



DANCE TEAM UNION

DES MOINES REGIONAL PAST CHAMPIONS

VARSITY JAZZ						
Year		Champion		2nd		3rd
2024 5A LARGE		Millard North		Waukeewille		Linn Mar
2024 5A SMALL		Roosevelt		Prairie		West Des Moines Valley
2024 1A- 4A LARGE		Norwalk		North Scott		West Fork
2024 1A- 4A SMALL		ADM		Mid Prairie		Humboldt
2023 5A LARGE		Linn Mar		Ankeny		Dowling Catholic
2023 5A SMALL		Prairie		Waukee		Roosevelt
2023 1A- 4A		Liberty		North Scott		North Polk
2022 LARGE		Linn Mar		Waukeewille		Liberty
2022 SMALL		Iowa City West		Roosevelt		Johnston
2021 LARGE		Linn Mar		Johnston		Prairie
2021 SMALL		Waukee		North Scott		Urbandale
2020		Linn Mar		Johnston		Ankeny
2019		Linn Mar		Johnston		North Scott
2018		North Scott		Davenport Central		Davenport North
2017		Prairie		Davenport Central		-----
2016		Newton		Prairie		Xavier

VARSITY POM						
Year		Champion		2nd		3rd
2024 5A LARGE		Linn Mar		Waukeewille		Millard North
2024 5A SMALL		Prairie		West Des Moines Valley		Johnston
2024 1A- 4A LARGE		Xavier		North Scott		Dallas Center Grimes
2024 1A- 4A SMALL		North Polk		Norwalk		Knoxville
2023 5A LARGE		Linn Mar		Waukee		Dowling Catholic
2023 5A SMALL		Ankeny		Johnston		Waukee
2023 1A-4A LARGE		Liberty		Xavier		North Scott
2023 1A-4A SMALL		Iowa Falls-Alden		North Polk		Mid Prairie

2022 LARGE		Linn Mar		Waukee Northwest		Liberty
2022 SMALL		Johnston		Waukee		Xavier
2021 LARGE		Linn Mar		Johnston		WDM Valley
2021 SMALL		Prairie		Xavier		Waukee
2020		Linn Mar		Johnston		Ankeny
2019		Johnston		Linn Mar		North Scott
2018		Iowa Falls-Alden		North Scott		Cascade
2017		Prairie		Davenport Central		----
2016		Prairie		Xavier		Newton

VARSITY HIP-HOP						
Year		Champion		2nd		3rd
2024 5A		Davenport Central		Roosevelt		Westview
2024 1A-4A		Xavier		Newton		Norwalk
2023 5A		Waukee		Waukee Northwest		Davenport Central
2023 1A-4A		Xavier		Grinnell		West Fork
2022 LARGE		Davenport Central		Ankeny		Des Moines Lincoln
2022 SMALL		Xavier		Burke Westview		Johnston
2021		Xavier		Johnston		Waukee
2020		Norwalk		----		----
2019		Waterloo West		West Des Moines Valley		Des Moines Roosevelt
2018		Iowa Falls-Alden		West Des Moines Valley		----
2016		Knoxville		----		----

VARSITY KICK						
Year		Champion		2nd		3rd
2024 5A		Davenport Central		Ankeny Centennial		----
2024 1A-4A		Newton		Humboldt		Baxter
2023 5A		Ankeny Centennial		Davenport Central		Muscatine
2023 1A-4A		Iowa Falls-Alden		Newton		Spencer
2022		Davenport Central		Ankeny Centennial		Muscatine

2021		Davenport Central		----		----
2020		Davenport Central		----		----
2019		Davenport Central		----		----
2016		Urbandale		South Hamilton		Newton

VARSITY LYRICAL						
Year		Champion		2nd		3rd
2024 5A		Roosevelt		Waukee Northwest		Ankeny Centennial
2024 1A-4A		North Polk		Burlington		----
2023 5A		Roosevelt		Waukee Northwest		Dowling Catholic
2023 1A-4A		North Polk		Burlington		----
2019		North Scott		Johnston		Des Moines Roosevelt
2018		North Scott		Davenport North		----

