3-1-3-1-3 [1-4], 3-3-7 [5-8].

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Notes: Steps go here [1-8].

5. Section Summary (8 cts)

Step: Jamila Steps go here [1-4], Jamila Steps go here [5-8]. If Default Only.

Feet: Steps go here [1-4], more notes [5-6], and more, with commas between if needed [7-8].

Hips: Steps go here [1-8].

Hips 2: Steps go here [1-8].

Torso: Steps go here [1-8].

Torso 2: Steps go here [1-8].

Arms: Steps go here [1-8].

Head: Steps go here [1-8].

Eyes: Steps go here [1-8].

Z: 3-1-3-1-3 [1-4], 3-3-7 [5-8].

Notes: Steps go here [1-8].

Emotion:

Staging: Steps go here [1-8].

Music: Steps go here [1-8]. **5. Section Summary (8 cts)**

Cymbals: 3-1-3-1-3 [1-4], 3-3-7 [5-8].

Notes: Steps go here [1-8].

6. Section Summary (8 cts)

Step: Jamila Steps go here [1-4], Jamila Steps go here [5-8]. If Default Only.

Feet: Steps go here [1-4], more notes [5-6], and more, with commas between if needed [7-8].

Hips: Steps go here [1-8].

Hips 2: Steps go here [1-8].

Torso: Steps go here [1-8].

Torso 2: Steps go here [1-8].

Arms: Steps go here [1-8].

Head: Steps go here [1-8].

Eyes: Steps go here [1-8].

Z: 3-1-3-1-3 [1-4], 3-3-7 [5-8].

Notes: Steps go here [1-8].

Emotion:

Staging: Steps go here [1-8].

Music: Steps go here [1-8]. **5. Section Summary (8 cts)**

Cymbals: 3-1-3-1-3 [1-4], 3-3-7 [5-8].

Notes: Steps go here [1-8].