

Can You Do This [Adv. Flag]  
Choreography: Nick Williams

- 16 (A's) point for 1-8, chassé, sauté, repeat 9-16
- 16 (B's) repeat 1-16
- 8 Together up 1-4, cradle 5-6, flat 7-8
- 8 L hand 45 1-4, pencil turn 5-8
- 8 Chassé 1-2, scoop 3-4, grab with R up to head 5-8
- 8 Flourish 1-4, hand switch 5-8
- 8 Invert lunge 1-4, pull toss 5-8
- 8 Box turn 1-4, parallel 5-8
- 16 Drop spins 1-8, down 9-10, flat set toss double 11-12, hand roll to coupé facing left 10-16
- 8 A sauté flourish 1-4, bottom carve flat 5-8
- 8 B sauté flourish 1-4, bottom carve flat 5-8
- 8 A parallel 1-4 to wave circle 5-8
- 8 B Parallel 1-4 to wave circle 5-8
- 32 repeat chorus
- 8 cradle 1-2, open 3-4, wave 5-8
- 8 silk work 1-4 wrap around front 5-8
- 8 hit to back 1-4, flourish 5-8
- 8 hit to right 1-2, bring around 3-4, single 5-8
- 8 parallel ripple 1-8
- 8 up down silk switch ripple 1-8
- 16 pop left handed 1-4, around the body passing through 45 5-8, poses 9-16

## Higher [Adv. Flag]

Choreography: Rae Winget

- 8 Start in a line opposition chest pops 1-8
- 8 Zipper ripple 1-8
- 8 Featured dancers 1-8, in the middle
- 8 Exchange from the sides 1-4, chest pop 5-8
- 8 Flourish back scratcher 1-4, carve 5-6 lift 7-8
- 8 Back row boat 1-2, behind the back 3-4, swing pole 5-8
- 8 Rainbow cradle 1-4, jump turn 5-8
- 8 Dive over right shoulder 1-4, barrel turn 5-8, Circle formation (move L facing outside the Circle)
- 8 Chassé 1-3, three step turn 4-6, weight shift 5-8
- 8 Party toss holding the silk 1-4, three step turn 5-8
- 8 Chainé turn 1-4, chest pop 5-6, flat toss 7-8
- 8 Formation change back to line 1-8
- 8 Flourish back scratcher 1-4, carve 5-6 lift 7-8
- 8 Back row boat 1-2 behind the back 3-4 swing pole 5-8
- 8 Rainbow cradle 1-4, jump turn 5-8
- 8 Dive over right shoulder 1-4, barrel turn 5-8
- 8 Chassé to straight line everyone 1-4 pull flag open 5-6 hide 7-8
- 8 Ripple pop up from the back 1-2, or 3-4, or 5-6, or 7-8
- 8 Ripple chainé flag flat from front 1-2, or 3-4, or 5-6 , or 7-8
- 8 Silk toss everyone 1-8
- 8 Flourish back scratcher 1-4, carve 5-6, lift 7-8
- 8 Back row boat 1-2, behind the back 3-4, swing pole 5-8
- 8 Rainbow cradle 1-4, jump turn 5-8
- 8 Dive over right shoulder 1-4, barrel turn 5-8
- 8 Dive under arm 1-4 off hip 5-8
- 8 45 toss 1-4, scoop 5-8
- 8 Chainé 1-4 cone 5-8
- 8 Silk toss slam 1-8

## Salute [Adv. Flag]

Choreography: Jesus Acosta

Start in a straight line with hands on your hips w/ every other person on their R knee

- 6 R arm punches front (Ripple) from L to R 1-6
- 8 Around the world port de bras to genie 1-4, army hands 5-8
- 8 Half T pop out 1-2, K punches 3-4, roll to sit w/ arm up 5-8
- 8 Push to flex R/L 1-4, switch push 5-8
- 8 Kitty cat 1-2, pivot back 3-4, gangsta arms 5-6, pick up flag 7-8
- 8 Flourish and runs R 1-4, Brush hair 5-8
- 8 R arm points to muscle 1-4, "POWER" arm in 4 groups 5-8
- 8 Under L leg 1-2, front 3-4, bottom cone 5-6, toss 7-8
- 8 Strap boots 1, catch 2, dip front 3-4, head pop 5-6, sit L 7-8
- 8 Salute 1-2, R flat 3-4, (Switching Windows) R palm roll 5-8
- 8 (Switching Lines) pop toss 1-4, (Switching windows) 3-step turn 5-8
- 8 (3 groups) Points or kicks 1-4, flat down 5-6, pop up 7-8
- 8 \*Around the world flourish 1-8
- 8 Criss cross 1-2, check mark 3-4, rainbow 5-8
- 8 (A's and B's) Motorcycle kick 1-4, Lean back w/ windmill 5-8
- 8 Motorcycle to the other side 1-4, pose 5-6, chicken wing 7-8
- 8 "Strap Boots" 1-2, L turn 3-4, hip roll 5-6, sit L 7-8
- 8 Salute 1-2\*\*, (A's) Robot arm w/ Rond de jambé 3-4, dip flag 5, flip 6-8
- 8 (B's) 1-8 (A's and C's hold)
- 8 (C's) 1-8 (A's and B's hold)
- 8 Rocket up to L back hand 1-4, back flourish to drop spin 5-8
- 8 Up and over L side flat 1-4, Reverse windows 5-8
- 8 Change lines w/ R pop toss 1-4, turn to switch windows 5-8

