

**Go Speed Racer Go  
Advanced**

- 8 Wave flag R and L 1-4, Prep flag to prep facing back 5-8  
( Dancers hold 1-4, Board the car 5-8)
- 8 Bottom cone 1-4, toss 5-8  
( Drive the car 1-4, put down and hold 5-8)
- 8 Turn R 1-4, switch from L to R 5-8  
( Three step turn 1-3, feet together 4, look out 5-8)
- 8 Roll down 1-4, pick up flag 5-8
- 8 \*\* Pop 45 toss 1-4, flag diagonal kick 5-8
- 8 \*\* R turn and flag flip to horizontal position 1-6, soule 7-8
- 8 \*\* Horizontal toss 1-2 around the back sit 3-4, top of the foot over head spin to get up 5-8
- 8 \*\* R hand pop up 1-2, behind the back push pop toss 3-8
- 8 A's drop and spin 1-4, B's 5-8
- 8 Around the world to put under L leg 1-8
- 8 R inverted Pirouette 1-4, drop flag 5-6, face back 7-8
- 8 Run to line 1-4, knee drag to stand 5-8
- 8 Head roll to face L 1-4, bounce and drive 5-8
- 8 Partner cartwheel 1-8
- 8 Drive to flag 1-8
- 8 Repeat w/ no A's and B's
- 8 \*
- 8 \*
- 8 \*
- 8 Drop and overhead spin 1-6, pop back 7-8
- 8 Backwards windmill around the world 1-6, soule 7-8
- 8 Turn back and flip 1-4, Race flag 5-8
- 8 \*\* A's shoulder roll 1-4, toss 5-8 to face R 5-8
- 8 \*\* Cradle flip 1-4, L barrel turn 5-8
- 8 B's Repeat while A's race across them
- 8 \*
- 8 Flip to horizontal back catch 1-8
- 8 L circle w/ R leg rond de jambe 1-4, flag turn 5-8
- 8 Flag Race 1-8

Shorts Like Me  
Advanced Flag

- Dance
- 8 down leg 1-2, circle sky 3-4, down knee 5-6, head 7-8
- 8 cha cha around 1-8
- 8 Mmm Hmm add on 1-6, shorts, 7-8
- 6 Arms mmm hmmm 1-6
- Fast Section
- 8 \*\*toss 45 1-2, leg 3-4, behind 5-6, turn 7-8
- 8 cross 1, over 2, turn 3-4, release left hand 5-6, tour 7-8
- 8 quick up 1, cross 2, flat 3, grab 4, back hand 5, cone 6, down 7, shoulder 8
- 8 pizza toss 1-2, around body 3-4, drop down 5-6, step 7, step 8\*\*
- Gorgeous A's and B's
- 8 \*tuck 1-2, body roll backscratcher 3-4, walk around 5-6, step 7, step 8
- 8 hips 1, up 2, behind back 3, up 4, flat 5, angle 5, step 7, step 8\*
- 32 repeat \*\*to\*\*
- 16 repeat \*to\*

**Next to you  
Advanced Flag**

- 8 Hold 8  
8 Look front 1-4, recover 5-8  
8 R. Arm 1, L. arm 2, Hit to l 3, hold 4, reach 5-6, reach 7-8  
8 Prep pirouette 1-4, single pirouette 5-6, flag 7-8  
16@ Slam down 1, slam up 2, cone 3-4, pole 5, to cradle 6-8, turn 9-12, release push toss 13-16  
16\* Cone up 1-2, down 3-4, shoulder roll 5-8, parallel 10, catch 12, turning pas de chat 13-16  
16 Repeat @  
16 Repeat \*  
8 Carve to floor 1-8  
8 1-4 roll to right, arms 5-8  
8 1-4 roll to stand, half attitude turn 5-6, step 7-8  
8 Glisade 1-, hold 3-4, accent 5-6, r. arm up 7 l. arm up 8  
8 3 step turn 1-4, port de bras to flag 5-8  
8 Pop flag up 1-2, slams with turn 3-5, pop to cradle 6-8  
8 3 step turn 1-4, port de bras to flag 5-8  
8 Pop flag up 1-2, slams with turn 3-5, pop to cradle 6-8  
8 Behind back 1-2, push 3-5, recover 6-8  
16 Pull hits 1-2 & 3-4, up 5, sauté 6-7 release 9, catch 12, pas de chat 13-14, pop up to right angle 16-1  
1 Pulse 2, behind 3-5, prepare for 6-8, 4's toss, 9-12 sweep back 13-16  
16 Pop to tab 1-2, carve 3-8. Pop toss 9-12, flat 13-14, push out front 15 switch 16  
16 A's inverted flourish 1-8, switch hands 9-12, switch lines 13-16  
16 Repeat Switch parts  
16 Behind neck A's 1-2, B's 3-4, C's 5-6, D's 7-8, all back hand 9-10, switch hands 11-12, release 13 catch 16  
16 A's flat 1, up 3, flat 5, out 7, behind 9, front 11, switch & turn 13-16  
16 Repeat \*  
16 Repeat \* end 1

**Bend Me Shape Me  
Advanced Flag**

- Dance:  
Start out facing back and sitting into left hip with right foot up. Right hand on right knee and left hand on back.
- 16 Hold 1-2. Step right foot out to front shimmy 3-4. Grab legs pull up through 5-8. Sasche 9-10 step 11 step 12. Knee jump 13-14. Shampoo hair 15-16 face back.
- 16 Pencil turn 1-4. Step 5 grab body. Passé with arms straight out on 6. Step right 7 and step left 8. Little leap in 2<sup>nd</sup> on 1-2 with hands straight up. Shimmy 3-6. Left arm 7-8. Right 9-10. Shampoo 11-12. Pick up flag 13-16.
- Flag:  
16 Pull under on 45 1-4. Then setae face front and pull flag to straight up with money hand 7-8. Pull down and over to right stop flat 9-12. Over 13-14. And in front of face 15-16.  
Rack with passé hop 1-4. Pull back behind back 5-6. Hop turn 7-8. 45 toss 9-12. Little attitude setae to front 13-16.
- 16 Push up and over 1-2. Sotae 3-4. Passé 5-6 catch 7-8. Flag over 9-10. Flourish body 11-12. Catch 13-14. Cradle right arm 15-16.
- 20 Over to the left 1-2 and passé hop 3-4. Sotae bring flag back and unwinding 5-6. Bring flag down 7 up 8. Grab money hand. Pull down 9-10. Up grab 11 and then down 12. Then jump 13-16. Toss from left hand 17-20.
- 16 Out to the left and in 1-4. Bring flat over head with passé 5-8 end cradle. Susie sunshine 9-12. Over to the left 13-14. And to the right 15-16.

