



# SET SOLOS POP ICONS

SUNDAY 22<sup>ND</sup> MARCH



# 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, MEG, JADE, 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 121S 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

# BEGINNERS SILKS SET SOLO

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.

## SONG: HALO- BEYONCE

### CHOREOGRAPHY NOTES:

0-0:20 SECS: OWN FLOORWORK CHOREOGRAPHY  
2:13: DISMOUNT & BOW



## [CLICK HERE FOR VIDEO](#)

PASSWORD HAS BEEN SENT OUT TO YOUR  
INSTRUCTORS & INDEPENDANT ENTRIES

# INTERMEDIATE SILKS SET

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## SONG:

# I WILL ALWAYS LOVE YOU- WHITNEY HOUSTON

CHOREOGRAPHY NOTES:

USE MUSIC ON THE VIDEO FOR A GUIDE ON WHERE  
TO START YOUR OWN FLOORWORK  
CHOREOGRAPHY  
END: DISMOUNT & BOW

ALWAYS  
love  
YOU

## CLICK HERE FOR VIDEO

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# ADVANCED SILKS SET

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## SONG: MAN IN THE MIRROR MICHAEL JACKSON

CHOREOGRAPHY NOTES:

COMING SOON

# VIDEO COMING SOON

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# BEGINNERS HOOP SET SOLO

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## SONG: MATERIAL GIRL MADONNA

### CHOREOGRAPHY NOTES:

USE MUSIC ON THE VIDEO FOR A GUIDE ON WHERE  
TO START YOUR OWN FLOORWORK  
CHOREOGRAPHY  
END: DISMOUNT & BOW



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## SONG: BORN THIS WAY LADY GAGA

### CHOREOGRAPHY NOTES:

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CHOREOGRAPHY  
END: DISMOUNT & BOW



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## SONG: PROUD MARY TINA TURNER

CHOREOGRAPHY NOTES:

COMING SOON

PS - ITS FAST

# VIDEO COMING SOON

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FIRST AID TEAM

ENTER STAGE HERE

WARM UP AREA

EQUIPMENT  
STORAGE

BACKSTAGE

# PERFORMANCE AREA

TOILETS

ENTRANCE

SIGN IN

COLLECT SOLO  
NUMBERS

FLY HIGH  
MERCH  
STALL

PHOTOGRAPHY

CAFE

TIERED SEATING

TIERED SEATING

TIERED SEATING



SEE YOU  
IN MARCH!

TEAM FLY HIGH  
COMPETITIONS  
X

