



2010

### **Chopstix Advanced Flag**

4-clicks (hold)  
16- dance ( trade places 1-8, shimmy 9-12, pose 13- 16  
16- dance ( trade back repeat for 8, cha-cha 9-16 )  
4- pick up flag  
16- A's ( backscratcher 1-4 by the end cap. Cone 5-8 turn to the front 9-16)  
16-B's ( repeat )  
16- A's ( wind it up 1-4, turn the the back 5-8 jump on 7, scoop dive 9-12, backscratch 13-16 from the tab)  
16- B's add in 13-16 thumb flip and strip  
16- cha cha 1-8, echape' 9-12, grab on 13 pop 14-16  
16- repeat  
16- A's and B's ( flourish grab, flourish grab, cradle 1-8 re0peat 9-16)  
16- A's and B's ( hitch kick 1-8, tuck chaine up row B's repeat 9-16)  
16- A's and B's trick toss! ( thumb flip 1-4 45 toss 5-8 b's repeat 9-16)  
16- Hard part toss on 13-16  
16- two chaine turns 1-4 down 5,6 up 78  
16- 2 pull hits 1-4, two half flips 5,6 flourish 7,8 to the back out on 9 catch 12, 13-16 tour  
16- 1-4 scoop, dive 5-8 cross your face 9-12 back scratcher pass, flat flip 13, 14 turn 15,16 attitude.  
16-row back 1,2 cone silk double catch tab up 45 turn cradle front lunge arm up.

### **Empire State of Mind Advanced Flag**

8 turn 1-2 with right arm up in the air wave 3-4 reach over to the left with right arm 5-6  
monkey roll 7-8  
8 arm circles to the right 1-2 roll to the ground 3-4 grab flag horizontal over head and  
bring under body 5-8  
8 horizontal again over head while standing up 1-4 run around 5-8  
8 flourish 1-4 over head horizontal to the back 5-6 up and over to flat silk on right 7-8  
8 waterfall 1-4 bottom carve 45 toss 5-8  
8 catch 1 hip swing ct2 flurish 3-4 back ball change 5-8  
8 bring flag to slam 1-2 turn over right 3-4 flip flag 5-6 prayer toss prep catch behind back 7-8  
8 bring flag around prep for money 1-2 toss 3-4 catch 5-6 reverse leap 7-8  
4 arabesque 1-2 hold 3-4  
8 A B C Work putting flag down A= 1-4 B=3-6 C=5-8 Everybody stands up on 1  
Dance part repeats all the way to the monkey roll  
8 chase 1-2 hand stand 3-6 hold 7-8  
8 arm 1-2 roll to the ground 3-4 grab flag 5-6 stand up 7-8  
All flag work repeats from here  
turn face back lay in a X position on your flag



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**Down  
Advanced Flag**

- 8 a's passé 1, turn leg out 2, end in lunge 3, hold 4, B's 5-8
- \*8 5<sup>th</sup> position 1, leg and arms circle back 2-3, elbow pop 4, fall forward 5-8
- \*8 A's Rond de jambe with arm 1-4, B's 5-8
- 8 Arms swimpe to knees 1-2, lean R 3-4, grab flag 5-8
- \*\*8 rainbow over w/ r arm 1-2, horizontal spin w/l lurn 3-6, flourish to r lunge 7-8
- 8 L foot come sin 1-2, head snakes 3-4, 3 steps back 5-7, Hold 8
- 8 flip r 1-2, foutette r leg w/flag 3-4, l- cone to tuck r 5-8
- 8 unwind 1-2, flip flag to L and run L 3-8
- 8 a's double cone 1-4, turn R and circle flag around the back 5-8
- \*\*8 back scratch 1-2, tuck R 3-4, L tour en l'air 5-8
- 16 B's
- 8 figure 8 1-4, l chasse untucking 5-6, face back to lunge and slam 7-8
- 8 toss 1-2, around the world to face back 3-8
- 8 repeat flag work from \*\* to \*\* w/no A's and B's
- 16 repeat dance from \* to \* w/no A's and B's
- 8 arm swipe to knees 1-2, r lean 3-4, walk to clump formation in partners 5-8