- 16 Direction change 1-4. Thumb flip 5-8. Cone 9-10. Up to the left 11-12. Down up to right 13-14. Down behind back and up 15-16.
- 16 Bring it down 1-3 step in with right 4. Flag behind back. Sotae out 5-8. Pushing the flag over body 9—12 turning to the front. Bring flag up 13-14. Up 15-16.
- 16 Up 1-2 with sotae 3-4. Toss to the back 5 and grab 8 with silk down. Neck roll 9-12. Bring around really big on 45 13-16.
- 16 Hop turn 1-2 to the left. Open in cradle 3-4. Sotae bringing the flag up 5-8 to the back. Grabbing under pulling down and up until hits the 9-12. Arm hit pose 13-16. The End.

Pom Mix 2008  
Advanced Flag

- 8 Hold 1-4, Walk R, L 5-6, Kick Ball Change 7-8
- 8 \*\*Pivot to the back 1-2, walk back 3-5, battement 6, step to the front to prep for a turn and ball change 7-8
- 8 Double pirouette 1-2, land out & in 3-4, clip turn L w/ R arm 5-6, snaps 7-8
- 8 Drop turn 1-2, face and point 3-4, shake 7-8\*\*
- 8 A's roll kick 1-4, roll back 5-7, hands on hips 8 (B's go on 5-8)
- 8 A's chest roll 1-4, everybody join to stand up 5-8
- 8 Cowboy 1-4, pose 5-7, pick up flag 8
- 8 \*L cone 1-2, pop flag up 3-4, toss 5-8
- 8 Windmill around 1-4, rainbow 5-6, hand roll 7-8
- 8 Grab silk and wrap around 1-3, drop and grab flag 4, pivot neck roll 5-8
- 8 Hershey's kiss 1-4, bottom cone 5-6, 45 toss 7-8
- 8 Slam L 1-2, pop back 3-4, flip 5-6, kick and flip 7-8 \*
- 8 Hold 1-2, chest pop 3-4, kick over 5-6, hop 7-8
- 8 Shake 1-2, slam hand 3-4, turn over 5-6, chest pop 7-8
- 8 Walk and roll 1-3, reset the flag 4-8
- 40 Repeat from \* to \*
- 24 Repeat from \*\* to \*\*

Its Only Life  
Advanced Flag

- 8 hold 1-4 arms inflate 5-8  
8 walk back 1-4 slow jazz walk 5-8  
8 tuck left foot on ground roll to left  
8 S curved armed port de bras roll back pick up flag  
8 Hold 1,2 flag behind neck, lift up from the crutch tip around grab the tab  
8 second two eights B's: repeat that phrase  
16 next 16 counts ensemble: hold tab in right hand carve up and up in releve' thumb flip down and tuck around the body  
16 next 16 counts still ensemble: lunge to the left flag goes up and around your body chaine turn on the 45 plane and extend next 16 counts still ensemble: up, down flat plie, half turn to the front then back scratch up in the toaster then flat  
8 SEight counts run to the back reach 5,6,7,8  
Chorus: A's and B's  
16 jumps on 1, 3 and 5. Flag goes up the back scratch on the 45 rond de jambe around B's go next 16  
NOTE; Port de bras arms while alternating work  
Ensemble:  
8 right hand at top cheater up and over then chaine turn step right left on 7,8  
pull up flag while sliding to the tab and then cradle two chaine turns lunge on 1  
flag goes up and over, carve through in turned in passe' position to flat  
cone pop toss, port de bras with left underneath catch tab and down
- Dance:  
Rond de jambe to right "end zone"  
Rond de jambe to left  
Repeat on the floor roll S curve phrase  
Step up and face your partner

Break The Ice  
Intermediate Flag

- 16 Hold 1-4. Shampoo head 5-8, popping left toe on 8. Little kick with Left foot with a ball change 9-10. Step Left on 11, step right on 12. Right arm across with left hand grabbing the right fist, pull to the right 13. Pull to the left 14 with left hand across body and right hand grabbing the left fist. Shampoo 15-16.
- 16 Reach down and touch the ground 1, pull legs through and slide 2 with left and on head, throw left hand out on 3, in fetal position on 4. This is done in 4 groups consisting of 4 counts each. Hit floor with fists 1-2. Grab head with left hand and kick a left back attitude 3-4. Keep rolling backwards and stand up and face the front 5-8.  
Put arms up and pull down and push straight out in front of with fists 9-12. Pull right arm back 13-14 and left arm 15-16.
- 16 Turn over left shoulder to the front with arms going in a circle above head 1-4. Pull to the right with elbow 5 and pull to the left with elbow 6. Turn your body facing left side and roll body 7 and slap hips 8. Step left 9 with right arm up, touch 10 with right foot crossed behind throwing arm down at left angle. Step right 11 with left hand up, touch 12 with left crossed behind right foot throwing left arm to lower right angle. Unwind with left shoulder and leading with arm 13-14. Cross feet and arms 15, hit out in 2<sup>nd</sup> with hands throwing out by your sides on 16.
- 16 Brush right leg to the left and pass through passé coming back to 2<sup>nd</sup> position 1-3, and pop down with arms on 4. Lunge left 5 with arms making a square, lunge right with arms making a square 6. Turn to left while shampooing head 7-8. Roll body and pop right toe 9-10. Do the same thing except pop left toe 11-12. Walk and pick up flag 13-16.

