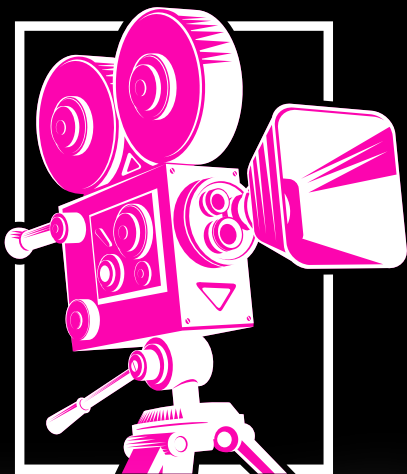


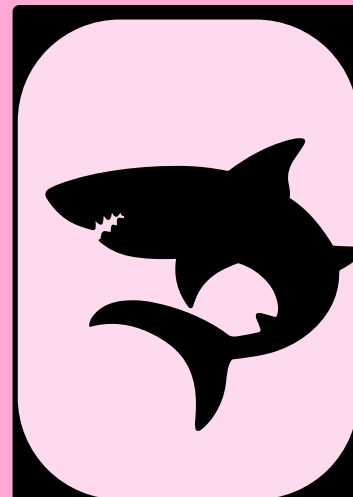
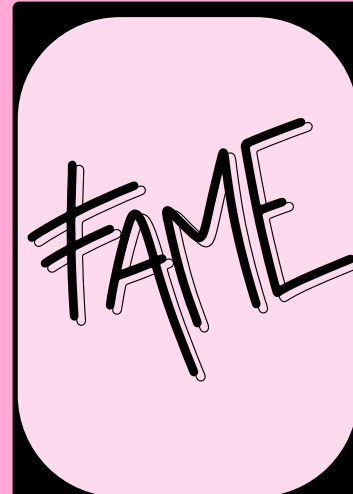
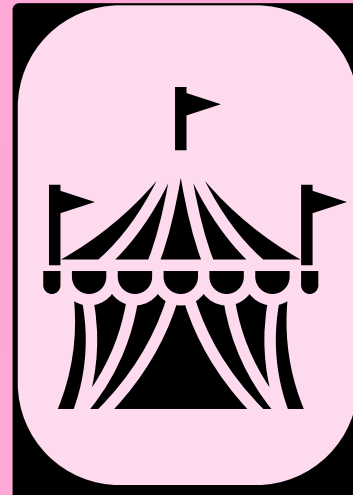
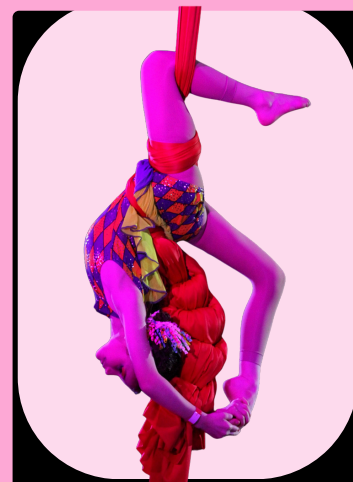
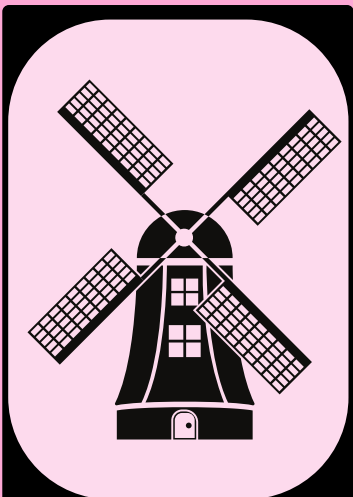