**Alice  
Advanced Flag**

- 2 Hold 2
- 8 arm gesture 1-2, arms circle head 3-4, arm flick on releve 5 down 6, r ball change 7-8
- 8 walk 1-2, jete w/arms in 5<sup>th</sup>, 3-4 pick up the flag 5-8
- 8 flourish, with L leg circle 1-4, L barrel turn 5-6, rainbow over 7-8
- 8 palm roll 1-2, arabesque turn 3-4, walk to L flat 5-6, dig over R shoulder 7-8
- 8 pop flag to extension with R arm flicking 1-2, swipe forward 3-4, back flourish to flat 5-8
- 8 L body half circles over flag 1-2, r head circle 3-4, r backward windmill 5-8
- 8 back hand toss 1-2, flat back arabesque turn 3-6, bottom cone to l diagonal 7-8
- 8 45 toss 1-3, l swipe 4 flip flag on releve 5-8
- 8 B's start 4 counts later) A;s L cone with arabesque turn to l slam 3-4, flourish to r angle facing back 5-8
- 8 l arabesque sauté with dive 1-4, arm flick leaning l 5, crouch 6-8
- 8 A's and B;s join in 1-4 r rond de jambe 5-6;l 7-8
- 8 r arm and L leg cross 1, step L with R arm circle 2-4, monkey 5-6, r arm circle 7-8
- 8 coupe' l turn 1-2, ball change 3-4, r passe' flick 5-6 repeat arm gesture 7-8
- 8 head wrap 1-2, arm flick 3-4, walk to partners 5-8 end facing each other
- 8 head bang 1-4, coupe' partner lift 5-6, fall 7-8
- 8 partner kneed push 1-2, stop 3-4, l arm circle 5-6 r leg and arm flick 7-8
- 8 arm circle 1-2, body half to close in to one partner facing front and other with hand over other persons mouth 3-4, partner pushes away 5-6, other partner chases 7-8
- 8 float lift 1-4, r arm circle to side arabesque 5-8
- 8 stand 1-2, walk around clump 3-6, arms flick 7



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**Can't Help Falling In Love-Closer  
Advanced Flag**

16- Dance ( Hold 1-4 arm 5-8 jazz run 1-4 step pivot 9-12 drag on 12, chasse' 13 & 14 jete' switch 15, 16)  
16 - step lay back 1-2 prep on 2 for pirouette, A's turn 3. B's 4. C's 5 through 7,8, jazz hands 9 ,10 pull in 11,12  
modern swing forward 13-16  
16 - pencil turn roll to the ground 1-8 fan kick and snap point 9-16  
8 – music slows down as you ripple in after the pick up  
16- Flag ( Golf swing 1,2 Roller coaster 3,4 to prayer toss 5,6 grab tab to the angle 7-8 cone to the back, row boat 9-  
12 regrab to the front grab switch 13-16  
16- flourish 1-6 to the angle, jump turn 7-8 carve into pole toss 9-16 catch straight up and down  
16- over up to the angle 1-4, cone w/turn 5-8 plane work 9-16  
16- up and tuck under 1-8 the arm pull flat into lay back regrab up cone 9-16 to the silk toss optional pas de chatte  
underneath.  
16- A's ( zig-zag 1-4 ) B's (repeat 5-8) regrab 9,10 push spin 11,12 around your body 13,14 pirouette 15,16  
16- Money spin drop spin 1-4 lift pull behind the back 5-8 face 45 flourish to slam 9-16  
End- snap snap turn and pose.