Repeat from \* to \*\*

Come On Feel the Noize [Adv. Flag]  
 Choreography: Bucky Flores

- 8 Bop 1-8
- 16 Tick tock, flip, catch A's 1-8 B's 9-16
- 16 Sweep the floor/check mark to left 1-4, dive to back 5-8, passé jump rowboat 9-12, Waterfall with a step coupe 13-16.
- 16 Up angle 1, scoop to left, flip 2-5, catch 6, elevated cone 7-8, down 9-12, invert high 45 Extension to left 13-14, Jump turn to right 15-16
- 16 Sweep jump, sweep jump, slam to back, sauté to front, passé flip to straight up, toss
- 8 Silk toss 1-4, go to flat around the world 5-8
- 16 Tick tock, flip, catch A's 1-8 B's 9-16
- 16 Sweep the floor/check mark to left 1-4, dive to back 5-8, passé jump rowboat 9-12 Waterfall 13-16
- 16 Flourish 1-4, wrist roll 5-8, cradle 9-12, prep for toss.
- 16 Toss behind self-catch silk up at high right shoulder 1-4, dive to front 5-8, up angle (L) (R) 9-11, around the world 13-16
- 16 Tick tock, flip, catch A's 1-8 B's 9-16
- 16 Sweep the floor/check mark to left 1-4, dive to back 5-8, passé jump rowboat 9-12, Waterfall with a step coupe 13-16.
- 16 Up angle 1, scoop to left, flip 2-5, catch 6, elevated cone, down and invert high 45 Extension to left 13-14, Jump turn to right 15-16
- 8 Cradle up 1-2, flourish out 3-4, tuck left 5-6, high right angle 7-8

## Step Back [Int. Flag]

Choreography: Jaime Luna

Flag should be stripped and placed to right

Attitude – Group A and B are battling each other, last 64 counts they start having fun

Starting Pose – Hip Hop style

- 8 Nod 1-8
- 8 Throw hands in air 1-2, reach 3-4, hit chest 5-8
- 8 (A's) Side step right to left 1-4, reach and pull 5-8
- 8 (B's) 1-8
- 8 (A's) Low side to side 1-2, hands behind back 3-4, (B's) 5-8
- 8 3-step turn R 1-2, 3-step turn L 3-4, 3-step back 5-6, hands up w/ 3-step run "what" 7-8
- 8 (A's) "Gangsta" walk to flag and pick up over 1-8
- 16 Kick forward L foot 1, turn L 2-4, back flourish to R shoulder 5-6, sauté R 7-8, re-grab  
Thumbs down 9-12, flourish flat, sauté L 13, push flag R 14, up and over cradle 15-16
- 16 (B's) 1-16
- 16 (A's) Backhand 1-2, flourish to cradle, passé R 3-4, around the world, sauté, cradle,  
L coupe 5-8, windshield wipers 9-12, tendu, re-grab, cradle right, silk up 13-16
- 16 (B's) 1-16
- 8 (Groups look at each other) reach 1-2, hit chest 3-4, "what" arms 5-6, hand swipe 7-8
- 8 (A's) R slam 1-2, front 3, R shoulder 4, flat to back 5-6, turn 7-8
- 8 (B's) 1-8
- 8 (A's) R scoop 1-4, (B's) 5-8
- 8 (A's) zigzag 1-4, (B's) 5-8
- 8 (A's) cones 1-4, (B's) 5-8
- 16 Kick L foot 1, turn L 2-4, back flourish to R shoulder 5-6, sauté R 7-8, re-grab thumbs  
Down 9-12, flourish to flat, sauté L 13, strip silk 14-15, throw flag on ground, throw hands  
Up/pose 16

Super Bad [Int. Flag]  
 Choreography: Bucky Flores

- 4 Girl pops out of the form to walk across 1-4  
 16 (A's) Pole hit to angle 1-2, pole hit to flat 3-4, (B's) 5-8, (C's) 9-12, (D's) 13-16  
 16 Pole up 1, reverse strip flag open 2-4, lunging to R 5-6, Nod "yes" 7-8, snake  
 The other direction 9-11, look front 12, walk in a circle 13-16  
 16 (A's) Flag fish tail ripple 1-4, (B's) 5-8, (C's) 9-12, (D's) 13-16  
 16 Zigzag towards the girl 1-8, point 9-10, fan yourself 11-12, turn in circle facing front and  
 Back 13-16  
 16 Step touch flips 1-2, shoulder angles 3-4, up and into cradle 5-8, switch lines, cheerio flag  
 Back to flat 9-16  
 16 Repeat  
 16 (A's) Pop in hand, down and flat L 1-4, (B's) 5-8, Cradle move 9-12, turn around 13-16  
 16 Up 1-2, down 3-4, cone pop toss 5-8, turn around 9-16  
 16 Step touch flips 1-4, shoulder angles 5-6, up and into cradle 7-8, switch lines 9-12,  
 Cheerio flag back to Flat 13-16  
 16 Repeat  
 16 (A's) Pop in hand 1-4, (B's) 5-8, down and flat to left 9-12, cradle move 13-14, turn  
 Around 15-16  
 16 Up 1-4, down 5-8, cone pop toss 9-12, turn around 13-16  
 1 Pose

Am I Wrong [Int. Flag]

Choreography: Raquel Bowers

Start in a group

- 8 Open hands 1-4, melt hands 5-8
- 8 Step out 1, passé 2, 3-step-turn L 3-4, punches RLR 5-7, pick up flag 7, up 8
- 8 \*(A's) Strip flag up 1-2, back scratcher 3-4, down to L angle 5, 3-step turn R 6-8
- 8 Cradle 1-2, body roll to close 3-4, mountains 5-8
- 8 (B's) 1-8
- 8 (B's) 1-8
- 8 Uncradle 1-4, flag open to flat 5-8
- 8 L flourish 1-4, inverted flourish 5-8
- 8 Strip silk 1-2, hip roll 3-4, down arms stay up 5, flag down 6, roll up 7-8
- 8 L flourish from tab 1-4, R Row boat 5-6, stir 7-8
- 8 (A's) Toss 1-4, back scratchers 5-8
- 8 Pop flag up 1-2, windmill 3-6, bring flag to flat 7-8
- 8 (B's) 1-8
- 8 (B's) 1-8\*

