



**PRO INTENSIVE 2023**  
Horseshoe Las Vegas

**DAY 1**

8:00 AM Intro of Pro Action and Staff  
8:30 AM Warm Up

9:00 AM Routine A Demos  
9:15 AM **Routine A**

Brendan	Shake Senora	Pitbull	Pom
Jaydn	Tila Ya Head Back	Nelly ft Christina	Jazz Funk / Hip Hop
Jonni	Titi Me Pregunto	Bad Bunny	Stylized Jazz
Kash	Can't Stop Us Now	Pitbull & Zac Brown	Country Pom
Lisa	What Have You Done For Me Lately	Janet Jackson	Jazz
Marina	Just Wanna Rock	Lil Uzi Vert	Hip Hop
Michelle	Walk this Way	Aerosmith	Jazz Funk
Quinton	Let it Whip	Dazz Band	Jazz
Shandon	Clique	Kanye, Jay Z, Big Sean	Hip Hop

10:45 AM Routine B Demos

11:00 AM **Routine B**

Andy	Like It's Christmas	Jonas Brothers	Holiday Routine
Jaydn	Beep	Pussycat Dolls	Jazz Funk
Jonni	Don't Stop the Music	Rhianna	Gameday Jazz
Mina	Hot Stuff Mix	Tiesto/Donna Summer	Jazz/Pom
Michelle	Snatched	Big Boss Vette	Hip Hop
Nicole	Drip	Cardi B	Hip Hop
Oscar	2 B Loved	Lizzo	Sassy Pom
Quinton	Boy's a Liar 2	Ice Spice	Jazz Funk
Rob	Princess Diana	Ice Spice	Hip Hop

12:30 PM Lunch

1:45 PM Routine A Review

2:45 PM Routine C Demos

3:00 PM **Routine C**

Brendan	Who's That Chick	David Guetta	Jazz
Jonni	Alien Superstar	Beyonce	Stylized Jazz
Kash	Eye On It	Toby Mac	Pom
Lisa	Gangsta Boo	Ice Spice	Hip Hop
Marina	Sexy Back	Justin Timberlake	Variety Routine - Jazz, Funk, Pom
Michelle	Stomp and Grind	Quad City DJ	Hip Hop
Nicole	You Can Do It	Ice Cube	Hip Hop
Oscar	Vogue / Get It	Madonna / Busta Rhymes	Pride Themed Sassy
Shandon	Pretty Girls Walk	Big Boss Vette	Hip Hop

5:30 PM End of Day

7:00 PM Pro Action Welcome Party (Wheelhouse at the LINQ)

**DIRECTORS DAY 1 (All sessions 1 hr)**

9:30 AM Session 1 - Welcome & Vendor Spotlights

1:45 PM Session 2 - Lights, Camera and Mental Health: Supporting the person and the performer on and off the stage

3:30 PM Session 3 - Lights, Camera and Mental Health Part 2

**DAY 2**

7:00 AM Warm Up

7:30 AM Routine B Review

8:15 AM Routine D Demos

8:30 AM **Routine D**

Brendan	Tick Tick Boom	Sage the Gemini	Pom
Jaydn	Move Ya Hips	A\$AP Ferg Ft Nicki Minaj	Hip Hop
Kash	Ladies	Sarai	Jazz
Mina	Rock N Roll Fantasy	Bad Company	Trash Jazz
Nicole	Players	Coi Leray	Hip Hop
Oscar	Hot	Daddy Yankee	Latin Funk
Quinton	Can you Feel It	Michael Jackson	Jazz Funk
Rob	Her	Megan The Stallion	Hip Hop
Marina	Run This Town		Pro Only Hip Hop

10:45 AM Master Class

12:00 PM Lunch

1:00 PM Routine A Review

1:30 PM Routine B Review

2:00 PM Routine C Review

2:30 PM Routine D Review

3:00 PM Break

3:15 PM Pro Action Dance Showcase

6:00 PM Wrap Up

**DIRECTORS DAY 2**

8:30 AM Session 4 - Pro Roundtable

10:00 AM Session 5 - College Roundtable