

Pretty Fly Advanced

Pose, Run 16 counts, circle exchange with partner toss on 3-4, 1-8 flash two spin catch right, 1-2 tuck baton at head and twist around 3-4 5-8 shake, 1-8 finger twirl section, 1-2 flash high toss bow, group two- high toss bow and hold 5-8, 1-8 individual poses, 1-2 step kick with can opener 3-4 spread eagle 7-8 back scratcher, 1-8 little Joe flip series, 1-8 toss illusion and hold at side, 1-8 elbow trap, double elbow roll, pass above head flash, 1-8 run to partner, 1-2 flash, 3-4 high toss 5-6 slide out 7-8 pose section.

Go Speed Racer Advanced

Hold 1-4 Hip shake 5-8. 8- Turn front arabesque with look to elbow pop. 8- Turn left w/ thumb flip whip flash. 8- Toss bow catch R – pose. (Section 1)- Flash, turn L with reverse fig. 8, flash 2 spin. 8- Catch R on count 2, lunge reverse fig. 8 to left, cross over left two finger twirl on R side bring baton to front. Flip front with arm circle, flip back L to R. 8- flip front catch blind, split jump to front- 2 walks to hip shake. Flash coupe left toss 1 turn catch R to passé hop. 8- Flash toss under fan kick turn R to catch back. 4 – Elbow traps 4 – pop off elbow catch L turn R pass baton to R hand to pose. 8 flash arch neck wrap catch L back to back toss. 8 – Flash front toss roll to floor catch R on knees. 8- Stand reach arms up, push arms back, hip rolls. 8- Slice feet with can opener in R hand, flash front. 8 – toss reverse illusion catch R – arms in front and hip shake. 8-Turn R chasse horizontal toss with second position leap catch R. 8-Pass to L – Flat toss prep to one Turn Catch R. 8- Pivot turn to back, pivot turn to front R chasse to walks. Large swing to front, back scratch swing turning L, swing front to neck wrap. 8 – Thumb flip back face front and pose. Repeat Section 1 to elbow pops. 8 – Face front, flash – two spin to end pose.

Meet the Flintstones Advanced

8-Beginning pose to side hold 4, up to toes 5-6, slide 7-8. 8-big circle 1-2, toss under elbow catch L figure 8 to front, pass kick, arms down pose up. 8-Split finger twirls 1-2 2-1 1-2, rainbow toss R to L, reverse figure 8 around, up on toes, lunge. 8+8-airplane, two spin, loop drag. 8+8-swings pass around shoulder, thumb toss L to R. 8+8-Flourish to front, toss illusion sha'say 3-4, rock 5-6, elbow roll to hand 7-8. 8-Reverse figure 8 toss to R, hold lunge point to ground 7-8. 4-Jump up 1-2, airplane. Repeat from split finger twirls until jump up, airplane. 4-Baton brush around head 5-6, swing around head 7-8. 8-Tilt head swing, turn around swing back to front swing around head, swing around leg. 8-side straddle leap, turn pass under chin, box. 8-toss fan kick catch, got to floor, ending pose.

Do It Well Advanced

8- Hold 1-4, pose "L" 56, whip to the front on 8, 8- Head whip to back 12, whip front 34, 2 spin 5-8, 8- Catch 12, whip to side 34, Lt arm circle out 56, 3 step turn to back 778
8- Half pinwheel 1-4, Full pinwheel 5-8, 8- Whip 12, thumb flip 34, thumb flip catch behind back 56, thumb flip catch Rt 78, 8- Step together Rt- arms touch high 12, whip to "T" 34, waist wrap 5-8, 8- Horizontal fingers 1-8, 8- Fan Kick w/ horizontal flip under leg 12, horizontal 1 spin 5-7, pose on 8, 8- Swing front 12, back 34, elbow flip 56, catch Lt 78, 8- Walk and prepare 12, pinkie flip 1 spin 34, pinwheel 5-8, 8- Thumb flip catch under leg 1-4, thumb flip catch backhand Lt 56, pinkie flip catch Lt w/ arm circle 78
8- Chasse back thumb flip Lt catch Rt 12, push turn 34, reverse fan-pass baton back to Rt 56, circle baton around front pose 78, 8- Toss illusion 1-8, 8- Vertical fingers 1-8
8- Cont. fingers to back 1-4, thumb flip 56, squat & catch backhand 78, 8- Whip toss floor roll 1-8, 8- Pose to get up off the floor 12, pose 34, whip 56, travel 1 spin 78
8- Catch 12, pose "L" 34, whip 56, double elbow roll 78, 8- Catch 12, angel 34, turn back 3 step turn 5-8, 8- Repeat from 4th 8 Count to the to 6th 8 Count w/ the waist wrap, 8- Hit Lt waist 1, Rt waist 2, turn 34, twist hips 78, 8- Whip 2 spin pose down on "Do It Well" 1-8