**Ain't Nothing Wrong With That  
Advanced Flag**

8 hold first 8 .....5, 6, 5678 (whistle)  
8 A-1-2 angle, 3-4 flat, 5-6 pole vault, 7-8 forced arch  
8 B-repeat  
8 C-repeat  
8 guitar strum, 1-4 up, 5-8 down  
16 1-4 turning back stretcher, 5-8 down to backhand, 9-12 push out 45 slice to flat, 13-16 turn left  
16 1-4 row on the hip, 5-8 unroll the wrist to right slam-jump feet together on 6, 9-12 chane right, 13-16  
row back  
8 1-2 thumb flip, 3-8 flourish back to flat  
16 1-4 top cone, 5-8 bottom cone, 9-12 turn left, 13-16 row the boat on the hip  
16 1-2 wave left, 3-4 wave right, 5-8 back scratcher down to flat-degage right leg, 9-10 flat above head,  
11-15 swing behind head, 15 tug, 16 squeeze shoulder/hip angle  
16 1 slice, 2-6 dive around, 7-8 pose, 9-12 flutter to pole on shoulder, 13-16 up and over  
16 1-4 turn left up down, 5-8 neck roll to flat, 9-10 behind flat, 11-12 strip up, 13-14 flat, 15-16 shimmy  
jump  
16 1-2 angle, 3-4 shoulder/hip, 5-6 stab to side, 7-8 pull to shoulder/hip, 9-12 stab circle to front,  
13-16 strum guitar  
16 1-4 flat above head, 5-8 flat in front, 9-12 hand to hand up to flat, 13-16 around behind back  
16 1-4 big row from behind with lunge, 5-8 up push to vertical, 9-12 angle/stir, 13-16 silk toss, catch silk  
down, face front-pole down on 1



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### The House Is Rockin Intermediate Flag

- 16 Turn around every 4 counts
- 16 Sway 1-12, left arm (star) 13-15, bend down to get flag 16
- 16 left to right slam 1-4, up and down to back 5-8, down across toes to right slam 9-12, turn to front 13, cone 14-15, up 16
- 16 Back scratcher 1-3, back to flat 4, under leg 5-8, down angle 9, around the World turn 10-12, behind body 13-16 (switch left hand)
- 16 Up-down-up-flat 1-4, turn 5-8, flat toss 9-12, push through 13-16
- 16 small circles 1-4, push up to flat 5-8, slow to front 9-16
- 16 A- zig zags, B- repeat
- 16 pull hits 1-4, pop toss 5-8, around the world turn 9-16

#### Add on

- 8 turn 1-4, can of worms 5-8
- 8 sote 1-4, under armpit down across toes 5-6, turn front 7-8
- 8 left hand up-down-up-flat 1-4, row boat 5-8

#### Unison

- 8 Around the world turn 1-8 (end with flag in left slam)
- 16 Repeat (from left slam to right)
- 16 repeat
- 16 repeat
- 16 repeat until flat toss. Turn after catch.
- 16 up and over to cradle 1-4, over mountains 5-8, up overhead 9-12, turn 13-16
- 4 turn 1-3, push out to end zone 4, arm up.

### So You Want To Be a Rock and Roll Star Intermediate Flag

- 16 A's Flip 1-2, over left 3-4, stir 5-6, over around neck 7-8, turn 9-10, posse' 11-2, pull hit 13-16
- 16 B's Flip 1-2, over left 3-4, stir 5-6, over around neck 7-8, turn 9-10, posse' 11-2, pull hit 13-16
- 16 Flourish 1-3, money hand 4, up down up flat 5-8, turn 9-12, little toss 13-16

EVERYONE

- 16 Cradle 1-2, Sunshine 3-4, turn 5-8, mountains L-R 9-12, strip 13-16

DANCE

- 16 Right arm 1-2, left arm over 3-4, clap 5-6, left arm out 7-8, chest pop 9-10, head roll 11-12, push 13-16
- 16 grapevine right 1-6, left kick 7-8, open arms in front 9-10, pick up flag 11-16

FLAG EVERYONE

- 16 pick flag up with left hand over, right under. Flourish 1-4, top cone 5-8, turn 9-12, up and over 13-16
- 16 Slow cone 1-8 (top first), slams 9-16
- 16 Repeat beginning set to around the back, (to count 10), bring over head and onto ground

DANCE

- 16 Turn right 1-4, right arm over 5-8, turn left 1-4, left arm over 5-8
- 16 Kick right leg up 1-4, back leg arabesques 5-8, posse 9-12, pick flag up 13-16

FLAG EVERYONE

Repeat beginning flag work until toss. Make sure toss is big this time, then cone slow out of it, then over down and bring your right arm down and over.



