

## Black and Gold Advanced Flag

4cts- roll head up 1-4  
 8cts- rond de jambe L foot 1-4, Step 5-6, Attitude turn 7-8  
 8cts- flat parallel 1-2, Roll up 3-4, Assemble 5, ball change 6, chug 7, step together 8  
 8cts- port de bra 1-3, Knees fall and look on 4, roll through 5-8  
 8cts- arms come back 1-2, R leg fans 3-4, enveloppe 5-6, head leads 7-8  
 8cts- ball change L foot 1-2, L coupe 3-4, L chaine 5-6, jette en tournant 7-8  
 8cts- arms wave 1-4, Falling 5, switch 6, \* step forward with flag 7-8,  
 8cts- backscratcher 1-4, up and over 5-6, Horizontal 7-8  
 8cts- turn L 1-2, Flip Flag 3-4, Around to flat front 5-7, rainbow 8  
 8cts- hop around L with palm roll 1-4, step forward 5-6, Dip to flat with plie 7-8  
 8cts- up and over on 1-2, around to face back 3-6, chest roll 7-8 \*\*  
 8cts- flip around 1-3, Rond de jambe and head release 4, walk forward 5-6, scoop under 7-8  
 8cts- reverse windmill 1-2, L inverted fan kick on forced arch, 3-4, around to front 5-6  
     En de don pirouette 7-8  
 8cts- hold 1-2, A's up and over L 3-5, B's go over 6-8  
 8cts- top carve 1-2, walk 3-4, soute 5, bring it around to face front 6-8  
 32cts- repeat from \* to \*\*  
 8cts- A's chest roll 1-4, B's 5-8  
 8cts- top carve to face the back 1-8  
 8cts- lunge R 1-4, R arm swipes the front 5-8  
 4cts- right arm fluffs the flag 1-4

## Hometown Glory Advanced Flag

8cts- A's Salute jazz walk 1-4, jazz run 5-8  
 8cts- B's " "  
     A's Roll to ground 1-4, hold 5-8  
 8cts- A's Melt 1-2, fish flop 3-5, knee 6-8  
     B's Melt 1-2, support 3-5, arm 6-8  
 8cts- A's Grab hand 1-2, leap 3-4, back support 5-6, push 7-8  
     B's Grab hand 1-2, support 3-4, lean back 5-6, fall 7-8  
 8cts- A's Jazz walk 1-6, salute to front 7, hold 8  
     B's Roll 1-4, on knee 5-6, salute 7, hold 8  
 8cts- A's Go to flag 1-4, pick up flag with right hand 5-8  
     B's Hold 1-8  
 16cts- A's Lift salute 1-4, back scratch to back 5-8, cone to front 9-12, prayer toss 13-16  
 16cts- B's " "  
 16cts- A's Cradle 1-3, slice 4-5, grab silk high angle 6-8, high cone 9-12, unwind 13-16  
     B's " "  
 16cts- Scoop 1, up and over 2-4, cradle 5-8, shoulder roll 9-11, over cone 12-16  
 16cts- Wrist 1-2, hand roll 3-5, ground cradle 6-8, neck roll 9-12, floor roll 13-16  
 8cts- Thumb flip 1-2, turn 3-6, flag on ground 7-8  
 8cts- A's Salute jazz walk 1-4, jazz run 5-8  
 8cts- B's repeat  
 8cts- Ripple salute 1-4, arm 5-8

