

Dance Rock Shake Pop – Intermediate Flag

Choreographed by: Bucky Flores

Starting position: standing in second position, head down, arms to the side, flag is on the ground stripped to the right

- 8 Look on 3. Line separates 5-8 chaine into a hip-hop pose
- 8 Pump it up 1-4, grab flag 5-6, stand 7-8
- 8 A's: zig, zag 1-2, rowboat 3-4, flip to vertical 5-6, flip to flat 7-8
- 8 B's: zig, zag 1-2, rowboat 3-4, flip to vertical 5-6, flip to flat 7-8
- 8 A's: reverse to back 1-4, prep for parallel toss 6
- 8 B's: reverse to back 1-4, prep for parallel toss 6
- 8 Wave 1-2, hop behind the back 3-4, carve from back 5-6, finish to flat 7-8
- 8 Silk trick around body, lift leg 6, re grab 7-8
- 8 Cradle 1-3 carve to flat 4-6, roll down 7-8
- 8 A's: snap and pivot, B's: snap and pivot
- 8 Carve 1-2, 45 toss to back out on 3, catch behind back 5, turn to front 6-8
- 8 A's: zig, zag 1-2, rowboat 3-4, flip to vertical 5-6, flip to flat 7-8
- 8 B's: zig, zag 1-2, rowboat 3-4, flip to vertical 5-6, flip to flat 7-8
- 8 A's: reverse to back 1-4, prep for parallel toss 6
- 8 B's: reverse to back 1-4, prep for parallel toss 6
- 16 Freestyle tosses Group A: 1-4, Group B: 5-8, Group C: 1-4, everyone turn 5-8
- 8 Zig, zag 1-2, rowboat 3-4, flip to vertical 5-6, flip to flat 7-8
- 8 Reverse to back 1-4, prep for parallel toss 6
- 8 Flag up and down to ground 1-4, stand up 5-6 thrown arms 7-8
- 8 Walk to cluster 1-4, throw arms 6, get low 7-8

Elastic Heart – Advanced Flag

Choreographed by: Bucky Flores

Starting position: standing in first position, head down, arms to the side, flagged stripped, silk to the right on the ground in front of you

- 16 Look 3, ripple dance to ground to pick up flag starting 5, every 2 cts
- 16 Ripple pop flag, chaine turn, chassé every 2 cts, hand change on 14, prep for prayer toss on 15-16
- 16 Prayer on 1 B's: hide with catch, A's: flat 5-6, carve and reach 7-10, turn 11-12, sauté to front 13-14, prep for toss 15-16
- 16 Pop toss on 1 A's: hide with catch, B's: flat 5-6, carve and reach 7-10, turn 11-12, sauté to front 13-14, prep for toss 15-16
- 16 Up and over around waist 1-3, on top of leg 4, lunge 5-6, covered wagon 7-8, jump turn flag leading 9-11, elbow push on 12, lift 13, fast turn 15-16
- 16 Pop on 2, catch in horsey ride 4, lift leg to back 5-8, pop 9-10, cone 11-12, turn to front and change hands for toss 14, 16
- 16 Parallel ripple every 2cts with suspend switch to other side 15-16
- 16 J-toss ripple every 2, cts. 1-12, cradle 13, up and flat 14-16
- 16 Prayer on 1 B's: hide with catch, A's flat 5-6, carve and reach 7-10, turn 11-12, sauté to front 13-14, prep for toss 15-16
- 16 Pop toss on 1 A's: hide with catch, B's flat 5-6, carve and reach 7-10, turn 11-12, sauté to front 13-14, prep for toss 15-16
- 16 Up and over around waist 1-3, on top of leg 4, lunge 5-6, covered wagon 7-8, jump turn flag leading 9-11, elbow push on 12, lift 13, fast turn 15-16
- 16 Pop on 2, catch in horsey ride 4, lift leg to back 5-8, pop 9-10, cone 11-12, turn to front and change hands for toss 14, 16
- 16 Ripple follow-the-leader to pose

Welcome to Paradise – Advanced Flag

Choreographed by: Bucky Flores

Starting position: standing in second position, flag in hand at right slam, facing front

- 8 45-Toss A's
- 8 45-Toss B's
- 8 45-Toss C's
- 8 Ensemble lift 1-4 J-toss 5
- 16 A's: cradle to behind back 1-8, carve from behind back 9-12, around the world to front
- 16 B's: cradle to behind back 1-8, carve from behind back 9-12, around the world to front
- 12 Pop up 1-4, cone 5-8, extension 9-12
- 16 Extension to back 1-4, windshield washer to flat 5-8, horizontal to front 9-12, rowboat 13-16
- 16 Tuck 1-2, reverse rowboat 3-4, unfold 5-8 extension 9-12 swoop from back 13-16
- 16 Dive to front leading with silk 1-4, flag over leg 5-8, neck roll 9-12, prep for toss 13-16
- 16 Toss 1, plié 5, silk 9 and turn 13-16 move to single line
- 16 Ripple to left 1-4, 5-8, 9-12, together 13-16
- 16 Ripple to front 1-8, 5-12, 9-16
- 8 Rowboat moving to form 1-4, pop toss 5-8
- 16 Extension to back 1-4, windshield washer to flat 5-8, horizontal to front 9-12, rowboat 13-16
- 16 Tuck 1-2, reverse rowboat 3-4, unfold 5-8 extension 9-12 swoop from back 13-16
- 16 Dive to front leading with silk 1-4, flag over leg 5-8, neck roll 9-12, prep for toss 13-16
- 16 Toss 1, plié 5, around body and turn 9-16
- 16 A's: toss turn to back 1-8, B's: toss to back 9-16
- 4+1 Pop up slam to front on 1

Shut Up And Dance – Intermediate/Advanced Flag

Choreographed by: Bethany Ridinger

Starting position: crouched position to the front, knees closed, flag at right flat silk to the right

- 8 Hold 1-4, roll up 5-7, step out right, bring flag up to right shoulder 8
- 8 Rainbow to flat 1-6, wrap head with right hand 7-8
- 8 Bring flag around body, grab flag palm facing body 1, bring flag in front of body 2, scoop flag 3-4, inverted backscratcher, sauté 5-8
- 8 Catch flag right hand in silk, left hand on bottom cheater 1, scoop clockwise 2-3, grab thumbs up when flag is vertical 4, flourish to the front, land flat, grab underhand 5-8
- 8 Step together; right palm roll 1-4, inverted backscratcher, flick right foot, left hand shushes 5-8
- 8 Carve; three-step-turn to the left 1-4, push flag out with right hand 5-6, wrap flag behind body, grab palm facing front at tab 7-8
- 8 A's: bottom cone 1-2, left flourish 3-8
- 8 B's: bottom cone 1-2, left flourish 3-8
- 8 A's: right back row 1-4, scoop flag overhead to cradle right 5-8
- 8 B's: right back row 1-4, scoop flag overhead to cradle right 5-8
- 8 Scoop flag 1, switch right hand to thumbs down, passé right 2, flourish to the back 3-6, cone at top right angle 7-8
- 8 Swing flag down 1-2, grab flag thumbs up at tab with left hand 3, backscratcher to the front 4-6, grab flag right at tab 7, bring flag to right shoulder 8
- 8 Rainbow to flat 1-6, wrap head with right hand 7-8
- 8 Bring flag around body, grab flag palm facing body 1, bring flag in front of body 2, scoop flag 3-4, inverted backscratcher, sauté 5-8
- 8 Catch flag right hand in silk; left hand on bottom cheater 1, scoop clockwise 2-3, grab thumbs up when flag is vertical 4, flourish to the front, land flat, grab underhand 5-8
- 8 Step together, right palm roll 1-4, look right, left hand shushes 5, look front 6, big stir 7-8
- 8 Pull toss 1, catch vertical 4, put flag down 5-6, stand up 7-8
- 8 A's: chaîné 1-2, catch step, right passé, arms break straight up 3-4, step out right, break arms down 5-6, hold 7-8, B's: hold 1-2, chaîné 3-4, catch step, right passé, arms break straight up 5-6, step out right, break arms down 7-8
- 8 Kick left foot, circle arms at hips 1-2, sunshine arms to left side 3-6, kick right foot and ball change right-left, cross arms and break arms down 7-8
- 8 Holler arms right 1, holler arms left 2, circle hips right to left 3-4, what arms 5, cross punch 6, punch down 7, hold 8
- 8 Swing left arm 1-2, close left foot to right foot 3-4, jump out 5-6, step out right, wrap arms 7-8
- 1 Swing right arm up, bring left arm to hip

Shake It Off – Intermediate Flag

Choreographed by: Bethany Ridinger

Starting position: flag stripped on the floor with the silk to the right; two steps behind center of the flag in second position

- 8 Hold 1-4, step right, flick right hand off shoulder 5-6, step left, flick left hand off shoulder 7-8
- 8 Flick both hands, shake hips to the right 1-2, flick both hands shake hips to the left 3-4, push down, grab flag overhand at the tab 5-6, stand up 7-8
- 8 A's: bring flag parallel over head, step back right 1-4, spin flag flat in front of you, step left 5-8
- 8 B's: bring flag parallel over head, step back right 1-4, spin flag flat in front of you, step left 5-8
- 8 A's: swing flag over-head 1-2, inverted backscratcher, jump together 3-4, finish backscratcher, step right 5-6, half toss, grab flag underhand 7-8
- 8 B's: swing flag over-head 1-2, inverted backscratcher, jump together 3-4, finish backscratcher, step right 5-6, half toss, grab flag underhand 7-8
- 8 Hip circles to the left, chassé 1-4, top cone 5-7, tuck under armpit 8
- 8 Backscratcher 1-4 bring flat to bottom angle, bring right foot to left foot 5, swing flag around body, step out right 6-7, bring left foot to right foot 8
- 8 Counterclockwise hip circle, left arm follows flag 1-3, stab flag to right side 4, shoulder roll to bottom angle 5-8
- 8 A's: bring right arm to chest and push out 1-2, B's: bring right arm to chest and push out 3-4, A's: grab overhand at tab, turn all the way around to the front, B's: grab overhand at tab, turn to the back 5-8
- 8 Mountains left 1-2, mountains right 3-4, twist hands, turn to left 5-6, untwist hands 7, grab flag left hand at tab, right hand at top cheater 8
- 8 Backscratcher to shoulders 1-3, shoot out to right top angle 4, sweep flag in front to right flat 5-8
- 8 A's: step forward right, circle flag, B's: pivot right to front 1-4, cradle 5, unwind 6-7, pop flag out, grab thumbs up 8
- 8 Tuck under armpit 1-2, swing flag in front of body 3-4, grab flag in silk, back rowboat 5-6, bottom cone 7-8
- 8 Double silk toss 1-4, set the flag down silk on the right 5-6, come up 7-8
- 8 Step left 1, passé right, flick hands off shoulders 2, step right 3, step left, put hands on hips 4, shake hips right to left 5-6, roll hips right-left 7-8
- 8 Flick left 1-2, step left 3-4, step right, sweep right hand across front, wrap head with left hand 5-8
- 8 Push down to flag 1-2, stand up 3-4, A's: turn all the way around to the front B's: turn to the back 5-8
- 8 Mountains left 1-2, mountains right 3-4, twist hands, turn to left 5-6, untwist hands 7, grab flag left hand at tab, right hand at top cheater 8
- 8 Backscratcher to shoulders 1-3, shoot out to right top angle 4, sweep flag in front to right flat 5-8
- 8 A's: step forward right, circle flag B's: pivot right to front 1-4, cradle 5, unwind 6-7, pop flag out, grab thumbs up 8