Repeat From \* to \* all together (No A's and B's)

Ending: set the flag down after the windmill and pop head up with arms then melt down

## B.E.A.T. [Int. Flag]

Choreography: Rae Winget

- 8 Hit poses 1,3,5,7 facing the back
- 8 Hit poses 1,3 turn around 5-8
- 8 A's walk first 1-2, kick ball change 3-4, repeat 5-8
- 8 B's repeat
- 8 A's prayer toss 1-4, back row boat 5-6, cone 7-8
- 8 Flourish 1-4, turn and row boat 5-8
- 8 B's prayer toss 1-4, back row boat 5-6, cone 7-8
- 8 Flourish 1-4, turn and row boat 5-8
- 8 Row boat left 1-2, right 3-4, bottom cone 5-8
- 8 Back scratcher 1-4, step turn pivot 5-8
- 8 Repeat face back 1-8
- 8 Repeat 1-8
- 8 Formation change 1-8
- 8 Make a single file line 1-8
- 8 (A's) Double swoop 1-4, dive over right 5-8
- 8 (B's) Add in
- 8 (C's) Add in
- 6 In my face all together pop toss 1-6
- 8 (A's) prayer toss 1-4, back row boat 5-6, cone 7-8
- 8 Flourish 1-4, turn and row boat 5-8
- 8 (B's) prayer toss 1-4, back row boat 5-6, cone 7-8
- 8 Flourish 1-4, turn and row boat 5-8



Born To Rage [Int. Flag]  
Choreography: Scott Ruiz

Start in clump

- 8 Rage/Party 1-8
- 8 Run to spot 1-4, flag clap 5-6, grab silk and open 7-8
- 16 Flourish 1-4, scoop 5-6, passé 7-8, hop 9-10, bottom cone 11-12, jump 13-16
- 16 Sauté 1-4, top cone 5-8, inverted grip 9-12, R handed release 13-16
- 8 (A's) Hits 1-4, drop spin turn 5-8
- 8 (B's) 1-8
- 8 (A's) Silk trick wrap 1-8
- 8 (B's) 1-8
- 16 Reverse grip 1-2, inverted cradle turn 3-6, (L) wrist unwind into parallel to the front
- 8 (A's) Hits 1-4, pull toss 5-6
- 8 (B's) 1-8
- 16 L flourish 1-4, sautés 5-8, sweep to the back 9-12, loop front 13-16
- 8 Carve 1-4, single 5-8
- 8 Hits 1-4, pull toss 5-8
- 16 Slow extensions 1-8, back bend 9-16
- 16 Dance to floor 1-16

## Coke Bottle [Int. Flag]

Choreography: Rae Winget

- 8 Huddle bounce 1-4, shift back and forth in the huddle 5-8
- 8 Break away from the huddle 1-4, form a straight line 5-8
- 8 Plié 1-2, to the left plié 3-4, to the right stomp forward 5-8
- 8 Turn 1-4, under curve 5-8
- 8 Pony step left 1-8
- 8 Pony step right 1-8
- 8 Face palm left 1-4, face palm right 5-8
- 8 Pick up flag 1-4, turn 5-8
- 8 (A's) check mark left 1-2, right 3-4, flourish 5-8
- 8 (B's)
- 8 (C's)
- 8 (A's) pull and strip flag 1-4, drop it like it's hot 5-8
- 8 (B's)
- 8 Everyone dive up to the left 1-4, bottom cone 5-8
- 8 Top cone sauté 1-2, bottom cone passé 3-4, formation change 5-8
- 8 3 step turn 1-4, flat toss 5-8
- 8 (A's) drop spin 1-4, around the body 5-8
- 8 (B's)
- 8 Formation change 1-8
- 8 Swirl in between legs 1-4, dive over right 5-8
- 8 Everyone dive up to the left 1-4, bottom cone 5-8
- 8 Top cone sauté 1-2, bottom cone passé 3-4, formation change 5-8
- 8 3 step turn 1-4, flat toss 5-8
- 8 A's drop spin 1-4, around the body 5-8
- 8 Chest pop 1-8
- 8 3 step turn 1-4, cone pop toss 5-8 pose

Come Get it Bae [Int. Flag]  
 Choreography: Kylie Vega

Beginning position: stand body facing L.

- 16 Hold 1-4, Chassé 5-6, point 7-8, chainé R 9-12, passé jump pick-up flag 13-16
- 8 (A) Scoop and lift chassé 1-4, (B repeat 5-8)
- 8 (A) Slide up behind around passé jump front snap L and back 1-8, (B repeat 1-8)
- 16 Together apart full carve 1-4, stomp in circle up/down flag 5-8, pop toss 9-10, flat lift  
 Above head and cradle 11-12, bring front bottom carve 13-16
- 16 Single and a half 1-4, point on 5, scoop under R back up L flourish behind bring front  
 6-12, hold 13-16,
- 16 \*Throw L grab silk 1-2, throw R around body 3-4, R box turn 5-8, scoop R under w/coupé  
 9-10, shoot up left behind back up around and down w/turning 11-16,
- 16 Hold 1-4, full carve 5-8, hold 9-12, parallel toss catch turn 13-16,
- 16 Hold 1-2, L drop spins bring down on L 3-8, turn to back open up to L/R 9-16
- 16 Down around box turn to front 1-4, Lean L flourish R and back 5-8, lean R snap L down  
 Angle back flat 9-12, lift above down around silk on left 13-16
- 16 (Repeat) \*throw L grab silk 1-2, throw R around body 3-4, R box turn 5-8, scoop R under  
 W/coupé 9-10, shoot up left behind back up around and down w/turning 11-16
- 16 Pop toss 1-2, flat lift above head and cradle 3-4, bring front bottom carve 5-8, single and  
 A half 9-12, bring down snap head back 13-16