## Johnny B. Goode Advanced Flag

- 16cts- hold 2; cone toss (3-8); over head into cradle (9,10); sweep across body (11, 12); turn over left shoulder (13-16)
- 16cts- rainbow to back / right leg attitude (1-4); switch hands and turn (5,6); cone (7-8); 45 toss (catch on 11) circle flag around front bring under right arm / arms in a top V (12-16)
- 16cts- A) flat spin over head to back hip (1-4); shoulder roll and thumb flip / silk under arm (5-8)  
B) Repeat A
- 16cts- TOGETHER) spin to front switch hands / hold silk with left and pole to the right (1-8); silk trick around head (9-12) thumb flip (13,14) 45 cone (15,16)
- 16cts- 45 toss to back (1-4); swing around from bottom of pole (5-8); soute (9,10); posse (11,12); bring flag around to front (13-16)
- 16cts- flag open / left leg soute to back / swing flag around to back flag upside down / silk in left hand (1-6/ grab on 5); flip flag up to money hand (7,8) toss (9-12 catch with silk on right); bring to front (13-16)
- 16cts- hand spin flag clock-wise / body turns as flag spins around head / pole under elbow / grab with left hand under elbow (1-5); top carve to flat (6-8); keeping flag flat scoop to front over head into cradle (9-12); unwind flag to front (13-16)
- 16cts- under elbow 1-4, flourish to cradle 5-8, flag behind head 9-10, body roll 11-13, skirt around back and neck roll 14-16
- 8cts- left hand on flag 1, flat 2, right shoulder foot behind 3-4, right slam 5-6, right present 7-8,
- 8cts- hold 1-2, turn to back right slam 3-4, right present 5-6, turn to front right slam 7-8
- 16cts- money hand 1-2, toss catch over/over silk on right 3-7, flag on left up down 8-9, 45 swing underarm face back 10-12, unwind and flip catch flag on right, 13-16
- 8cts- silk trick 1-4, pop up 5-6, hold 7, turn and pose 8

## Super Nova Advanced Flag

partner dance-

super nova super nova

- 16cts- a, b opposition tendu to 2nd position plie back to first 1-4, partner grabs arms follows through 5-8, brush to ground 9-12, roll to ground, walking legs up, pelvis pushed up 13-16
- 16cts- roll around 1-4, roll up to standing 5-8, partner lift 9-12, roll to ground, to flag 13-16
- 8cts- get flag on knees 1-8
- 16cts- flag thumb up flat, silk to left flat 1-3, weight to right hip on 4, palm spin 5-7, grab 8, to front, neck roll, grab left, to back 9-16
- 16cts- front cone 1-4, pop 5-7, catch 8, get to knee 9-12, get off ground, prep for A, B part 13-16
- 16cts- A's pole hits 1-8, B's repeat 9-16
- 16cts- A's over head to 45° 1-8, B's repeat 9-16
- (A + B parts B's start 5)
- 16cts- \*windmill to flat behind left 1-5, horizontal spin 6-8, right leg left leg jump 9-12, up over 13-16
- 16cts- angle hand change 1-4, jump turn 5-8, wait for B's to finish 9-12, turn to back 13, up 14, release 16
- 4cts- catch 2, up angle 4,
- everyone:
- 16cts- chasse to top right 45 by ct 6, turn to back bring flag down  
7 - 8, press to front with jump 9-10, grab 11-12 grab at shoulder hip angle silk to left  
13 -16 rock the boat to under the leg
- 16cts- grab 1-2, swing up 3- 4, brush jump to front left 45 5-8, back attitude turn 9-12, guitar arm 13-14, strip flag 15-16
- 16cts- pop up 1, catch tab, thumb up, left side 2, turn to front 3-4, push to left side of body 5-6, down up to right front 45 7-8, helicopter 9-10, grab behind back 12, lift turn place on left

shoulder 13- 16

16cts- neck roll 1- 3, scoop 4, re-grab and jump 5-6, swoop down backwards flourish 7- 10, grab drop spin to back 12, prep for toss 13-15, release 16\*

4cts- catch silk to right, 1-4

repeat \* to \*

8cts- catch angle, silk to left, 3 steps pivot on right foot into lunge

## Work Advanced Flag

8cts- hold 1-2, Head rolls R 3-4, Hand jive 5-8

8cts- roll through arms 1-4, Cross point 5-6, opposition circle 7-8

8cts- \*A's Drop down to pick up the flag 1-2, back scratches 3-5, drop spin 6, down to front 7-8  
(B's shake)