VARSITY OPEN STYLE						
Year		Champion		2nd		3rd
2024 5A		Roosevelt		----		----
2024 1A-4A		ADM		Newton		Knoxville
2023 1A-4A		Newton		Xavier		----
2022		Norwalk		----		----

VARSITY PROP						
Year		Champion		2nd		3rd
2024 1A-4A		Knoxville		----		----
2022		Knoxville		Muscatine		----
2018		Davenport Central		----		----
2017		Davenport Central		----		----

VARSITY SPIRIT SHOWDOWN						
Year		Champion		2nd		3rd
2024 5A		Millard North		----		----

VARSITY TEAM PERFORMANCE

Year		Champion		2nd		3rd
2024 5A		Raymore-Peculiar		----		----
2024 1A-4A		Dallas Center Grimes		----		----

JUNIOR VARSITY JAZZ

Year		Champion		2nd		3rd
2024 5A		Liberty JV		Prairie JV		West Des Moines Valley JV
2023 5A		Linn Mar JV		Johnston JV		West Des Moines Valley JV
2023 1A-4A		Liberty JV		----		----
2022		Linn Mar JV		West Des Moines Valley JV		Johnston JV
2021		Linn Mar JV		Johnston JV		Waukee JV
2020		Waukee JV		----		----
		Johnston JV		----		----
2019		Linn Mar JV		Waukee JV		Johnston JV
2017		Prairie JV		Waukee JV		----
2016		Lincoln JV		----		----

JUNIOR VARSITY POM

Year		Champion		2nd		3rd
2024 5A		Waukee JV		Waukee Northwest JV		Linn Mar JV
2024 1A-4A		Knoxville JV		ADM JV		----
2023 5A		Linn Mar JV		Johnston JV		West Des Moines Valley JV
2023 1A-4A		Liberty JV		----		----
2022		Liberty JV		Linn Mar JV		Johnston JV
2021		Linn Mar JV		Johnston JV		Waukee JV
2020		Johnston JV		Ankeny JV		Waukee JV
2019		Johnston JV		Linn Mar JV		Waukee JV
2018		Davenport Central JV		West Des Moines Valley JV		Davenport North JV
2017		Waukee JV		Prairie JV		West Des Moines Valley JV

2016		Linn Mar JV		Prairie JV		Knoxville JV
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JUNIOR VARSITY HIP-HOP

Year		Champion		2nd		3rd
2024 5A		Johnston JV		Waukee JV		----
2023 5A		Waukee Northwest JV		Waukee JV		Johnston JV
2022		Davenport Central JV		Johnston JV		Waukee JV
2021		Waukee JV		Johnston JV		West Des Moines Valley JV
2020		Waukee JV		----		----
2019		Waukee JV		West Des Moines Valley JV		----
2016		Knoxville JV		----		----

JUNIOR VARSITY KICK

Year		Champion		2nd		3rd
2023 5A		Davenport Central JV		----		----

JUNIOR VARSITY LYRICAL

Year		Champion		2nd		3rd
2024 5A		Waukee Northwest JV		Waukee JV		Ankeny Centennial

JUNIOR VARSITY OPEN

Year		Champion		2nd		3rd
2019		Iowa Falls-Alden JV		----		----

MIDDLE SCHOOL POM

Year		Champion		2nd		3rd
2022		Davenport Central MS		----		----

MIDDLE SCHOOL HIP-HOP

Year		Champion		2nd		3rd
2019		Opera House Dance MS		----		----

MIDDLE SCHOOL LYRICAL

Year		Champion		2nd		3rd
2019		Opera House Dance MS		----		----
2018		North Scott MS		Davenport North MS		----