## Feel Again [Int. Flag]

Choreography by Bethany Ridinger

- 8 Walk back 1-2, 3-step turn 3-6, reach both hands up 7, release hands and Head 8
- 8 Swim R arm & flick foot 1-4, monkey arms 5, circle arms 6, above head 7, hands on hip 8
- 8 (A's) release head and arms 1-8
- 8 (B's) touch floor with R hand 1-2, L hand on hip 2, repeat 3-4, everyone snake up (5-8)
- 8 Arms in high V 1-2, wrap arms 3-4, slap thigh and grab flag 5-8
- 8 Flag parallel overhead 1-4, cut flag in and turn around self 5-8
- 8 (A's) party 1-4, hold 5-8
- 8 (B's) party 1-4, hold 5-8
- 8 Inverted windmill 1-4, carve 5-8
- 8 Put flag under arm 1-2, chest pop with hand on heart 3-4, sweep in front of yourself 5-8
- 8 (A's) step R two times and shake shoulders 1-2, circle flag towards yourself 3-4, stab 5-8
- 8 Walk back and flourish 1-8
- 8 (A's) top stir 1-4, face back and put flag down 5-8
- 8 (B's) 1-8
- 8 Walk back 1-2, 3-step turn 3-6, reach both hands up 7, release hands and Head 8
- 8 Flick foot and swim R arm 1-4 monkey arms cross back, 5-6 monkey arms, step Back 7, hands on hip 8
- 8 (A's) release head and arms 1-8
- 8 (B's) touch floor with R hand L on hip 1-2, hand on hip 3-4, everyone snake up 5-8
- 8 Arms in high V 1-2, wrap arms and turn to back 3-4, grab flag 5-8
- 8 Flag parallel overhead 1-4, cut flag in and turn around self 5-8
- 8 (A's) party 1-4, hold 5-8
- 8 (B's) party 1-4, hold 5-8
- 8 Inverted windmill 1-4, carve 5-8
- 8 Put flag under arm 1-2, chest pop with hand on heart 3-4, sweep in front of you 5-8
- 8 (A's) step R two times and shake shoulders, 1-2, circle flag towards you 3-4, stab front 5
- 8 Walk back and flourish 6-8
- 8 (A's) Top stir 1-4, bottom stir 5-8
- 8 (B's) 1-8
- 8 (B's) top stir 1-2 bottom stir, 3-4, everyone toss 5-6, catch and pose 7-8

## Let's Have A Kiki [Int. Flag]

Choreography: Raquel Bowers

- 8 \*Pull 1, Pull R 2 touchdown arms, box arms 3, chest pop 4, wrap head step L 5-6  
L pull hip (7) R pull hip (8)
- 8 Push down (1-2) roll up (3-4) walk R w/ R pom arms (5) walk L, L pom arms (6) cross a  
Arms and turn  
To back (7-8)
- 8 Punch down Rt. (1) punch down Lt (2) bounce (3) up (4) walk Lt. rt. Lt. (5-7) kick Rt. (8)
- 8 Whip hair to front (1-2) blades up (3) blades Rt. (4) shimmy (5-6) pick up flag (8)\*
- 8 Parallel toss 1-2, catch 3-4, turn over L shoulder 5, hand on hip 6, turn to front 7-8
- 8 Back scratcher with dip 1-4, windmill shoulder roll 5-8
- 8 (A's) pop chest with fists 1-2, pop flag up, catch 3-4, turn to front 5-6, flick 7-8
- 8 (B's) 1-8
- 8 Strip flag 1-2, L row boat 3-4, flag down 5, hold 6, arm swings 7-8
- 8 Body roll 1-2, pop chest 3-4, arm swing to the back 5-6, look back over L Shoulder 7-8
- 8 inverted windmills (1-4), bring flag to the front (5-6), prep flag (7-8)
- 8 toss 1-2, catch 3, push flag down 4, flag over your head turn over L Shoulder 5-6, invert  
hand on flag, toss 7-8
- 8 Toss 1-2, catch 3, flag down 4-6, up and back 7-8
- 8 \*repeat dance\*
- 8 Parallel toss 1-2, catch 3-4, turn over L shoulder 5, hand on hip 6, turn front 7-8
- 8 Back scratcher with dip 1-4, windmill shoulder roll 5-8
- 8 Pop chest with fists 1-2, pop flag up 3-4, turn to front 5-6, flick 7, flag down 8

## Firework [Int. Flag]

Choreography: Raquel Bowers

- 8 Up 1-4, Turn over L shoulder 5-8
- 8 L rowboat 1-4, R row boat 5-8
- 8 Flag swings over L hand 1-4, swing over your head 5-8
- 8 Turn over L Shoulder 1-2, invert flag 3-4, one-handed parallel toss 5, catch 7 hold 8
- 8 \*Shooting stars w/ step touches going 1-4, Going R 5-8
- 8 Double circle 1-8
- 8 Carve 1-4, bottom stir 5-6, flat 7-8
- 8 Reverse cradle 1-4, pop it out 5, cut it down 6, switch silk to the R 7-8
- 8 (A's) zigzag 1-4, toss 5, catch 7, hold 8
- 8 (B's) Repeat
- 8 L flourish 1-4, Inverted flourish 5-8
- 8 Parallel toss 1-2, catch 3, Flag down 4-6, up 7-8\*
- 8 \*\*R Leg pivot with arms opening 1-4, Pivot to the back 5-8
- 8 Slide to the front with L arm 1-2, chassé to the R 3-4, passé 5-6 close 7-8
- 8 (A's) X punches 1-4, arm swings to close 5-6, arms out 7, \*\* down (8)
- 8 (B's) Repeat
- 8 Repeat Flag work from \* to \*
- 8 Repeat dance work from \*\* to \*\* (don't go down second time)
- 5 R pivots 1-4 end passé 5