- 8 Tuck under armpit 1-2, swing flag in front of body 3-4, grab flag in silk, back rowboat 5-6, bottom cone 7-8
- 8 Double silk toss 1-4, three-step-turn to the right 5-8
- 8 Bring flag parallel over-head, step back right 1-4, spin flag flat in front of you, step left 5-8
- 8 Swing flag over-head 1-2, inverted backscratcher, jump together 3-4, finish backscratcher, step right 5-6, half toss, grab flag underhand 7-8
- 8 Hip circles to the left, chassé 1-4, top cone 5-7, tuck under armpit 8
- 8 Backscratcher 1-4, bring flat to bottom angle, bring right foot to left foot 5, swing flag around body, step out right 6-7, bring left foot to right foot 8
- 5 Bring flag up to left shoulder 1-2, let go flag with left hand 3-4, pose 5

Uptown Funk – Intermediate Flag

Choreographed by: Scott Ruiz

Starting position: Start with flag with the silk on the right side, stripped flat at your waist

- 8 1-4 kick replace right left, 5-8 head chop to right shoulder
- 8 1 slam, 2-4 hold, 5-8 groove step
- 8 A's: 1-2 half slam to back, B's: 3-4 half slam to back, C's: 5-6, D's 7-8
- 8 A's: right sauté and extend flag with left hand 1-2 flag, come down in front of you and back up with the right hand thumbs down grip 3-4, scoop to flat at your sternum 5-6, bottom cone 7-8
- 8 B's: right sauté and extend flag with left hand 1-2 flag, come down in front of you and back up with the right hand thumbs down grip 3-4, scoop to flat at your sternum 5-6, bottom cone 7-8
- 8 A's: right passé jump to right shoulder 1-2, pull flag across to flat and grab the silk with your left hand 3-4, wrap the silk around your neck 5-6, let go of the silk and turn around to a right slam 7-8
- 8 B's: right passé jump to right shoulder 1-2, pull flag across to flat and grab the silk with your left hand 3-4, wrap the silk around your neck 5-6, let go of the silk and turn around to a right slam 7-8
- 8 A's: right single toss 1-4, two flips starting with a left step touch 5-8
- 8 B's: right single toss 1-4, two flips starting with a left step touch 5-8
- 8 C's: right single toss 1-4, two flips starting with a left step touch 5-8
- 8 D's: right single toss 1-4, two flips starting with a left step touch 5-8
- 16 Low turn left 1-4, low turn right 5-8, row forward 9-11, right ready 12, augmented drop spin 13-16
- 16 Two drop spins 1-4, right wrist rotation 5-8, dive over to back hip shoulder angle and switch your hand 9-12, 45-degree toss to front 13-16
- 8 Shake and groove half turn to back 1-4, step touch waves 5-8
- 8 Shake and groove half turn to front 1-4, step touch waves drop flag out of right hand 5-8
- 16 Burley shake 1-4, attitude steps over flag 5-8, switch hands 9-10, pull flag to right hip shoulder angle 11-12, single toss 13-16

****Repeat section****

- 16 Low turn left 1-4, low turn right 5-8, row forward 9-11, right ready 12, augmented drop spin to right slam 3-16
- 8 A's: right sauté and extend flag with left hand 1-2 flag, come down in front of you and back up with the right hand thumbs down grip 3-4, scoop to flat at your sternum 5-6, bottom cone 7-8
- 8 B's: right sauté and extend flag with left hand 1-2 flag, come down in front of you and back up with the right hand thumbs down grip 3-4, scoop to flat at your sternum 5-6, bottom cone 7-8
- 8 Right passé jump to right shoulder 1-2, pull flag across to flat and grab the silk with your left hand 3-4, wrap the silk around your neck 5-6, let go of the silk and turn around to a right slam 7-8
- 9 top cone bottom cone 1-4, single and a half toss 5-8, slam and pose on count 1

GDFR – Intermediate Flag

Choreographed by: Raquel Bowers

Starting position: hands on hips, left knee popped out

- 8 Hold 1-4, ** (arms are at T) twist hips 5-6, punch through to second 7-8.
- 8 Hip hits 1 & 2 (right/left), chest pop with arms 3 & 4, arms up 5-6, shake hips 7-8
- 8 Walk up 1-3, pop out 4, shake left 5-6, shake right 7-8
- 8 “DJ Hug” 1-4**, pick up your flag 5-8
- 8 Reverse cradle 1-4, 2 handed back row boat 5-8, toss 1 catch 3, bottom cone and strip flag 5-8
- 8 A's: 'V' hits 1-4, flourish to the back over left shoulder 5-8
- 8 B's: 'V' hits 1-4, flourish to the back over left shoulder 5-8
- 8 A's: turning slams 1-4, bottom cone to the front 5-8
- 8 B's: turning slams 1-4, bottom cone to the front 5-8
- 8 Flat toss 1-4, turn over left shoulder 5-6, check mark 7-8
- 8 Arm pulls 1-4, arm wrap 5-6, pop chest 7 & 8
- 8 Turn to the back while stripping the flag 1-4, rond-de-jambe to the back- left leg 5-6, right leg 7-8
- 8 Kick out with left leg 1-2, check mark to the side 3-4, turn over left shoulder 5-8
- 8 'V' hits 1-4, flourish to the back over left shoulder 5-8
- 8 Turning slams 1-4, bottom cone to the front 5-8
- 8 Flat toss 1-4, turn over left shoulder 5-6, check mark 7-8
- 8 Arm pulls 1-4, arm wrap 5-6, pop chest 7 & 8
- 8 Set your flag down 1-4, (arms are at T) twist hips 5-6, punch through to second 7-8
- 8 Hip hits 1 & 2 (right/left), chest pop with arms 3 & 4, arms up 5-6, shake hips 7-8
- 8 Walk up 1-3, pop out 4, shake left 5-6, shake right 7-8
- 8 “DJ Hug” 1-4, shake right leg 5-6, turn and pose 7-8

Mambo Italiano – Intermediate Flag

Choreographed by: Michelle Hamilton

Starting position: straight line (horizontal) flag at flat

- 8 A's: Flick right foot to turn front 1-4, B's: Flick right foot to turn front
- 8 Pull hits 1-4, pop toss 5-8
- 8 Mambo while pulling silk out 1-4, stab right and left 5-6, stir the pot 7-8
- 8 Swipe right foot and flourish to catch at shoulder hip angle 1-4, check mark 5-6, cone passé jump to face back 7-8
- 8 Re-grab 1-2, paint toes 3-4, Turn to Front 5-8
- 8 Dip 1-2, pizza toss 3-4, turn over left shoulder 5-8
- 8 Chassé 1-4, right shoulder 1-2, press flag behind you 3-4, grab and pull 5-8
- 8 Turn 1-4, zig zags 5-8
- 8 Shoulder hip angles 1-4, pop toss 5-8

*Repeat all flag work from beginning to end

- 8 Jazz hands 1-4, snap 5-6, drag to face back 7-8
- 8 Flick the right foot 1-2, step left step right 3-4, extend right leg out to side 5-6, slide back in 7-8

Am I Wrong - Raquel

Am I Wrong – Intermediate Flag

Choreographed by: Raquel Bowers

Starting position: pole is strip and tucked under right arm, looking down to the left

- 8 Hold 4, head wrap 5-6, press to A-frame 7-8 (release silk)
- 8 Walk around 1-4, right shoulder 7-8
- 8 A's: left and right butterflies
- 8 A's: pivot turns 1-4, bottom cone 5-8
- 8 B's: left and right butterflies
- 8 B's: pivot turns 1-4, bottom cone 5-8
- 8 A's: transition front to back with rowboat 1-4, bottom stir 5-8 (face the back)
- 8 B's: transition back to front with rowboat 1-4, bottom stir 5-8 (facing front)
- 8 Extension 1-4, reverse with chassé 5-8
- 8 1-4 pop up, reverse back scratcher, turn over right shoulder (A's face the front)
- 8 Criss-cross 1-2, lunge with cradle 3-4, turn 5-8
- 8 Pop flag out and toss 1-6, turn over the left shoulder 7-8
- 8 Sweep out 1-4, left row-boat 5-8
- 8 Turn over right shoulder 1-4, windmill 5-8
- 8 A's: left and right butterflies
- 8 A's: pivot turns 1-4, bottom cone 5-8
- 8 B's: left and right butterflies
- 8 B's: pivot turns 1-4, bottom cone 5-8
- 8 A's: transition back to front with rowboat 1-4, bottom stir 5-8 (facing the front)
- 8 B's: transition front to back with rowboat 1-4, bottom stir 5-8 (face the back)
- 8 Bottom stir 1-2, lunge to the left (flag at neck) 3-4, B's: repeat
- 8 Top cone 1-2, around the waist 3-4, turn over right shoulder 5-8
- 8 A's: 'pole up/downs' 1-4, B's: add in 5-8
- 8 Big stir 1-3, squeeze 4, pull toss 5-8
- 8 Criss-cross 1-2, lunge with cradle 3-4, turn 5-8
- 8 Pop flag out and toss 1-6, turn over the left shoulder 7-8
- 8 Sweep out 1-4, left row-boat 5-8
- 8 Turn over right shoulder 1-4, set the flag down 5-8
- 8 Right chassé 1-2, snap close 3-4, left chassé 5-6, snap close 7-8
- 8 Prep for turn 1-2, turn 3-4, X jump 5-6 reach 7-8
- 8 Everyone walk into a line 1-6, rond-de-jambe right leg to the back 7- 8
- 1 Pose on 1

Lips are Moving – Intermediate Flag

Choreographed by: Michelle Hamilton

Starting position: Feet in second position, hands down to your side

- 8 Hold 1-4, jazz walk 5-8,
- 8 Drag 1-2, round de jambe 3-6, hip shake 7-8
- 8 Round de jambe 1-2, ball change 3-4, pirouette turn 5-6, jump out and in 7-8
- 8 Pivot turn 1-4, pick up flag 5-8
- 8 Rowboat 1-4, bottom cone 5-6, reach for the sky 7-8
- 8 Catch at angle 1-2, check mark 3-4, cone to house top 5-8
- 8 Windmill 1-6, catch up at straight angle 7-8
- 8 Flip over to grab top stopper 1-2, silk flip 3-4, horizontal over the head 5-8
- 8 A's: pizza toss 1-4, B's: pizza toss 5-8
- 8 Prance turn 1-2, scoop 3-4, pull around the body 5-8
- 8 A's: around the world 1-4, B'S: around the world 5-8
- 8 Prayer toss 1-4, top cone 5-6, inside pirouette turn 7-8
- 8 Bouncy angles 1-4, shoulder hip angles 5-8
- 8 Right shoulder 1, tuck 2, house top 3, dig 4, pivot turns 5-8
- 8 Unwind 1-4, bridge over 5-8
- 8 Step touch 1-2, grab pole 3-4, pop toss to turn front 5-8

****Repeat flag work beginning to end****

Insomnia – Intermediate Flag

Choreographed by: Raquel Bowers

Beginning pose: lunge to the left, left arm on you back, right arm by your side

- 8 *Open right arm clock wise 1-4, 3step-turn over your left shoulder (arms are covering your eyes) 5-8
- 8 Right leg Balance 1-2, open leg to the back 3-4, chasse to the right 5-6, ‘snap’ 7-8
- 8 Rond-de-jambe right leg to the back 1-2, turn over right shoulder 3-4, chassé leap to the ground 5-8
- 8 Roll over your right shoulder, 1-4*, pick up your flag 5-8 end in a second position
- 8 A’s: swing flag over left arm 1-4, turn over left shoulder (flat on 8) 5-8
- 8 Left tuck to the back 1-4, un-tuck to the front 5-8 (end in second position
- 8 B’s: swing flag over left arm 1-4, turn over left shoulder (flat on 8) 5-8
- 8 Left tuck to the back 1-4, un-tuck to the front 5-8 (end in second position
- 8 Up and over 1-2 carve 3-6, strip half way 7-8
- 8 Pole goes around the waist (on the right side) 1-2, neck roll 3-4, flag goes behind you 5-6, pop flag up (catch backhanded) 7-8
- 8 Windmill with a lunge 1-4, right side cone (silk to the right) 5-6, criss-cross- 7-8
- 8 Explode in the 45 plane 1-3, turn over left shoulder 4-5, dip behind you 6, turn to the front 7-8
- 8 Left scoops 1-4, side grab 5-6, plié 7 pose 8
- 8 Land 1, ‘helicopter’ 2-5, reverse out of it 6-8
- 8 Plié 1-2, up 3-4, right top angle 5-6, check mark 7-8
- 8 Tuck/ explode 1-4, turn over right shoulder 5-8
- 8 Step trough and switch hands 1-4, barrel turn 5-8
- 8 Turn out of it 1-4, set your flag down 5-8
- 8 Open right arm clock wise 1-4, 3step-turn over your left shoulder (arms are covering your eyes) 5-8
- 8 Right leg Balance 1-2, open leg to the back 3-4, chasse to the right 5-6, ‘snap’ 7-8
- 8 Rond-de-jambe right leg to the back 1-2, turn over right shoulder 3-4, chassé leap to the ground 5-8
- 8 Roll over your right shoulder, 1-4, arms to your side 5-8