- Flag
- 16 (chorus) Windshield wiper up 1-2, and down 3-4. Go side to side with the flag. Little pop toss 5-6 catch in right cradle. Turn to your right 7-8. Shampoo hair with left hand and down 9-12. Pop upper body 13-16.
- 16 Turn back to left and unwind the cradle into a right slam 1-4. Prayer toss 5-8 catch with thumb up. Bring flat over head and put in cradle with right hand 9-12. Pop upper body 13-16.
- 16 Neck roll 1-4, end with silk to the left with left palm down. Throw flag out with left hand and bring back in and grab at tab with right hand thumb up 5-8. Up and over 9-10. Bring down and up at right angle 11-12. Side sassche to the left with flag going in a circle in front of you 13-14 and another circle 15-16 with flag on hip at the left hand upper side.
- 16 Backwards 1-3 and push up and hit right angle on 4. Bring down behind head into right cradle 5-8. Bottom cone 9-10, top cone 11-12. Grab with left hand and throw and bring back to flat 13-16.
- 16 A's: Push up and over to left side with both hands 1-4. Bring up in front of face and down at a right angle behind back doing a side kick ronda jambe 5-8. Bring up and over to the front in your toast 9-12. Behind back flat in cradle 13-14. Bring around front to flat 15-16
- 16 B's: do the same as A's.  
Repeat chorus.  
Do neck roll and grab with right hand and let the flag on the ground and extend left arm for a pose.

### Goodbye Philadelphia Intermediate Flag

- 16 Stand with left foot in front step with right on 3 elbows bend with hands pointing to toes on 3 and 4, stand up 5 with arms stretched out to side, plea on 6, leap to back on 7 landing and rolling toward the back ending on one knee facing stage right on count 10. Stretch in a semi lunge until 12, roll back to the standing position 13-16. Left hand will be on right shoulder.
- 16 Run to front 45 degree angle throwing right hand out 1-3, bending and rolling through the body 4-6, now facing the back, release body 7-8. While running to the back, turn and open arms out to the front 1-7, turn again to the back on count 8. Pick up your flag 9-12, run in circle to face the front 13-16.
- 8 Waive flag 1-2, flag down on 3 in right hand, circling back up on 4, switch hands on 5, opening the right hand on 5, turn 6-7 to the front. Throw flag out to the lower 45 degree angle to the left on count 8.
- 8 Bringing the flag back in and flipping up 1-2, circling the flag around and to the back to end in a cradle position pointing the flag to the upper 45 degree angle to your right. 3-8. Feet will be in the Coupe position.
- 8 Make a small cone to the front 45 degree angle 1-2, the pole will then come around the front of you to lay on your left hip on count 3, left arm extended out to the left, making 1 large circle to the front with a large lunge 3-4, and then a large circle to the front 5-8.
- 8 On count 1 your flag will be straight up and down behind and to the right of you. Shoulders will be facing the end zone to your right. (Flag still in the cradle position) Slowly 2-4 the flag will come down to be flat to the front even with your waist. Turning 5-6 back to the front and making a low cone in front all the way to a large lunge to your right 7-8.
- 8 Open flag while leaning away from the flag and turning to the back 1-6, making another low cone and lunging facing the back to the right 7-8.
- 8 Leap 1-3 to the front, bringing the flag up and over to the flat position facing the front 4-8.
- 8 REPEAT
- 8 On count 1 your flag will be straight up and down behind and to the right of you. Slowly on 3-4 your flag will be brought down to facing the front flat across your waist. You will turn 5-6 making a small lower cone releasing a pop toss and catching on count 1.
- 8 Hold count 2, slowly bring your arm up and over to end with your arm pointing up to the upper 45 degree angle. Hold this position until the music fades out.

Are You Ready  
Intermediate Flag

- Start in 2<sup>nd</sup> position with the feet, looking down, hands on hips
- 8 Hold 1-4, A's look 5-6, B's 7-8
  - 8 A's pivot back 1-2, B's 3-4, walk back and open 5-8
  - 8 shake hips 1-4, L head roll 5-6, point front 7-8
  - 8 A's roll R 1-4, B's 7-8
  - 8 Drag and step 1-4, wave hands 5-8
  - 8 Arms 1-4, pick up flag 5-8
  - 8 \*Backwards windmill 1-4, toss 5-8
  - 8 \*A's turn L 1-4, L scoops 5-8
  - 8 \*B's 1-8
  - 8 \*Top cone 1-4, backhand to a cradle 5-8
  - 8 \*Turn L 1-4, Hershey's Kiss 5-8
  - 8 \*Horizontal 1-4, prep for toss 5-8
  - 8 \*Vertical 1-4, roll up 5-8
  - 4 Arm punches to knee 1-4
  - 4 Bounces 1-3, pick up flag 4
  - 48 Repeat \* to \* w/ no A's and B's
- End with R hip back and R finger going down

Frozen  
Intermediate Flag

Dance A's and B's

- 8 hip rolls 1-6, step 7, step 8
- 8 flick to back 1-2, pivot turn 3-4, walk to flag 5-8
- 8 \* A's flourish to back 1-4, up over and drop 5-6, lunge to front 7-8
- 8 B's repeat
- 8 A's over head 1-2, around body 3-4, under leg 5-6, house top 7-8
- 8 B's repeat
- 8 Everyone: Angel 1-4, around the head to standing 5-8
- 8 circles 1-4, neck and pony 5-8\*
- 8 \*\*four poses 1-8
- 8 Scoop 1-4, run around 5-8\*\*
- 8 stop 1-2, lunge 3-4, left shoulder 5-6, magic trick 7-8
- 8 run around yourself (switch hand) 1-8
- 48 repeat \*to\*
- 16 repeat \*\*to\*\*

Do It Well  
Intermediate Flag

8 Hold 1-4, Move hips 5-8  
8 A's pivot to the back 1-2, walk front 3-4, arm circle 5-8 [B's 4 counts later]  
8 B's arrive 1-4, battement 5-6, passe 7-8  
8 Arm circle 1-4, pick up flag 5-8  
8 \*\*A's Windmill to hips 1-8  
8 Turn to back horizontal 1-4 [B's and C's every 4 counts] Turn L to face front 5-8  
8 Toss 1-6, flip 7-8  
8 B's arrive 1-4, C's 5-8 \*\*  
8 \*A's hip pop 1-2, pose 3-4, grab 5-6, turn L to face front 7-8  
8 \*Elbow pop 1-4, bring around the right 5-8  
8 B's repeat the A part  
8 B's continue  
8 \*A's Elbow cone 1-4, turn L 5-6, flip flag R 7-8  
8 \*Shoot out to bottom tip facing R 1-6, point and shake 7-8  
8 B's repeat A part  
8 B's continue  
8 Walk to flag 1-4, face front 5-8  
32 Repeat \*\* to \*\*  
32 Repeat \*\* to \*\* A's and B's all together  
End with flag shooting out and R foot at a dig with L hand on the L shoulder

