



Salt Lake City HEAT 2025-26

March 19-21, 2026

Sheraton Salt Lake City Hotel

Thursday

12:00 PM	Mini/Junior Solo, Duo, Trios
2:56 PM	Mini/Junior Solo, Duo, Trio Awards
3:31 PM	Teen/Senior Solo, Duo, Trios
6:29 PM	Dinner
7:04 PM	Teen/Senior Solo, Duo, Trios (cont.)
10:33 PM	Teen/Senior Solo, Duo, Trio Awards

Friday

3:00 PM	Mini/Junior Groups
4:54 PM	Mini/Junior Group Awards & Dinner
5:34 PM	Teen/Senior Groups
8:34 PM	Teen/Senior Group Awards

**Thursday - March 19, 2026****MINI/JUNIOR SOLO, DUO, TRIOS - 12:00 PM - 2:56 PM**

#	Name	Spec. Division	Division	Style	Group Size	Time
1	Braid		Junior	Contemporary	Solo	12:00
2	I'm Number One		Mini	Musical Theater	Duo/Trio	12:02
3	Kiss The Sky		Junior	Lyrical	Duo/Trio	12:05
4	Glam		Junior	Jazz	Duo/Trio	12:08
5	Rock You		Junior	Lyrical	Solo	12:11
6	Before You		Junior	Lyrical	Solo	12:13
7	Make Em Nervous		Junior	Hip Hop	Solo	12:16
8	Living In The Darkness		Junior	Contemporary	Solo	12:19
9	10 Outta 10		Junior	Jazz	Duo/Trio	12:22
10	Darkside		Junior	Contemporary	Solo	12:24
11	Im Only Here For The Beat		Junior	Jazz	Solo	12:27
12	My Salvation		Mini	Lyrical	Solo	12:30
13	Wicked		Junior	Musical Theater	Duo/Trio	12:33
14	I'm Hip		Junior	Musical Theater	Duo/Trio	12:35
15	Speed Drive		Mini	Jazz	Duo/Trio	12:38
16	A Little Party		Junior	Jazz	Solo	12:41
17	90 Days		Junior	Contemporary	Solo	12:44
18	Mungojerrie & Rumpleteazer		Junior	Musical Theater	Duo/Trio	12:46
19	Spanish Rose		Mini	Musical Theater	Solo	12:49
20	Peter Pan Was Right		Junior	Lyrical	Duo/Trio	12:52
21	Naughty		Mini	Musical Theater	Solo	12:55
22	Alive		Junior	Lyrical	Solo	12:57
23	Yes I Can		Junior	Jazz	Solo	1:00
24	Flowers		Junior	Lyrical	Solo	1:03

#	Name	Spec. Division	Division	Style	Group Size	Studio	Time
25	A World of Your Own		Junior	Musical Theater	Solo		1:06
26	Oh So Quiet		Junior	Musical Theater	Solo		1:08
27	I Wanna Be A Rockette		Mini	Musical Theater	Duo/Trio		1:11
28	Who We R		Junior	Jazz	Solo		1:14
29	Werk It		Junior	Jazz	Solo		1:17
30	Looking At Me		Junior	Jazz	Duo/Trio		1:19
31	Mr Electric Blue		Junior	Jazz	Solo		1:22
32	Sounds Like		Mini	Lyrical	Solo		1:25
33	Further Up		Junior	Hip Hop	Solo		1:28
34	Three Little Maids		Junior	Musical Theater	Duo/Trio		1:30
35	Poor Unfortunate Souls		Junior	Musical Theater	Solo		1:33
36	Hot Wings		Mini	Jazz	Solo		1:36
37	That's Rich		Junior	Musical Theater	Solo		1:39
38	Shake Shake		Mini	Jazz	Solo		1:41
39	Bones		Junior	Contemporary	Solo		1:44
40	Butterfly		Junior	Lyrical	Solo		1:47
41	I Was Made For Loving You		Junior	Lyrical	Solo		1:50
42	Don't Give Up On Me		Junior	Lyrical	Solo		1:52
43	Fix Me		Junior	Contemporary	Solo		1:55
44	I Enjoy Being A Girl		Junior	Musical Theater	Solo		1:58
45	Apple Pie		Junior	Lyrical	Solo		2:01
46	Fearless		Junior	Lyrical	Solo		2:03
47	Power		Mini	Jazz	Solo		2:06
48	Iris		Junior	Lyrical	Solo		2:09
49	Make It Look Easy		Junior	Jazz	Duo/Trio		2:12
50	Get Lost		Junior	Musical Theater	Solo		2:14
51	Think I Like You		Junior	Lyrical	Solo		2:17
52	Do What I Do		Junior	Jazz	Solo		2:20
53	Castle		Junior	Contemporary	Solo		2:23
54	Level Up		Junior	Jazz	Solo		2:25