Ending pose: left hand is up, right hand is by your side (looking down)

Seven Nations Army – Intermediate/Advanced Flag

Choreographed by: Bucky Flores

Starting position: standing in second position, flag stripped to the left, behind the shoulders

- 16 Start facing back shift weight 5-8, walk back wards turn to front 8-16
- 16 Silk opens from shoulders to tuck 1-4, toss 5, roll down 9-12, turn 13-16
- 16 A's: around waist 1-4, cradle to front 5-8, B's: around waist 9-12, cradle to front
- 16 A's: toss turn to other side catch flat 1-8, B's: toss turn to other side catch flat
- 16 Up and around waist 1-4, carve 5-8, unravel and release 9-16
- 16 Up and around waist 1-4, carve 5-8, unravel and release 9-1
- 8 Waves 1-4 turn to face opposite directions 5-8
- 16 Extension 1-4, to 45-plane extension 5-8, rowboat 9-12, prayer toss 9-16
- 16 A's: Behind head invert, cone to flat 1-8, B's: Behind head invert, cone to flat 9-16
- 8 Zig zag up and slam turn
- 16 Toss 1 roll 5-8, rowboat 9-12 turn 13-16
- 16 A's: around waist 1-4, cradle to front 5-8, B's: around waist 9-12, cradle to front
- 16 A's: toss turn to other side catch flat 1-8, B's: toss turn to other side catch flat
- 16 Up and around waist 1-4, carve 5-8, 9-12 unravel pop, prep for toss 13-16
- 16 Toss 1 plié 5-8, hit angle on 8, cone 8-12 turn to center 13-16
- 16 Pop towards middle 1-4, swirl to middle 5-8, pop to prep for pop toss 9-12, toss 13, catch and collapse

Chingalinga – Intermediate Flag

Choreographed by: Michelle Hamilton

Starting position: everyone is clumped in middle of the floor, standing in different poses

- 5 Walk in different directions 1-5
- 8 Body circles 1-4, head whip to the left 5-6, spiral around to right knee 7-8
- 8 Lean back 1, box 2, chest pop 3-4, reach back 5-6, chest role 7-8
- 8 A's: break the T 1-2, head whip 3-4, knee drop 5-8
- 8 B's: break the T 1-2, head whip 3-4, knee drop 5-8
- 8 C's: break the T 1-2, head whip 3-4, knee drop 5-8
- 8 Roll over left shoulder 1-4, pick up flag 5-8
- 8 Backscratcher to flat back 1-2, big cone to house top 3-4, drop spin behind the back 5-8
- 8 Silk trick 1-2, chicken walk 3-4, cone 5-6, 45-toss 7-8
- 8 A's: check marks 1-4, around-the-world 5-8
- 8 B's: check marks 1-4, around-the-world 5-8
- 8 Horizontal over the head 1-2, zig zag 3-4, shoulder hip angle 5-6, zig zag 7-8
- 8 Pizza toss 1-4, switch lines 5-8

****Repeat all flag work from beginning to end****

- 8 Put flag down 1-4, walk forward 5-8

****Repeat first two eight counts of dance work and pose****

Break Free – Intermediate Flag

Choreographed by: Raquel Bowers

Beginning position: squatted position, knees to the left, arms are relaxed on your knees

- 8 Hold 1-4, roll up 5-8
- 8 Arms swing to the right 1-2, swing to the left 3-4, turn over the right shoulder while pushing arms down by your side 5-8
- 8 Walk left to right 1-4, arms up 5, down 6, bounce 7 -8
- 8 Arm grabs right to left 1-4, table top roll 5-8
- 8 'Melt' arms up 1-2, melt 3-4, pick up flag 5-8
- 8 Top cone 1-3, stab at low angle 4 (land in cradle), turn over right shoulder 5-8
- 8 A's: Open (& 8) un-cradle 1-4, toss 5, catch flat 7 hold 8
- 8 Bring it flat over your head 1-2, turn over left shoulder 3-6, hold 7-8
- 8 B's: Open (& 8) un-cradle 1-4, toss 5, catch flat 7 hold 8
- 8 Bring it flat over your head 1-2, turn over left shoulder 3-6, everyone stir 7-8
- 8 Stir toss on 1, catch 4, turn over your right shoulder 5-6, tuck flag counter clock wise 7-2
- 8 Continue tuck 1-2, flick your left wrist 3 & 4 (while left knee is in a dig), neck roll (silk first) 5-8
- 8 Turn over left shoulder 1-4, top cone 5-8
- 8 Sweep out and around behind you 1-4, turn over you left shoulder as you strip the flag
- 8 On the shoulders 1-2, bounce 3-4, pivot turns 5-8 (on 7-8 come to flat)
- 8 Party 1-4, flourish to the back 5-8 (grab with the right hand on 8)
- 8 Reverse flourish 1- 4, lean back reverse windmill 5-8
- 8 Set flag down 1-2, turn over right shoulder while pushing arms down 3-6, walking to a line 7-8
- 8 In a ripple- hair flip to the back 1-4, rolls back to the front (left hand up) 5-8
- 4 Shimmy down 1-2, shimmy up 3, pose 4

Cheyenne – Intermediate Flag

Choreographed by: Michelle Hamilton

Starting position: kneeling down in squatting position

- 8 Rise up 1-4, right and left arm shoot out to the side 1-2, rainbow arms 5-6, drag to back 7-8
- 8 Round de jambe 1-4, sit into hip 5-6, drag forward to pick up flag 7-8
- 8 Top stopper circles around 1-2, flat behind the back 3-4, horizontal over-head 5-6, flat 7-8
- 8 A's: cone to the back 1-4, slam 5-6, cradle 7-8
- 8 B's: cone to the back 1-4, slam 5-6, cradle 7-8
- 8 Wave over the mountain 1-4, three-step-turn while stripping silk 5-8
- 8 Money toss 1-4, around the world 5-8
- 8 Hip roll to angle 1-2, top cone 3-4, stretch over to the left 5-6, rainbow arm 7-8
- 8 Re-grab 1-2, pop toss 3-4, around the world to change direction to the front 5-8
- 8 Rainbow over the head 1-2, grab top stopper 3-4, cone to flat on back of the neck 5-8
- 8 Pole slides up and over 1-4, circle from top stopper 5-6, pull flag back in 7-8

****Repeat flag work from beginning to end****

- 8 Flourish 1-8
- 8 Pop toss 1-4, turn to face back 5-8
- 8 Flourish back to front 1-4, tuck flag 5-6, left arm reaches up 7-8

Bang Bang – Beginner/Intermediate Flag

Choreographed by: Scott Ruiz

Starting position: begin in a straight line facing back left arm placed on right shoulder of the person next to you.

- 8 Ripple over left shoulder to the front 5-8
- 16 A's: 1-4 chasses hand up and out to right, 5-8 wrap right hand around head, 9-12 back attitude kicks, 13-14 reach forward hands on hips, 15-16 right left hip bumps
- 16 B's: 1-4 chasses hand up and out to right, 5-8 wrap right hand around head 9-12 back attitude kicks, 13-14 reach forward hands on hips, 15-16 right left hip bumps
- 8 A's: 1-2 right arm throw right foot placed in forced arch, 3-6 body roll to the left, 7-8 accented punch right hand and half turn to the left
- 8 B's: 1-2 right arm throw right foot placed in forced arch, 3-6 body roll to the left, 7-8 accented punch right hand and half turn to the left
- 16 1-4 arm sweep, 5-8 passé jump left turn, 9-10 right hand behind head, 11-12 left arm behind head, 13-16 pick up flag
- 8 1-2 forced arch to the left head nod, 3-6 sweep flag under right arm, 7-8 soft top cone
- 8 1-2 sharp bottom cone, 3-6 pop toss, 7-8 A's: full turn B's: half turn
- 16 1-4 push forward and over into cradle while traveling front-back, 5-8 waves, 9-12 bring flag up to 45 angle grab under with your left hand, 13-14 drop spin, 15-16 bottom cone
- 8 A's: 1-4 single toss, 5-8 lift flag with right hand flourish to inverted grip
- 8 B's: 1-4 single toss, 5-8 lift flag with right hand flourish to inverted grip
- 8 A's: 1-4 push flag to left and face the side, 5-8 parallel toss to the front
- 8 B's: 1-4 push flag to left and face the side, 5-8 parallel toss to the front
- 8 1-2 while moving to straight line, bring flag to right shoulder, 3-4 strip silk, 5-8 push forward and put the tail of silk around your neck
- 8 12 while moving back to original spots, tuck flag under right arm, 3-4 throw tail, 5-8 right chaine turn to the left
- 16 1-4 back attitude kick with right flourish, 5-8 top cone, 9-10 sweep down to flat at neck, 11-12 bottom cone, 13-16 pull toss

****Repeat section****

- 8 1-2 forced arch to the left head nod, 3-6 sweep flag under right arm, 7-8 soft top cone
- 8 1-2 sharp bottom cone, 3-6 pop toss, 7-8 A's: full turn B's: half turn
- 16 1-4 push forward and over into cradle while traveling front-back, 5-8 waves, 9-12 bring flag up to 45 angle grab under with your left hand, 13-14 drop spin, 15-16 bottom cone
- 8 A's: 1-4 single toss, 5-8 lift flag with right hand flourish to inverted grip
- 8 B's: 1-4 single toss, 5-8 lift flag with right hand flourish to inverted grip
- 8 A's: 1-4 push flag to left and face the side, 5-8 parallel toss to the front
- 8 B's: 1-4 push flag to left and face the side, 5-8 parallel toss to the front
- 8 A's: 1-2 forced arch to the left head nod 3-6 sweep flag under right arm 7-8 put flag down

- 8 B's: 1-2 forced arch to the left head nod 3-6 sweep flag under right arm 7-8 put flag down
- 16 Traveling to center 1-4 chasses hand up and out to right, 5-8 wrap right hand around head, 9-12 back attitude kicks, 13-14 reach forward hands on hips, 15-16 right to left hip bump
- 1 Individual poses on 1

Worth It – Beginner/Intermediate Flag

Choreographed by: Bethany Ridinger

Starting Position: flag is on the floor silk to the right; standing in second position two steps behind center of flag