# SET SOLOS

## MOVIE NIGHT



SEPTEMBER 21<sup>ST</sup> 2025

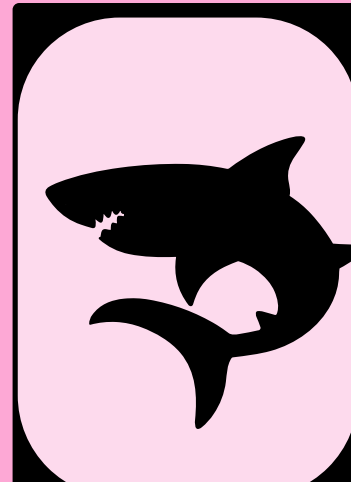
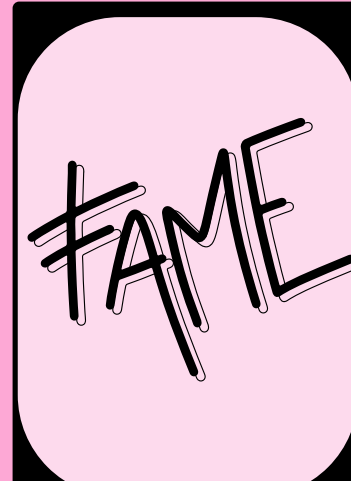
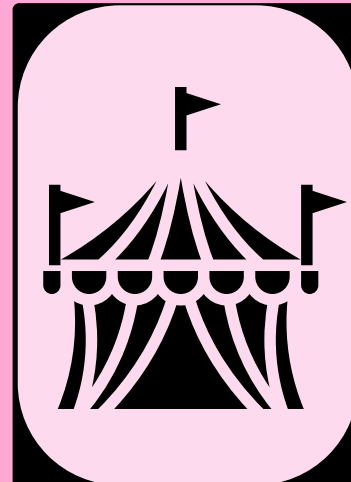
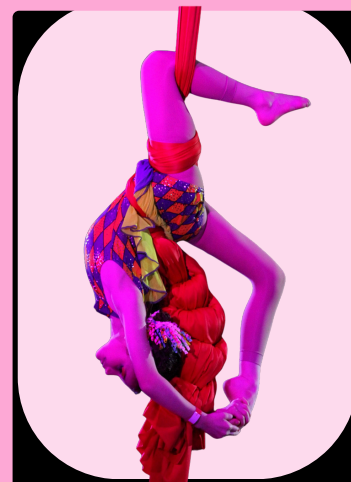




# DISCLAIMER

PARTICIPANTS WHO CHOOSE TO LEARN OR REPLICATE ANY OF THE FLY HIGH SET SOLOS DO SO AT THEIR OWN RISK. WHILE FLY HIGH COMPETITIONS PROVIDES THESE ROUTINES FOR INSPIRATION AND EDUCATIONAL PURPOSES, WE ACCEPT NO RESPONSIBILITY FOR ANY INJURIES, ACCIDENTS OR OTHER ISSUES THAT MAY OCCUR AS A RESULT OF ATTEMPTING TO PERFORM OR PRACTICE THESE ROUTINES.

IT IS THE RESPONSIBILITY OF EACH INDIVIDUAL TO ENSURE THEY ARE WORKING WITHIN THEIR OWN SKILL LEVEL, IN A SAFE ENVIRONMENT, AND UNDER APPROPRIATE SUPERVISION IF REQUIRED. FLY HIGH COMPETITIONS CANNOT BE HELD LIABLE FOR ANY HARM OR DAMAGES SUSTAINED IN CONNECTION WITH THE USE OR PERFORMANCE OF THESE ROUTINES.