Let It Go [Int. Flag]  
Choreography: Rae Winget

Intro

- 8 Tight circle ripple 1-8
- 8 Open up circle to introduce solo 1-8
- 8 Solo 1-8
- 8 Spread out in block 1-8
- 8 Crutch tip flourish 1-4, turn row boat 5-8
- 8 Prayer toss 1-4, turn 5-8, face the left
- 8 Rainbow over your head 1-4, flat toss 5-8
- 8 Back to front ripple 1-3-5-7
- 8 Pop catch 1.2, flourish 3-8
- 8 Back present flash 1-4, back rowboat 5-6, cone 7-8
- 8 Up tuck under your arm 1-8
- 12 Slam 1-4, pull hits 5-12
- 8 Pop toss 1-4, repeat pop catch flourish 5-8 front and back
- 8 Back present flash 1-4, back rowboat 5-6 cone 7-8
- 8 Up tuck under your arm 1-8
- 8 Slam 1-4, pull hits 5-12
- 8 (A's) pop toss 1-8
- 8 (B's) pop toss 1-8
- 8 Switch lines 1-8
- 8 Pole toss 1-8
- 8 Crutch tip flourish 1-4, turn row boat 5-8
- 12 Prayer toss 1-4, turn 5-8, face the left flat toss 9-12
- 12 Make the circle 1-12
- 8 Solo in the middle 1-8
- 12 fade out 1-12

Timber (AL Track 34) [Intermediate Flag]  
 Choreography: Jesus Acosta

Start in R dig facing R side holding cowboy hat and flag at R slam

- 4 Hold 1-4
  - 8 \*Dip it low with L extension 1-2, face L side 3-4, Hand in Kool-Aid 5-8
  - 8 Skirt around to R slam 1-4, Hip shakes LRLR 5-8
  - 8 Row boat to R flat 1-4, R saut de basque 5-8
  - 8 Prayer toss 1-4, Rainbow w/ L ball change 5-6, R palm roll 7-8
  - 8 (A's) Push L 1-2, brush hair w/ R 3-4, turn L to grab hat 5-8
  - 8 (B's) 1-8
  - 8 Scoop from L to R 1-6, L arabesque pass under 7-8
  - 8 Top cone to back 1-2, bottom cone front 3-4, toss 5-8
  - 8 L Chassé w/ R extension 1-2, L sauté 3-4, cut w/ L arm around 5-8
  - 8 Low skirt to tuck back on L 1-4, hip roll 5-6, wipe mouth and sit 7-8\*\*
  - 8 Ripple from L to R to get to R slam 1-8
- Repeat from \* to \*\* Chassé section will be in 3 groups from front to back
- 8 Walk around flag to L 1-6, point R hand to put flag down 7-8
  - 8 Sassy walks to line 1-6, Connect with partner front and back 7-8
  - 8 Sit into L or R hip 1



## Wake Me Up [Int. Flag]

Choreography: Bethany Ridinger

- 8 Hold pose 1-4, double stag jump 5-6 land and cross L foot in front 7-8  
 8 (A's) reach up 1, down 2, pop hip 3-4  
 8 (B'S) reach up 5, down 6, pop hip 7-8  
 8 Slide to back 1-2, walk L 3, kick R 4, hand 5, roll shoulders down 6, up 7, down 8  
 8 Walk R pom arms RLR 1-2, walk L pom arms LRL 3-4, walk R 5, walk L 6, grab flag 7-8  
 8 (A's) circle flag under R shoulder 1-4, circle 5-7, grab L 8  
 8 (A's) back row boat 1-4, palm roll 5-6, flick 7-8  
 8 (B's) 1-8  
 8 (B's) 1-8  
 8 (B's) repeat  
 8 Two hip circles to L 1-4, top stir passé L 5-8  
 8 Invert hand, butterfly L 1-4, butterfly R 5-8  
 8 Pull hits 1-4, Toss 5-8  
 8 Sweep behind shoulders 1-4, mini shoulders 5-6, bring flag up grab silk 7, flag down 8  
 8 Walk back 1-4, double stag jump 5-6, land and cross L foot in front 7-8  
 8 (A's) reach up 1 down 2 pop hip 3-4  
 8 (B's) reach up 5, down 6, pop hip 7-8  
 8 Slide to back 1-2, walk L 3, kick R 4, land 5, roll shoulders down 6, up 7 down 8  
 8 Walk R pom arms RLR 1-2, walk L pom arms LRL 3-4, walk R 5, walk 6, grab flag 7-8  
 8 (A's) circle flag under R shoulder 1-4, circle 5-7, grab L 8  
 8 (A's) back row boat (1-4) palm roll (5-6) flick (7-8)  
 8 (B's) 1-8  
 8 (B's) 1-8  
 8 (B's) 1-8  
 8 Two hip circles to L 1-4, top stir 3-4, passé L 5-8  
 8 Invert hand, butterfly L 1-4, butterfly R 5-8  
 8 Two pull hits 1-4, toss 5-8  
 8 Sweep behind shoulders 1-4, mini shoulders 5-6, grab silk 7, flag down 8  
 1 Pose

## The Power [Beg. Flag]

Choreography: Raquel Bowers and Valerie Fuentes

- 4 \*Hold (start at flat)
  - 8 R Shoulder 1, L angle 2, R Shoulder 3, flat 4, top stir 5-8
  - 8 Turn over L shoulder 1-4, bottom stir 5-8
  - 8 (B's) 1-8
  - 8 (B's) 1-8
  - 8 Extend flag out to the L 1-4), step touches with "power" hands 5-8
  - 8 Walk into flag 1-4, cradle flag 5-8, open 7-8
  - 8 Turn over L Shoulder 1-4, pivot turns starting with Right 5-8
  - 8 Flag up 1-4, flag comes out of the cradle 5-6, flash down 7-8
  - 8 Shooting stars (1-8)
  - 8 Butterflies Starting to the left 1-8\*
  - 8 Repeat from \* to \* but no (A's) and (B's)
- Extend flag out to the L while R arm circles to end pose "power"