- 8 Hold (1-4) monkey arms left (5) right (6) circle arms above head counter-clockwise (7) arms down; lunge left (8)
- 8 Pull right arm to chest; jump together (1) swing right arm to side; swing left arm to ear (2) A's: right arm to ear; left arm to side (4) push down to grab flag (5-6) stand up (7-8)
- 8 Backscratcher; dip (1) bring flag to bottom angle; jump out (2) right arm to chest; chest pop (3) circle right arm out (4) grab flag underhand at tab (5) bring flag flat; three step turn to right (6-8)
- 8 Bring flag flat over-head (1) put flag on shoulders; sit right (2) roll hips left to right (3-4) shoulder cone counterclockwise (5-6) shoot out to left side (7-8)
- 8 Scuff right; right arm to chest (1) scuff right; right arm next to ear (2) pivot right to front (3) turn to back (4) grab overhand at tab; step left (5) turn; top cone (6-7) step back left; bring flag to flat (8)
- 8 Circle flag left to right (1-2) circle flag right to left (3-4) cabbage patch; switch left hand to underhand; turn to back (5-8)
- 8 A's: parallel toss (1-2) bottom cone to the front (3-4) B: parallel toss (5-6) bottom cone to the front (7-8)
- 8 Shoot out to left side; dip with knees to the left (1-2) swing flag in front of body (3-4) step back right (5) snake up (6) step left (7) step out right (8)
- 8 Touch down arms to left corner (1) deodorant arms to right corner (2) chest pump twice (3-4) ball change right to left to opposite corner (&5) push hands down; kick right foot forward (6) dip to the back (7) jump up to second position (8)
- 8 Right arm breaks up next to ear (1) arms switch; right foot comes into left foot (2) step back right; break arms down (3) step together left; bring left arm to right arm (4) grab flag (5-6) come up (7-8)
- 8 A's: swoop down to top diagonal (1-2) carve; three-step-turn to the right (3-6) switch flag to other side (7-8)
- 8 B's: swoop down to top diagonal (1-2) carve; three-step-turn to the right (3-6) switch flag to other side (7-8)
- 8 A's: strip flag (1-2) pop left knee in (3) pop right knee in (4) mini flourish with right hand (5-7) step together; flag lands flat (8)
- 8 B's: strip flag (1-2) pop left knee in (3) pop right knee in (4) mini flourish with right hand (5-7) step together; flag lands flat (8)
- 8 Backscratcher; dip (1) bring flag to bottom angle; jump out (2) right arm to chest; chest pop (3) circle right arm out (4) grab flag underhand at tab (5) bring flag flat; three step turn to right (6-8)
- 8 Bring flag flat over-head (1) put flag on shoulders; sit right (2) roll hips left to right (3-4) shoulder cone counterclockwise (5-6) shoot out to left side (7-8)
- 8 Scuff right; right arm to chest (1) scuff right; right arm next to ear (2) pivot right to front (3) turn to back (4) grab overhand at tab; step left (5) turn; top cone (6-7) step back left; bring flag to flat (8)

- 8 Parallel toss (1-2) set flag down (3-4) step right; push right arm to side (5) step left; push left arm to side (6) step right; sweep hands down right leg (7) sweep hands up right leg (8)
- 1 Step-back right; pose

Get Low – Beginner/Intermediate Flag

Choreographed by: Scott Ruiz

Starting position: crouched on floor

- 4 Hold 1-4
- 8 Jump to second hands flexed 1-2, right left shoulder roll 3-4, arm wraps 5-6, push half turn 7-8
- 8 Forced arches 1-2, step left throw half turn 3-4, slide steps 5-8
- 8 Step left coupe throw dice 1-2, right jump full turn 3-4, second arms lock fingers 5-6, Chasse/arm wave 7-8
- 8 Arm pump/travel to flag 1-3, arm down 4, right left “what-what” arms 5-6, throw and pick up flag 7-8
- 8 Parallel toss 1-3, slam to the left 4, dive 5-6, half pirouette 7-8
- 8 Drop it flourish 1-3, top cone 4 squeeze on 5, pull up with left hand flourish to flat 6-8
- 8 Pull across re-grip 1-3, up 4, dive over to flat 5-8
- 8 Reverse direction 1-2, strip silk bring to waist 3-4, push pole up and grab mid silk with the right hand side 5-6, toss a single and put it down 7-8

****Repeat flag work from beginning to end****

- 8 A's: slams 1-4, B's: 5-8
- 8 Extend to the left side 1-4, reverse direction and put flag down 5-8
- 5 Jump to second hands flexed 1-2, right to left shoulder roll 3-4, low pose on 5

Light it up – Beginner Flag

Choreographed by: Jaime Luna

Starting body position: facing front with right leg in dig, forearms crossed on head

Starting equipment position: flag is stripped with silk on right

- 8 Hold 1-4, arms open with sharp wrist flicks 5-8
- 8 A's: "Choo Choo" 1-4, "Backstroke" 5-8, B's: head nod 1-8
- 8 A's: head nod 1-8, B's: "Choo Choo" 1-4, "Backstroke" 5-8
- 8 A's: right chaîné turn 1-4, sauté arabesque with "V-arms" 5-6, down on one knee 7-8, B's: head nod 1-8
- 8 A's: head nod 1-8, B's: right chaîné turn 1-4, sauté arabesque with "V-arms" 5-6, down on one knee 7-8
- 8 Pick flag up slowly stand in second 1-8
- 8 A's: prayer toss bring right foot into left 1-2, catch vertical silk down 3-4, right shoulder to the left 5-6, right slam to back 7-8, B's: head nod 1-8
- 8 A's: top cone 1-2, turn to front 3-4, bottom cone 5-6, right slam 7-8, B's: head nod 1-8
- 8 A's: head nod 1-8, B's: prayer toss bring right foot into left 1-2, catch vertical silk down 3-4, right shoulder to the left 5-6, right slam to back 7-8
- 8 A's: head nod 1-8, B's: top cone 1-2, turn to front 3-4, bottom cone 5-6, right slam 7-8
- 8 Backscratcher 1-2, row-boat 3-4, flourish to tuck in front on left 5-8
- 8 Satellite to the right 1-4, bring to top right angle 5-6
- 8 Right drop spin lunge to the left 1-2, wind mill "Around the world" to flat silk on left 3-8
- 8 Top cone 1-2, bottom cone 3-4, up and over to right slam 5-8
- 8 A's: prayer toss bring right foot into left 1-2, catch vertical silk down 3-4, right shoulder to the left 5-6, right slam to back 7-8, head nod 1-8
- 8 A's: top cone 1-2, turn to front 3-4, bottom cone 5-6, right slam 7-8, B's: head nod 1-8
- 8 A's: head nod 1-8, B's: prayer toss bring right foot into left 1-2, catch vertical silk down 3-4, right shoulder to the left 5-6, right slam to back 7-8
- 8 A's: head nod 1-8, B's: top cone 1-2, turn to front 3-4, bottom cone 5-6, right slam 7-8
- 8 Backscratcher 1-2, row-boat 3-4, flourish to tuck in front on left 5-8
- 8 Satellite to the right 1-4, bring to top right angle 5-6
- 8 Right drop spin lunge to the left 1-2, wind mill "Around the world" to flat silk on left 3-8
- 8 Top cone 1-2, bottom cone 3-4, right extension 5-8

Happy – Beginner Flag

Choreographed by: Bethany Ridinger

Starting position: Silk on the left; standing in second position

- 2 Hold
- 8 A's: right flourish to the back; land flat 1-4, bring flag in front; close feet 5, bring flag to flat open feet 6, up and over to the front 7-8, B's: clap
- 8 A's: clap B's: right flourish to the back; land flat 1-4, bring flag in front close feet 5, bring flag to flat open feet 6, up and over to the front 7-8
- 8 A's: shoot flag out to left side 1-2, right foot step to left 3, step out right; right arm circles out 4, turn to back and grab flag underhand 5, row boat to the front land flat 6-8, B's: clap
- 8 A's: clap B's: shoot flag out to left side 1-2, right foot step to left 3, step out right right arm circles out 4, turn to back and grab flag underhand 5, row boat to the front; land flat 6-8
- 8 A's: bring flag to right shoulder 1, backscratcher left passé 2-3, put left foot down, flag flat to left side 4, B's: bring flag to right shoulder 5, backscratcher left passé 6-7, put left foot down, flag flat to left side 8
- 8 Spin flat over head 1-2, flag behind body 3, step left grab flag at tab with left palm facing body 4, step right grab flag at tab with right underhand 5, grab left overhand at bottom cheater 6, top cone 7, slam 8
- 8 Pop toss 1, catch 2, pivot front with right foot 3-4, pivot back with right 5-6, step right to second position, circle flag above head 7-8
- 8 Inverted backscratcher, left leg swivels in 1-3, bring flag to right shoulder 4, put flag down 5-6, roll up 7-8
- 8 Step right, push right 1, step together left, right arm up 2, break right arm down step forward left 3, turn to back 4, A's: hair whip to front 5, sit on right leg 6, B's: hair whip to front 7, sit on right leg 8
- 8 Chassé left, break arm to T 1&2, ball change right-left, cross arms 3-4, push down to grab flag 5-6, come up, silk on left 7-8
- 8 Right flourish to the back, land flat 1-4, bring flag in front, close feet 5, bring flag to flat, open feet 6, up and over to the front 7-8
- 8 Shoot flag out to left side 1-2, right foot step to left 3, step out right, right arm circles out 4, turn to back and grab flag underhand 5, row boat to the front, land flat 6-8
- 8 A's: bring flag to right shoulder 1, backscratcher, left passé 2-3, put left foot down, flag flat to left side 4, B's: bring flag to right shoulder 5, backscratcher, left passé 6-7, put left foot down, flag flat to left side 8
- 8 Spin flat over head 1-2, flag behind body 3, step left, grab flag at tab with left palm facing body 4, step right, grab flag at tab with right underhand 5, grab left overhand at bottom cheater 6, top cone 7, slam 8
- 8 Pop toss 1, catch 2, pivot front with right foot 3-4, pivot back with right 5-6, step right to second position, circle flag above head 7-8
- 7 Inverted backscratcher, left leg swivels in 1-3, bring flag to right shoulder 4, swing flag under armpit 5-6, point left foot, break left arm to high V 7

Satisfaction – Beginner Flag

Choreographed by: Scott Ruiz

Starting position: standing in a staggered line, facing each other

- 8 1-8 Outside line walk toward inside line
- 8 1-4 arm swing augmented step, 5-8 fast steps face front
- 8 Inner line repeat sequence and make a line in the center.
- 8 Outer line repeat sequence and now we are in one line on center
- 8 1-4 bring flag hip shoulder angle inner line face front outer line face back, 5-8 pull silk and reveal it
- 8 Slam ripple front to back
- 8 Slam ripple back to front
- 16 1-4 outer line moves out to old spot with flourishes facing the side, 5-8 inner line join, 9-12 to right shoulder and face the front, 13-16 pop toss.
- 8 A's: 1-2 right shoulder, 3-4 drop spin, 5-8 flourish into right cradle
- 8 B's: 1-2 right shoulder, 3-4 drop spin, 5-8 flourish into right cradle
- 8 A's: 1-2 flag comes up and over, 3-4 half turn to the left, 5-8 unwind over right shoulder and grab the flag silk with your left hand
- 8 B's: 1-2 flag comes up and over, 3-4 half turn to the left, 5-8 unwind over right shoulder and grab the flag silk with your left hand
- 16 1-4 open and close the flag silks while taking steps to your right, 5-8 bring it flat at your waist, 9-12 chaine turn to you left 13-16 top cone
- 16 1-2 push your right hand to the left hip and back to flat, 3-6 box angles, 7-10 extend to the left, 11-12 pull flag to right slam, 13-16 pop toss

****Repeat section****

- 8 A's: 1-2 right shoulder, 3-4 drop spin, 5-8 flourish into right cradle
- 8 B's: 1-2 right shoulder, 3-4 drop spin, 5-8 flourish into right cradle
- 8 1-4 robot arm, 5-8 robot walk half turn to back
- 8 1-4 robot arm, 5-8 robot walk half turn to front
- 16 1-4 every count angle with left arm, 5-8 rebound bring flag up and over, 9-12 unwind to front, 13-16 open and close flag silk while taking step to your right
- 16 1-4 put flag down, 5-8 robot walk forward, 9-10 arm pose, 11-14 upper body spiral to the right, 15-16 turn off pose