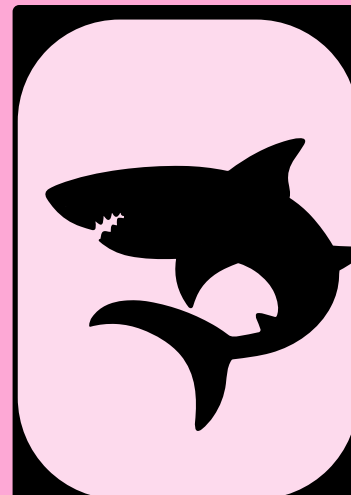
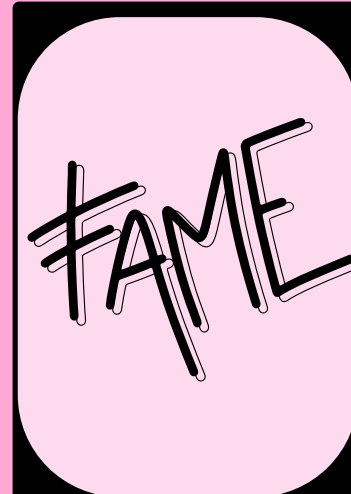
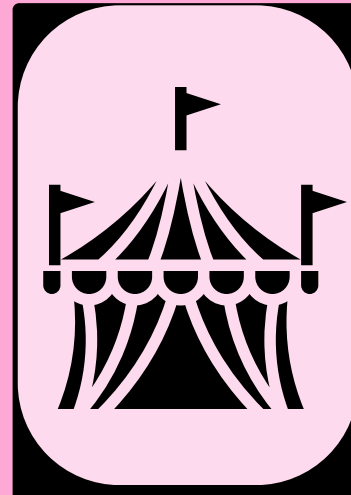
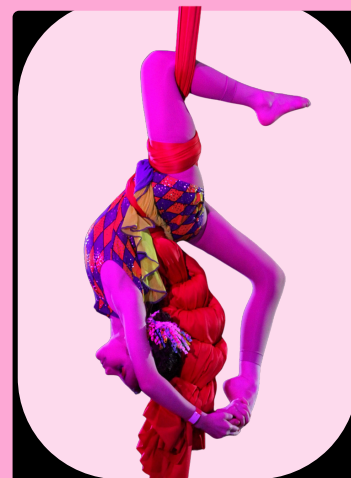
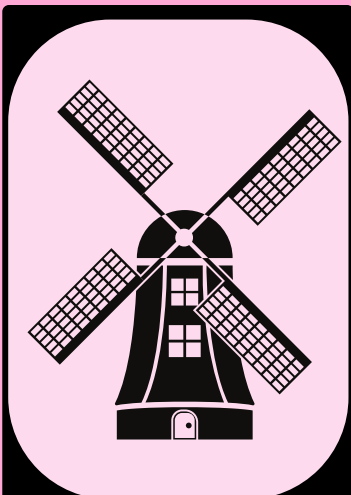
## REMINDER

THESE VIDEOS FEATURE REAL STUDENTS WHO ARE CURRENTLY PROGRESSING THROUGH THEIR AERIAL & PERFORMANCE TRAINING JOURNEY AND HAVE GENEROUSLY VOLUNTEERED THEIR TIME TO SUPPORT THE FLY HIGH COMMUNITY.

THE PURPOSE OF THESE VIDEOS IS TO SHOWCASE CHOREOGRAPHY AND MUSICALITY, AND WHILE THE PERFORMERS ARE STILL REFINING THEIR TECHNIQUE & PERFORMANCE, THEIR STRENGTH, DEDICATION AND ENTHUSIASM ARE TRULY INSPIRING TO US ALL.