Dance Like There's No Tomorrow  
Intermediate Flag

Intro: Two 8's

Dance Break

8 A's  
8 B's pick up flag 7, 8 of last eight  
8 1<sup>st</sup> chorus: Four 8's  
8 (up for two, tuck and down for two, up for two to right angle position)  
8 2<sup>nd</sup> 8 (wind up toss catch silk to the right)  
8 3<sup>rd</sup> 8 (repeat first 8)  
8 4<sup>th</sup> 8 (back present for two, around the body to flat)  
Musical Break: Four 8's  
8 1<sup>st</sup> 8 (row boats for four, tick tock for four A's)  
8 2<sup>nd</sup> 8 (repeat B's)  
8 3<sup>rd</sup> 8 (weight shifts for four, step together down and up)  
8 4<sup>th</sup> 8 (repeat third opposite direction)  
Verse: Six 8's  
8 1<sup>st</sup> 8 (up grab money hand flourish pull toss A's)  
8 2<sup>nd</sup> 8 (B's)  
8 3<sup>rd</sup> 8 (weight shift lunge to right cone down to right slam half turn)  
8 4<sup>th</sup> 8 (B')  
8 5<sup>th</sup> and 6<sup>th</sup> 8 (jump carve up then flat lunge to left over and cradle chaine turn up and grab and bring it flat)  
Repeat chorus X2  
45 toss to the back catch one hand and finish

**Like Whoa**  
**Intermediate Flag**

- 16 Hold 1-4, Ripple 5-12, move to spot 13-16
- 16 Right arm 1-4, left arm 5-6, push 7-8, up & over 9-10, step 11-12, caress head 13-16
- 16 Right arm & leg 1-2, switch 3-4, pull in 5-8, hip roll 9-12, sway 13-15, pop 16
- 16 Right leg run 1-2, walk to flag 3-8, serve dish 9-10, push 11-12 circle left arm 13-16
- 16 Salsa 1-8, both arms up 9-12, pick up flag 13-16
- 16 Big windmill 1-6, release behind back 7, grab 9, to flat 10-12, \* row right 13-14, bttm carve 15-16
- 16 Sh 1-2, turn 3-5, push left 6, to prep 7-8, toss 1 ½ 9-11 \*, flat 12, pole out 13-14, roll body 15-16
- 16 Leg trick 1-4, push down to stab ground 5-8, run 9-12, right arm 13-14, grab in cradle 15-16
- 16 Turn 1-4, around body 5-8, reverse windmill to flat 9-16
- 16 A's reverse drop spin to angle 1-4, B's repeat 5-8, big swing to ground 9-16
- 8 Solo 1-4, everyone pick up flag 5-8
- 16 Switch silk to opposite side 1-4, Repeat \* to \*
- 8 Put flag down 1-4, arms 5-8, throw 1

**Party People**  
**Intermediate Flag**

- 8 hold 2 cts; walk with a hunch grabbing your pants 3-5, round around while still walking 6-8
- 8 jump out to second position 1, point and pop your lower half 2, punch to your left 3 and, pop your chest 4, bongo to the right 5 and, step together 6, rollout 7-8
- 8 party people battle to switch sides 1-6 grab flag 7-8
- 8 Rainbow 1-2, over the head spin 3-4 to behind the back, up on 5, touch the floor six 6, up 7, flat 8
- 8 this is a two group part each group takes four counts) high and low carves then pop toss 1-4
- 8 solo moment every one ducks while a soloist is the main event 1-8
- 8 right to left 1-2, round the world 3-4, behind 5, in front 6, toss 7-8
- 8 move flag behind the left leg 1-2, right moves in while raising the right h 7-8 and 3-6 walk around to re-grab flag
- 8 shoulder roll 1-4 tuck flag 5-8
- 8 repeat dance work with the flag in the right hand use the flag as an extension of your hand 1-8
- 8 party people battle is a stand still just throw your hands up and look at your friends. 1-4 5-8 set for the rainbow move.
- 8 flag work repeats to the a-b section with the carves and toss
- 8 the next section is an A<B<C<D part, flag is tucked and you snap in a circle with each group starting two counts after one another.
- 8 last part bring flag up and around to the front 1-2, low carve 3-4, bring flag up to set to the ground 5-6, walk forward 7-8 and kick on 1

**Kindly Unspoken**  
**Intermediate Flag**

- 6 Hand up 1-3, hand right and lunge 4-6
- 6 Roll 1-2, arm 3, press 4-6
- 6 Stand 1-2, arm 3, press 4-6
- 6 Stand 1-2, left arm 3, right arm 4-6
- 6 Port de Bras 1-6
- 6 A's Run in 1-3 press with right arm 4-6, B's turn to left 1-3, Body Roll 4-6
- 6 A's gesture to B's 1-3, body roll 4-6, B's walk in 1-3, hand on A's back 4, hold 5-6
- 6 Run to Flag 1-6
- 6 Port de bra to flat 1-3, gesture to back corner 4-6
- 12 ABC part: Push up an dover for 3 swee back 4 5 for 3. A's start on 1 end on 6, B's start on 4 end on 9, C's start on 7 end on 12.

- 6 Pull flag back 1-3, turn to left 4-6
- 6 Small cone 1-3, Large cone 4-6, Squeeze on 6
- 6 Release 1 catch 3, pull around back 4 turn 5-6
- 6 Drop spin 1-3, turn to left 4-6
- 6 Flourish 1-6
- 6 Turn to Right 1-3, turn to left 4-6
- 6 Flourish 1-6
- 6 Turn to right 1-3, lift to back 4-6
- 6 A's up and over 1-3, press forward 4-6
- 6 B's press forward and squat down 1-3, pu and over 4-6
- 6 Cone to left 1-3, prayer toss 4-6
- 6 Roll down 1-3, flat above head 4-6
- 6 Run 1-3, press flag over 4-6, tip on ground by 6
- 6 Push flag over 1-3, flip up 4-6
- 6 Chaine to left 1-3, push flag out to right and lean away 4-6
- 6 Turn to front and press flag to left 1-3, behind the back 4-6
- 6 Grab silk 1 hold 2-3, pike turn 4-6
- 6 Run to parameter 1-6
- 6 Run in 1-6
- 6 Hand up 1-2, hand to right iwht lunge 3-4, roll 5-6, roll head up looking over left should till music fades