All About That Bass – Beginner Flag

Choreographed by: Jaime Luna

Starting body position: facing back in second, hands on back

Starting equipment position: flag is stripped with silk on right

- 4 Hold 1-4
- 8 Bounce left to right 1-4, face to the right side 5-6, look at audience and wave your finger 7-8
- 8 “Cha-cha” starting on left foot 1-4, face to front 5-6, look at audience and wave your finger 7-8
- 8 Side jump left then right 1-4, look down in second 5, look up 6, wave your finger 7-8
- 8 Slow walk and hair flip on even counts 1-4, down 5-6, pick up flag 7-8
- 8 A’s: flip to top right angle 1-4, hold 5-8, B’s: hold 1-4, flip to top right angle 5-8
- 8 A’s: flat behind back with cross step with cross step 1-4, hold 5-8, B’s: hold 1-4, flat behind back with cross step to right 5-8
- 8 A’s: flat spin above head 1-2, flat behind back to the left 3-4, hold 5-8, B’s: hold 1-4, flat spin above head 5-6, flat behind back to the left 7-8
- 8 Top left angle 1-2, right slam 3-4, pop toss 5, catch vertical silk down 6, hold 7-8
- 8 A’s: up and around with turn to the right 1-4, grab flag behind back on 5, turn to back flag in front of you 6-8, B’s: bounce 1-8
- 8 A’s: turn to front 1-4, up and over to right slam 5-8, B’s: bounce 1-8
- 8 A’s: cones 1-8, B’s: bounce 1-8
- 8 A’s: left extension 1-4, down to ground with arm 5-8, B’s: bounce 1-8
- 8 A’s: bounce 1-8, B’s: up and around with turn to the right 1-4, grab flag behind back on 5, turn to back flag in front of you 6-8
- 8 A’s: bounce 1-8, B’s: turn to front 1-4, up and over to right slam 5-8
- 8 A’s: bounce 1-8, B’s: cones 1-8
- 8 A’s: bounce 1-8, B’s: left extension 1-4, down to ground with arm 5-8

****Repeat from beginning to end****

- 5 Up 1-3, hold 4, pose 5

Dance Pop Shake Rock- Intermediate Rifle

Choreographed: by Bucky Flores

- 8 Look on 3, line separates 5-8 chaine into a hip-hop pose
- 8 Pump it up 1-4, grab flag 5-6, stand 7-8
- 8 A's: zig, zag 1-2, rowboat 3-4, flip to vertical 5-6, flip to flat 7-8
- 8 B's: zig, zag 1-2, rowboat 3-4, flip to vertical 5-6, flip to flat 7-8
- 8 A's: invert from rifle butt 1-3, dip 4, toss triple on 5
- 8 B's: invert from rifle butt 1-3, dip 4, toss triple on 5
- 8 Invert from neck 1-2, twist to right 3-4, turn around toss from tip 5, catch to back on 8
- 8 Sauté to front 1-4, cradle 5-6, invert 7-8
- 8 Thumbs around re-grab 1-2, extend to angle 3-4, extend 5-6, flip 7-8
- 8 A's: snap and pivot, B's: snap and pivot
- 8 Tuck rifle 1-2, place on shoulder 3-4, parallel on 5, turn to front on 8
- 8 A's: zig, zag 1-2, rowboat 3-4, flip to vertical 5-6, flip to flat 7-8
- 8 B's: zig, zag 1-2, rowboat 3-4, flip to vertical 5-6, flip to flat 7-8
- 8 A's: invert from rifle butt 1-3, dip 4, toss triple on 5
- 8 B's: invert from rifle butt 1-3, dip 4, toss triple on 5
- 16 Freestyle tosses 1-4, 5-8, 9-12, everyone turn 13-16
- 8 Zig, zag 1-2, rowboat 3-4, flip to vertical 5-6, flip to flat 7-8
- 8 A's: invert from rifle butt 1-3, dip 4, toss triple on 5
- 8 Flag up and down to ground 1-4, stand up 5-6 thrown arms 7-8
- 8 Walk to cluster 1-4, throw arms 6, get low 7-8

Elastic Heart – Advanced Rifle

Choreographed by: Bucky Flores

Starting position: standing in first position, head down, arms to the side, rifle to the right on the ground in front of you

- 16 Look 3, ripple dance to ground to pick up rifle starting 5, every 2 cts
- 16 Ripple invert rifle from butt, reverse sauté every 2 cts, hand change on 14, prep for toss on 15-16
- 16 Triple toss on 1, B's: on one knee with catch, A's: flourish behind back 5-8, extend 9-10, flip back 11-12, prep for toss 13-16
- 16 Triple toss on 1, A's: on one knee with catch, B's: flourish behind back 5-8, extend 9-10, flip back 11-12, prep for toss 13-16
- 16 Pull down, grab on top at neck 1-2, jump and open to right 3-4, cross and place on shoulder 5-8, skater turn to left 9-12, parallel from neck from shoulder 13
- 16 Reverse direction, lift inverse 1-2, extension 3-4, catch in swivel on 5, swipe behind back 6-8, single catch behind head to front 9-12, flip to flat 13-16
- 16 Tuck to shoulder parallel every 2 counts, jump turn to left 13-16
- 16 Lofty toss facing back every 2 counts, turn to front prep for toss 14-16
- 16 Triple toss on 1, B's: on one knee with catch, A's: flourish behind back 5-8, extend 9-10, flip back 11-12, prep for toss 13-16
- 16 Triple toss on 1, A's: on one knee with catch, B's: flourish behind back 5-8, extend 9-10, flip back 11-12, prep for toss 13-16
- 16 Pull down, grab on top at neck 1-2, jump and open to right 3-4, cross and place on shoulder 5-8, skater turn to left 9-12, parallel from neck from shoulder 13
- 16 Reverse direction, lift inverse 1-2, extension 3-4, catch in swivel on 5, swipe behind back 6-8, single catch behind head to front 9-12, flip to flat 13-16
- 16 Ripple follow-the-leader to pose

Banji Rifle – Intermediate/Advanced Rifle

Choreographed by: Scott Ruiz

Beginning pose: Tucked In a squatting position.

- 8 Hold 1-2, sunshine arms 3-4, A's: look through the window 5-6, jazz slide 7-8
- 8 B's: look through the window 1-2, jazz slide 3-4, Points to four corners 5-8
- 8 Grande plié 1-3, elbows into ribs to rebound 4, hip shakes 5-8
- 8 Cheerleader arms 1-2, pop it 3-4, spiral body to the back 5-6, fan yourself 7-8
- 8 Punch your elbow 1-2, point left to right 3-4, spiral back to pick up rifle
- 8 Pick up rifle right ready 1-4, left turn 5-8
- 8 Grab strap 1-3 push forward 4-5 diva hand with the left 6-8
- 8 Inverted grip right wrist and pull to the left side 1-4 twist the strap and turn to the back over your right 5-8
- 8 Pull rifle single out of the left hand and toss a single with a left half turn 1-4 right flourish with a left hip roll 5-8
- 8 Toss a double and catch it one handed into a right flourish 1-4, grab under center of rifle with both hands 5, drop spin 6, replace right hand around head and catch rifle on the neck 7-8
- 8 Pull rifle to the right hip 1-3, push it up on 4, swing it behind the back 5-8
- 8 Hold with rifle neck in the right hand 1-2, leading with the nose dive over the left to a c-shape 3-4, push forward 5-6, lift rifle above the head 7-8
- 8 Leading with the right hand carve rifle down to the waist and hold it against your torso 1-2, push arms up 3-4, pop it back up with the back of your wrists 5-6, pump the rifle above your head 7-8
- 8 Cradle the rifle in your right arm 1-2, throw a single and catch it port 3-4, push the butt down and put both hands on top of the rifle 5-8
- 8 Hip shake left-right 1-2, roll hip left right 3-4, kick rifle nose with the right foot 5, right flourish and put it down 6-8
- 8 Hold 1-2, Sunshine arms 3-4, A's: look through the window 5-6, jazz slide 7-8
- 8 B's: look through the window 1-2, jazz slide 3-4, points to four corners 5-8
- 8 Grande plié 1-3, elbows into ribs to rebound 4, hip shakes 5-8
- 8 Cheerleader arms 1-2, pop it 3-4, spiral body to the back 5-6, fan yourself 7-8
- 8 Punch your elbow 1-2, point left to right 3-4, spiral back to pick up rifle
- 8 Pick up rifle right ready 1-4 left turn 5-8
- 8 Grab strap 1-3, push forward 4-5, diva hand with the left 6-8
- 8 Inverted grip right wrist and pull to the left side 1-4, twist the strap and turn to the back over your right 5-8
- 8 Pull rifle single out of the left hand and toss a single with a left half turn 1-4, right flourish with a left hip roll 5-8
- 8 Toss a double and catch it one in a right forced arch head down

Insomnia – Intermediate Rifle

Choreographed by: Raquel Bowers

Beginning pose: lunge to the left, left arm on you back, right arm by your side

- 8 Open right arm clock wise 1-4, three-step-turn over your left shoulder (arms are covering your eyes) 5-8
- 8 Right leg Balance 1-2, open leg to the back 3-4, chasse to the right 5-6, ‘snap’ 7-8
- 8 Rond-de-jambe right leg to the back 1-2, turn over right shoulder 3-4, chassé leap to the ground 5-8
- 8 Roll over your right shoulder 1-4, pick up your rifle 5-8 end in a second position
- 8 A’s: cradle 1-4, turn over right shoulder 5-8
- 8 Flourish with a flick (of the right foot) 1-4, toss 5, catch 7, hold 8
- 8 B’s: cradle 1-4, turn over right shoulder 5-8
- 8 Flourish with a flick (of the right foot) 1-4, toss 5, catch 7, hold 8
- 8 ‘Tick tock’ 1-6, nose up 7, dip 8
- 8 Left double toss 1-2, catch into a flourish 3-4, neck toss into straight up and down 5-6 hold 7-8
- 8 Push left arm through 1-2, cut through to the left angle (arms slide down to the nose) 3-4, twist and grab (for left flat) 5-6, hold 7, prep 8
- 8 *Left double toss on 1, catch 3, hold 4, push out and back to the 45 5-6, wrap the right leg 7-8
- 8 Single toss 1-2*, chassé to the left with a cradle, 3-5, carve 6-7, lunge to the left 8
- 8 Pop out cradle 1 catch the neck 3, windmill 4-7, left single toss 8
- 8 Catch 2, push out 3-4, turn over right shoulder 5-8
- 8 *Left double toss on 1, catch 3, hold 4, push out and back to the 45 5-6, wrap the right leg 7-8
- 8 Single toss 1-2*, big stir 3-4, barrel turn 5-8,
- 8 Turn over right shoulder 1-2, left hip scoop 3-4, set rifle down 5-8
- 8 Open right arm clock wise 1-4, three-step-turn over your left shoulder (arms are covering your eyes) 5-8
- 8 Right leg Balance 1-2, open leg to the back 3-4, chasse to the right 5-6, ‘snap’ 7-8
- 8 Rond-de-jambe right leg to the back 1-2, turn over right shoulder 3-4, chassé leap to the ground 5-8
- 8 Roll over your right shoulder 1-4, left hand comes up and right hand is by side 5-8

Break Free – Intermediate Rifle

Choreographed by: Raquel Bowers

Beginning position: squatted position, knees to the left, arms are relaxed on your knees

- 8 Hold 1-4, roll up 5-8
- 8 Arms swing to the right 1-2, swing to the left 3-4, turn over the right shoulder while pushing arms down by your side 5-8
- 8 Walk left to right 1-4, arms up 5 down 6, bounce 7-8
- 8 Arm grabs right to left 1-4, table top roll 5-8
- 8 ‘Melt’ arms up 1-2, melt 3-4, push arms to the side and lunge 5-8 (grab rifle on 8)
- 8 Flourish to the back 1-4, turn over right shoulder 5-8
- 8 A’s: open (holding the nose), nose-pull 1-2, prep 3-4, barrel toss 5-6, turn over right shoulder 7-8
- 8 Big circle 1-3, turn over right shoulder 4-5, hold and bounce 5-8
- 8 B’s: open (holding the nose), nose-pull 1-2, prep 3-4, barrel toss 5-6, turn over right shoulder 7-8
- 8 Big circle 1-3, turn over right shoulder 4-5, hold and bounce 5-8
- 8 Everyone flourish 5-7, prep 8
- 8 Left triple toss 1-3, turn over right shoulder 5-8
- 8 Mini circle with the right arm 1-2, shake-it-off (left arm) 3 & 4, flourish toss 5-8
- 8 Straight up and down 1-2 flat 3, prep 4, butt toss 5, catch 7, hold 8
- 8 Swing out 1-2, pop behind your back 3, catch 4, and turn over right shoulder 5-8
- 8 On your shoulders 1-2, hip bounce 3-4, pivots 5-8, (on 7-8 go to flat)
- 8 Angles 1-2, scoop it down 3-4, prep for flat toss 5-6, toss 7-8
- 8 Catch 1 hold 2, flat 3-4, up 5-6, nose stir 7-8
- 8 Single neck toss on 1 catch 3 hold, rifle down 3-4, turn over right shoulder while pushing arms down 5-8 (end up in a line)
- 8 In a ripple- hair flip to the back 1-4, rolls back to the front (left hand up) 5-8
- 4 Shimmy down 1-2, shimmy up 3, pose 4