WE WOULD PERSONALLY LIKE TO THANK NIAMH, ROSIE & ARABELLA FOR THEIR HARD WORK

## LOVE FLY HIGH X





## WHAT?

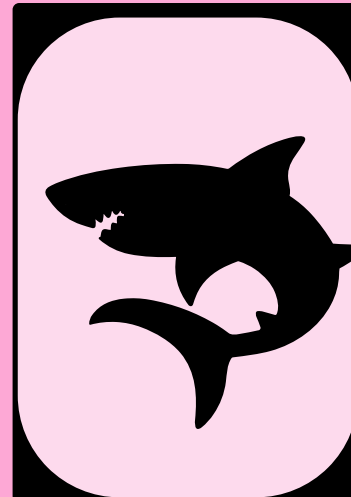
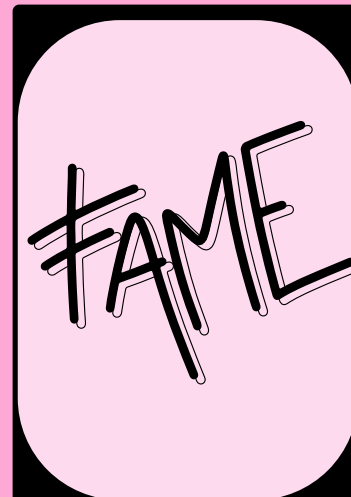
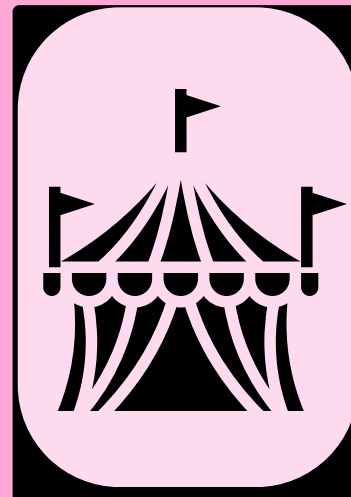
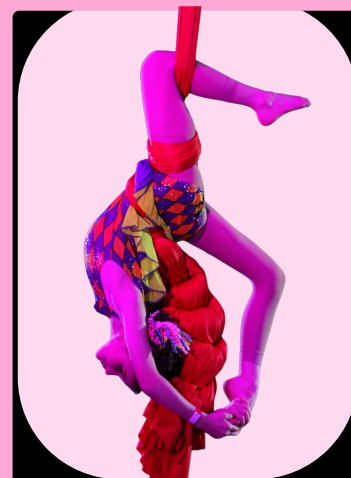
SET ROUTINES ARE PRE CHOREOGRAPHED ROUTINES SET BY THE COMPETITION LEARNT PRIOR TO THE EVENT. THEY ARE PERFORMED TO A PANEL OF JUDGES BY 4 TO 8 AERIALISTS AT THE SAME TIME. JUDGES WILL SCORE EACH PERFORMER BASED ON THE BELOW JUDGING CRITERIA WHICH WILL SELECT THE FINALISTS WHO WILL THEN COMPETE AGAIN TO PLACE IN THE TOP 3 - TOP 5. THE AMOUNT OF ENTRIES IN EACH AGE/ABILITY WILL DETERMINE HOW MANY ROUNDS THE AERIALISTS NEED TO COMPETE TO GET TO THE FINAL ROUND

## WHY ?

WE KNOW HOW HARD OUR AERIALISTS AND THEIR AERIAL INSTRUCTORS WORK WHEN IT COMES TO COMPETITION AND CHOREOGRAPHY SEASON SO WE WANTED TO CREATE A SECTION WHICH GIVES OUR TEACHERS AND AERIALISTS TIME TO RELAX AND ENJOY TEACHING/LEARNING A ROUTINE WITH LESS PRESSURE. THIS SECTION ALSO OFFERS YOU OPPORTUNITY TO MAKE AERIAL COMPETITIONS MORE INCLUSIVE FOR YOUR SCHOOL BY LEARNING THE ROUTINES IN CLASS AND GIVING THOSE STUDENTS WHO MAY NOT BE ABLE TO ATTEND 12IS AND PRIVATE SOLO LESSONS A COMPETITIVE PERFORMANCE OPPORTUNITY. IT ALSO GIVES YOU CHANCE TO COMPETE AND SHOWCASE IN MORE DIVISIONS THROUGHOUT THE DAY MAKING THE MOST OUT OF YOUR DAY.

## HOW ITS SCORED

50% TECHNIQUE  
50% PERFORMANCE





# BEGINNER SILKS

Performers are not required to perform routines in the same direction, orientation, or side as demonstrated in the video. As long as the skills and musicality are consistent with the original routine, this will not be judged. We actively encourage performers to add their own characterisation, arm movements, and personal flair during and between the skills. Make the routine your own while maintaining the technical and musical structure.