Circle Of Life [Beg. Flag]  
Choreography: Cristal Dean

Beginning Position: A's face L, B's face R. Arms straight out

- 8 (A's) R arm clockwise 1-4, pump chest 5-6, round arms to point 7-8  
 8 (B's) 1-8  
 16 L 1, across waist 2, R arm down across waist to make X 3-4, raise above head 5-8, Lower spirit fingers 9-10, Push R leg 11-12, raise L side 13-14, shimmy to flag 15-16  
 16 Put flag back 1-4, R passé to back 5-6, L passé and turn forward 7-8, Lift pole 9-10, Pole waist level 11-12, RLRL 13-16  
 16 Arc over L to face back 1-4, turn front 5-8, carve 9-12, toss 13-16  
 16 Catch 1-2, turn around 3-6, hold 7-8, up and switch L hand 9-10, switch R 11-12  
 Scoop (L) 13-14, scoop R 15-16  
 16 (A's) Cradle to open 1-4, turn around (A frame) 5-8, (B's) repeat 9-16  
 4 Hit lower L 1, hit flat 2, bring pole up horizontal above head 3, bring pole down 4  
 16 Arc over 1-4, turn around 5-8, carve and chasse 9-12, carve and sauté 13-16  
 8 Switch over 1-4, turn around 5-6, prep 7-8  
 16 Toss 1-4, catch and hold 5-6, bottom carve 7-8, turn around 9-12, prep 13-14, Parallel 15-16  
 8 (A's) foot stomp with flag 1-4, scoop (L) then (R) 5-8  
 8 (B's) repeat  
 16 R drop spins 1-8, flourish 9-16  
 16 Drop spin 1-2, grab 3-4, drop to (R) knee and lift pole to forehead level 5-8, Drop to R knee lift pole to forehead level 5-8, stand flag vertical on right side 9-12, Pull out silk and hide behind it, looking down 13-16

Call Me Maybe [Beg. Flag]  
Choreography: Jaime Luna

Flag should be stripped and placed to right

Attitude – cutesy, bubblegum pop

Starting pose – Left foot in dig, hands over left hip, right hand on top, looking down

- 8 Vanna arms 1-4, arms go up and then down and are placed on hips 5-8
- 8 Left foot in dig, hip bounce for 8
- 16 (A's) make phone with right hand 1-8, turn to right 9-10, sway left 11-12, "what face" 13-14, hang up at flag 15-16
- 16 (B's) dial palm of right hand 1-6, turn to left 7-8, talk on phone 9-10, "what face" 11-12, Hang up at flag 13-14 (A's) & (B's) stand up hands over head 15-16
- 16 Flourish to flat 1-6, turn left 5-8, flag straight up 9-10, drop behind back 11, up 12, re-grab To flat over head 13-16
- 16 (A's) double scoop chassé 1-4, up carve 5-8, around the world 9-12, up carve to flat 13-16
- 16 (B's) 1-16
- 16 (A's) zigzag 1-4, around the world 5-8, push out 9-10, left flat 11-12, up and over 13-14 Right left 15-16
- 16 (B's) 1-16
- 4 Right 1, left 2, up 3, flat 4
- 16 (A's) double scoop chasse right 1-4, up carve 5-8, around the world 9-12, up carve to flat 13-16
- 16 (B's) 1-16
- 16 Flourish to flat 1-4, turn left 5-8, flag straight up 9-10, drop behind back 11, up 12, re-grab to flat over head 13-16
- 8 Push out 1-2, left flat 3-4, up 5-6, flat 7-8
- 4 Flip to ground 1-4
- 4 Cute strut backwards 1-4
- 8 Vanna Arms 1-4, arms go up and then down and phone pose 5-8

## Happy [Beg. Flag]

Choreography: Rae Winget

- 4 Trumpets 1-4
- 8 (A's) cone 1-4, turn 5-6
- 8 Flourish 1-6, stab the ground 7-8
- 8 (B's) 1-8
- 8 (A's) cone 1-4, turn 1-6
- 8 Three step turn 1-4, three step turn back 5-8
- 8 Side back side front 1-4, reverse side back side front 5-8
- 8 Dive over 1-4, cone 5-6, pop toss 7-8
- 8 Step clap 1-8
- 8 Right shoulder 1-2, right slam 3-4, golf swing 5-8
- 8 Repeat step clap face the back 1-8
- 8 Repeat right shoulder 8 counts face the back 1-8
- 8 Repeat step clap face the front 1-8
- 8 Repeat right shoulder 8 counts face the front 1-8
- 8 Flourish 1-4, pole toss 5-8
- 8 Half flips 1-8
- 8 Half flips 1-8
- 8 Half flips 1-8
- 8 Half flips 1-8
- 8 Flourish 1-4, lift toss 5-8
- 8 Scoop 1-4, wind shield wiper 5-8
- 8 Back row boat 1-4 cone
- 8 Toss 5-8
- 8 Step clap
- 8 Right shoulder 1-2 right slam 3-4 golf swing 5-8
- 8 Repeat step clap face the back 1-8
- 8 Repeat right shoulder 8 counts face the back 1-8
- 8 Repeat step clap face the front 1-8
- 8 Repeat right shoulder 8 counts face the front 1-8
- 8 Flourish 1-4, pole toss 5-8