Dollhouse – Beginner Rifle

Choreographed by: Raquel Bowers

Starting position: in parallel first, body is bent over, arms in a blade

- 8 Hold 1-4, roll up 5-8
- 8 Arms push away to the right 1-4, land in grand plié (arms in second) 5, hold 6, up go up in a high V 7-8
- 8 Step left 1, hold 2, right hand down 3, hold 4, pick up equipment 5-6, up 7, prep 8
- 8 Left double toss on 1, catch 3, hold 4, right flourish 5-8
- 8 Chassé to the left with a nose scoop 1-4, right step ball change to the front 5-7, push 8
- 8 1 drop spin on 1, pop stop on 2, hold 3, push down 4, left drop spin 5, pop stop on 6, pull rifle straight up and down (right leg comes in to releve) 7-8
- 8 Step down with a right flourish 1-4, left arm grabs the barrel 5, left flourish 6-8
- 8 Pop toss 1, catch and cradle 2, right arms opens 3-4, turn over left shoulder 5-6 plié 7-8
- 8 Un-cradle 1-2, swing rifle parallel to flat 3-6, toss behind you with right arm 7-8
- 8 Catch facing the back 1-2, turn over right shoulder 3-4, circle rifle counter clock wise 5-8
- 8 Pop toss behind your back 1-4, left arm circle to the back 5-8
- 8 Arabesque jump to the front 1-2, dive to the back 3-4, pop toss to the right hand 5-6, turn over left shoulder (end at flat) 7-8
- 8 Top cone 1-2, 'tornado' 3-4, turn over left shoulder 5-8*
- 8 Cradle 1-4, windmill turn over right shoulder 5-8
- 8 Flourish out 1-4, pop toss 5-6, prep 7-8
- 8 Left double toss on 1, catch 3, hold 4, right flourish 5-8
- 8 Chassé to the left with a nose scoop 1-4, right step ball change to the front 5-7, push 8
- 8 1 drop spin on 1, pop stop on 2, hold 3, push down 4, left drop spin 5, pop stop on 6, pull rifle straight up and down (right leg comes in to releve) 7-8
- 8 Step down with a right flourish 1-4, left arm grabs the barrel 5, left flourish 6-8
- 8 Pop toss 1, catch and cradle 2, right arms opens 3-4, turn over left shoulder 5-6 plié 7-8
- 8 Un-cradle 1-2, swing rifle parallel to flat 3-6, toss behind you with right arm 7-8
- 8 Catch facing the back 1-2, turn over right shoulder 3-4, circle rifle counter clock wise 5-8
- 8 Pop toss behind your back 1-4, left arm circle to the back 5-8
- 8 Arabesque jump to the front 1-2, dive to the back 3-4, pop toss to the right hand 5-6, turn over left shoulder (end at flat) 7-8
- 8 Top cone 1-2, 'tornado' 3-4, turn over left shoulder 5-8*

Ending posing you push out your right arm

Get Low – Beginner Rifle

Choreographed by: Scott Ruiz

Starting body position: crouched down on right knee

Starting equipment position: nose of rifle pointing to the left

- 4 Head nod 1-4
- 8 Jump to second hands flexed 1-2, right to left shoulder roll 3-4, arm wraps 5-6, push half turn 7-8
- 8 Forced arches 1-2, step left throw half turn 3-4, left slide step 5-6, right slide step 7-8
- 8 Step left coupé “Throw dice” 1-2, right jump turn 3-4, second arms lock fingers 5-6, chassé with arm wave 7-8
- 8 Arm pump while traveling to rifle 1-3, arm down 4, right then left “What-what” arms 5-6, throw and pick up rifle 7-8
- 8 flip rifle over 1, bring up and behind head 2, dive to flat 3-4, dive over your right shoulder 5-6, half turn over left shoulder 7-8
- 8 “Drop it low” 1-2, carve 3-4, top right angle 5, lean with right flourish 6-7, flip 8
- 8 Slide rifle out to left 1, re-grab with left hand 2, turn to back rifle flat 3, above head 4, push and grab drop spin at bolt with left thumb down 5-8
- 8 Left flourish 1-4, double toss with prep catch and place on ground 5-8
- 8 Jump to second hands flexed 1-2, right to left shoulder roll 3-4, arm wraps 5-6, push half turn 7-8
- 8 Forced arches 1-2, step left throw half turn 3-4, left slide step 5-6, right slide step 7-8
- 8 Step left coupé “Throw dice” 1-2, right jump turn 3-4, second arms lock fingers 5-6, chassé with arm wave 7-8
- 8 Arm pump while traveling to rifle 1-3, arm down 4, right then left “What-what” arms 5-6, throw and pick up rifle 7-8
- 8 Flip rifle over 1, bring up and behind head 2, dive to flat 3-4, dive over your right shoulder 5-6, half turn over left shoulder 7-8
- 8 “Drop it low” 1-2, carve 3-4, top right angle 5, lean with right flourish 6-7, flip 8
- 8 Slide rifle out to left 1, re-grab with left hand 2, turn to back rifle flat 3, above head 4, push and grab drop spin at bolt with left thumb down 5-8
- 8 Left flourish 1-4, double toss with prep catch and place on ground 5-8
- 8 A’s: drop spin while going into forced arch 1-3, flip 4, head nod 5-8, B’s: head nod 1-4, drop spin while going into forced arch
- 8 Right extension 1-4, flourish to ground 5-8
- 5 Jump to second hands flexed 1-2, right to left shoulder roll 3-4, pose on 1

Mr. Put It Down – Intermediate

Choreography: Rachel Johnson

Starting position: left foot dig, baton right hand down to right side, left hand behind head

- 8 Shake in Starting Pose 1-8
- 8 Flash with ball change back on left 1-4, push left hand to side, body slides to right 5-8
- 8 Airplane arms to right 1-4, airplane arms to left 5-8
- 8 Big swing front 1-2, loop behind shoulder to back 3-4, left arm and baton reach up to left side 5-6, hand roll down 7-8
- 8 Step chassé with slice 1-and-2, right kick 3-4, loop left, right, left, shoulder pass to left 5-6-7-8
- 8 Left flash to back 1-2, turn to front left reverse figure eight 3-4, matched hand pass above head 5-6, flash right and bring arms straight down to sides 7-8
- 8 ½ Flourish series to right side 1-4, flash toss 5-8
- 8 Flash 1-4, drop to tuck position 5-8
- 8 Pop feet out 1-2, slide left foot through 3-4, bring legs together straight out on left side 5-6, roll up to front 7-8
- 8 Flat neck wrap 1-2, turn to back with baton at left hip 3-4, point baton to front 5-6, shake 7-8
- 8 Baton straight above head, right chassé to back 1-2, (arms out, legs apart) look left, right 3-and-4, sassy walk (turning to left to face front) 5-6-7-8
- 8 Flash 1-2, toss 3-4, slice and pose (arms straight out, right knee popped) 5-8
- 8 Shake 1-2, big swing front 3-4, neck wrap to left looking down 5-6, “Little Joe Flip” left to right to back 7-8
- 8 Big swing to front 1-2, pass right to left under legs 3-4, reverse figure eight to right pass 5-6, bring arms to chest B’s: behind back, A’s: across the chest 7-8
- 8 A’s: & B’s: partner work – right partner turns to left 1-3, layback 4, return to spot 5-8
- 8 Ponytail turn 1-4, straight-arm pose 5-8

**** Repeat section****

- 8 Step chassé with slice 1-and-2, right kick 3-4, loop left, right, left, shoulder pass to left 5-6-7-8
- 8 Left flash to back 1-2, turn to front left reverse figure eight 3-4, matched hand pass above head 5-6, flash right and bring arms straight down to sides 7-8
- 8 ½ Flourish series to right side 1-4, flash toss 5-8
- 8 Flash 1-4, drop to tuck position 5-8
- 8 Pop feet out 1-2, slide left foot through 3-4, bring legs together straight out on left side 5-6, roll up to front 7-8
- 8 Flat neck wrap 1-2, turn to back with baton at left hip 3-4, point baton to front 5-6, shake 7-8
- 8 Baton straight above head, right chassé to back 1-2, (arms out, legs apart) look left, right 3-and-4, sassy walk (turning to left to face front) 5-6-7-8

Mambo Italiano – Intermediate

Choreography: Courtney Cowger

Starting position: right foot in dig arms in low v

- 4 Hold 1-4
- 8 A's: flourish 1-4, bring left arm up by head 5-6, arm down 7-8
- 8 B's: flourish 1-4, bring left arm up by head 5-6, arm down 7-8
- 8 Flourish 1-4, high toss/thumb flip while left arm reverse sunshine 5-8
- 8 Walk right then left 1-2, windmill around (left to right) 3-4, put right foot back and reverse figure eights to right diagonal 5-8
- 8 Flourish to right side to regulate figure eight 1-4, finger twirls 5-8
- 8 Hand toss right to left 1-4, turn to front and pass behind back 5-8
- 8 Flourish 1-4, elbow roll 5-8
- 8 Bring left arm down to low v and step tap 1-2, clip turn to right 3-4, walk right then left 5-6, roll and sit into right hip 7-8
- 8 Big swings backwards to the right to left then right again 1-3, swing behind head to turn around to face left 4 big swings forward left then right 5-6, flip over wrist 7-8
- 8 Step tap to the right (facing the back) 1-4, turn to the front 5-8
- 8 Flourish 1-4, thumb flip 5-8
- 8 Push left arm out and dig right foot 1-4, reach up to left diagonal 5-6, go down on knee 7-8
- 8 Snap left arm up 1-2, bring it down 3-4, thumb flip baton up and switch knees by turning to the back and catch the baton 5-8
- 8 Bring left arm up and sit on butt 1-4, roll up 5-8
- 8 Bring arms up over head 1-2, bring arms down to low v and release head 3-4, come up and step right 5-6, point left foot out and push right arm out 7-8
- 8 Hand roll 1-4, flourish over right shoulder to front 5-8
- 8 Thumb-flip and catch under right leg with left hand 1-4, windmill back around to front over left shoulder 5-8
- 8 Step left kick right and pass under leg left hand to right hand 1-2, step right and passé left arms coming to left 3-4, chassé while backwards figure eight 5-6, step 7 thumb-flip while doing a X jump 8
- 8 Turn to front 1-4, flourish 5-8
- 8 Single elbow roll 1-4, windmill to right side 5-6, slide to the right facing the back arms in diagonal 7-8
- 8 Big swing in front 1, behind the head 2, pass behind back right to left 3-4, pass behind back left to right 5-8
- 8 Backwards figure eight facing left 1-2, flourish around to front 3-4, flourish again 5-8
- 8 Thumb-flip 1-4, bring arms up to high v 5-8

Fireball – Intermediate

Choreographed by: Rachel Johnson

Starting position: standing in fourth position, right knee popped to front, arms low v baton in right hand