8cts- B's Repeat (A's shake)

8cts- grab around 1-2, turn to back 3-4, Grand Plie flat 5-6, rainbow 7-8

8cts- turn front 1-2, elbow carve 3-4, take it to the back with the L 5-8

8cts- A's Drop 1-4, B's drop 5-8

8cts- jab forward 1-2, jab back 3-4, tuck under & release 5, hold 6, drop down on 7, Flip R hand on 8 \*\*

8cts- A's Helicopter turn L 1-4, B's Repeat 5-8

8cts- flag dip 1-2, horizontal 3, catch on the floor 4, Neck roll with legs in 2<sup>nd</sup> 5-6  
roll R and flag swipes 7-8

8cts- walk around the L 1-4, Across to L 5-6, Up and over R 7-8

8cts- pump and travel to switch windows 1-8

48cts- repeat from \* to \*\*

8cts- walk it out to clump in center 1-8

8cts- weave hand 1, Head 2, Hold 3, Shake 4, Dip 5, Pose 6, Hold 7, Pop 8

## Accessory Intermediate Flag

6cts- Hold 1, look 2, flash hands 3, down 4, tuck 5, pop 6,

8cts- Swipe 1 pivot 2 walk 3-4, hip rolls 5-6, flash hands 7, hit back 8

8cts, ripple head whip 1-4, walk to your flag 5-8

+ 8cts- back scratch 1-3, bag 4, turn left with hand on hip 5-7 love slam 8,

8cts- back scratch to flat 1-4, pop 5-6 top back 7-8

8cts- pivot 1-3 with flag over head pop out on 4, out 5-6 up and over 7-8cts-

8cts- overhead 1-2, hip roll 3-4, place flag down 5-6 strut 7-8

8cts- Group 1 flat 1-2 over head 3-4, turn around 5-6 body roll with hand 7-8

8cts- Group 2 repeat

- 8cts- cross pop 1-2 walk 3-4, up and under right hand 5-6 flag to cradle 7-8cts-

8cts- around 1-4, grab money 5-6, flip 7 hand on 8,

8cts- scoop 1-2 back scratch 3-4 lat 5-6 back it up 7-8

8cts- bring flag flat 1-2 while kicking on 2, step top the side 3-4, bring to the front 5-8

8cts- Group 1 toss 1-4 Group 2 toss 5-8

8cts- flat 1-2 pop 3-4, arm around 5- turn pivot 6-8

8cts- Repeat from + to -

8cts- Around 1-4 flip 5, up 6 down 7- left shoulder pops on 8

## Any Way You Want It Intermediate Flag

- 4cts- Hold,
- 16cts- Pose, (4) Go to flag,
- 16cts- Scoop 1-4, open 5-8, turn 9-12 backhand 13-16.
- 16cts- B's Repeat.
- 16cts- Push out 1-4, Butterfly to high V 5-12, turn 13-16.
- 16cts- B's Repeat.
- 16cts- Back scratch 1-2, Drop spin 3-4, Around to back 5-6, Drop spin 7-8, Front row 9-12, Toss 13-16
- 16cts- B's Repeat.
- 16cts- + 16cts- All together repeat from scoop to high V. (9) Set flag down 1-4, walk 5-8, pose 9.

