



# DENOGRAPHY

**YOU are a part of the routine!**

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**#9 UCLA Gymnastics vs. #3 California – February 25, 2024**

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## **What is DENography? How do I participate?**

Good question, hypothetical student of the Den! While being in the Den is already exciting, DENography is a way for students to make it even MORE exciting. It consists of you participating in our gymnastic team's floor routine choreography by following these instructions and the moves of the team on the side. For each of UCLA's floor routines, read the instructions and clap, shout, and dance alongside your Bruins! It really helps the atmosphere, and you may even go viral!

### **Gymnastics Cheat Sheet!**

- 4 Events: Vault, Bars, Beam, Floor
- 6 Gymnasts per event per team, count the top 5 scores
- Routines and skills are evaluated on difficulty, execution, and style. Look for straight legs and stuck landings!
- Scores are out of 10.0. Above 9.9 is exceptional and 10.0 is **perfect!**
- **Floor:**
  - UCLA is known for having catchy, fun, and legit dance moves and personality in our routines while other teams don't (that is to say, we eat)
  - UCLA will compete on floor **FOURTH** today
  - Each competitor has a floor routine consisting of tumbling and dance.
  - A **pass** or **tumbling pass** is when the gymnast runs and tumbles, flips, etc. from one corner of the mat across to the other. Most gymnasts do two to three passes.
  - Each athlete from UCLA will have distinct dance moves that her teammates and YOU will try to copy!
- When one of our wonderful Freshmen (Alex, Katelyn, Paige, or Sydney) crush their routine, chant "She's a Freshman!"

### **IMPORTANT: CONFETTI**

During the **6<sup>th</sup> gymnast's routine**, rip up this sheet into tiny pieces and wait until she hits **her final** tumbling pass. When she lands, **throw it up in the air like confetti!**

## During UCLA's Floor Routines

Emulate their moves as much as you can. Watch the team on the left side of the floor to see them do it! But below are the bigger, easier moves for all of us to do: the **DENography!**

### Floor Routines

#### Emma Malabuyo (Theme: Roaring 20s)

- **START OF ROUTINE:** The music will briefly pause with Emma in the corner of the floor: step with your left foot to restart the music!
- **AFTER FIRST PASS (Close Right Corner):** Fan yourself in awe as Emma finishes her first pass!
- **BEFORE SECOND PASS (Close Left Corner):** As Emma approaches the corner of the floor, shimmy your hands twice, then quickly bring your arms over your head and back down again (like saying 'yes!')
- **BEFORE THIRD PASS (Close Left Corner):** After Emma gets up from her flip onto the floor, do the charleston, then trace her trajectory in the air with your hand as she jumps into the splits! (Say "Ou!" as she lands!)
- **END OF ROUTINE:** As Emma finishes her routine, cheer and shower her with jazz hands!

#### Katelyn Rosen (Theme: Witch Trials)

- **START OF ROUTINE:** As this spooky routine starts, pretend to stir a pot with your finger!
- **BEFORE FIRST PASS (Right Corner):** Just before Katelyn does her first pass, she will pretend to lick her finger and raise her hand in the air – do this with her!
- **AFTER SECOND PASS (Right Corner):** Katelyn will lean backwards onto the floor – when this happens, look scared! Then, cross your arms over your chest and release them for a gasp of air when she does!
- **BEFORE THIRD PASS:** Katelyn will pretend to throw a fireball – catch it!
- **END OF ROUTINE:** Pretend to stir a pot, then throw your right hand up!

#### Brooklyn Moors (Theme: Euphoria)

- **BEFORE FIRST PASS (Far Left Corner):** Copy the breath motion Brooklyn makes with her hand!
- **BEFORE SECOND SKILL (Right Middle):** Cross your wrists and "ding" with Brooklyn!
- **BEFORE SHE GETS UP (Left Middle):** Shush with one finger over your mouth (copy Brooklyn)!
- **END OF ROUTINE (Close Left Corner):** Hold your hands together and copy her final pose!

#### Selena Harris (Theme: J-Lo Super Bowl Halftime)

- **AS ROUTINE STARTS:** Wake up alongside Selena: stretch and yawn with your arms above your head!
- **BEFORE FIRST PASS (Far Left Corner):** As Selena dances, chant "oh!" to the music alongside her teammates!
- **AFTER SECOND PASS (Close Left Corner):** After Selena springs to her feet, she will pretend to pick up a phone call: pretend to be the one calling! The music will then become uptempo: at this point, start chanting "hey!" to the music!
- **AFTER SECOND PASS (Middle):** Clap twice when Selena spreads her arms out horizontally.
- **END OF ROUTINE:** As Selena hits her final pose, shimmy your hands in her direction and cheer!

### **Nya Reed (Theme: Delta Sigma Theta (DST) Pride)**

- **START OF ROUTINE:** As Nya approaches the corner of the floor, when you hear the ‘yuh’ on the track, bring your arms above you, tilt your head, and lift a leg off the ground!
- **AFTER FIRST PASS (Close Middle):** When Nya is right in front of the student section on her knees, pretend to ‘blow the whistle’ and hype her up! (clap, chant ‘Ayy,’ whatever you can think of!)
- **AFTER FIRST PASS (Far Left Corner):** When you hear the ‘yup’s in the track, start alternatingly windmilling your hands!
- **AFTER LEAP PASS (Far Middle):** After Nya points her arm across her body, drum to the right and then left in quick succession!
- **AFTER SECOND AND FINAL PASS (Close Left Corner):** Create a triangle with your hand to honor Nya’s sorority and end the routine!