Rock Pom Advanced

1-4 point to front, 8 A's step leap to baton, 8- B's step leap to baton, 8 fan roll to back stand up, 8 flash 2 spin, 1-4 A's fish and pop, 5-8 fish and pop 1-8 princess turn 1 spin box toss, 1-8 horizontal calypso leap turn, 1-8 layback reverse loop catch on back, 1-8 princess turn into loop section with big pop. 1-8 reverse figure 8 toss leap catch backhand, 1-8 flash to back flash to front and reverse flash to back, 1-8 flash toss fan kick, 1-4 A's illusion, 5-8 B's illusion, 1-8 elbow front to elbow back, 1-8 flash into 2 elbows into elbow paddles, 1-8 toss bow and put baton down to floor, 1-8 move to new spot. 1-8 L hits to sides head down circle knee knee, 1-8 hit T pull over and shake, 1-8 toe touch pull over pop to T pose.

Hold On I'm Coming Intermediate

Pose- To the front, baton cradled on left knee. 8-bounce 1-4, move arm around 5-8. 8- Flourish 1-4, one spin 5-8, 8-Flourish 1-4, back catch 5-8, 8- Toss bend down. 8-Toss under right leg 1-4, Toss under left leg 5-8. 8- Flourish around 1-4, Flourish layback 5-8. B- 8- Bounce 1-4, move arm around 5-8, 8- Flourish 1-4, One spin 5-8. 8- Flourish 1-4, Back catch 5-8, 8- Toss bend down. 8- Toss under right leg 1-4, Toss under left leg 5-8. 8- Flourish around 1-4, Flourish layback 5-8, 8- Swings. 8-high toss. 8- Pose 1-2, Pose 3-4, and open up 5-8. 8- Horizontal finger twirls 1-4, Airplane 5-8. 8- Horizontal One spin. 8- Horizontal pass-pass 1-4, spin around pass around neck then under leg 5-8. 8- bend down-pop up 1-4, Flourish 5-8. 1- Pose

Frozen Intermediate

8 – Hold 1-4, horizontal box twirl in left hand turning front to pose. 8- Reverse fig. 8, flash flip catch back to bow with R arm touching floor and swinging up. 8- L foot crosses over R, pull baton to R shoulder, turn R to clean. 8 – Flash 1 spin catch R both arms up and down to pose. 8- Shake hips and pull L arm up by ear, flash front L leg in coupe, turn L and clean. 8- chasse R, L foot crosses front for a ball change, chasse left with double elbow roll hip fig. 8. 8- Little Joe flip to back L-R, big swing front, small swings facing L side, pull baton to pose. 8- Back to back toss and catch R-L, Reverse flash front, R hand under chin. 8-Turn L flash 1 spin catch left. 8 – step L, R; R hand pulls under chin, pull left foot back to pose baton under elbows. 8-shake hips, toss horizontal R hand catch L, horizontal twirl in R hand turning front. 8- R hand horizontal toss under fan kick catch R. 8- turn to push with L foot ball change back baton over shoulder, dead stick roll down back, push L hand to turn and walk back. 8- Flash to pinwheel, small swings to left side large loop back. 8-face front to neck wrap with bow, turn to back and pass to R hand. 8- Flash toss fan kick – to your own poses. Repeat section 1 to pinwheel. After pinwheel, L knee down to end pose.