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**Let Me Think About It  
Intermediate Flag**

- \*8 Hold 4, arm weave 5-6, pump 7-8
- 8 passe 1, step 2-3, r kick 4 down 5, turn front 6, walk 7-8
- 8 finger weave 1-2, knee pop 3-4, step put 5-6, chest pop 7-8
- \*8 head circle to floor 1-2, pop up 3-4 walk to flag 5-8
- \*\*8 flag swipe to L slam 1-4, face back 5-6, flip flag r 7-8
- 8 A's Sunrise over 1-2, hip circle 3-6, dive over to L 7-8
- 8 B's swing flag around the back to cradle 1-4, arm weave 5-6, pop toss 7-8
- 8 Face front 1-2, scoop under 3-4, passé with top cone 5-6, tuck under R arm 7-8
- \*\* Cradle with baby roll 1-3, back hand grab 4, face front 5-8
- 8 switch flag to R w hand inverted 1-4, turn front w/flag behind and grab 5-8
- 8 flourish to the back 1-2, drop spin 3-4, bring flat 5-6, top cone w/head roll L and clip turn 7-8
- 8 switch formations 1-8
- 8 repeat flag work from \*\* to \*\*
- Repeat dance from \* to \*
- Walk to clump 5-8
- 4 play with hair 1-3, point down 4

**I'm Not Myself Tonight  
Intermediate Flag**

- 8 (A) Dance 1-4, (B) Dance 5-8
- 8 Fish knee and fist jump to squat 1-4, jump to 2<sup>nd</sup> and roll up 5-8
- 8 walk to flag, in 2<sup>nd</sup> on 5, butt roll 6, down 7-8 to flag
- 16 curtain 1-2, strip 3-4, back scratch 5-6, slice-slam 7-8, wrist roll 9-10, armpit roll 11-12, flat 13-14, face front 15-16
- 20 Criss-cross 1-2, back scratch 3-4, down 5-6, turn 7-8, strip 9-10, hip roll 11-12, pole cross body 13-14, angle 15-16, turn 17-20 (angle up)
- 16 between legs 1-4, dive backfield 5-8, money 9-10, 11 up/front 12, flip 13 catch 14 flat 15 (head down) head up 16
- Chorus
- 16 sweep to left endzone 1-2, pull 3 catch 4, back scratch to front 5-8, dive back 9-12, face front 13-14, stir 15-16
- 16 up down up flat to back 1-4, face front 5-6, parallel toss 7-8, left chane 9-12, scoop down up flat 13-16 (hand switch)
- 16 pull back-up-pull silk 1-4, wrap silk 5-8, golf left 9-12, up down up flat 13-16
- 16 back-scratcher (feet together) flat backfield 1-4, backhand 5-8, teepee 9-12, shimmy 13-16
- 16 repeat chorus, set flag down
- 16 roll head left 1-2, roll head right 3-4, roll all around head down 5-8, shimmy jump 9-10, stand 11-12, walk 13-16, point 1



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**Borderline  
Intermediate Flag**