#	Name	Spec. Division	Division	Style	Group Size	Studio	Time
55	Canned Heat		Junior	Ballroom	Solo		2:28
56	Show Off		Junior	Musical Theater	Solo		2:31
57	Stargazing		Junior	Contemporary	Solo		2:34
58	Are You With Me		Junior	Open / Mixed	Solo		2:36
59	Nowhere Fast		Junior	Jazz	Solo		2:39
60	Absence of Time		Junior	Contemporary	Solo		2:42
61	Here I Come		Junior	Jazz	Solo		2:45
62	Surrender		Junior	Contemporary	Solo		2:47
63	These Boots		Mini	Jazz	Solo		2:50
64	Find You		Junior	Contemporary	Duo/Trio		2:53

Mini/Junior Solo, Duo, Trio Awards: 2:56 PM

TEEN/SENIOR SOLO, DUO, TRIOS - 3:31 PM - 6:29 PM

#	Name	Spec. Division	Division	Style	Group Size	Studio	Time
65	Black Friday		Teen	Contemporary	Duo/Trio		3:31
66	End Of The Line		Teen	Musical Theater	Duo/Trio		3:33
67	Smile		Teen	Open / Mixed	Duo/Trio		3:36
68	Fell So Quietly		Senior	Contemporary	Duo/Trio		3:39
69	Nothing is U		Senior	Contemporary	Solo		3:42
70	Lovely		Teen	Open / Mixed	Duo/Trio		3:44
71	Stand By Me		Teen	Jazz	Duo/Trio		3:47
72	How Long		Teen	Lyrical	Solo		3:50
73	My Love		Senior	Lyrical	Solo		3:53
74	Still I Wait		Teen	Contemporary	Solo		3:55
75	I am a Good Girl		Senior	Musical Theater	Solo		3:58
76	The Flowers		Teen	Contemporary	Solo		4:01
77	Operate		Senior	Jazz	Solo		4:04
78	Voila		Teen	Contemporary	Solo		4:06
79	No Rest For The Wicked		Teen	Jazz	Duo/Trio		4:09
80	I Want You To Love Me		Senior	Jazz	Solo		4:12
81	Falling Apart		Teen	Contemporary	Solo		4:15
82	Sonoma		Senior	Contemporary	Solo		4:17
83	Must Have Been		Senior	Lyrical	Solo		4:20
84	2000s Mix Tape		Senior	Hip Hop	Duo/Trio		4:23

#	Name	Spec. Division	Division	Style	Group Size	Studio	Time
85	Take Me to the River		Teen	Jazz	Solo		4:26
86	Watati		Teen	Ballroom	Solo		4:28
87	Bloom		Teen	Contemporary	Solo		4:31
88	Life Of The Party		Teen	Musical Theater	Solo		4:34
89	Stand Out		Teen	Jazz	Solo		4:37
90	In The Water		Senior	Lyrical	Solo		4:39
91	Proud Mary		Teen	Jazz	Solo		4:42
92	Worthy Of Love		Teen	Contemporary	Solo		4:45
93	What I Did		Senior	Jazz	Solo		4:48
94	Do You Want My Love		Teen	Lyrical	Solo		4:50
95	Jealous		Senior	Contemporary	Solo		4:53
96	Corps		Teen	Contemporary	Solo		4:56
97	I Got Love		Teen	Musical Theater	Solo		4:59
98	People Are Strange		Teen	Open / Mixed	Solo		5:01
99	Ancient Rome		Teen	Contemporary	Solo		5:04
100	Lovers Never Die		Senior	Jazz	Solo		5:07
101	Next Big Thing		Teen	Jazz	Solo		5:10
102	Goey		Teen	Contemporary	Solo		5:12
103	Nobody		Teen	Musical Theater	Solo		5:15
104	Awards Season		Senior	Lyrical	Solo		5:18
105	Where Is My Mind		Teen	Contemporary	Solo		5:21
106	Miss Otis		Teen	Musical Theater	Solo		5:23
107	Always Remember Us This Way		Senior	Lyrical	Solo		5:26
108	Time		Senior	Contemporary	Solo		5:29
109	Small Things		Senior	Lyrical	Solo		5:32
110	Black Velvet		Senior	Jazz	Solo		5:34
111	Purple Rain		Teen	Contemporary	Solo		5:37
112	I'm Dat Chick		Teen	Jazz	Solo		5:40
113	Send Me On My Way		Teen	Tap	Solo		5:43
114	How Could You		Teen	Lyrical	Solo		5:45