- 8 Hold in starting pose 1-8
- 8 Shake in pose 1-8
- 8 A's: turn left to right in circle, presenting arm 1-8
- 8 B's: turn left to right in circle, presenting arm 1-8
- 8 Big swing 1, little swing 2, big swing 3 little swing 4, shoulder loop 5-6, arms reach up to side, hand roll down to left dig 7-8
- 8 "Little Joe Flip" to front 1-2, "Little Joe Flip" to back 3-4, turn to front with flash and pose (left arm straight out to side, baton horizontal behind back, right foot back)
- 8 Right flash series 1-4, left flash series 5-8
- 8 Right flash series 1-4, slice and field pose to front (left arm straight up by ear) 5-8
- 8 Ponytail turn 1-2, flash 3-4, toss 5-6-7-8
- 8 Push baton vertical to left (hold top to bottom) 1-2, push down/over and to right side 3-4, hold out 5-6, can opener flip 7-8
- 8 A's: flash with chassé to left 1-and-2, dig right and pose 3-4
- 8 B's: flash with chassé to left 5-and-6, dig right and pose 7-8
- 8 A's: flash front 1-2, turn to back (left knee popped, arms in left with right arm by ear) 3-4
- 8 B's flash front 1-2, turn to back (left knee popped, arms in left with right arm by ear) 3-4
- 8 Step chassé to back (arms straight above head) 1-and-2, kick right (arms hit low V) 3-4, turn to front with arms behind back 5-8
- 8 Jazz run to front (lifting arms) 1-4, place arms behind shoulders 5-8
- 8 Spin 1-4, dig pose to left side with arms in left 5-8
- 8 Flash 1-spin 1-6, "Fireball" field pose with left arm up (jazz hand) and head back
- 8 Big swing 1, little swing 2, big swing 3 little swing 4, shoulder loop 5-6, arms reach up to side, hand roll down to left dig 7-8
- 8 "Little Joe Flip" to front 1-2, "Little Joe Flip" to back 3-4, turn to front with flash and pose (left arm straight out to side, baton horizontal behind back, right foot back)
- 8 Right flash series 1-4, left flash series 5-8
- Second flash series also???
- 8 Ponytail turn 1-2, flash 3-4, toss 5-6-7-8
- 8 Move to straight line 1-7, all arms hit L on 8
- 8 Ripple look to left (right arm beside ear) 1-8
- 8 Ripple turn to front 1-8
- 8 Move to two lines 1-8
- 8 Big swing 1-2, neck wrap down 3-4, "Little Joe Flip" to back 5-6, turn to side 7-8
- 8 Side swings (forward) left, right, left, 1-4, end release to right side 5-8
- 8 Sit back and push arms back 1-4, twist to front on left, jazz knee, baton comes over (reverse direction) 5-7, pose right arm straight out 8
- 8 Ponytail turn, one spin, "Fireball" field pose

Shut Up and Dance – Intermediate

Choreographed by: Courtney Cowger

Starting position: all of your weight on the left foot with right foot pointed out, arms are by your side with baton in right hand, and head is down

- 8 Hold 1-8
- 8 A's: bring arms up to left then in a diagonal motion down to your right side 1-4, B's: bring arms up to left then in a diagonal motion down to your right side 5-8
- 8 Reverse figure 8 to left side 1-2, walking spiral 3-4, flourish 5-8
- 8 One spin 1-4, bring arms up to high v 5-6, down to low v 7-8
- 8 Big swing 1-2, little swing 3, big swing 4, behind your head swing while turning over left shoulder 5-8
- 8 Big swing to right 1-2, big swing to left 3-4, behind your head swing 5-6, pass right to left 7-8
- 8 Step up and pass above your head 1-2, bring feet together 3-4, flourish 5-8
- 8 Elbow extension roll to wrist 1-4, pass behind 5-6, slide out in diagonal (left arm up, right arm down) 7-8
- 8 Step to left diagonal with right foot left hand behind your head and wrist roll 1-4 windmill around to the front over left shoulder 5-8
- 8 Horizontal swing above the head 1-2, horizontal swing below 3-4, horizontal swing above the head 5-6, horizontal swing below 7, horizontal swing above head 8
- 8 Neck wrap 1-4, pass behind the back 5-8
- 8 A's: push left arm and pivots to back 1-4, B's: push left arm and pivots to the back 5-8
- 8 Pivot to the front 1-4, flourish to right 5-6, finger twirls 7-8
- 8 Chassé to the right with both arms windmill 1-4, turn to the front over left shoulder with baton horizontal holding it by the ends 5-8
- 8 Roll baton down arms to front 1-4, bring arms up and roll it down on the back 5-8
- 8 Step touch right to left with arms down 1-4, step touch right to left arms above 5-8
- 8 A's: reach up to left diagonal then brings arms down to low v 1-4, B's: reach up to left diagonal then brings arms down to low v 5-8
- 8 Windmills and turns over left shoulder 1-4, cross both arms then bring them into low v and step back with the left foot 5-8
- 8 Flat spin and step out to the right 1-2 turn to the back and continue flat spin 3-4, turn back to front and flat spin 5-8
- 8 Bring both arms into half "t" and bring feet together 1-4, go down to your knees (right then left) 5-8
- 8 Bring arms to high v 1-2, bring arms to low v 3-4, bring left arm up to high v 5-8
- 1 Lift head high on 1

Shake it off – Rachel

Uptown Funk – Beginner/Intermediate

Choreographed by: Rachel Johnson

Starting position: feet together, baton horizontal across legs, arms straight

- 12 Hold 12 counts, music/routine begins, after the band introduction
- 8 Baton horizontal across arm left side, left knee popped 1-2, baton horizontal across arm right side, right knee popped 3-4, fold baton over (right side), left knee popped 5-6, high v 7-8
- 8 Step chassé left with baton on left side 1-and-2, step chassé right with baton on right side 3-and-4, arms cross above head, cross right over left, turn 5-8
- 8 Lunge left, push baton straight 1-2, lunge right, push baton straight 3-4, slice, field pose 5-8.
- 8 Flash toss 1-4, cross right over left turn (end in front with right arm straight out to side, left hand behind head, right knee popped forward) 5-8
- 8 “Chucks” right foot shake 1-and-2, drag left hand down right leg 3-4-5-6, blow a kiss to front, scoot back 7-8
- 8 Flash chassé ball change series to left 1-4, flash chassé ball change series to right 5-8
- 8 Flash chassé ball change series to left 1-4, flash chassé ball change series to right 5-8
- 8 Big swing 1-2, little swing with left toe dig 3-4, big swing 5-6, little swing with left toe dig 7-8
- 8 Big swing 1-2, turn left to back, under leg release right catch right 3-4-5-6, bring baton over and to horizontal chin pass position 7-8
- 8 Pivot turn to front 1-2, left flat wrist twirl 3-4, flat toss 5-6, right wrist twirl 7-8
- 8 Hip/baton bounce left 1-2, hip/baton bounce right 3-4, shoulder/baton tap 5-6, left dig snaps 7-8
- 8 Shoulder/baton tap 1-2, left dig snaps 3-4, shoulder/baton tap 5-6, left dig snaps 7-8
- 8 Step across left touch right 1-2, step across right touch left 3-4, circle snap and sit 5-6, close together 7-8
- 8 Flash series to right 1-4, and back to left 5-8
- 8 Flash series to right 1-4, slice to field pose with left arm up 5-6, shake 7-8
- 8 Big circle 1-2, neck wrap down 3-4, reverse figure eight left up 5-6, flash down right 7-8
- 8 To left corner, step chassé right 1-2, kick with slice 3-4, A’s: ponytail turn 5-6-7-8
- 8 B’s: ponytail turn 1-2-3-4, A’s: straight arm pose to L 5-6-7-8
- 8 B’s: straight-arm pose to left 1-2-3-4, slice to field pose (during 4 count percussion) 5-6-7-8
- 8 A’s: “Little Joe Flip” front and back 1-2-3-4, flash front 5-6, sit pose to left 7-8
- 8 B’s: “Little Joe Flip” front and back 1-2-3-4, flash front 5-6, sit pose to left 7-8
- 8 Sassy walk in circle 1-8
- 8 Flash toss 1-2-3-4, ponytail turn 5-6, field pose with left arm above head (jazz hand) 7-8

Dance, Rock, Shake, Pop – Beginner One-Baton

Choreography: Rachel Johnson

Starting Pose: Feet together, head down, baton in right hand

- 8 Pop out, feet shoulder width apart, left hand on hip 1-4,
Hold 3-4, sassy walk (forward left, right, left, right with hand fanning left ear) 5-8
- 8 Big swing 1, little swing 2, big swing 3-4, taffy pole to back 5-6, flash front (hit high V), close feet together, baton at right side, head down 7-8
- 8 Pop out, feet shoulder width apart, arms at sides 1-2, pop left knee 3, pop right knee 4, flash right side 5, pass behind right leg to L and bring baton up to left hip 6, “Stop” hand to front with right knee popped 7-8
- 8 Baton to belly button, push left leg front 1-2, pivot to back bringing baton horizontal behind head 3-4, lasso (facing back) 5, neck wrap pass to left drop to closed knees 6, pop out, feet shoulder width apart, baton horizontal at left side 7-8
- 8 Shake right hip (2 bounces) 1-2, shake left hip (2 bounces) 3-4, turn front (right to L), feet together, baton horizontal at knees 5-6, baton in right hand, arms hit low V as you step back on left foot and pop right knee 7-8
- 8 Backwards prance with reverse figure 8 (left, right, left, right) 1-4, feet together, Tick-Tock above head 5-6, high V, arms to sides 7-8.
- 8 Flourish series right to left
- 8 ½ Flourish series 1-4, big swing front 5-6, neck wrap down pass to left with left toe pointed back 7-8
- 8 Turn to back, flash left 1-2, pass under right leg kick 3-4, feet together with high V 5-6, peek front over left shoulder, baton to left hip 7-8
- 8 Bring baton out horizontal, circle walk to front 1-4, baton horizontal behind head 5, drag baton up front of body to position over head 6-8
- 8 Big swing 1-2, taffy pole turning to back 3-4, turn to front, arms at sides 5-8.
- 8 Sassy Walk to switch lines/spots 1-8
- 8 Pop out, feet shoulder width apart, arms at sides 1-2, pop left knee 3, pop right knee 4, flash right side 5, pass behind right leg to L and bring baton up to left hip 6, “Stop” hand to front with right knee popped 7-8
- 8 Baton to belly button, push left leg front 1-2, pivot to back bringing baton horizontal behind head 3-4, lasso (facing back) 5, neck wrap pass to left drop to closed knees 6, pop out, feet shoulder width apart, baton horizontal at left side 7-8
- 8 Shake right hip (2 bounces) 1-2, shake left hip (2 bounces) 3-4, turn front (right to L), feet together, baton horizontal at knees 5-6, baton in right hand, arms hit low V as you step back on left foot and pop right knee 7-8
- 8 A’s: flat wrist twirl ball-change series left to right
- 8 B’s: flat wrist twirl ball-change series left to right
- 8 A’s: flat wrist twirl ball-change series left to right
- 8 B’s: flat wrist twirl ball-change series left to right
- 8 Push baton horizontally down front of body during pivot turn (toward right side) to back 1-4, arm angles right and left 5-6, circle slide across front of body turning toward front 7-8
- 8 Flash toss 1-4, floor slide, pose, hand flip to knee 5-8

All About that Bass – Beginner

Choreographed by: Courtney Cowger

Starting position: facing back with right foot pointed behind, arms down by your side
baton in right hand