- 16 A's silk up and over 1-4, B's repeat 5-8. Everyone silk up and over 9-10 Flag flat turn over left shoulder 11-16
- 16 Spread flag to left 1,2 cross down 45 left side 3,4. Flourish left side to flat 5-8, jump turn to left, flat toss 9-16
- 16 silk trick 1,2 float to right hand 3,4, chasse 5-8, cone 9-12, turn and flat 13-16, A's 1-12, B's 5-16
- 16 extension left side 1,2, down angle 3,4, turn 5,8, extension flourish to left side 9-12. A's 1-12, B's 5-16
- 16 parallel 1-5, scoop down 6-8, poke 9, cradle through 12. Trade places 13-16
- 16 dive over, back hand 1-4, flourish to left side, angle 5-7, turn to front 8, cone 9,10, up to flat left side 11-13, hopscotch 14-16
- 16 on left shoulder 1,2, front angle 3,4, invert to angle on rt side 5,6, silk down 7,8, slide rt hand, move flag to angle behind rt side of body 9,10, turn 11, 12, back line prep for pop toss 15,16
- 16 toss one and pass through 1,4, turn 5-8, whip flag to left side invert, 9-12, jump turn 13-15, flag up on 16
- 16 money hand flip the flag to angle on left side of body 1-4, cone to other side of body and tuck 5-8, turn around 9-10 back scratch 11,12, over to front to flat silk to left 13-16,
- 16 repeat "spread flag 16" cradle up and over 1,2, turn to back run off stage.

**Break Your Heart  
Intermediate Flag**

- 8 hold 1-2 tap your right foot 3-4 step back w your right foot 5-6 pivette turn 7-8
- 8 punch downs 1-2 blade hands 3-4 step left right 5-6 hill tow 7-8
- 8 cts ball change push back 1-2 right arm left arm 3-4 break the board 5-6 claps 7-8
- 8 pivette 1-4 to flag and pick up 5-8
- 8 As angles 1-4 tuck 5-6 shoulder 7-8
- 8 Bs repeat
- 8 As horizontal toss 1-4 catching on left , waterfall 5-6 right shoulder bring to waist 7-8
- 8 Bs repeat
- 8 As corners 1-4 flat 5 up over head 6 bring down 7-8
- 8 Bs repeat
- 8 three step turn toward your flag 1-3 grab flag and bring down on 4 bottom cone 5-8
- 8 slams 1-4 cone bottom 5-6 put flag down on 7-8
- 8 part to clump
- repeat all the dance work
- repeat all the flag work but all together this time
- open up to back



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**Evacuate the Dance Floor  
Intermediate Flag**

- 8 Hold 1-4, Tap right ankle 5-8
- 8 Tap ankle 1-6, Jump out to second position 7, Head up 8
- 8 Group leans to Left 1-2, To the right 3-4, Full circle 5-8
- 8 Walk toward Flag 1-4, Kick-snap 5-6 head roll 7, snap 8
- 8 Down to ground 1-3, kick 4, roll up 5-8
- 8 Walk to flag 1-4, pick 5-6, strip 7-8
- 8 Jazz-Walks augmented to the Left 1-8
- 8 Repeat to the Right 1-8
- 8 Repeat to bring group closer together 1-8
- 8 Walk toward spots 1-4, Top cone 5-8
- \*8 swing out 1-2, over 3-4, up and down 5-6, toss 7-8
- 8 Catch 1, turn 3-4, lift up and over to the right 5-8 switch right hand under by 8
- 8 swing out to right tuck under arm 1-4, up down 5-6, around to front 7-8
- 8 Row the boat 1-4, Zig zags 5-8 Group 2 would face the back on 7-8
- 8 Run w/ bid color 1-4 c shape 5-7, snap 8
- 8 Run back to spot 1-4 Group 1 top cone 5-8, group 2 bottom cone 5-8
- 8 prayer toss 1-4, lift up and tuck 5-7 snap 8
- 8 lift to flat 1-4 turn around 5-8
- 8 Repeat \* till + then on zig zags on the last one throw on the ground