## Best Of You Intermediate Flag

- 3cts- hold
- 8cts- back girls run forward 1-4, run back 5-8
- 8cts- releve arms up 1-2, lunge 3-4, attitude legs 5-6, reach right 7, in 8
- 8cts- ripple step under ball change to plie 1-6, reach 7-8-1
- 8cts- run around to flag in diagonal 2-8
- 8cts- roll over while grabbing tab 1-2, between knees 3-4, pull flag over to left side 5-6, flag down roll over 7-8
- 8cts- continue rolling stand up 1-8
- 8cts- dive and unwind 1-4, palm roll 5-6, windmill soute to back 7-8
- 8cts- windmill to right 1-2, catch tab 3, right step 4, chaine turn twice 5-6, carve out 7-8
- 8cts- toss 1, catch 3, soute to front 4-5, bottom carve 5-6, windmill 7-8
- 8cts- strip 1-2, bust out 3-4, turn to back 5-6, rainbow 7-8
- 8cts- flag to front 1-2, tuck 3-4, grab left hand 5-6, bring pole behind and prep for toss 7-8
- 8cts- toss 1-4, tuck 5-6, three quick steps 7-8
- 8cts- staggered leap 1-2, run to backwards triangle 3-8
- 8cts- continue to triangle 1-4, flag up and over 5-6, half drop spin 7-8
- 8cts- windmill 1-2, around body 3-8
- 8cts- flag down 1, in arm 2, chasse over 3 pop up 4, flag behind 5-6, come to the front 7-8
- 8cts- horizontal toss catch in arms 1-4, drop 5-6, pop flag up 7-8
- 8cts- big windmill 1-2, behind and turn to back 3-4, flag to front right slam 5-6, switch over and turn to front left angle 7-8
- 8cts- 45° toss 1-4, turn to side arch back flag flat over 5-6, turn to opposite side 7-8
- 8cts- bust open with right 1-4, reach forward 5-6, reach back 7-8

## Boom Boom Pow Intermediate Flag

8cts- hold 1-3, head pops 4, head swings right 5-8  
 5cts- knee pumps 1-3, right and left arm press down 4-5  
 6cts- A's chasse right 1-2, jump on forced arch 3, B's repeat  
 6cts- A's right knee turns in left knee turns in 1-2, arms circle 3, B's repeat  
 6cts- A's slide right and left 1-2, head pops down 3, B's repeat  
 8cts- roll to the ground 1-4, pick up flag 5-8  
 8cts- \* flag flourishes around 1-4, ask for money 5, sweep the floor and catch flat 6-8  
 8cts- skirt 1-4, flag cones across the face 5-8  
 8cts- A's shoulder trick 1-4, B's repeat 5-8  
 8cts- slam bottom of flag to ground 1, look right 2, snap 3, walk around pole 4-8\*  
 16cts- A's pump chest 1-3, bottom carve 4-5, 45° toss 6-8, B's repeat 9-16  
 6cts- A's angles 1-3, B's repeat 4-6  
 6cts- A's rainbow 1-3, B's repeat  
 8cts- flags come down 1-4, move to clump 5-8  
 6cts- A's chasse right 1-2, jump on forced arch 3, B's repeat  
 6cts- A's three step turn right arm points 1-3, B's repeat  
 8cts- roll to flag 1-4, pick up 5-8  
 Repeat \* to \*  
 8cts- together: pump chest 1-3, bottom carve 4-5, 45° toss 6-8

## Come Out and Play Intermediate Flag

8cts- jazz walks forward with snaps  
 8cts- low 45° kick with shimmy 1-2, cross over and turn 3-4, jazz hands 5-6, criss cross 7-8  
 8cts- sway left with hips 1-2, sway right 3-4, right arm 5, left arm 6, get flag 7-8  
 8cts- A's zig zag 1&2&, turn 3-4, B's zig zag 5&6& turn 7-8  
 8cts- C's zig zag 1&2& turn 3-4, sunshine 5-6, chasse left 7-8  
 8cts- A's cross toes 1-2, backhand windmill 3-4, left hand 5, hold 6-8. B's hold 1-4, windmill 5-8  
 8cts- A's hold 1-4, B's Left hand 1, hold 2-4, everyone feet together cross toes to flat 5-8  
 8cts- \*up and cone 1-2, tour flag in plane 3-4, scoop 5-6, opposition toss flat right 7-8\*  
 8cts- step back flag to cradle 1-2, tour forward 3-4, cross toes to right slam 5-6, right arm 7-8  
 16cts- rowboat jump 1, turn to back 2, chasse left and grab money hand 3, soule flag over 4, toss  
     5, catch 6, turn 7-8, flag over 9, turn 10-12, angle flag up 13, flag down in 45° 14, 45° toss  
 1    5-16  
 8cts- dive over left 1-2, flat triangle hits 3-4, thumb flip over with left arm to right slam 5-6, turn 7-8  
 4cts- A's top cone with criss cross 1-2, B's repeat 3-4  
 8cts- repeat \*to \*  
 8cts- step back cradle 1-2, tour forward 3-4, 3 group ripple to flat 5-7  
 3cts- up and over right hand cross