Hit Me With Your Best Shot [Beg. Flag]  
 Choreography: Scott Ruiz

- 8 Hold 1-4, pick up/ hand release 5-8
- 16 Dance/audience engagement
- 16 chasse-jumps 1-8, turn to flag pick up 9-16
- 16 A cone 1-8, hip scoop back scratcher 9-12, to cradle 13-16
- 16 B cone 1-8, hip scoop back scratcher 9-12, to cradle 13-16
- 16 low cone 1-2, pop toss 3-4, turn 5-8, right shoulder drop spin to left slide flat to right 9-16
- 16 coupe rock 1-4, push pole behind your neck 5-8, Single parallel turn zigzags 9-16
- 16 Repeat
- 16 (A's) Cone 1-8, hip scoop back scratcher 9-12, to cradle 13-16
- 16 (B's) Cone 1-8, hip scoop back scratcher 9-12, to cradle 13-16
- 16 Low cone 1-2, pop toss 3-4, turn 5-8, R shoulder drop spin L slide flat to R 9-16
- 16 Coupe rock 1-4, push pole behind your neck 5-8, Single parallel turn zigzags 9-16
- 16 Silk trick 1-8, sautés 9-12, turn 13-16
- 16 Top cone 1-2, stab 3-4, pull to the back 5-8, low cone 9-12, to front zigzag 13-16
- 1 Strip the silk and pose

## I Got A Feelin [Beg. Flag]

Choreography: Nick Williams

- 16 Snaps facing back 1-16
- 8 A's bring flag behind you 1-4, turn front 5-8
- 8 B's repeat
- 16 A's top/bottom carve 1-8, tuck 5-6, bring across the body 7-8, top/bottom carve 9-16
- 16 B's repeat
- 16 A's pop to the back 1-4, flourish to cradle 5-8, front flourish 9-12, cradle then bring flag up  
To the left and back to front 13-16
- 16 B's
- 8 Parallel turn top 1-4, bottom carve 5-8
- 8 B's repeat
- 8 C's repeat
- 8 Flourish 1-4 pop toss 5-8
- 8 Shoulder hip angle 1-4, wave to the right 5-6, bottom carve 7-8
- 8 Push over the head 1-2, cradle 3-4, waves 5-8
- 8 Bing flag up 1-4, bottom carve 5-8
- 8 Baseball slide 1-4, wave up down to the (R) 5-8
- 32 Repeat chorus (with no A's and B's)
- 8 Open 1-4, cradle 5-8
- 8 Waves 1-4, strip 5-6, put flag down 7-8
- 16 Snaps and pose at end

## Higher [Advanced Rifle]

Choreography: Rae Winget

- 8 Start in a line opposition chest pops 1-8
- 8 Zipper ripple 1-8
- 8 Featured dancers 1-8, in the middle
- 8 Exchange from the sides 1-4, chest pop 5-8
- 8 Flourish back scratcher 1-4, carve 5-6 lift 7-8
- 8 Back row boat 1-2, behind the back 3-4, swing rifle 5-8
- 8 Rainbow cradle 1-4, jump turn 5-8
- 8 Dive over right shoulder 1-4, barrel turn 5-8
- 8 Chassé 1-3, three step turn 4-6, weight shift 5-8, Circle formation (move left facing Outside the circle)
- 8 Party toss 1-4, three step turn 5-8
- 8 Chainé turn 1-4, chest pop 5-6 flat toss 7-8
- 8 Formation change back to line 1-8
- 8 (Repeat) Flourish back scratcher 1-4, carve 5-6 lift 7-8
- 8 Back row boat 1-2, behind the back 3-4, swing rifle 5-8
- 8 Rainbow cradle 1-4, jump turn 5-8
- 8 Dive over right shoulder 1-4, barrel turn 5-8
- 8 Chassé to straight line everyone 1-4 pull flag open 5-6 hide 7-8
- 8 Ripple pop up from the back 1-2, or 3-4, or 5-6, or 7-8
- 8 Ripple chaine flag flat from front 1-2, or 3-4, or 5-6, or 7-8
- 8 Toss triple everyone 1-8
- 8 Flourish back scratcher 1-4, carve 5-6, lift 7-8
- 8 Back row boat 1-2, behind the back 3-4, swing rifle 5-8
- 8 Rainbow cradle 1-4, jump turn 5-8
- 8 Dive over right shoulder 1-4, barrel turn 5-8
- 8 Dive under arm 1-4, off hip 5-8
- 8 45 Toss 1-4, scoop 5-8
- 8 Chainé 1-4, cone 5-8
- 8 Toss triple slam 1-8



Come On Feel The Noize [Adv. Rifle]  
 Choreography: Bucky Flores

- 8 Bop 1-8
- 16 Tick tock L, regrab chassé to R flip to vertical (A's) 1-8 (B's) 9-16
- 16 Back scratcher 1-4, dive to back 5-8, passé jump rowboat 9-12, waterfall with a step Coupe 13-16.
- 16 Flourish to L 1-4, jump turn around the world 5-8, invert 9-12, jump turn L 13-16
- 16 Sweep jump, sweep jump, sunshine to back, back scratch back to front, money grab, Prep for toss
- 8 Triple 1-4, go to flat around the world 5-8
- 16 Tick tock left, re grab chasse to R flip to vertical (A's) 1-8, (B's) 9-16
- 16 Back scratcher 1-4, dive to back 5-8, passé jump rowboat 9-12, waterfall with a step Coupé 13-16
- 16 Behind head swing 1-4, flip catch 5-6, row boat single 7-8, double 9-10, tick tock 10-12, row boat to right to flat, turn 12-16
- 16 Tick tock left 1-4, re grab chassé to right flip to vertical 5-8, (A's) 1-8 (B's) 9-16
- 16 Back scratcher, dive to back 5-8, passé jump rowboat 9-12, waterfall with a step coupe 13-16
- 16 Flourish to left 1-4 jump turn around the world 5-8, invert 9-12, jump turn to left 13-16
- 8 Backscratcher 1-4, up and press down to finish 5-8