**Hold On I'm Coming  
Intermediate Flag**

- 16\* Pose 1, 5, 1 Flag up to right shoulder 5-8
- 8 A's Augmented Drp Spins on right
- 8 Regular Drop Spins on Right
- 8 B's Augmented Drop Spins Right
- 8 Regular Drop Spins on Right
- 8 Everyone Augmented
- 8 Everyone Regular
- 8 A Drop 1 grab in pole 2, flag to flat behind 3e pull in 4 while going to ground up 5 & 6 turn to front 7-8
- 8 B's Repeat
- 8 Pull over 1-2, push to angle 3, angle down 4 & 5, turn to back angle up 6 down 7 flat on 8
- 16 turn 1-4 cone to right & shoulder 13-16
- 8 Add on Drop Spins A's
- 8 B's
- 8 C's
- 8 Drop Spin 1-6 toss on 7 Catch 1

**Feed Back  
Intermediate**

- 16 H 4, Bounce 5-8, hands "z" 9-12, walk it out 13-16
- 8 Pop open 1-2, shoulders 3-4, rt. Elbow 5-6, left elbow 7-8
- 8 A's Contract 1-2 Hips 3-4, walk 5-6, Up 7 Pose 8
- 8 B's Repeat
- 8 Shoulder roll 1-2, snap 3-4, to flat 5-8
- 16 Flat over head 1-2, helicopter sp3-6. Scoop 7-8, Dive across toe 9-10, small cone paddle tn 13-16
- 16 Rowboat 1-2, backwards bottom cone 3-4, soot up 5, around body 6, turn left 7-8, straight arms up and over 9-10 pop 11-12 catch 13 over to ground 14-16
- Repeat from beginning and pose at end

## **Breathe You In Beginner Flag**

- Dance A's B's and C's
- 8 A's pump 1-8
- 8 B's pump 1-8
- 8 C's Pump
- 8 run to flag 1-8
- Section 1 A's, B's and C's
- 8 A's roll the boat 1-2, bottom cone 3-4, top cone 5-6, side cone 7-8
- 8 B's repeat
- 8 C's repeat
- pumps with flag( do not include on repeat
- 8 down up add ons in three groups 1-8
- Section 2 A's, B's and C's
- 8 A's overhead 1-4, around body 5-6, out 7-8
- 8 B's repeat 1-8
- 8 C's repeat 1-8
- 8 everyone kick silk 1-4, moonwalk 5-8
- Section 3 A's, B's C's
- 8 A's pop flag in left hand 1-2, right flat 3-4, turn 5-8
- 8 B's repeat
- 8 C's repeat
- Repeat sections 1 and 2 in two groups as 1's and 2's
- 8 swoosh left 1-2, swoosh right 3-4, circle 5-8
- 8 pump to group 1-6, wipe sweat 7-8

## **4 Minutes Beginner Flag**

- 16 Hang and hold 1-8, Shoulder 9-12, shake 5, look at watch 6, time check 7, jump together 8
- 16 Arm X cross-overs 1-4, punches 5-8, jump open 9-10, chest presses 11-14, shake down to flag 15-16
- 16 \*Up & over to left 1-4, across 5-6, arm 7-8, hold 9, step 10, turn 11-13, point 14-15, head & 16
- 16 Continue to push flag around to back 1-4, push down 5-6, fall to high rt. Shoulder 7-8, put flag down 9-12, kick 13-14, punch 15, grab flag 16\*
- 16 Repeat \* to \*
- 16 Stand up 1-2, # sways 3-6, push flag to left 7-8, hold 9, step 10, tn to back 11-12, zig-zag 13-16 #
- 16 Turn to front 1-2, repeat # to #
- 16 Turn to front 1-4, jam low 5-8, jam high 9-12, big circle 13-16
- 16 Swing right arm 1-4, hold 5, chest press 6, put flag down 7-8, hold 9-12, arm X cross-overs 13-16
- 8 Punches 1-4, jump open 5, throw arms 7, end down 8 & 1

**Gravity SB**  
**Beginner Flag**

- Section 1
- 8 pop flag up on 1, down 2, up on 3, rt slam 4, circle 5-6, push flag out 7-8
  - 8 8 layout 1-4, rt slam 5-6, pique 7-8
  - 8 run left 1-4, run right 5-8
  - 8 hip circle 1-4, front circle 5-8
  - 8 ensemble 1-4, body melt 5-8
  - 8 tuck flag 1-4, run to partner 5-8
- Partner Work
- 8 hold hands 1-4, run around each other 5-8
  - 8 paint toes 1-4, flat 5-6, end of poles 7-8
  - 8 run around 1-8
  - 8 grand plie 1-8
  - 8 reach and pull 1-4, back over the rainbow 5-8
  - 8 front over the rainbow 1-4, run away 5-8
  - 8 tug flag 1-4, run to partner 5-8
  - 8 hold hands 1-4, run around 5-8
  - 8 paint toes 1-4, flat 5-8
  - 8 change positions 1-8
- Repeat section 1
- 4 flag down run 1-4
  - 8 slide 1-2, roll 3-4, rock 5, roc 6, head down 7-8

**Elevator**  
**Beginner Flag**

- 32 Dance
- 8 hold 1-2, walk 3-4, step out rt. Leg 5, rt leg in 6, left leg out 7, left leg in 8
- 8 hip hop Russian 1-8
- 8 walk to flag 1-4, pick up flag 5-8
- 8 \*A's up and over drop 1-2, bend and pop 3-4, B's 5-8
- 8 A's Shoulder hip angles 1-2, body roll 3-4, B's 5-8
- 8 A's small toss 1-4, pump 5-8
- 8 B's small toss 1-4, pump 5-8
- 8 everyone elevator up 1-4, elevator down 5-8\*
- 40 Repeat \* to \*

**Forever**  
**Beginner Flag**

- 4 Arm out
- 16\* Extension 4, flat 5, Rt. Sh 6-8, augmented spin 9-16
- 16 Drop spin 1-8, windmill 9-16
- 16 Around body 1-4, up to rt. Angle 5-8, turn 9-12, top cone 9-16
- 16\* fl. Lt. 1-2, over head 3-4, unwind 5-6, rt. Sl 7-8 cradle 9-12 arm 13-16
- 16 Sunburst 1-4, ft in out 5-8, unwind 9-12, pull over 13-16
- 16 arabesque 1-4, drive car 5-8, turn flat 9-12, prayer toss 13-16
- 64 Repeat \* to \*