## Directions Intermediate Flag

- 8cts- A's look on 3, B's look on 7.  
 (16+8cts- in cannon) Walk 1-3, Passé 4, Slide to ground 5-8, Roll to back 9-12, Stand to flag 13-16, B's and C's finish 1-8. (1-16 in Cannon) \*\*Thumb flip 1-4 flat up to cradle 5-8, Turn 9-12, Across face and step back 13-16.  
 16cts- Push out to across back 1-4, flip on 45 angle 5-8, B's 9-12, C's 13-16.  
 16cts- Toss 1-4, Turn left 5-8, Hip circle 9-12, Pop on 12, Flip around to left hand back 13-16.\*\*  
 16cts- A's flat over head to floor 1-4, B's 5-8, C's 9-12, All stand 13-16.  
 16cts- All repeat dance (no flag).  
 16cts- Step, step, jump 1-4, Arms around 5-8, Two slow steps 9-12, To flag 13-16.  
 (16+16+16) All repeat together with cones. (1-16)  
 16cts- up and over to left hand 1-4, down 5-8, stand 9-12, walk 13-16  
 4cts- down to ground and pose 1-4

## Diva Intermediate Flag

- 8cts- 1-4 Hold in diva pose, 5-8cts- Start walking towards formation with attitude.  
 8cts- 1-6 Continue walking towards formation 7-8cts- One person freezes the team with hands out in a T.  
 8cts- Diva Dance 1-3 shift to other direction with hands on hip on ct.4  
 Continue the dance with added members 5-7 Everyone hands down by ct 8  
 8cts- Step touch left to right 1, right to left 2 pivot turn 3, tap your shoulder on 4, then walk to your flag 5-8cts-  
 8cts- Thumb flip 1-2, freeze and body roll 3-4 Grab 5, turn to left 5, flip 6, catch and pose 7-8  
 + 8cts- Step out with left foot 1 while scooping down and into a flourish 2-3 up 4 around the body 5-6, Turn 7-8cts-  
 - 8cts- scoop with flag on your shoulder 1 turn 2-3 open by 4,  
 Group 1 scoop to upper angle 5-6 then hold 7-8  
 Group 2 Hold 5-6 then scoop to upper angle 7-8  
 8cts- Group 1 -Down-towards feet 1, up overhead 2, down 3 up flat to the back 4 up by 5, J toss 6, catch 7, silk 8cts-  
 8cts- Group 2 Repeat same as Group 1  
 8cts- Both group now repeat from + to -  
 8cts- Continue with the same work all the way to the toss but this time at the catch throw your hands up by 1.

## Falling Slowly Intermediate Flag

- 8cts- Roll up 1-4, lift head 5-8  
 8cts- A's Chasse 1-2, flip 3-4, turn 5-6, roll to ground 7-8  
 8cts- B's repeat  
 8cts- C's repeat walk 7-8  
 8cts- Fall to ground 1-4, beat on ground 5-8  
 8cts- Attitude roll 1-4, leg beat 5-8  
 8cts- A's Step hug 1-4, attitude brush 5-8  
 8cts- B's repeat  
 8cts- Reach to back 1-2, turn to front 3-4, bounce 5-8  
 8cts- Reach 1-2, go to flag 3-5, right slam 6-8  
 8cts- Wrist rotation 1-4, go to partners 5-8  
 8cts- Open up 1-4, wrap around 5-8  
 8cts- Unwind 1-8