## CHOREOGRAPHY NOTES:

20 SEC: FEET CAN TOUCH THE FLOOR BEFORE PIKE IF REQUIRED

57 SECS: BACK BEND TO STANDING CAN BE MISSED OUT IF REQUIRED

1:54SECS: GRABBING THE BACK FOOT IS OPTIONAL

2:02-2:10: OWN FLOORWORK CHOREOGRAPHY WITH END POSITION.

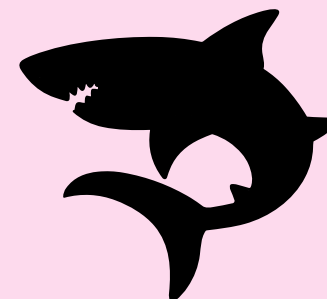
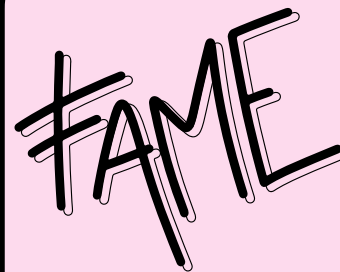
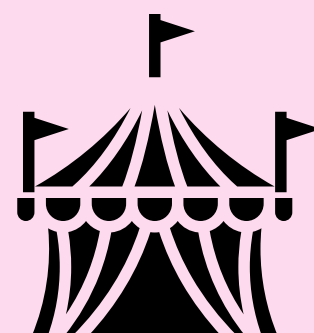
SONG: TIGHTROPE- MICHELLE WILLIAMS



GREATEST SHOWMAN INSPIRED COSTUMES ENCOURAGED!!

[CLICK HERE FOR VIDEO](#)

PASSWORD HAS BEEN SENT OUT TO YOUR INSTRUCTORS & INDEPENDANT ENTRIES





# INTERMEDIATE SILKS

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## CHOREOGRAPHY NOTES:

0-0:15 SECS: OWN FLOORWORK CHOREOGRAPHY  
1:57SECS- 2:02SECS: OWN ENDING POSE

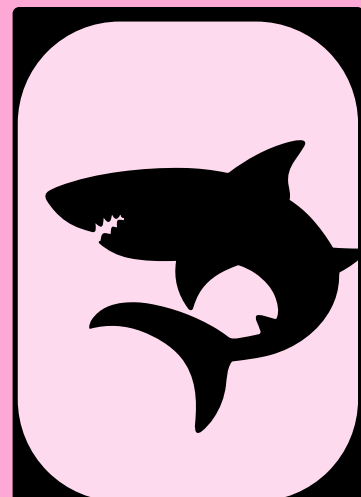
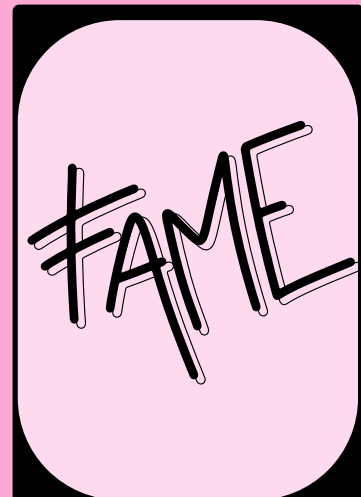
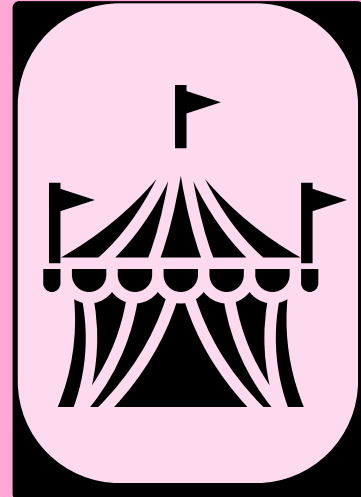
SONG: WRITINGS ON THE WALL- SAM SMITH



JAMES BOND INSPIRED COSTUMES ENCOURAGED!!