**Bring the Noise  
Beginner**

- 16 Hold 8, Arm Ripple 1,3,5,7
- 16 Continue Ripple 1-8,, all hands over ears 7-8/ stand up ripple 1-8
- 16 arms & Turn Ripple 1-8, shush ripple 1-8
- 16 Walk to flag (1's face front, 2's face back pick up flag 9-12 float to rt sh. 13-16
- 16\* Four corners- Aug. spins w/feet
- 16\* turn & reverse spins
- 16 flag over & around while trading places 1-8, face partner 9-10, switch poles 11-12 to flat 13-16
- 16 Prayer toss 1-4, open silk 5-8, turn around 9-12, up to rt. Sh. 13-16
- 16\* Repeat
- 16\* Repeat
- 1 Pose Front

**In The Ayer  
Beginner Flag**

- 16 H 4, jab cross jab 5-8, jab 9, jab 11, jab cross jab 13-16
- 16 Speed bag left 1-4, speed bag right 5-8, front kick 9-10, p/up flag 13-16
- 16\* Double Slam 1-8, isolate left 9, isolate rt. 11 circle chest 13-16
- 16\* bounce across 1-4, over to right flat 5-8, hands in the air 9-16
- 32 Repeat \* to \*
- 16 Sweep over to tuck 1-4, shake 5-8, front 9-10, strip 11-12, bugaloo 13-16
- 16 Stop 1 wave 3-4, face back 5-7, hand up 8, cross toes to flat 9-12, face front 13-16
- 16 Up 1-2, butterfly to tuck 3-8, wave left hand 9-16
- 16 Tuck 1 rt. Sh. 3 flat eyes 5, down 7 row boat 9-12, flag down 13-16
- 16 Jab 1, jab 3 jab cross jab 5-8, jab 9 jab 11, jab cross 13-16
- 16 Wheelie 1-8, weave 9-12, jab cross jab 13-16
- 1 Hands up

**Magic Tree  
Beginner Flag**

- 8 Face Bk. Hold flag 1-2, Look left to front 3-4, lk to bk 5-6, turn front to flat 7-8
- 16 A's Cones 1-2, 3-4, 5-6, 7-8; over to flat 1-2, bk 3-4, over to tuck 5-6, over & pt 7-8
- 16 B's Repeat
- 8 Flag flat 1-2, over w/silk 3-4, over head flat 5-6. Laundry 7-8
- 8 #1 ripple 1-4, over to flat 5-8
- 4 Rowboat 1-4
- 16 A's Repeat Cone Section
- 16 B's Repeat Cone Section
- 4 Flag Flat 1-2, over w/silk to floor 3-4
- 1 Toss Silk 1

**Satisfied  
Beginner Flag**

- 16 Hold (1-4) Skip to front (5-8) Cross arms; pick up flag (9-16)
- 16 Group A- Windmills (step touch); (1-8); flag UP; flag down (right shoulder); top cone; flat. (each move 2 counts) (9-16), Group B- Step-touch (1-16)
- 16 Group A- Step-touch (1-16)  
Group B- Windmills (step touch); (1-8); flag UP; flag down (right shoulder); top cone; flat. (each move 2 counts) (9-16)
- 4 All- Turn (1-4)
- 16 Group A- Drop spins (1-8); left slam (9, 10); up (11, 12); right slam (13, 14); flat (15-16)  
Group B- Step-touch (1-16)
- 16 Group B- Drop spins (1-8); left slam (9, 10); up (11, 12); right slam (13, 14); flat (15-16)  
Group A- Step-touch (1-16)
- 16 All- Slow carves (up, down, up, down) (1-16)
- 16 Extended over to left side (1-8); right arm around grab, turn to front (A-ft. sh) (B-flat) (9-16)
- 16 Group A- Windmills (st touch) (1-8); flag UP; flag down (rt. sh); top cone; flat. (each move 2 cts) (9-16) Group B- Step-touch (1-16)
- 16 Group B- Windmills (step touch); (1-8); flag UP; flag down (right shoulder); top cone; flat. (each move 2 counts) (9-16) Group A- Step-touch (1-16)
- 16 Partners- Walk to partner (1-8); switch flags (9,10) Back to spot (11-16)
- 16 All- Windmills (step touch); (1-8); flag UP; flag down (right shoulder); top cone; stay up at right shoulder (9-16)
- 16 All- Drop spins (1-8); left slam (9, 10); up (11, 12); right slam (13, 14); flat (15-16)
- 5 All- Flag over in front, sweep feet, turn to side, ending pose hand on knee (1-5)

**Alive  
Beginner Flag**

- 8 Slow to rt. Sh. A 1-4, B 5-8
- 16\* Slams 1-10 around body 11-16
- 16 B's Repeat
- 16 A overhead 1-3 turn 4-8 wring it out 9-10 pole to ground 11-12, fist 13-14, grab flag 15-16
- 16 b's repeat \*
- 16 Pose 1-4, pose 5-8, turn 9-12 to rt. Shoulder 13-16  
Repeat \* to \* 1-32 & 1-32
- 1 Push flag & end

**Next To You  
Advanced Rifle**

- 8 Hold 8
- 8 Look front 1-4, to back 5-8
- 8 Right arm 1, L arm 2, hit left 3, hold 4, reach 4-6, reach 7-8
- 8 1-4 prepare for pirouette, 5-8 single pirouette, get your rifle
- 16\* Slam down 1, up 2, cone 3-5, turn 6-8, dip 12 release triple 13, catch 16
- 16# Cone up 1-2, carve to neck 3-5, pull around neck 6-8, release parallel 10 catch 12 turn 13-16
- 8 Cradle to floor 1-8
- 16 Roll 1-4, arms 5-8, roll 9-12, attitude turn 13-14, step right 15 left 16
- 16 Gliside 1-2, r arms 5, left arm 8, 3 step turn 9-12, port debras to flag 13-16
- 8 Pop Flag up 1-2, turning slams 3-5, up to cradle 6-8
- 8 Behind back 1-2, up & over 3-5, back/front 6-8
- 16 Pull hits 1-2, 3-4, up 5, soute 6-7, release 8 catch 12, turning pas de chat 13-16
- 16 Accent 2, 3-7 prep, dip 8, release quad 9, catch 12, turn 13-16