- 4 Hold 1-4
- 8 A's: turns over right shoulder brings arms above head 1-2, open arms down to low v 3-4, B's: turns over right shoulder brings arms above head 5-6, opens arms down to low v 7-8
- 8 Backwards figure eight with right foot pointed out in front 1-4, pass above 5-6, pass behind 7-8
- 8 Spiral 1-4, spiral 5-8
- 8 Thumb flip/ high toss 1-4, sit in hip arms swing a little bit to the right 5-8
- 8 High horizontal swing 1-2, low horizontal swing 3-4, high horizontal swing 5-6, low horizontal swing 7-8 (this eight count in done while turning in a circle over your left)
- 8 High horizontal swing (to the front) 1-2, neck wrap 3-4, pass behind back 7-8
- 8 Step tap right 1-2, step tap left 3-4, chassé to front right 5-6, chassé left 7-8
- 8 Step right 1-2, step left 3-4, high v with right foot dug 5-6, change to low v and left dig 7-8
- 8 Backwards swing right 1-2, left 3-4, right 5-6, left 7-8
- 8 Pass right to left 1-2, bring the baton behind your back 3-4, bring your right hand to shoulder level 5-6, turn to right and push right hand out 7-8
- 8 Windmill right arm open 1-2, clip turn while passing baton left to right behind back 3-4, flourish 5-8
- 8 Elbow roll with arm bent 1-4, left arm comes up ear 5-6, arm comes down 7-8
- 8 Flourish 1-4, elbow roll with arm straight 5-6, bring arms to diagonal 7-8
- 8 Wrap left arm around head 1-2, bring arm down and sit back onto left leg 3-4, switch legs 5-6, switch legs again 7 and again on 8
- 8 Small spiral 1-4, small spiral 5-8
- 8 Flourish 1-2, thumb flip/ high toss (or optional one spin) 3-8
- 8 Step right 1, step left 2, windmill arms 3-4, turn to left and pop right leg 5-8
- 8 Big swings backward right to left then right again 1-3, swing behind head to turn around to face left 4, big swings forward left to right 5-6, flip over wrist 7-8
- 8 Swing behind head to front 1-2, two front swings 3-4, swing toss 5-8
- 8 Step left passé right 1-2 turn around over left shoulder to front 3-8
- 8 Flourish 1-4, thumb flip/ high toss with left arm doing a reverse sunshine 5-8
- 8 Step touch with backwards figure eight left to right 1-4, right to left 5-8
- 8 Reverse figure eight to back 1-2, toss right to left 3-4, turn around to front and pass the baton behind back 5-8
- 8 High horizontal swing 1-2, low horizontal swing 3-4, high horizontal swing 5-6, low horizontal swing 7-8 (this eight count in done while turning in a circle over your left)
- 8 High horizontal swing (to the front) 1-2, neck wrap 3-4, pass behind back 7-8
- 8 Step tap right 1-2, step tap left 3-4, chassé to front right 5-6, chassé left 7-8
- 8 Step right 1-2, step left 3-4, high v with right foot dug 5-6, change to low v and left dig 7-8

- 8 Backwards swing right 1-2, left 3-4, pass baton right to left over shoulder 5-6,
pass baton behind back left to right 7-8
- 5 Flourish 1-4, hit diagonal left arm up right arm down with left foot pointed back 5

Banji – Beginner

Choreography: Rachel Johnson

Starting Pose: Feet together, baton in right hand (casual stance)

- 8 Hold 1-4, rock 5-8
- 8 Rock 1-4, hold (feet together, baton in Right hand at side)
- 8 Flash with right step 1-4, flash with left step 5-8
- 8 Walk forward left 1, walk right 2, pop-out (legs shoulder width apart) 3-4, fan (baton behind back) 5-8
- 8 A's: arms up and down to side with dig 1-4, B's: arms up and down to side with dig 5-8
- 8 Side swings left 1, right 2, Left 3, shoulder pass to left hand 4, flash left to back 5-6, pass behind rear 7-8
- 8 Rock to the left 1-4, rock to the right 5-8
- 8 Turn to front bringing baton out in right hand horizontal to matched hand pass under chin 1-4, behind head 5-6, slice to sides (baton in right hand) horizontal 7-8
- 8 (With flat wrist twirl and right hand on hip, turning in circle) Push front 1-2, push to Left side 3-4, push to back 5-6, push to Right side 7-8
- 8 Flat wrist twirl with chassé ball change to left 1-4, flat wrist twirl with chassé ball change to right 5-8
- 8 Bring baton to matched hand pass and hold 1-2, push out and over 3-4, bop 5-8
- 8 Bop 1-4, hold (baton in right hand) 5-8
- 8 Flash series to right 1-4, flash series to left 5-8
- 8 Flash series to right 1-4, turning pony-tail (end facing left side) 5-8
- 8 Side swing left 1, right 2, left 3, right shoulder pass to left hand 4, flash left to back and pass under leg to right hand 5-6, flash right to front and pass under leg to left hand 7-8
- 8 Reverse figure 8 to matched hand pass above head 1-2, big swing 3-4, shoulder pass to left hand 5-6, hold 7-8
- 8 Reverse figure 8's with alternating hip sits to back on counts 1 through 8
- 8 Pass above head to flash down 1-4, turning ponytail 5-8
- 8 Flash 1-2, toss 3-4, catch 5-6-7-8
- 8 With baton in right hand, lunge slides to front cluster as class and group pose

Break Free – Beginner

Choreographed by: Courtney Cowger and Jessica Yozwiak

Starting Position: Facing the back, feet together, arms down by your side, baton in right hand

- 8 Hold 1-8
- 8 Ripple to the front over your right shoulder with your right leg popped and your arms in a low v facing the left diagonal
- 8 A's: bring both arms up to the left diagonal then slices the right arm 1-4, B's: bring both arms up to the left diagonal then slices the right arm 5-8
- 8 Big swing to the front 1-2, big swing to the back 3-4, big swing to the front 5-6, big swing to the back 7-8
- 8 Releve with a swing flourish 1-4, elbow pass right to left 5-8
- 8 Reverse figure eights in the left hand in a deep lung to the left 1-4, while continuing backwards figure eights bring right leg into passé on 5, down 6, backwards figure eights 7-8
- 8 Pass under knee with right lung left to right 1-4 flourish 5-8
- 8 Two-hand twirl right to left to the front 1-4, two-hand twirl to the back left to right 5-8
- 8 Flourish 1-4, bring arms up to high v and step back with left foot on releve 5-6, bring arms down to a low v and sit back on your left hip 7-8
- 8 A's: shake hips while sun shining the left arm 1-4, B's: shake hips while sun shining the left arm 5-8
- 8 Flourish chassé ball change with a hand toss right to left 1-3, catch on 4, backwards figure 8 (left arm) with a chassé 5-6, pass behind the back with a ball change 7-8
- 8 Flourish chassé ball change with a hand toss right to left 1-3, catch on 4, backwards figure 8 (left arm) with a chassé 5-6, pass behind the back with a ball change 7-8
- 8 Right hand flat twirl with the left arm in "t" ball change to the front 1-4, continuing the flat twirl, ball change to the left facing the back with left hand behind head 5-8
- 8 Continuing the flat twirl, ball change to the back with the left arm straight up 1-4, continuing the flat twirl ball change to the right facing front left arm back to "t" 5-8
- 8 Horizontal swing above the head 1-2, horizontal swing below 3-4, horizontal swing above head 5-6, horizontal swing below 7-8
- 8 Neck wrap 1-4, pass behind the back 5-8
- 8 A's: step forward on the right leg arms present 1-4, swing arms up to high v and then down to low v 5-8
- 8 B's: step forward on the right leg arms present 1-4, swing arms up into high v and then down into low v 5-8
- 8 Go down on right knee 1-2, left knee 3-4, flourish to sit on your knees 5-8
- 4 Left arm swings up, in front of your face then down (reverse sunshine) 1-3, head lifts 4

I Am The Doctor – Advanced

Choreographed by: John D. Ralph

Time signature is 7/4, to be conducted as 4/4 followed by 3/4

Ready

3m 7/4

Nod, 2, 3, 4 – 5, 6, 7

3m

Point, 2, 3, 4 – 5, 6, 7

2m

Crescendo 2, 3, 4 – 5, 6, 7

1, 2, 3, 4, - 5, 6, Freeze

Chop, slap, slap, pause (right)

Syncopated cut-off (left only)

-----Meter Change-----

1m 3/4 (right hand only)

-----Meter Change-----

4m 7/8 (both hands)

-----Meter Change-----

Hold, 2, 3, pick-it-up

3m 4/4

Double Triplet

Double Triplet

Stick, 2, Stick, 4

Stick, 2, Stick, 4

Decrescendo – 2m

Crescendo – 4m

1m

Stick, 2, Stick, 4

Hold – 2m

-----Meter Change-----

4m 7/4

Nod, 2, 3, 4 – 5, 6, 7

3m 7/4

-----Meter Change-----

Freeze left – 2m 4/4

Freeze left – 2m

Freeze left – 2m

Stick, 2, Stick-around

1m (right hand only)

-----Meter Change-----

2m 7/4

1, 2, 3, 4, - 5, 6, Freeze

Chop, slap, slap, pause (both hands)

Syncopated 3 ct. cut-off

Seven Nations Army – Intermediate, Score Reading
Choreographed by: John D. Ralph and Serenity McCants

Ready (right hand only)

3m 4/4 (right hand only)

Accent, 2, 3, 4

3m

Nod, 2, 3, 4

6m

1, 2, prep, Accent

7m

Stick 3, 4

Stick 3, 4

Accent, 2, 3, 4

7m

“T” conducting - 2m (open palms)

Decrescendo 2, 3, 4

3m (right hand only)

Accent, 2, 3, 4

4m

1, 2, prep, Fall

Hold down, 2, 3, 4-

1, 2, prep, Accent

4m

Fall, 2, 3, pick it up

5m

BIG conducting – 1m

1, 2, prep, circle – 1, 2, off

Shake It Off – Intermediate

Choreographed by: Serenity McCants

Ready (right hand only)

1m right hand only

1, prep, Accent, 4

7m

Freeze 1, Bell Tones (3 steps descend)

1m

Stick, 2, Stick, 4

1m

Stick, 2, Stick, 4

3m

Off Left, 2, 3, 4

7m

1, 2 prep, Hit, prep - Fall, 2, 3, 4

3m (right hand only)

1, 2, prep, Accent

1m

1, prep, Hold, 4 – 1, 2, 3, pick-it-up

6m

Crescendo 2, 3, 4

Freeze Left, 2, 3, pick-it-up

8m

Hold, 2, 3, pick-it-up

Drop Left, 2, 3, 4

5 ct. cross cut-off

All About The Watchtower – Intermediate, Marching

Choreographed by: John D. Ralph

Starting position: Drum major B is standing directly behind drum major A

Ready (right hand only)

1m 4/4 (right hand only)

Accent, 2, 3, 4

7m

Accent, 2, 3, 4

2m

Crescendo 2, 3, 4

A – forward 8, right 8, back 8, left 8, forward 8, hold 8

B – MT 8, forward 8, right 8, back 8, forward 8, hold 8

Rock (left 2, right 2) 4m

7m

Crescendo 2, 3, 4

A – back 8, forward-right 8, 8 counts to kneel

B – back 8, MT 8, forward-left 8 (end directly behind A), hold 8

Triplet Check Marks x 6 (alternate turning left/right on triplets)

2m

A – stand up for 8

B – hold 4, forward-left 4 into A line

Rock 6m

3m

A – back-right 8, left 4

B – back-right 4, hold 4, right 4

Stick 3, 4

Stick 3, 4

5m

A+B – march to final form 16, hold 4

Syncopated 3 ct. cross cut-off

All About That Bass – Beginner

Choreographed by: Serenity McCants

Ready

7m 4/4

“T” conducting – 1m

8m

Accent, 2, 3, 4

7m

Accent, 2, 3, 4

6m

Off Left, 2, 3, pick it up

Sticks on 1 & 3 – 7m

1m

Accent, 2, 3, 4

7m

Accent, 2, 3, 4

7m

5 ct. cross cut-off

Waving Flag – Basics/Beginner

Choreographed by: John D. Ralph and Serenity McCants

Ready (right hand only)

4m (right hand only)

Crescendo 2, 3, 4

7m

Crescendo 2, 3, 4

(*Turn to left 45)

8m

(*Turn back to the front)

7m

Crescendo 2, 3, 4

7m

Crescendo 2, 3, 4

HALFTIME – 4 measures in halftime

7m (A Tempo)

Crescendo 2, 3, 4

Drop left, 2, 3, 4

2m (right hand only)

Accent, 2, 3, 4

3m

5 ct. cross cut-off