### **Chae Campbell (Theme: Black Panther)**

- **BEFORE ROUTINE:** Chae will start her routine in the ‘wakanda forever’ pose (nod your head down and cross your arms over your chest with fists clenched): do this with her!
- **START OF ROUTINE:** Once Chae gets up, pretend to slam a staff twice to the music!
- **AFTER FIRST PASS (Far Left Corner):** Alternatingly swoop your arms through your legs, then lean your head back with Chae after she gestures up.
- **BEFORE SECOND PASS (Left Corner):** Just before Chae does her second pass, when she’s standing in the corner of the floor, swing your right hand twice in a small circle away from you to the music!
- **AFTER SECOND PASS (Far Right Corner):** After Chae touches the ground with her right hand, alternatingly windmill your arms (eagle-eyed fans might recognize this as ‘The Chae’!)
- **END OF ROUTINE:** End the routine with Chae in the ‘wakanda forever’ pose!

### **Emma Andres (Theme: Gorillaz Cartoon Character)**

- **BEFORE FIRST PASS:** Pretend to tie a knot in front of your face and pull it!
- **AFTER SKILL (Middle):** Point and laugh in an animated way with her to the music!
- **BEFORE FINAL SKILL (Left):** After she ‘wipes her shoe,’ schmeeze with her.

### **Emily Lee (Theme: K-Pop Kunoichi)**

- **START OF ROUTINE:** Before Emily starts her routine, hold your arms over your head like she does!
- **BEFORE FIRST PASS (Left Corner):** When Emily gets to the corner of the floor, circle both arms around and over your head!
- **AFTER FIRST PASS (Far Right Corner):** When Emily clasps her hands together, pretend to summon jutsu with your hands (pretend to cast a spell – have fun with it!)
- **AFTER SECOND PASS (Left Corner):** Emily will look at The Den and ‘karate chop’ down to the floor – when this happens, pretend to fall over and destabilize!
- **END OF ROUTINE:** End the routine with the same pose from the beginning!

### **Chloe Lashbrooke (Theme: Barbie Disco Party)**

- **START OF ROUTINE:** Pretend to be a doll coming to life!
- **AFTER FIRST PASS (Middle):** After Chloe bends down, clap twice alongside her, then swing one arm across your body in a half-circular motion.
  - If you need help on the timing, the claps are in tune with the song!
- **AFTER SECOND PASS (Left Corner):** Snap your hands in a downwards motion twice!
- **BEFORE THIRD PASS (Right Corner):** Swing your hands over your head in a circular motion!
- **END OF ROUTINE:** Pull one hand down with fist clenched and lean back (and say “yes!”)

### **Alex Irvine (Theme: Old School Hip-Hop)**

- **START OF ROUTINE(Middle):** Cross your arms and bounce twice to the music!
- **AFTER FIRST PASS (Left Corner):** Do the arm wave in both directions, then when Alex bends down to do the robot, pretend to pull her up with your right arm (like there's an invisible string!)
- **AFTER SECOND PASS (Far Right Corner):** When Alex looks towards the student section, lean over, let your arms hang down, and shrug your shoulders up and down!
- **END OF ROUTINE:** Raise your fist to the sky!

### **Maddie Anyimi (Theme: Dance Battle of the Jungle)**

- **AFTER FIRST PASS (Close Middle):** Mimic Maddy as she faces us, turn around and shake your legs and bring your arms up as she does the same.
- **BEFORE SECOND PASS (Close Right Corner):** With Maddy, wipe your forehead and do a 4's up!
- **BEFORE THIRD PASS (Close Right Corner):** Maddy will bring her hands up on a four count. During this count, chant "U-C-L-A" with her teammates!

### **Margzetta Frazier (Theme: Jersey City Girls)**

- **THROUGHOUT WHOLE ROUTINE:** Clap to the music! Make it a floor party!
- **AS ROUTINE STARTS (Far Right Corner):** To the music of "Just Wanna Rock," when you hear the lyric "WOAH!", yell it and 'open the pit!' (hold both your arms out horizontally to the people next to you and lean back)
- **AFTER FIRST PASS (Close Left Corner):** Alongside Margzetta, start doing the dance to "Just Wanna Rock!" while chanting 'Ayy!' (If you don't know this dance, alternate each arm up and down at your side!)
- **AFTER FIRST PASS (Close Middle):** Margzetta will then go to the center of the floor and jump onto her stomach: touch your hand to the ground as she touches down!
- **BEFORE SECOND PASS (Close Right Corner):** When you hear a record scratch, Margzetta will 'melt' to the floor: pretend to 'melt' alongside her!
- **AS ROUTINE ENDS:** Pretend to toss a ball and swing it with an imaginary baseball bat!

### **Paige Anastasi (Theme: Swing)**

- **AS ROUTINE STARTS (Far Right Corner):** As Paige prepares for her first pass, put your arms over your head and move your hips forward in two separate movements.
- **AFTER FIRST PASS (Close Left Corner):** After Paige completes her split leaps, pump your right fist twice alongside her!
- **AFTER SECOND PASS (Close Middle):** When Paige is on her knees facing The Den, run in place!

### **Frida Esparza (Theme: Metallica)**

- **BEFORE FIRST PASS (Close Left Corner):** As the music swells, strum an air guitar with your right hand in a circular motion!
- **BEFORE SECOND PASS (Close Right Corner):** As Frida approaches the corner of the floor, quickly strum an air guitar twice, this time close to your body.
- **END OF ROUTINE:** After Frida finishes her third pass and is on her knees, start strumming the air guitar and bobbing your head! When her routine has completely finished, throw up the 'rock and roll' hand sign and say "Rock On!"