**Hallelujah  
Intermediate Flag**

- 8 Hold 1-4, roll to the ground 5-8
- 8 Gesture to side 1-2 roll back 3, up 4, roll up 5-8
- 8 grab flag 1-4, turn around 5-8 facing the corner of the room
- 8 row 1-2 cradle 3, up 4 toss 5 catch 6, turn 7-8
- 8 up and over 1-2 over shoulder and palm roll 3-4 to shoulder 5-6, over and to the front 7 prep 8
- 8 Groups toss everyone start with flourish 1-2 A=3,B=4,C=5,D=6, up 7 to the back 8
- 8 Big circle to cradle 1-4 around the body 5-8
- 8 unwind 1-2 cone 3-4, toss 5-6 catch 7 hold 8
- 8 Group 1 Up and over 1-2, turn 3-4 Group 2 Repeat 5-8
- 8 around to shoulder 1, turn 2, money spin 3-5, front 6, big circle 7-8
- 8 Group 1 behind elbow 1-2 cone 3, stab 4 Group 2 Repeat 5-8
- 4 all together lift up to the right 1, cone 2, turn all around 3-4 and prep
- 8 Flourish 1-3 to flat toss on 4, up on 5, butterfly prep 6-7 toss 8 catch 1
- Big circle to cradle then strip, Repeat dance then lay down at the end of the last note.



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### Baby Intermediate Flag

- 8 Group 1 hold 1-5 arms 6-8 Group 2 hold 1-8
- 8 Group 2 hold 1-5 arms 6-8 Group 1 hold 1-8
- 8 Both Groups hold 1-5 reach up to down to grab flag 6-8
- 8 Roll up 1-4 turn around 5-8
- \*16 Group 1 Zigzags 1-4, lift up to left 5-8, Group2 Repeat 9-16
- 16 Group 2 Flourish 1-4, turns to the left 5-8, Group2 Repeat 9-16
- 16 Up 1, pre2-3, hold 4, left handed toss catching silk to left 5-8, Group2 Repeat 9-16
- 8 Group1 left cone 1-2, carve under3-4; open up to the back 5-8
- 8 Group 2 Repeat above but get to the back by 6, then both group pop up and to the front 7-8
- 8 open up and take to cradle1-6 lift 7-8
- 8 turn 1-2 open to the right 3-4, prep for toss 5-6 toss 7, catch 8
- 8 big turn 1-4 to the left 5- flat6, back scratch 7-8
- 8 up and over 1-4, turn to the right 5-8
- 8 Repeat \$ to % then repeat \* and go to + once you toss the left single strip it put it down throw up a peace sign and then walk to the back.

### Mamma Mia Intermediate Flag

- 16 A's 1-4 tunnel over into crate 5-8 circle w/crate 9-12 turn around 13-16 circle free-arm w/flag
- 16 b's same A's repeat 9-16 with the b's
- 16 A's 1&2 out of crate 3&4 to R shoulder 5&6 turn over to the 45' to exten 7&8  
B's the same to catch up.
- 16 1&2 arm over turn to front circle and push out3-6 to the right exten 7&8.  
B's the same to catch up. Hits
- 16 A's point up and out1 &2 step in 3&4 grap on over to order 5&8, b's same on 15 r shoulder and flat  
Mamma 32 cts
- 16 1-4 cheerleader in a circle 5-8 push under onto shoulder 9-12 hip hop 13-14 up and 15-16 pose  
b's the same
- 24 every 2 cts. 1/2 face front 3/4up extension tuck under then turn up and over to slam turn and  
april over and behind
- 16 right shoulder 3/4 order turn5-8 r/shoulder chop then flat. and push to exten  
1-16 repeat  
Mamma  
32 cts repeat  
24 repeat
- percussion  
1-8=12 r/shoulder to order and turn  
1-12  
angle to slam extend over your head and pose



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### I Got A Feeling Beginner Flag

16 hold 1-4, 5-16 snap your fingers  
8 arm up 1-4, flex hand down 5-8  
8 grab flag and up and over to front flat  
16 layered, hand to hand across and up (a start up b down)  
8 a- up and over, b-hold 4 then up and over to back (4)  
8 a- up and over, b-up and over  
8 a-up and over, b-go to front and shake, drop 5-8  
8 together- golf swing 1-4, row boat 5-8  
8 a-butterfly  
8 b-repeat  
8 butterfly a and b  
8 zigzag 1-4, slams front and back 5-8 (a only)  
8 b add in repeat  
8 repeat  
8 together: row boat 1-4, prayer toss 5-8  
8 hands to hands (repeat) b-up a-down  
8 repeat  
8 repeat  
8 together: shake 1-4, feet in and out 5-8  
8 slam 1-4 to back, slam 5-8 front  
8 repeat to back 1-4, turn to front 5-8  
8 golf swing 1-4, row boat 5-8  
8 butterfly 1-8  
8 zigzag (a only)1-4, slams to front and back 5-8  
8 b add in repeat  
8 slide to enzone like BEG  
8 snap  
8 arm 1-4, flex 5-8  
8 a-bring pole up and over to ground 1-4, b- repeat 5-8 end pose!