Elevator Intermediate

8- Bounce heels 12, body roll put baton behind neck 34, neck pass 56, body roll front 78
8- Whip 12, 1 spin 34, pinwheel 5-8, 8- Ball change whip w/ hand on waste 12, repeat w/
arm out 34, head whip 56, ball change w/ arms down 78, 8- Walk “hip-hoppy” front 12,
jump w/ hips to Lt 34, twist 5 Lt, Rt 6, circle around 78, 8-1st group slow horizontal
swings 1-4, neck pass 56, baton in Lt hand horizontal over head then tuck on waist 78
8- 2nd group repeats, 8- Hit waist Rt 1, Lt 2, pass under Rt leg 34, over/under 56,
horizontal toss 78, 8- Turn neck wrap 12, jump out 34, Rt knee 5, Lt knee 6, body roll 78
8- Vertical swings 1-8, 8- Pass to Lt under the elbow 12, thumb flip catch Rt 34, whip 56,
1 spin 7, catch 8, 8- Pinwheel 1-4, big whip down to side 5-7, hold 8, 8- Repeat ball
change whips 1-4, circle around “L” pose 56, nod head on 78, 8- Vertical fingers 1-8
8- Cont. fingers w/ legs apart 1-4, tuck under armpit & walk 56, bend knees side 7, legs
apart on 8 bending upper body over, 8- Roll baton over shoulder 12, catch Lt 34, prepare
and walk 56, pinkie flip 7 (Legs go out/out/in/in) catch Rt 8, 8- Jump out w/ big whip 12,
pump body 34, twist Rt 5, twist Lt 6, turn around 7 w/ half “T”, jump out on 8 holding
the ends of the baton, 8- Repeat 5th 8 Count to 12th 8 Count on 7-8 circle around and pose
–don’t nod head

Like Whoa
Intermediate

1-8 loops catch on back 1-8 princess turn horizontal fingers twirls face back 1-8 kick layback 1-8 princess turn toss 1 spin, 1-8 tummy turn waist wrap, 1-8 flash torjette, 1-8 flash front thumb flip to back, 1-8 left toss 1 spin, 1-8 airplane turn to front elbow, 1-8 flash arm rolls pass over head down be side face to side, 1-8 roller coast move loop backhand, 1-8 back pop circle to hip left, 1-8 circle to hip right, 1-8 push up down and side to side, repeat from beginning loop section all the way to the airplane turn. Then go to the roller coast move and after the up and down side to side. 1-8 flash reverse pose.

Are You Ready
Intermediate

8-Pose to side, A's hold 1-4, pop knees 5-6, lunge to front 7-8. B's hold 1st 8 count. 8-A's hold 4, B's pop knees 1-2, lunge 3-4 everyone turn back 5-6, baton behind neck 7-8. 8-turn to front pass around neck, flat toss to ground 3-4, catch 5 bring under chin, push 6, baton on shoulder 7, lean 8. 8-Swing down 1, under arm 2, fan 5-6, up on knees 7-8. 8-Flourish elbow roll, brush head, swing arm right left. 8-Roll on back pass around legs, up 3-4, loop pass slide 5-6, turn to side 7-8. 8-Push out arm 1, switch 2, bring down arm 3, flip 4, push to front 5, above head 6, behind neck 7, hit 8. 8-grab back hand turn around, swing above head, knee wrap. 8-Flourish front, back hand toss back, flourish front. 8-toss circle arm catch left, pass behind arm rock, flourish. 8-One spin, arms circle rock. 8+4-swings. 4-left arm circle face back. 8-hold 4, pose 5, pose 6, pose 7, pose 8. Repeat from pass around neck, flat toss to ground until grab backhand turn around. 4- ending pose: lean on baton 5, pop toe 6, bring arm down place on head and change toes 7-8.

Pom Mix 2008
Intermediate

Intro-Group 1-Flash jump, swing section, wave with body, Group 2-flash jump, swing section, wave with body, flash 1 spin, slap arms, pretzel with turn swing, roll hips, lasso, pose look, 1-2 to front, 3-4 pivot to back, 5-6 kick pass under leg, 7-8 behind back to front, 1-2 turn 3-4 turn around 5-6 tuck pop up on 8, 1-2 hop kick 3-4 baton under leg 5-8 pop up and down. Spread eagle with turn and bent leg 7-8 snaps behind back, flash toss catch back hand bent over, point to yourself, fingers with leg in and out catch left, loop catch backhand, pass, pass. Group 1-repeat, Group 2-repeat 16 counts for group exchange, repeat from pretzel combination.

Soul Finger Beginner

Pose behind head, flat pretzel down and around body and up pop to music, Section 1- Flat wrist twirl, head whip neck wrap, dive baton, turn to back, pose. Section 2- Hand loops to trills while grooving to the music, loop behind head with turn, pose with baton slice, and body roll, Repeat group 2. Section 3-Flash thumb toss, legs step apart, loop behind head body trick, Repeat Section 2. Hoo Haa section 4- African dance right, left for 8 counts into set for group exchange. 1-8 group exchange, 1-8 leg trick, baton moves around body and through legs, finish leg trick and pose, pose, pose. Repeat trill section 2 and 3, pose.