ELEMENTARY JAZZ

Year		Champion		2nd		3rd
2019		Opera House Dance		----		----

ELEMENTARY LYRICAL

Year		Champion		2nd		3rd
2019		Opera House Dance		----		----

COLLEGE JAZZ

Year		Champion		2nd		3rd
2024		Graceland		Kirkwood CC		Illinois College
2023		Graceland		Illinois College		Kirkwood CC
2022		Illinois College		Kirkwood CC		Calumet
2021		Kirkwood CC		Southwestern CC		----
2019		Southwestern CC		Hawkeye CC		----
2017		Kirkwood CC		Southwestern CC		----

COLLEGE POM

Year		Champion		2nd		3rd
2024		Southwestern CC		Illinois College		Kirkwood CC
2023		Illinois College		Kirkwood CC		Southwestern CC
2022		Graceland		Kirkwood CC		Southwestern CC
2021		Kirkwood CC		Southwestern CC		----
2019		Kirkwood CC		Hawkeye CC		Southwestern CC
2017		Kirkwood CC		Southwestern CC		----

COLLEGE HIP-HOP						
Year		Champion		2nd		3rd
2024		Graceland		Southwestern CC		Kirkwood CC
2023		Graceland		Kirkwood CC		Southwestern CC
2022		Graceland		Kirkwood CC		Illinois College
2021		Calumet College (IN)		Kirkwood CC		Southwestern CC
2019		Kirkwood CC		Southwestern CC		Hawkeye CC
2018		Kirkwood CC		----		----
2017		Southwestern CC		Kirkwood CC		----

COLLEGE TEAM PERFORMANCE						
Year		Champion		2nd		3rd
2024		Illinois College		----		----

OPEN ALL STAR LYRICAL						
Year		Champion		2nd		3rd
2020		Carlisle Open All Stars		----		----

SENIOR ALL STAR JAZZ						
Year		Champion		2nd		3rd
2023		No Limits Dance		----		----
2022		Dance Works		----		----
2019		Iowa CATS All Stars		----		----

SENIOR ALL STAR POM						
Year		Champion		2nd		3rd
2023		No Limits Dance		----		----
2022		No Limits Dance		Iowa Elite		----
2021		Iowa Elite		----		----
2020		Iowa Elite		----		----

SENIOR ALL STAR HIP-HOP

Year		Champion		2nd		3rd
2023		No Limits Dance		----		----
2022		No Limits Dance		Iowa Elite		----
2021		Iowa Elite		----		----
2017		Twin Cedars		----		----

SENIOR ALL STAR KICK

Year		Champion		2nd		3rd
2017		Starstruck Cheer/Dance		----		----

SENIOR ALL STAR LYRICAL

Year		Champion		2nd		3rd
2022		Roosevelt		No Limits Dance		Dance Works
2021		Iowa Elite		Abraham Lincoln		----
2020		Johnston		Davenport North		Iowa Elite

SENIOR ALL STAR CONTEMPORARY

Year		Champion		2nd		3rd
2019		Iowa CATS All Stars		----		----

SENIOR ALL STAR TEAM PERFORMANCE

Year		Champion		2nd		3rd
2022		Dance Works		----		----

JUNIOR ALL STAR JAZZ

Year		Champion		2nd		3rd
2023		mits Dance (9 Dancers)		mits Dance (11 Dancers)		mits Dance (17 Dancers)
2022		Dance Works		----		----
2021		Fusion Dance		----		----

2019		Iowa Cats All Stars		----		----
2018		Momentum Dance Force		----		----

JUNIOR ALL STAR POM

Year		Champion		2nd		3rd
2024		Nebraska Dance Squad - Red		River City		Nebraska Dance Squad - White
2023		mits Dance (13 Dancers)		Fusion Dance		mits Dance (15 Dancers)
2022		Nebraska Dance Squad - Red		Fusion Dance Black Team		Cedar Rapids Elite
2021		Iowa Elite		Fusion Dance		Cedar Rapids Elite
2020		Cedar Rapids Elite		Iowa Elite		----
2019		Iowa CATS All Stars		----		----
2018		Momentum Dance Force		----		----
2017		Hawk All Stars		----		----
2016		Hawk All Stars		----		----