16 Pop up 1-2, carve 3-8, release 9, catch 12, flat 13-14, up over 15, 16  
 16 Flourish 1-8, pass behind head 9-12, up & over 13-16  
 16 Up & Over 1-4, sweep 5-8, up to back 9-12 back to front 13-16  
 16 Pull behind back A's 1-2, B's 3-4, C's 5-6, D's 7-8  
 16 A's up 1, flat 3, over 5, behind 7, front 9, dip 11, release 13, catch 16  
 16 B's up 2, flat 4, over 6, behind 8, front 10, dip 12, release 13 catch 16  
 16 Repeat\*  
 16 Repeat#

**Pom Mix 2008  
 Advanced Rifle**

8 Hold 1-4, Walk R, L 5-6, Kick Ball Change 7-8  
 8 \*\*Pivot to the back 1-2, walk back 3-5, battement 6, step to the front to prep for a turn and ball  
 change 7-8  
 8 Double pirouette 1-2, land out & in 3-4, clip turn L w/ R arm 5-6, snaps 7-8  
 8 Drop turn 1-2, face and point 3-4, shake 7-8\*\*  
 8 A's roll kick 1-4, roll back 5-7, hands on hips 8 (B's go on 5-8)  
 8 A's chest roll 1-4, everybody join to stand up 5-8  
 8 Cowboy 1-4, pose 5-7, pick up flag 8  
 8 \*row 1-2, toss right hand single 3-4, flourish 5-6, prep for horizontal 7-  
 8 flat toss 1-3, cone around and grab strap 4-6, strap swing 7, bounce and 8  
 8 swing around body 1-2, grab behind body 3-4, walk around to front 5-7, flip 8  
 8 flourish to the right 1-2, leg trap 3-4, grab 5, spin around 6-7, punch corner 8  
 8 over 1-2, up 3, flat 4, kick 5, push across 6-7, chest pop 8\*  
 8 spin 1-2, stop 3, prep 4, toss triple 5-7, chest pop 8  
 8 tuck rifle 1-2, roll chest 3-4, pop 5, walk around 6-8  
 8 take these counts to get set for repeat  
 8 repeat \* to \*  
 40 dance repeats until the end

**It's Only Life  
 Advanced Rifle**

16 hold 1-4, arms breath 5-8, walk back 9-12, slow jazz walk 13-16  
 16 go to ground 1-4, roll 5-8, s-curve arms 9-12, roll 13-14, stand 15-16  
 16 hold 1-2, step cradle 3-4, turn 5-6, step out 7-8, hold 9-10, plie 11-12, reach up with rifle tuck  
 under right arm 13-16  
 16 step releve 1-2, step out lunge 3-4, rifle under your back 5-8, nose up lunge right hand in neck 9-  
 10, down 11, chaine turn 12-16  
 16 toss from neck 1-2, catch 3, flourish 4-5, grab 6, turn 7-8, down on 9-12, dip 13, toss quad catch  
 16  
 8 lift on 1-2, jazz run 3-4, reach to left 5-6, first position 7-8  
 8 right flat jumps 1,3,5, toss 7-8  
 8 catch 1, port debras arms 2-8  
 16 lunge 1-2, chaine turn 3-4, right flat 5-6, cradle 7-8, two chaine turns 9-16  
 8 lunge 1-2, flip 3-4, carve passé position to flat 5-6, turn and carve 7-8  
 8 flip to flat 1-2, dip 3, out 4, catch 7, down 8  
 8 hold 1-2, ronde jambe 3-4, jazz run 5-6, ronde jambe 7-8  
 16 roll 1-4, s-curves 5-8, roll 9-12, stand 13-16

**Goodbye Philadelphia  
Intermediate Rifle**

- 16 Stand with left foot in front step with right on 3 elbows bend with hands pointing to toes on 3 and 4, stand up 5 with arms stretched out to side, plea on 6, leap to back on 7 landing and rolling toward the back ending on one knee facing stage right on count 10. Stretch in a semi lunge until 12, roll back to the standing position 13-16. Left hand will be on right shoulder.
- 16 Run to front 45 degree angle throwing right hand out 1-3, bending and rolling through the body 4-6, now facing the back, release body 7-8. While running to the back, turn and open arms out to the front 1-7, turn again to the back on count 8, Pick up your rifle 9-12, run in circle to face the front 13-16.
- 8 Waive rifle 1-2, rifle down on 3 in right hand, circling back up on 4, switch hands on 5, opening the right hand on 5, turn 6-7 to the front. Throw rifle out to the lower 45 degree angle to the left on count 8.
  1. Bringing the rifle back in and flipping up 1-2, circling the rifle around and to the back to end in a cradle position pointing the rifle butt to the upper 45 degree angle to your right. 3-8. Feet will be in the Coupe position.
  2. Make a small cone to the front 45 degree angle 1-2, the nose of the rifle will then come around the front of you to lay on your left hip on count 3, left arm extended out to the left, making 1 large circle to the front with a large lunge 3-4, and then a larger circle to the front 5-8.
  3. On count 1 your rifle will be straight up and down behind and to the right of you. Shoulders will be facing the end zone to your right. (Flag still in the cradle position) Slowly 2-4 the flag will come down to be flat to the front even with your waist. Turning 5-6 back to the front and making a low cone in front with your right hand in the neck of the rifle all the way to a large lunge to your right 7-8.
  4. Open arms with rifle in your left hand while leaning away from the rifle and turning to the back 1-6, making another low cone and lunging facing the back to the right 7-8.
  5. Leap 1-3 to the front, bringing the rifle up and over to the flat position facing the front 4-8.
  6. REPEAT NUMBERS 1-8
  7. On count 1 your rifle will be straight up and down behind and to the right of you. Slowly on 3-4 your rifle will be brought down to facing the front flat across your waist. Your right hand will be on the butt of the rifle and your left hand on the swivel of the rifle to prepare for your toss. You will turn 5-6 making a cone with the butt of the rifle ending in your dip position for a left handed triple.
  8. Hold count 2, slowly bring your arm up and over with your rifle to end with your arm pointing up to the upper 45 degree angle. Hold this position until the music fades out.