#	Name	Spec. Division	Division	Style	Group Size	Studio	Time
115	Ceilings		Senior	Contemporary	Solo		5:48
116	Lifeline		Teen	Contemporary	Solo		5:51
117	If By Chance		Teen	Lyrical	Solo		5:54
118	Its Britney		Senior	Jazz	Solo		5:56
119	I Know The End		Senior	Lyrical	Solo		5:59
120	Love Of My Life		Teen	Lyrical	Solo		6:02
121	Sun To Break		Teen	Contemporary	Solo		6:05
122	The Only One		Senior	Jazz	Solo		6:07
123	I Found		Teen	Lyrical	Solo		6:10
124	Half Hearted		Senior	Lyrical	Solo		6:13
125	1 to 5		Teen	Lyrical	Solo		6:16
126	Sinking In		Teen	Lyrical	Solo		6:18
127	Thule		Teen	Contemporary	Solo		6:21
128	A Tear In Space		Teen	Jazz	Solo		6:24
129	Heaven is a Place on Earth		Teen	Lyrical	Solo		6:27

Dinner: 6:29 PM

TEEN/SENIOR SOLO, DUO, TRIOS (CONT.) - 7:04 PM - 10:33 PM

#	Name	Spec. Division	Division	Style	Group Size	Studio	Time
130	Ain't No Sunshine		Senior	Contemporary	Solo		7:04
131	Girl		Teen	Lyrical	Solo		7:07
132	Shallow		Teen	Lyrical	Solo		7:10
133	Where Does The Time Go		Senior	Lyrical	Duo/Trio		7:13
134	Keep You Safe		Senior	Lyrical	Duo/Trio		7:15
135	Iron Man		Senior	Contemporary	Solo		7:18
136	Bigger Person		Teen	Lyrical	Solo		7:21
137	Come Over		Senior	Contemporary	Solo		7:24
138	Break It To Me Gently		Teen	Open / Mixed	Solo		7:26
139	Butterflies		Teen	Lyrical	Solo		7:29
140	Psycho Killer		Teen	Contemporary	Solo		7:32
141	You Make My Dreams		Senior	Contemporary	Solo		7:35
142	Mother Knows Best		Teen	Musical Theater	Solo		7:37
143	Spanish Rose		Teen	Musical Theater	Solo		7:40

#	Name	Spec. Division	Division	Style	Group Size	Studio	Time
144	Dream It Possible		Teen	Lyrical	Solo		7:43
145	We Will Be Fine		Teen	Lyrical	Solo		7:46
146	The View Between		Teen	Contemporary	Solo		7:48
147	Maybe		Teen	Contemporary	Solo		7:51
148	Start Again		Senior	Lyrical	Solo		7:54
149	Trying		Teen	Lyrical	Solo		7:57
150	Running		Senior	Lyrical	Solo		7:59
151	This Women's Work		Teen	Lyrical	Solo		8:02
152	Choose Me		Teen	Lyrical	Solo		8:05
153	Myth of New York		Teen	Lyrical	Solo		8:08
154	Tear Us Apart		Senior	Contemporary	Solo		8:10
155	Look To The Light		Teen	Lyrical	Solo		8:13
156	The First Time Ever I Saw Your Face		Teen	Lyrical	Solo		8:16
157	Keep Climbing		Teen	Lyrical	Solo		8:19
158	King Rat		Senior	Contemporary	Solo		8:21
159	Wish You Loved You		Teen	Lyrical	Solo		8:24
160	Bye Bye Blackbird		Teen	Musical Theater	Solo		8:27
161	Feeling Good		Senior	Jazz	Solo		8:30
162	The Typewriter		Teen	Open / Mixed	Solo		8:32
163	Rose's Turn		Teen	Musical Theater	Solo		8:35
164	Slow Down		Senior	Contemporary	Solo		8:38
165	If I Were a Man		Teen	Musical Theater	Solo		8:41
166	Let It All Go		Senior	Jazz	Solo		8:43
167	Numb		Teen	Lyrical	Solo		8:46
168	She Will Be Loved		Senior	Lyrical	Solo		8:49
169	What Was I Made For		Teen	Contemporary	Solo		8:52
170	No Surprises		Teen	Contemporary	Solo		8:54
171	I'll Never Love Again		Senior	Lyrical	Solo		8:57
172	I Wonder If You're Happy		Senior	Lyrical	Solo		9:00