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### **You Shook Me All Night Long Beginner Flag**

16 A's west side story 2 shasa's with fist and step forward and back then pick up flag over and order

16 B's repeat same

First versus

16 order-r/shoulder tuck to slam up..then drop spin.

16 8cts of butterflies and 8 windmills to flat.

second versus

16 turn around and then rainbow over row boat into tuck then get out..

16 carve a start the b ..10 counts..everyone r shoulder to order.. palm up ready.

chorus

16 saddle spin into point pump the hands and legs till 12.. turn around and prep

16 over w/pole step out and arm goes around till 12 keep the same angle

16 carve around to flat and shake that flag till 12 up over tuck and around to flat

repeat

16 order-r/shoulder tuck to slam up..then drop spin.

16 8cts of butterflies and 8 windmills to flat.

1-8 turn around and right shoulder prep for chorus

repeat chorus

16 saddle spin into point pump the hands and legs till 12.. turn around and prep

16 over w/pole step out and arm goes around till 12 keep the same angle

16 carve around to flat and shake that flag till 12 up over tuck and around to flat

8 angle to slam.. under around to exten and pose.

### **Anyway You Want It Beginner Flag**

8 right arm out 1-4, pose 5-8

8 face the front 1-4, shimmy 5-6, pick up flag 7-8

8 windmill 1-8 top carve

8 Repeat A's

8 Repeat A's

8 Sweep the floor 1-4, water fall 5-8

8 top carve 1-4, turn 5-6, hold 7-8

8 repeat 8's

8 repeat 8's

8 wave 8

8 rainbow 1-4, turn 5-6, strip flag 7-8

8 up and over 1-4 r arm comes up 5-6, shake 7-8.

8 pop up 1-4, unwind, 5-8



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### **Rock N Roll Beginner Flag**

- 8 dance- snap fingers shake booty 1-8
- 8 arms up and over 1-4 pick up flag 5-8
- 8 row boat, flourish to other side 1-8 (a only)
- 8 down switch hands 1-4, up and over 5-6 (a only)
- 8 b repeat
- 8 sway hip shake 1-4, circle flag 5-8 (a only)
- 8 b repeat
- 8 cone up and down 1-8 (together)
- 8 cradle behind head, over mountains 1-8
- 8 switch hands back on 45 back to flat 1-4, turn 5-8
- 8 loop around
- 8 slides to end zone 1-2, jazz hand 3-4, grab flag and turn to front 5-8 (a only)
- 8 b repeat
- 8 repeat row boat- switch hands turn back to front
- 8 ripple prayer toss
- 8 (all together) repeat row boat- hip sway
- 8 across body (rainbow and cradle), turn and POSE!

### **Code Red Beginning Flag**

Wait for the 253. Then start on the first down beat.

- 8 Hold 1-4, Walk away from Clump to spots 5-8
- 8 Group1 Kick-snap 1-2, head roll 3, pick up flag 4, Group 2 repeat 5-8
- \*8 R-shoulder 1, Left slam 2, R-shoulder 3, Flat 4, around the neck 5-6, turn around 7-8
- 8 lift flag and put down to the side 1-2 step back 3, elbow pop 4, Lift flag 5-6, cone 7-8
- 8 Walk it out Group 1 w/ Figure 8's, 1-4, repeat Group 2 5-8
- 8 Kick-snap w/flag at flat 1-2 head roll 3, snap4, repeat Group 2 5-8
- 8 Repeat at \*
- 8 when putting down the flag 1-4 Walk back to Clump 5-8
- 4 Poses on every beat 1-2-3-4.