JUNIOR ALL STAR HIP-HOP

Year		Champion		2nd		3rd
2023		No Limits Dance		----		----
2022		Nebraska Dance Squad		Cedar Rapids Elite		----
2021		Cedar Rapids Elite		Iowa Elite		----
2020		Cedar Rapids Elite		Opera Dance		----

JUNIOR ALL STAR LYRICAL

Year		Champion		2nd		3rd
2023		Fusion Dance		No Limits Dance		
2022		Fusion Dance Black Team		Dance Works		----
2020		Iowa Elite		Opera House Dance		----

YOUTH ALL STAR JAZZ

Year		Champion		2nd		3rd
2021		Fusion Dance		----		----

2019		No Limits All Stars White		No Limits All Stars Black		-----
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YOUTH ALL STAR POM						
Year		Champion		2nd		3rd
2024		Nebraska Dance Squad - Red		Nebraska Dance Squad - White		Cedar Rapids Elite
2023		Iowa Elite		Cedar Rapids Elite		Fusion Dance (Red)
2022		Nebraska Dance Squad - Red		Fusion Dance		Iowa Elite
2021		Fusion Dance		-----		-----
2019		No Limits All Stars Black		No Limits All Stars White		Studio 360
2018		Dance Works		Momentum Dance Force		-----
2017		Hawk All Stars		-----		-----
2016		Hawk All Stars		-----		-----

YOUTH ALL STAR HIP-HOP						
Year		Champion		2nd		3rd
2024		Nebraska Dance Squad		Nebraska Dance Squad - Silver		Cedar Rapids Elite
2023		Cedar Rapids Elite		-----		-----
2022		Nebraska Dance Squad		Iowa Elite		-----
2019		No Limits All Stars		-----		-----
2018		Momentum Dance Force		-----		-----

YOUTH ALL STAR LYRICAL						
Year		Champion		2nd		3rd
2023		Iowa Elite		Fusion Dance (Red)		Fusion Dance (White)
2022		Iowa Elite		Fusion Dance Red Team		-----
2019		Iowa CATS All Stars		-----		-----

YOUTH ALL STAR TEAM PERFORMANCE						
Year		Champion		2nd		3rd
2018		Dance Works		-----		-----

MINI ALL STAR JAZZ						
Year	Champion		2nd		3rd	
2019		No Limits All Stars		----		----

MINI ALL STAR POM						
Year	Champion		2nd		3rd	
2024		Nebraska Dance Squad (Red)		Nebraska Dance Squad (White)		----
2023		River City		Iowa Elite		----
2022		Nebraska Dance Squad Red		Nebraska Dance Squad White		Iowa Elite
2019		No Limits All Stars		Studio 360		----
2018		Hawk All Stars		----		----
2017		Hawk All Stars		----		----

MINI ALL STAR HIP HOP						
Year	Champion		2nd		3rd	
2024		Nebraska Dance Squad		----		----
2022		Nebraska Dance Squad		----		----

MINI ALL STAR LYRICAL						
Year	Champion		2nd		3rd	
2023		Iowa Elite		----		----

TINY ALL STAR POM						
Year	Champion		2nd		3rd	
2023		River City		Iowa Elite		----

SENIOR SOLOS		
Year	Champion	
2024 5A		Brooklyn Catholic - Brooklyn C
2024 1A-4A		West Fork - Kylin J
2023 5A		West Des Moines Valley - Kennedy

2023 1A-4A		Iowa Falls Alden - Zachary
2022		West Des Moines Valley.- Kennedy
2021		Sydney (Independent)
2020		Xavier - Sara
2019		Davenport Central - Madeline S.
2018		Davenport North - Mallory
2017		Prairie - Heavenlei
2016		Knoxville - Jaden