**Like Whoa**  
**Intermediate Rifle**

Same dance as flag

- 16 big swing 1-6, release 7, catch neck 9, side 10, flat 11-12, \* row 13-14, bottom carve 15-16
- 16 shoulders 1-2, turn 3-5, push up 6, to prep 7-8, toss triple 9-11, hand on top 12\* open rt 13-14, body roll 15-16
- 16 under leg 1-4, around body 5-8, flourish 9-16
- 8 A's double 1-4, B's double 5-8
- 16 big swing 1-8, solo 9-12, go down to rifle 13-16
- 16 switch rifle to other side 1-4, repeat \*to \* put rifle down 13-16

**Party People**  
**Intermediate Rifle**

- 8 Hold 2, walk forward head down 3-5, arch circle 6-8 still walking.
- 8 (Dance) Jump to second position 1, pop hip 2, punch 3, pip chest 4, bongo 5, left to right 6 head roll 7-8
- 8 Party People Battle 1-6, while switching spots grab rifle 7-8
- 8 Rainbow rifle 1-2, over head spin 3, behind your back 4, up 5, touch the ground 6, to the front 7-8
- 8 A-B groups 4 cts. each, 2 spin single from right to left 1-4, repeat w/second group
- 8 Everyone down except for soloist
- 8 right to left 1-2, round the world 3-4, behind 5, low cone in front 6, single toss 7-8.
- 8 Behind your left leg 1-2, right foot walk in w/arm 3-8 walk around
- 8 Shoulder roll 1-4, tuck flag 5-8, leave it to the left
- 8 Shoulder roll 1-4, tuck flag 5-8 leave it to the left
- 8 Repeat dance while using rifle as your right hand for 16 counts
- 16 A-B-C-D groups 16 cts for tucking and snapping
- 8 behind you 1-2, low front cone 3-4, toss 5 catch 6 putdown 7, walk 8, kick 1

**Feedback**  
**Intermediate Rifle**

- 16 H 4, Bounce 5-8, hands "z" 9-12, walk it out 13-16
- 8 \*Pop open 1-2, shoulders 3-4, rt. Elbow 5-6, left elbow 7-8
- 8 A's Contract 1-2 Hips 3-4, walk 5-6, Up 7 Pose 8
- 8 B's Repeat
- 8 Shoulder roll 1-2, snap 3-4, to flat 5-8\*
- 16 \*\*over 1, flat 2, spin above head 3-6, bottom cone 7-8, push to angle 9-10, sweep across toes 11-12, paddle turn 13-16
- 16 scoop 1-2, backward cone 3-4, flip 5-6, turn 7-8, push out 9-10, sweep down 11, dip 12, double 13, catch 15, put rifle down 16\*\*
- 32 repeat \*to \* in dance
- 32 repeat \*\* to \*\*

**4 Minutes  
Beginner Rifle**

16 Hang and hold 1-8, Shoulder 9-12, shake 5, look at watch 6, time check 7, jump together 8  
16 Arm X cross-overs 1-4, punches 5-8, jump open 9-10, ch presses 11-14, shake down to flag 15-16  
16\* Over to left 1-4 open 5-6, arm 7-8, hold 9 step 10 turn 11-13 pt 1-15 head & 16  
16\* Bring rifle around to back 1-4, pull up 5-6, cut toes 7-8 put down 9-12, kick 13-14 pick up 15-16  
32 Repeat \* to \*  
16# Pick up 1-2, sways 3-6 to side 7-8 hold 9, step 10 turn 11-12  
16 Repeat #  
16 Jam to front 1-4, pushes low 5-8, pushes high 9-12, circle 13-16  
16 Arm clock 1-4, hold 5, open 6 put down 7-8, walk 9-12, arm X's 13-16  
End dance

**In The Ayer  
Beginner Rifle**

8 Hold 1-4, jab cross jab 5-8  
8 Jab cross jab combination 1-8  
8 Speed bag L 1-4, Speed bag 5-7, arms up 8  
8 Kick R 1, hold 2, pose 3-4, pick up rifle 5-8  
8 \*\*R shoulder 1-2, L slam 3-4, R shoulder 5-6, R flat 7-8  
8 Isolations L 1-2, R 3-4, roll to the L 5-8  
8 Wave to R 1-4, Up and front 5-8  
8 Wave hands in the air 1-8 \*\*  
32 Repeat  
8 Tuck and face R 1-4, shake 5-8  
8 Boogaloo 1-8  
8 Stop 1-2, Wave L and R 3-4, Turn back 5-6, arm up 7-8  
8 Swipe your feet 1-4, paddle turn front 5-8  
8 R shoulder 1-2, flutter 3-6, Tuck R 7-8  
8 Wave L hand from side to side 1-8  
8 L angle 1-2, R shoulder 3-4, Flat eyes 5-6, Flat waist 7-8  
8 L Row Boat 1-4, Rifle down 5-8  
16 Jab cross jab combination  
8 Wave and step 1-8  
8 Weave 1-4, jab cross jab 5-8  
Flick shirt and bring arms down

**Magic Tree  
Beginner Rifle**

8 hold 1-2, look over left shoulder 3-4, turn to back 5-6, face front 5-8  
16 \*carve exercise 1-8, two spins 9-10, flat 11, hold 12, tuck 13-14, snap down 15-16  
16 carve exercise 1-8, up and over 9-10, turn to back 11-12, tuck 13-14, snap down 15-16\*  
8 strap trick 1-2, bring it back 3-4, laundry move 5-8  
8 tuck 1, hold 2-4, up and over 5-8  
4 carve 1-4  
32 repeat \* to \*  
8 strap trick 1-2, down 3-4, pose 5-8

**Bring The Noise**  
**Beginner Rifle**

- 8 Hold 1-8
- 8 A's R Diagonal 1-2, Broken Arrow 3-4, L Diagonal 5-6, Drop R 7-8
- 8 Tilted T 1-2, B's and C's join in every 2 counts, Everybody back 7-8
- 8 A's pop up 1-2, B's 3-4, C's 5-6, Everybody rolls up 7-8
- 8 A's pivot 1-2, B's 3-4, C's 5-8
- 8 A's pose 1-2, B's 3-4, C's 5-6, Everyone poses 7-8
- 8 Walk to your rifle 1-8
- 8 Dive over 1-4, pick up rifle 5-8
- 16 \*Switching flats 1-16 (Includes tendu and passe combination)
- 16 Windmill to face diagonal 1-8, R spins 9-15, flip 16\*
- 16 Shoot out 1-2, Walk around 3-8, Drop and pick up the rifle 9-12, prep 13-16
- 16 Toss single and hold 1-4, Slide 5-8, Walk around yourself 9-16
- 32 Repeat from \* to \*
- 1 Face the front 1