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# ADVANCED SILKS

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## CHOREOGRAPHY NOTES:

0-11SECS: OWN CHOREOGRAPHY / USE TIME TO GET TO YOUR REQUIRED HEIGHT

30 SECS: OPTION TO REMOVE HAND GRIP

2:17: YOU WILL NOT BE JUDGED FOR YOUR DISMOUNT

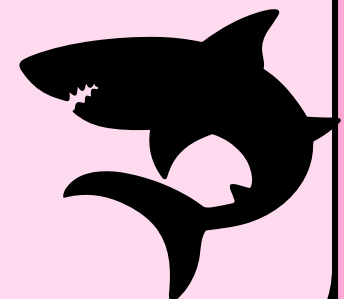
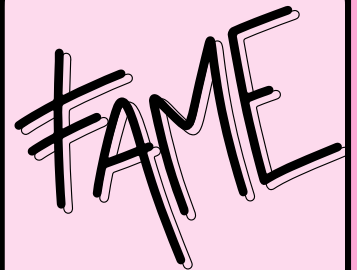
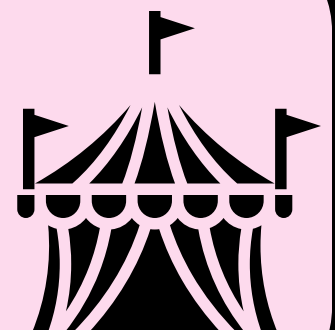
SONG: ONE NIGHT ONLY JENNIFER HUDSON



DREAM GIRLS INSPIRED COSTUMES ENCOURAGED!!

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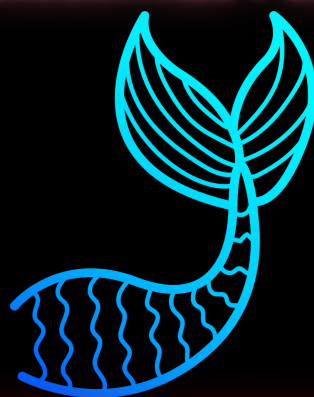
# BEGINNER HOOP

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## CHOREOGRAPHY NOTES:

0-16 SECS: OWN CHOREOGRAPHY  
2:13 YOU WILL NOT BE JUDGED FOR YOUR DISMOUNT

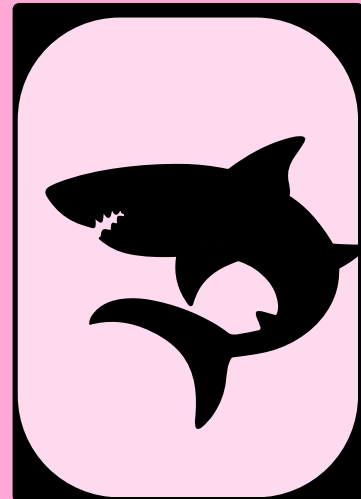
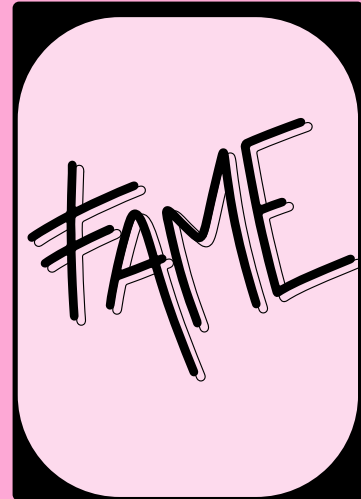
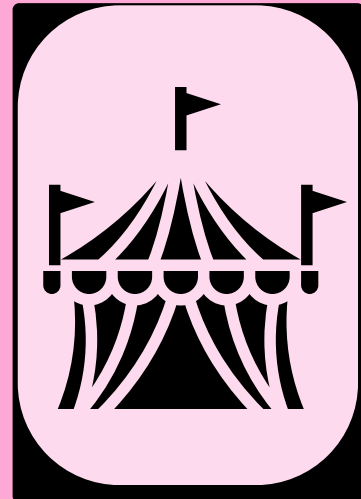
SONG: SHARKTALE : CAR WASH



SHARKS TALE INSPIRED COSTUMES ENCOURAGED!!