JUNIOR SOLOS		
Year	Champion	
2024 5A		Dowling Catholic - Katelynn L
2024 1A-4A		River City - Avery B
2023 5A		Dowling Catholic - Brooklyn O
2023 1A-4A		West Fork - Kylin J
2022		Waukee Northwest - Addisyn
2021		WDM Valley - Kennedy
2020		North Scott - Annika
2019		North Scott - Hannah B.
2018		North Scott - Abby
2017		PCM - Katie
2016		Knoxville - Lane

YOUTH SOLOS		
Year	Champion	
2024 5A		Waukee Northwest - Frankie K
2024 1A-4A		River City - Ella H
2023 5A		Johnston - Addison J
2023 1A-4A		Iowa Elite - Ambrielle B
2022		Iowa Elite - Carsyn (Creep
2021		Iowa Elite - Carsyn

2020		Johnston - Clara
2019		Luminous - Paityn L.
2018		Dance Works - Laila
2017		Steppin' Out Studio - Melayna
2016		Hawk All Stars - Footprints

MINI SOLOS

Year		Champion
2024 1A-4A		River City - Emersyn T
2023 1A-4A		Iowa Elite - Zoe R
2022		Prestige - Reagyn
2021 MINI		Iowa Elite - Ambrielle
2020 MINI		Iowa Elite - Eva (Hot Like Wow)
2019 MINI		Dance Inc. - Annelise
2018 MINI		Dance Inc. - Annelise

TINY SOLOS

Year		Champion
2023 1A-4A		River City All Stars - Emersyn T
2022		Prestige - Rogue
2020 TINY		Iowa Elite - Zoe

SENIOR DUOS / TRIOS

Year		Champion
2024 5A		Waukeewauke Northwest - Emily T, Aubrey K, Addisyn S
2023 5A		Roosevelt - Maria M, Gia M
2022		Dance Works - Kyra & Paige
2021 SENIOR		Iowa Elite - Aubrey & Maggie
2018 SENIOR		Dance Inc. - Kaeden and Mekayla

JUNIOR DUOS / TRIOS

Year	Champion	
2024 1A-4A		West Fork - Emerli J & Adra J
2023 1A-4A		Rise Up - Addyson C & Morgan H
2022		Roosevelt - Addison, Avery & Hadley
2020 JUNIOR		Dance Inc - Annelise & Caleb
2019 JUNIOR		Studio 360 - Carlie & Miya
2016 JUNIOR		Hawk All Star - Carolina R & Sydeny D

YOUTH DUOS / TRIOS		
Year	Champion	
2023 1A-4A		West Fork - Adra J & Emerli J
2022		Dance Works - Makynli & Kylee
2019 YOUTH		Luminous Dance Force -Janelle & Paityn
2018 YOUTH DUO		Dance Inc. - Charli & Holland
2018 YOUTH TRIO		Dance Inc. - Annelise, Bradlie & Eve

MINI DUOS / TRIOS		
Year	Champion	
2022		Prestige – London & Porter
2020 MINI		Prestige Dance Studio – Porter & Cadance
2019 MINI		Dance Inc. - Annelise & Eve

TINY DUOS / TRIOS		
Year	Champion	
2020 TINY		Prestige Dance Studio – Addison, Emerson & Sophia

GRAND CHAMPION		
Year	Champion	
2024 5A		Linn Mar Large Varsity Pom
2024 1A-4A		Norwalk High School - Large Varsity Jazz
2023 5A		Linn Mar Large Varsity Jazz

2023 1A-4A		No Limits Dance Senior All Star Jazz
2022		Linn Mar - Large Varsity Pom
2021		Linn Mar -Varsity Pom
2020		Linn Mar - Varsity Pom
2019		Linn Mar - Varsity Jazz
2018		North Scott - Varsity Lyrical
2017		Prairie - Varsity Pom
2016		Prairie - Varsity Pom