8cts- Wrist rotation contraction 1-5, slow helicopter toss 6-8  
 8cts- Scoop to corner 1, cradle 2-4, sunshine 5-6, turn unwind 7-8  
 8cts- Thumb flip attitude turn to front 1-3, shoulder 4, mountain 5-8  
 8cts- Grab behind back 1, slice poll to back 2-4, cone 5-6, turn 7-8  
 8cts- Toss 1-2, Chasse cradle 3-5, unwind 6-8  
 8cts- Pole swing behind back 1-4, cone 5-6, step to front 7-8  
 8cts- Double mountains 1-4, scoop under 5-6, walk 7-8  
 8cts- Rowboat 1-2, toss 3-5, push flag away 6-8  
 8cts- Fall to ground 1-4, beat on ground 5-8  
 8cts- Attitude roll 1-4, leg beat 5-8  
 8cts- A's Chasse 1-2, flip 3-4, turn 5-6, roll to ground 7-8  
 8cts- B's repeat  
 8cts- C's walk 7-8

## I Got You

### Intermediate Flag

8cts- A's roll on to belly 1-4 head 7-8  
 8cts- B's step over A's 1-4 hips 5-8 b  
 8cts- B's 3 step turn 1-4 point 5-8  
 8cts- A's roll up 1-4 point 5-8  
 8cts- high five 3-4 hips 7-8  
 8cts- to flag 1-8  
 8cts- \*\*A's scope 1-2 cone 3-4 flip 5-6 hand over 7-8  
 8cts- B's repeat  
 12cts- all together around back 1-12  
 8cts- grab palm up 3-4 flip 5-8\*\*  
 8cts- dive 1-4 back hand 5-6 point 7-8  
 8cts- flourish 1-8  
 8cts- flip 1-2 hold 3-4 turn over L 5-8  
 8cts- A's cone 1-4 toss 5-8  
 8cts- B's repeat  
 8cts- flag around back 1-4 point. 5-8  
 8cts- hips 1-4 turn and grab 5-8  
 8cts- A's open to back 3-4 B's repeat 5-8  
 8cts- high five switch 1-8  
 8cts- A's duck 1-2 B's repeat 5-6 shimmy up to flat 7-8  
 repeat \*\* to \*\*  
 8cts- turn around 1-4, putting flag down 5-8  
 8cts- go to line 1-8  
 9cts- 1-8 point ripple, look 9

## Moon and Moon Intermediate Flag

- 8cts- head roll up 1-4, backwards walking with right arm up 5-8  
 8cts- soute left, soute right, tuck left foot slide to floor 3-4, star on ground 5, roll up 6-7, look 8  
 8cts- on knees with arms 1-2, down and back up 3-4, left knee 5, soute to back 6, run 7-8  
 8cts- right arm around and hit with right foot dig, soute over 2, turn to front 4 5 3, arms up 4, backstroke 5, arch 6, slap legs 7, hug 8  
 8cts- A's cone arm left posse 1-2, down 3-4 to flag. B's cone 3-4, down to flag 5-6, everyone up and turn right slam 7-8  
 8cts- A's flag up let fall 1-2, around to back 3-4, pencil 5-6, windmill to grab flat 7-8  
 8cts- B's repeat  
 8cts- over to flat feet together 1-2, turn 3-4, reverse 5-6, plie 7, up to angle in lunge 8  
 8cts- cone lift right foot 1-2, to back 3-4, prayer toss 5-6, flat 7, cradle to front 4 5 8  
 8cts- A's around back with left foot lift 1-2, up 3, thumb flip 4, down 5, turn 6, up 7, down 8  
 8cts- B's repeat  
 8cts- out and back 1-2 stripping and going to ground 3-8