#	Name	Spec. Division	Division	Style	Group Size	Studio	Time
173	I'm In Control		Teen	Musical Theater	Solo		9:03
174	See You Later		Teen	Contemporary	Solo		9:05
175	Mood Swings		Teen	Jazz	Duo/Trio		9:08
176	Mercy		Teen	Open / Mixed	Solo		9:11
177	Esotro		Teen	Contemporary	Solo		9:14
178	Lemniscate		Senior	Contemporary	Solo		9:16
179	Starlight		Teen	Contemporary	Solo		9:19
180	The Groove		Teen	Jazz	Solo		9:22
181	D'ame A Ame		Teen	Contemporary	Solo		9:25
182	On My Knees		Senior	Jazz	Solo		9:27
183	I Talk The Talk		Senior	Jazz	Solo		9:30
184	20 Something		Senior	Musical Theater	Solo		9:33
185	My Kind Of Guy		Senior	Musical Theater	Solo		9:36
186	Hold My Hand		Teen	Open / Mixed	Duo/Trio		9:38
187	Amen		Teen	Lyrical	Solo		9:41
188	Joy		Senior	Jazz	Solo		9:44
189	Crazy		Senior	Contemporary	Solo		9:47
190	Black Velvet		Senior	Contemporary	Solo		9:49
191	Yalla Tnam Nada		Senior	Contemporary	Solo		9:52
192	HEATED		Senior	Jazz	Solo		9:55
193	In The Dark		Teen	Contemporary	Solo		9:58
194	Dead in the Water		Teen	Lyrical	Solo		10:00
195	Rocket		Teen	Tap	Solo		10:03
196	Elephants		Teen	Contemporary	Solo		10:06
197	Light Again		Teen	Contemporary	Solo		10:09
198	Flicker		Teen	Contemporary	Solo		10:11
199	I'm Sorry		Senior	Contemporary	Solo		10:14
200	Just a Moment		Teen	Lyrical	Solo		10:17
201	Stay		Senior	Lyrical	Solo		10:20
202	Forgive Me		Senior	Contemporary	Solo		10:22
203	In the Air		Teen	Contemporary	Solo		10:25
204	Fly		Teen	Lyrical	Duo/Trio		10:28

#	Name	Spec. Division	Division	Style	Group Size	Studio	Time
205	Money		Senior	Hip Hop	Solo		10:31

Teen/Senior Solo, Duo, Trio Awards: 10:33 PM

**Friday - March 20, 2026****MINI/JUNIOR GROUPS - 3:00 PM - 4:54 PM**

#	Name	Spec. Division	Division	Style	Group Size	Time
206	Bad Barbs		Mini	Hip Hop	Line	3:00
207	Divas VS Nerds		Junior	Hip Hop	Large Group	3:04
208	Help		Junior	Lyrical	Small Group	3:07
209	Material Girl		Junior	Jazz	Small Group	3:10
210	Itsy Bitsy		Junior	Ballroom	Large Group	3:13
211	I Love Myself		Junior	Contemporary	Small Group	3:17
212	One		Mini	Musical Theater	Small Group	3:20
213	Bugs		Junior	Contemporary	Small Group	3:23
214	Bruce		Junior	Musical Theater	Large Group	3:26
215	Oops		Junior	Hip Hop	Small Group	3:29
216	Good Mother		Junior	Contemporary	Small Group	3:32
217	Daisies		Junior	Lyrical	Large Group	3:35
218	Beautiful Thing		Mini	Lyrical	Large Group	3:39
219	Rollercoaster		Mini	Hip Hop	Small Group	3:42
220	London		Junior	Jazz	Small Group	3:45
221	Awake My Soul		Junior	Contemporary	Small Group	3:48
222	Diggin On James Brown		Junior	Jazz	Small Group	3:51
223	Deer Hunting Season		Mini	Jazz	Small Group	3:54
224	Dance Machine		Junior	Hip Hop	Large Group	3:57

#	Name	Spec. Division	Division	Style	Group Size	Studio	Time
225	Purse First		Mini	Jazz	Large Group		4:01
226	Funky Town		Mini	Jazz	Small Group		4:04
227	Freak Flag		Junior	Musical Theater	Large Group		4:07
228	Girly Things		Junior	Hip Hop	Large Group		4:11
229	Tongues		Junior	Jazz	Line		4:14
230	To Be a Clown		Junior	Lyrical	Small Group		4:19
231	Wicked Lil Girls		Junior	Jazz	Large Group		4:22
232	Fancy Nancy		Mini	Jazz	Small Group		4:25
233	Rainbow Connection		Mini	Lyrical	Small Group		4:28
234	First Flight		Junior	Ballet	Large Group		4:31
235	In Case You Don't Live Forever		Junior	Lyrical	Large Group		4:35
236	The Rain		Junior	Open / Mixed	Small Group		4:38
237	Call Me Beep Me		Junior	Jazz	Small Group		4:41
238	Tiny Voice		Mini	Lyrical	Small Group		4:44
239	Grannies		Junior	Jazz	Small Group		4:47
240	Anything Worth Holding Onto		Junior	Contemporary	Large Group		4:50