Watermelon Man Beginner

8 -Face back bring arms up 1-4 turn to front pose 5 and hold 6-8. 8 – Walks forward w R foot first, clean on 8. 8 – Pinwheel R to elbow roll. 8 – Shake hips with L arm pointing front, reverse fig. 8 to shoulder pose 5-8. 8- Face R side reverse fig. 8 1-4, airplane to other side 5-8. 8- Hips R, L, R, L baton at shoulders for the first two and down at legs for the second 2. 8- A's Flash toss arms high c R, pose. B's – repeat A part. 8- Two hand spin step left turn to back and pose w/ R arm at back and L arm high. 8 – Arms make a T turn to front and push baton to knee pose. 8 – A's do the fake neck wrap 1-4 pass behind back 5-8. 8- B's repeat A part. 8- A's – pass R to L toss flat catch r, step left hip shake L,R with baton to L side then R. 8- B's repeat A part. 8 – Helicopter over, under, over as you turn L, with R foot in passé and neck wrap. 8- R knee to floor, left foot to side with baton under elbow, horizontal box twirl pass behind back and you go to “bug” position. 8- Pull up stand with flash to clean. Repeat pinwheel elbow roll to the baton push to knee pose. 8- Big circle front and then back facing R side, circ TR le front again to pass over R elbow to L hand. 8- Face back chasse R with flash pass low, chasse L with a L reverse fig. 8 turn to face front. 8 – Flash toss place R knee to floor, C Right to ed pose – arms in “L”.

Satisfied Beginner

Pose- Bending Down, baton on floor. 8- Pop up flourish 1-4, two hand spin while moving to the right 5-8, 8- Forward figure eights, swiveling knees 1-4, kick left leg 5-8. 8- Two hand spin while moving to the left 1-4, forward figure eights while swiveling knees 5-8. 8- Kick left leg 1-4, Flourish hitch kick 5-8, 8- Step together step rock back 1-2, Can opener 3-4, step together step rock back 5-6, Can opener 7-8. 8- dead stick back catch 1-4, Bow 5-8, 8- Step over to the right 1-4, Big can opener 5-8. 8- Flourish 1-4, Swims 5-8. 8-Continue swims 1-4, Flourish 5-8. 8- High toss 1-4, Swings 5-8. 8- Loop over 1-4, high toss 5-8, 8- Two hand spins. 8- Slide 1-4, Slide 5-8. 8- Toss under right leg 1-4, toss under left leg 5-8. 8- Finger twirls. *Repeat from two hand spins. 8- Flourish 1-4, Hitch kick 5-8. 16- Walk to group toss. 16- Toss. 8- Swim out of group. 8- go to ending pose, pose on 1-2.

Shorts Like Me

Beginner

8- 1-2 R arm up, 3 4 L arm up, 5-6 middle and 7-8 low "V" turn to front; (section 1) 8- roll down 12, hold 3 jump out 4 R arm L arm 5 6 jump together 7 8; 8 - A-s pick up baton push out to R, then L, swivel baton on knees R first. 8- B's repeat. 8 -Helicopter around to L, flash front 8 -Thumb flip R-L facing front, thumb flip L-R facing back, flash front hit hips to back then front 8- horizontal push pivots to face back, hips R – 1 arms up then down. 8 – repeat horizontal push to front and hips again; 8- A's repeat Section 1 to knee swivels. B's repeat section 1 to knee swivels; 8 – body pumps R then left, flash toss catch R; diagonal pose with dead stick and hip shakes 1-4, walk it back 5-6, shake 7-8; 8 – A's repeat section 1; 8- B's repeat section 1; everyone poses.

Bring the Noise

Beginner

8-Pose to the back hold 4, hips 5-8. 8-Stick baton rock, turn to front arms out on 3, flourish arm roll. 8-step touch, step touch, circle baton around. 8-baton at shoulder, circle lunge, hips 5,6, drop 7,8. 8-Side flourish, pass behind arm, push out to back, turn around under chin. 8-swings 1-8. 8-Hold out baton touch, swing down, pose 5,6, arms out 7,8. 8-Arm across 1, push both arms out 2, arms up & down rock back 3,4, roll down arm, over 6, under chin 7-8. 8-A's arms together 1-4, B's 5-8. Repeat from beginning pose to the back until roll down arm, over 6, under chin 7-8. Everyone repeats box behind back, lunge and then ending pose.