[CLICK HERE FOR VIDEO](#)

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# INTERMEDIATE HOOP

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## CHOREOGRAPHY NOTES:

0-20 SECS: OWN CHOREOGRAPHY  
2:10: OPTION TO REMOVE HAND  
2:30 YOU WILL NOT BE JUDGED FOR YOUR DISMOUNT

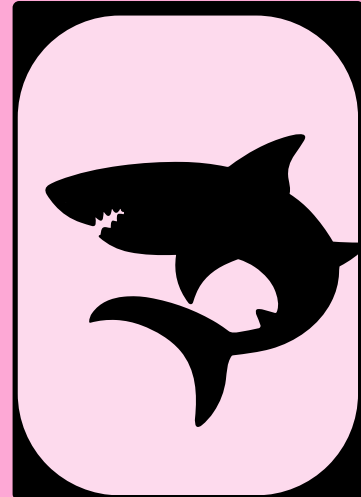
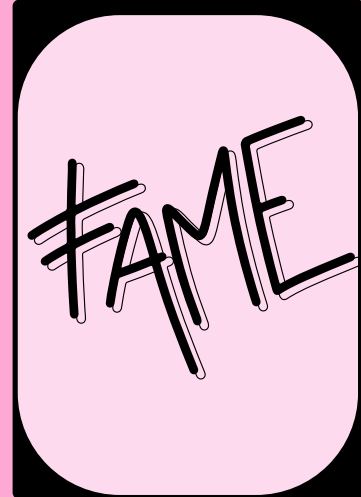
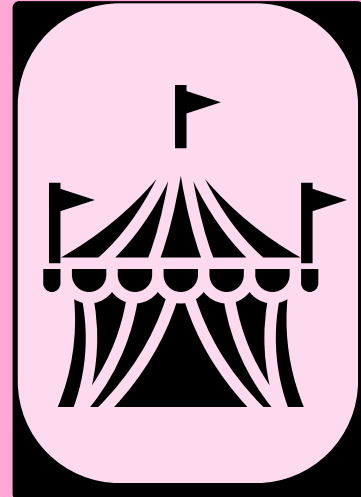
SONG: FAME THEME SONG IRENE CARA (SHORT INTRO)



FAME INSPIRED COSTUMES ENCOURAGED!!

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# ADVANCED HOOP

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## CHOREOGRAPHY NOTES:

0-10 SECS: OWN CHOREOGRAPHY  
2:10: OPTION TO REMOVE HAND  
2:05-2:10 : OWN CHOREOGRAPHY TO FINISH

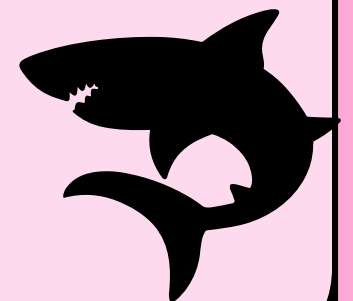
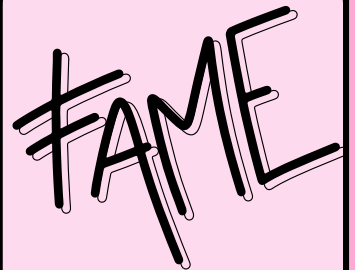
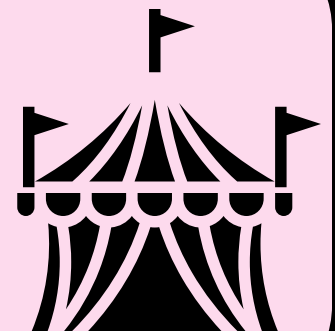
SONG: YOU CANT STOP THE BEAT



HAIRSPRAY/60S INSPIRED COSTUMES ENCOURAGED!!

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SEE YOU IN  
SEPTEMBER!!

TEAM FLY HIGH X