Mini/Junior Group Awards & Dinner: 4:54 PM

TEEN/SENIOR GROUPS - 5:34 PM - 8:34 PM

#	Name	Spec. Division	Division	Style	Group Size	Studio	Time
241	Pirates		Teen	Open / Mixed	Production		5:34
242	Start Again		Teen	Contemporary	Large Group		5:38
243	Frug		Teen	Musical Theater	Large Group		5:41
244	JT		Teen	Hip Hop	Production		5:45
245	Mona Lisa		Teen	Jazz	Small Group		5:49

#	Name	Spec. Division	Division	Style	Group Size	Studio	Time
246	He Said What		Teen	Jazz	Small Group		5:52
247	In Your Lungs		Teen	Open / Mixed	Large Group		5:55
248	Pepper Club		Senior	Jazz	Small Group		5:59
249	Trouble		Teen	Jazz	Small Group		6:02
250	Bark Loud		Senior	Jazz	Small Group		6:05
251	Yes Baby		Teen	Jazz	Small Group		6:08
252	What Ever You Say		Senior	Contemporary	Large Group		6:11
253	Sayonara		Senior	Musical Theater	Small Group		6:14
254	Freeze Frame		Teen	Musical Theater	Small Group		6:17
255	Inner Voices		Senior	Open / Mixed	Large Group		6:20
256	Things I Did Today		Teen	Contemporary	Small Group		6:24
257	By Myself		Senior	Jazz	Large Group		6:27
258	Standing In The Way Of The Light		Teen	Lyrical	Small Group		6:30
259	I Want You		Senior	Open / Mixed	Small Group		6:33
260	Bring It On Home		Teen	Lyrical	Small Group		6:36
261	Heavy		Senior	Lyrical	Large Group		6:39
262	In The Kitchen		Teen	Lyrical	Large Group		6:43
263	Homegrown		Teen	Contemporary	Large Group		6:46
264	What Power		Senior	Ballet	Small Group		6:50
265	The Rhythm's Action		Senior	Tap	Small Group		6:53
266	Dance With Everybody		Teen	Tap	Large Group		6:56
267	Standards		Senior	Jazz	Production		6:59
268	Night Circus		Teen	Open / Mixed	Large Group		7:03

#	Name	Spec. Division	Division	Style	Group Size	Studio	Time
269	Lemons		Teen	Jazz	Large Group		7:07
270	Get Yo Freak On		Senior	Hip Hop	Line		7:10
271	Mr Madam		Senior	Contemporary	Large Group		7:15
272	Seven Nation Army		Teen	Ballroom	Large Group		7:18
273	Fly Girls		Teen	Hip Hop	Line		7:22
274	A Musical		Teen	Musical Theater	Line		7:26
275	The Mask		Senior	Lyrical	Small Group		7:30
276	Coffee Break		Senior	Musical Theater	Large Group		7:33
277	Sweet Dreams		Teen	Hip Hop	Large Group		7:37
278	Something About Her		Teen	Contemporary	Large Group		7:40
279	Rack City		Teen	Hip Hop	Large Group		7:44
280	Rumors		Teen	Hip Hop	Large Group		7:47
281	Turn the TV Off		Teen	Hip Hop	Large Group		7:51
282	Water Of Tyne		Senior	Contemporary	Large Group		7:54
283	Shadow Of A Man		Senior	Jazz	Large Group		7:58
284	Lose Control		Teen	Hip Hop	Large Group		8:01
285	Voice Of God		Teen	Lyrical	Large Group		8:05
286	Willkommen		Teen	Musical Theater	Line		8:08
287	Keep Breathing		Teen	Lyrical	Small Group		8:12
288	I Shall Not Walk Alone		Teen	Lyrical	Large Group		8:15
289	My Faith		Teen	Contemporary	Large Group		8:19
290	Patterns		Teen	Ballet	Large Group		8:22
291	The Boxer		Teen	Contemporary	Large Group		8:26

#	Name	Spec. Division	Division	Style	Group Size	Studio	Time
292	What's Love		Teen	Open / Mixed	Production		8:29

Teen/Senior Group Awards: 8:34 PM