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### Let Me Think About It Intermediate Rifle

- 8 Hold 4, arm weave 5-6, pump 7-8
- 8 passe 1, step 2-3, r kick 4 down 5, turn front 6, walk 7-8
- 8 finger weave 1-2, knee pop 3-4, step put 5-6, chest pop 7-8
- 8 head circle to floor 1-2, pop up 3-4 pick up rifle 5-8
- \*8 A's 2 spins 1-2, flip 3-4, turn back 5-7, switch hand 8
- 8 B's Repeat
- 8 Rifle flourish 1-8
- 8 turn l 1-2, grab thumb down 3-4, sunrise 5-6 bring forward 7-8
- 8 scoop 1-2, cone with passe' 3-4, tuck 5-6 turn back 7-8
- 8 roll with back hand 1-4, turn over L 5-8
- 8 A's prep 1-4, double toss 5-8
- 8 B's prep 1-4, double toss 5-8
- 8 Pop out 1-2, invert R hand 3-4, turn front to wrap around 5-8
- 8 backwards flourish 1-4, bring flat 5-8
- \*8 cone with clip turn 1-4, switch formation 5-8
- Repeat work from \* to\*
- Repeat Dance Work

### Borderline Intermediate Rifle

- 16 lean rt, rotate rifle , leg over, grab through leg, up and flat, turn around
- 16 A's loop de loop rifle in left hand w/ free hand, spin gun tip flat to left side, gesture, grab gun, turn around.
- 16 B's repeat
- 16 Canon: A – 1-12. B – 5-16, push up to left 45, swing down put on shoulder, jump turn to left parallel
- 16 Canon: A – 1-12. B – 5-16, push up to left 45, swing down to right hand, swing back and jump, turn. A's do cavalier.
- 16 flip, catch, cone to back up and over to front, over head rotation grab butt end of rifle, cone to front, flip and catch.
- 16 grab under, up and over to flat, left side of body, turn and trail along with gun, grab right hand under, cavalier, single to left flat
- 16 grab over, sunshine, rt side of body on 4, cone around and flip, extension, tuck in cone, single flip.
- 16 behind back up and over prep toss catch 15, change hand 16.
- 16 repeat second 16
- 16 jump turn, press out rifle and pose.



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### **Mamma Mia Intermediate Rifle**

- 16 A's 1-4 tunnel over into crate 5-8 circle w/crate 9-12 turn around 13-16 circle free-arm w/rifle.
- 16 b's same A's repeat 9-16 with the b's
  
- 16 A's 1&2 flick out 3&4 onto to shoulder 5&6 turn over to the 45' to exten 7&8  
B's the same to catch up.
  
- 16 1&2 arm over turn to front circle and push out 3-6 to the right exten 7&8.  
B's the same to catch up.
  
- Hits
- 16 A's point up and out 1 & 2 step in 3&4 grap on over to order 5&8  
b's same on 15 r shoulder and flat

### **Code Red Beginner Rifle**

- Wait for the 253. Then start on the first down beat.
- 8 Hold 1-4, Walk away from Clump to spots 5-8
- 8 Group 1 Kick-snap 1-2, head roll 3, pick up Rifle 4, Group 2 repeat 5-8
- \*8 Port 1, Left slam 2, Port 3, Flat 4, around the neck 5-6, turn around 7-8
- 8 lift Rifle and put down to the side 1-2 step back 3, elbow pop 4, Grab 5 prep 6, toss 7 catch 8
- 8 Walk it out Group 1 w/ Figure 8's, 1-4, repeat Group 2 5-8
- 8 Kick-snap w/Rifle at flat 1-2 head roll 3, snap 4, repeat Group 2 5-8
- 8 Repeat at \*
- 8 when putting down the Rifle 1-4 Walk back to Clump 5-8
- 4 Poses on every beat 1-2-3-4.