4 Minutes

Beginner

8- Hold 1-4, first group pose back 5, 2nd 6, 3rd 7, 4th group 8 (down the line), 8- Jump to "L" pose 1-2, whip around 3-4, jump "L" to front 5-6, slice & snap Lt hand 7 8, 8- First group turn around w/ head whip 1-2, thumb flip 3-4, big jump whip 5 6, pop 7 8, 8- 2nd Group repeats, 8- "Lindy" Combination, 8- Pivot 12 w/ arms at half "T", pivot back 3 4, tilt Rt 5, tilt Lt 6, ball change whip 7 8, 8- Whip pass to Lt 12, whip pass back to Rt 3 4, whip down to side 5 6, pump chest 7 8, 8- Pinwheel 1-4, slice baton & walk Lt. Rt. 5 6, turn back and snap Lt hand 7 8, 8- 1st group turn front w/ half "T" 12, over/under 3 4, toss 5, catch 6, turn back slice 7 8, 8- 2nd group repeats, 8- Horizontal whips 12, neck pass 3 4, over/under 5 6, horizontal toss 7 8, 8- Pivot 12 w/ horizontal twirls, pivot to front 3 4, slice jump "T" 5 6, circle jump 7 8, 8- Vertical fingers 1-8, 8- Tuck baton under armpit & face side 12, twist 3 4, "tick/tock" front, up, neck, down 5 8, 8- Dead stick swings 1-4, tuck & pass under elbow grab Rt 5 6, kick ball change whip 7 8, 8- Pinwheel 1-4, slice baton and walk 5 6, put down baton 7, jump out 8, 8- Slide Rt. 1, jump arms down 2, slide Lt 3, clap hands 4, roll arms 5 6, throw arms 7 8, 8- Walk 12, pick up baton 3 4, jump w/ baton up 5, swivel down & 5 & 6 & 7 & 8, 8- Repeat "lindy" combination, 8- Repeat pivot turn, pivot turn, tilt 5, tilt 6, ball change whip & 7, throw Lt arm and turn back 7-8

Bend Me, Shape Me
Int. 2 Baton

8- Shake, 8- Layback 1-4, turn around 5-8. 8- Flourish toss, Pass- Pass. 8- Flourish Toss, Pass under elbow. 8- Toss pass under leg 1-4, Toss pass under leg 5-8. 8- Toss pass under leg 1-4, Toss pass under leg 5-8. 8- Flourish toss pass under legs. 8- Back scratch 1-4, two arm flourish 5-8. 8- Toss pass catch under leg. 8- Back catch 1-4, wrist twirls 5-8, 8- Wrist twirls 1-4, Back scratch 5-8, 8- Toss catch while on the floor. 8- Flourish up 1-4, Finger twirls 5-8. 8- Finger twirls. 8- Finger twirls. 8- Backhand one spin. 8- Pass around elbow 1-2. Dead stick around 3-8. 8- Swings 1-4, Pass around neck 5-8. 8- Horizontal One spin. 8- Horizontal Finger twirls 1-4, Airplane 5-8. 8- Horizontal pass-pass 1-4, spin around catch under leg 5-8. Bend down and pop up 1-4, Flourish 5-8. 8- Elbow rolls 1-4, Allusion 5-8. Flourish 1-4, Two Spin 5-8. Pose

Wipe Out
Int. 2 Baton

1-8 A's- push up and turn, 1-8 B's push up and turn, 8 flash toss front flash toss to back, 8 flash toss catch on back, 8 flash 2 spin, 8 flash horizontal vertical, 8 flash toss bow, 8 vertical box into 1 spin, 8 flash reverse flash barrel turn, 8 horizontal box with 1 spin to box. 8-kick layback and drag to front, 8 toss leap to front, repeat from flash toss at beginning to vertical 1 spin. 1-8 toss hitchkick, 1-8 flash reverse barrel turn pose.

Everybody Wants You
Advanced 3 Baton

Pose, step turn with batons at side, step jump on 7-8, 1-8 group one tick tocks and hold, group two tick tocks and hold, all groups tick tocks and hold, 1-8 showers, 1-8 thumb flip tosses in box formation, 1-8 poses shake, 1-8 tick tocks, 1-8 tick tocks to side, 1-8 tick tocks with double baton toss, 1-8 flat box toss, 1-8 back neck rolls, and repeat.