

THE STOMP

Section List

Please ensure you are using the step sheets provided by the Event Director as some step sheets have been modified for The Stomp championships. Modifications and/or additional details have been highlighted. **UPDATED: 19/01/2026**

STANDARD SOLO EVENTS (2 mins 30 seconds limit)

Section	Age Category	Dance	Choreographer
1A	8 & Under Standard Solo	Strummingbird	Maddison Glover
1B	Junior Solo (Age 9-12)	Pretty Pitbull	Rachael McEnaney
1C	Teen Solo (13-15)	Hot Like Pepper	Karl Harry Winson
1D	Young Adult Solo (16-18)	Sticks & Stones	Maddison Glover, Simon Ward & Niels Poulsen
1E	Open Standard Solo (16+)	Can't Stop This	Fred Whitehouse & Shane McKeever
1F	30 & Over Standard Solo	I Didn't Come Here to Leave	Adia Nuno & Satu Ketellapper
1G	45 & Over Standard Solo	Sticks & Stones	Maddison Glover, Simon Ward & Niels Poulsen
1H	60 & Over Standard Solo	Drink Champagne	Maddison Glover
1i	Novice (29 & Under) Standard Solo	5 Times You	Niels Poulsen
1J	Novice (30 & Over) Standard Solo	Choosin' Texas	Charlie Mifsud & Kate Moore
1K	Honky Tonk Icons Freestyle Solo NEW	3 Tequila Floor	Maddison Glover & Jo Thompson-Szymanski
1L	Open Age Standard Solo NEW <i>*to be performed during the Friday Evening "Circus" themed social.</i>	Come Alive	Shane McKeever & Rachael McEnaney

STANDARD DUO EVENTS

Set Dance/ Song – Duo (2 mins 30 seconds limit)

Section	Age Category	Dance	Choreographer(s)
2A	14 & Under Set Dance Duo	Like It Like That	Gary Lafferty
2B	18 & Under Set Dance Duo	Can't Stop Won't Stop	Rob Fowler & Mark Paulino
2C	29 & Under Set Dance Duo	You Better Think	Fred Whitehouse, Shane McKeever, Michael Lynn, Guillaume Richard, Jean-Pierre Madge, Niels Poulsen
2D	30 & Over Set Dance Duo	From the Outside	Ria Vos
2E	Little Stompers Relatives Duo	Stomp 2,3,4 AB	Dee Palmer
2F	Relatives Duo	No Revival	Shane McKeever
2G	Open Age Novice Duo/ Trio	Mr Showman	Rob Fowler

Duo (Own Choice) (3-minute limit)

Section	Age Category	Music
3A	14 & Under Duo	Own Choice
3B	18 & Under Duo	Own Choice
3C	29 & Under Duo	Own Choice
3D	30 & Over Duo	Own Choice
3E	45 & Over Duo NEW	Own Choice
3F	Open Age Duo	Own Choice

Trio (Own Choice) (3-minute-limit) **NEW**

Section	Age Category	Music
4A	Junior Trio (15 & U) NEW	Own Choice
4B	Open Trio (16+) NEW	Own Choice

Teams (Set) (2.5 minutes)

Section	Age Category	Set Dance	Choreographer(s)
5A	18 & Under Set Dance Team	Giddy Up Get Down	Simon Ward & Maddison Glover
5B	Open Set Dance (16+)	Baby Slow Down	Mark Paulino & Dylan DeClue
5C	30 & Over Set Dance Team	Giddy Up Get Down	Simon Ward & Maddison Glover
5D	Country Freestyle Team	Original Sin	Jessica Lamb
5E	Novice Set Dance Team	Hoedown	Gary O'Reilly
5F	Instructor/ Student/ Support Crew Club Challenge	Love Potion 666	Rob Fowler
5G	Honky Tonk Icons Team NEW	Burn It To The Ground	Unknown
5H	12 & Under Set Dance Trio/Team NEW	Drop A Beat	Josh Talbot

Teams (Own Choice) (3-minutes)

Section	Age Category	Music
6A	14 & Under Team	Own Choice (3-minute- limit)
6B	18 & Under Team	Own Choice (3-minute- limit)
6C	29 & Under Team	Own Choice (3-minute- limit)
6D	30 & Over Team	Own Choice (3-minute- limit)
6E	Open Age Team	Own Choice (3-minute- limit)
6F	"Battle of the Relos"	Own Choice (1-minute-limit)
6G	Mixed Age Team	Own Choice (3-minute-limit)
6H	Country Polka Team NEW	Own Choice (3-minute-limit)
6I	The 180 (One-Eighty) NEW	Own Choice (3-minute-limit)
6J	Calrossy Classic NEW	Own Choice (3-minute-limit)
6K	All Abilities Dance Battle NEW	Own Choice (2-minute-limit)

SATURDAY NIGHT SPOTLIGHT

These events will be held during the Saturday evening dance party. You must have a Saturday evening dance party ticket to compete in these sections.

Section	Event	Dance/ Music	Choreographer(s)
9A	Charity Challenge	The Cheeseburger Music: Timber - Pitbull (feat. Ke\$ha)	Sheila Burnstein

COUNTRY TRIFECTA (Own Choice) (3-minute limit) (one entry per club)

Section	Age Category	Music
7A - Country Duo	Open	Own Choice (Country)
7B- Country Trio	Open	Own Choice (Country)
7C- Country Team	Open	Own Choice (Country)

SET SONG DUO (2 mins 30 second limit for set song duo)

*Please use music provided by the Event Director. Music tempo for section 8C has been modified.

Section	Age Category	Music
8A	18 & Under Set Song Duo	Bloodline - Alex Warren & Jelly Roll
8B	Open Set Song Duo (Aged 16+)	My Kinda Saturday Night - Luke Combs
8C	Open Waltz Duo (Aged 16+)	Hungover - Ella Langley *

All music for set song and set dance sections will be available online. Please ensure you are using the music provided by the Event Director. Once entries are received, some sections may be broken down into smaller age-groups/ categories. Team leaders will be notified of this.