Born to Rage [Int. Rifle]  
Choreography: Scott Ruiz

Start in clump

- 8 Rage
- 8 Run to spot 1-4, rifle clap 5-6, set for opening flourishes 7-8
- 16 Flourish chasse 1-4, to back tuck 5-8, single flip to left ready 9-16
- 16 Sauté extend 1-2, push around body 5-8, to wave chasse 9-12, hand switch flip 13-16
- 8 Hits kick 1-4, into circle single turn (A's) 5-8
- 8 Hits 1-4, into circle single turn (B's) 5-8
- 8 Spin behind the back 1-4, hand switch to 45 (A's) 5-8
- 8 Spin behind the back 1-4, hand switch to 45 (B's) 5-8
- 16 Sauté flourish 1-8, into right hand twist to a re grip 9-16
- 8 Prep 1-4, triple 5-8 (A's)
- 8 Prep 1-4, triple 5-8 (B's)
- 16 Above your head 1-2, flourish into leg trick 3-8, around head into extension toss 9-16
- 8 R flourishes into cradle 1-8
- 8 Sauté jump to back 1-2, prep 3-4, triple 5-8
- 16 Slow sustained extensions 1-6, front pose 7-12, drop off rifle 13-16
- 16 Dance into ground 1-16

## Firework [Int. Rifle]

Choreography: Raquel Bowers

Rifle comes Up 1-4, Turn over L shoulder rifle comes down 5-8

- 8 L rowboat 1-4, R Row boat 5-8
- 8 Open rifle w/ left arm 1-4, grab neck, and turn over L shoulder with fold 5-8
- 8 Grab by the neck and Turn over L shoulder 1-4, one-handed double toss out on 5
- 8 \*Shooting stars w/ step touches going L 1-4, Going R 5-8
- 8 Tuck Rifle under R arm 1-2, grab neck 3-4, bring it out with L arm 5-8
- 8 Carve 1-4, flat 5-6, pop out 7-8
- 8 Backscratcher 1-2, release 3, catch 4, prep from toss 5-8
- 8 (A's) zigzag hits 1-4, toss 5, catch 7, hold 8
- 8 (B's) 1-8
- 8 Arm roll 1-2, turn to the back 3-4, grab 5-6, prep 7-8
- 8 Parallel toss 1, catch 3, rifle down 4-6, up 7-8\*
- 8 \*\*R Leg pivot with arms opening 1-4, Pivot to the back 5-8
- 8 Slide to the front with L arms 1-2, chassé to the R 3-4, ballet arms with passé 5-6 close 7-8
- 8 (A's) X punches 1-4, L arm swings to close 5-6, arms out 7, \*\* down 8
- 8 (B's) Repeat 1-8
- 8 Repeat rifle work from \* to \*
- 8 Repeat dance work from \*\* to \*\* (don't go down second time)
- 5 R pivots 1-4, end pose 5

Circle Of Life [Beg. Rifle]  
 Choreography: Cristal Dean

Beginning Position: A's face L, B's face R. Arms straight out.

- 8 (A's) R arm clockwise 1-4, pump chest 5-6, Round arms clockwise to point to B's 7-8  
 8 (B's) repeat but with L arm counterclockwise on 1-8  
 8 L arm 1, R arm down to "X" 2, raise to head 3-4, spirit fingers 5-8, push R leg 9-10  
 Raise up on L side 11-12, shimmy up 13-14, shimmy down and grab rifle 15-16  
 16 Put rifle back 1-4, R passé to back 5-6, L passé to front 7-8, Lift rifle 9-10, put at  
 Waist level 11-12, up R 13, up L 14, down R 15, down L 16  
 16 Swing rifle around, rifle in L hand grab 1-4, grab and bring back to waist R ready 5-8,  
 Loop counterclockwise (both hands on rifle) in relevé 9-12, pop toss 13-16  
 16 Catch bottom up 1-2, turn around 3-6, hold 7-8, bend over 9-10, original 11-12, raise  
 rifle up, sliding on R hand 13-14, back to original R ready forward 15-16  
 16 (A's) Cradle to open 1-4, turn around (A frame) 5-8, (B's) repeat 9-16  
 4 Hit lower L 1, hit flat 2, bring rifle up horizontal above head 3, bring rifle down 4  
 16 Arc over 1-4, turn around 5-8, carve and chasse 9-12, carve and sauté 13-16  
 8 Switch over 1-4, turn around 5-6, prep 7-8  
 16 Toss 1-4, catch and hold 5-6, bottom carve 7-8, turn around 9-12, prep 13-14,  
 Parallel 15-16  
 8 (A's) foot stomp with rifle 1-4, scoop (L) then (R) 5-8  
 8 (B's) repeat  
 16 R Spins 1-8, flourish 9-16  
 16 Spin 1-2, grab 3-4, drop to (R) knee and lift rifle to forehead level 5-8,  
 Drop to R knee lift rifle to forehead level 5-8, stand rifle vertical on right side 9-12,  
 Hide behind it, looking down 13-16

## I Got A Feelin (Beginner Rifle)

Choreography: Nick Williams

- 16 Snap on even counts 1-16
- 8 (A's) Up 1-2, flourish to back 3-8
- 8 (B's)
- 16 (A's) Top/bottom carves over 1-4, tuck facing L 5-6, back to front grab bottom 7-8  
Circle 9-10, lunge 11-12, up on relevé 13-14, nose up and back 15-16
- 16 (B's)
- 16 (A's) Pop to the back 1-4, open 5-6, point nose to L 7-8, turn over the L 9-12, up/down  
13-16
- 16 (B's)
- 8 (A's) Open w/ L 1-4, R single 5-8
- 8 (B's)
- 8 (C's)
- 8 Scoop 1-2, chassé 3-4, pop toss 5-8
- 8 L hand invert 1-4, carves w/ turn 5-8
- 8 Flourish 1-4, right single 5-8
- 8 Up 1-2, hand switch 3-4, push out and back 5-8
- 4 (A's) Turn 1-4
- 4 (B's) Turn 1-4
- 32 Repeat with no A's and B's
- 8 Open 1-4, box turn 5-8
- 8 Up 1-2, down 3-4, turn 5-8
- 8 Nose on floor 1-4, snaps 5-8
- 8 Pull up 1-4, pose front to back 5-8