## Nu Nu Yeah Yeah Intermediate Flag

- + 16cts- Group1 Hold 1-2, Shift weight right with left arm up to right 3 to left 4, around around head 5-7 point to the right 8, turn to the front 9-12, push to left 13-14, to the right side 15-16 look to the front  
 16cts- Group 2 Repeat Group1 16cts.  
 16cts- over the head cradle 1-4, turn to the left 5-8, unwind 9-12, pop up 13- 14 tuck 15 - look at your watch 16.  
 - 16cts- bottom carve and then on the shoulder 1-4 hop around 5-7 fett in second on 8, up and over 9-10 to the right 11-12, scoop to the left 13-16  
 16cts- cone up 1-3 up to the right 4- pull down to a cradle type toss 5-6 out on 7 catch 8, around to the back 9-10 tuck 11-12, turn 13-14, what's up fingers 15-16  
 16cts- cone and strip 1-4 walk it out 5-6, down 7-8cts- out hold flag 9-10 fan yourself 11-12 run around 13-16.  
 16cts- over the shoulder 1-2 leave it on your shoulder open to the left 3-4 to the right 5-6, behind you 7-8, round to the front 9-10, cone 11-12, toss 13-14 catch 15- tuck 16  
 16cts- Repeat from + to - But both groups go together.  
 1ct- Slam and swing arm

## Ole time Rock & Roll Intermediate Flag

### Guitars & Drums

- 1-8cts- Guitars 1-4 swing arms 5-8cts- carve into 1:00 position  
 1-8cts- Drums 1-4 swing arms 5-8cts- carve into 1:00 position

### Chorus

- 1-16 1-8cts- extension butterflies, 9-12 flag on arm till flat, 13-16 pump leg,  
 1-16 1-4 horizon with palm spin, 5-8cts- horizon around waist, 9-12 turn in flat, 13-14 knees, 15-16 leans.

- 1-16 1-8cts- Row boat into backwards butterflies into flat, 9-12 over the rainbow, crater 13-16.  
 1-16 1-4 turn, 5-8cts- un-do 2 tuck, 9-12 sweep into R slam, 13-16 carve into pop toss,



**Hits!**

1-32 1 tuck, 2 turn with fist, 3-4 rest, 5-16 T Nugent, 17-20 carve to 1:00, 21-24 over extension, 25-28cts- behind the back, 29-30 turn, 31-32 circle and prep.

**Chorus**

1-16 repeat

1-16 repeat

1-16 repeat

1-16 repeat

**Ending**

1-8cts- guitars 1-4 drop spin into tuck, 5-8cts- arm to fist

1-8cts- drums 1-4 drop spin into tuck, 5-8cts- arm to fist

1-3 ending together R shoulder to over into slam with fist!

## Push It Intermediate Flag

8cts- Hold facing the back then turn around by 8

8cts- Throw left arm to right 1, Right to left 2, Hit L shape by 3, hit 4, roll with leg and arms 5-8

8cts- Jump around 1&2, drop 3, up 4, train 5-6, head nod 7-8

8cts- Walk to your flag 1-8cts- (pick up flag and be facing the side with your flag at your left hip)

8cts- (Group1) Push forward 1-2, to back 3, turn 4-6, up and over 7-8

8cts- (Group2) Repeat the last 8cts while group one is hip shaking.

8cts- (Group1) Left shoulder1, Spin2, Flip3, catch 4, turn to the right 5-7 push flag out to the side by ct 8.

8cts- (Group2) Repeat the last 8cts while group one is hip shaking.

8cts- (Everyone) is now doing work together. Shoulder 1-4, Bring the flag around to the back 5-6, Prep 7, Toss 8

8cts- Cone with both hands on it for 1-3 use left hand to push flag open by 4, then bring around to the back 5-8

8cts- Pop up 1, Stop and Squeeze 2, Flourish down 3-4, Cone while looking to the audience 5-8

8cts- Open to the back 1-3, Grab flat 4, Turn to the front 5-6. cone to the left 7, prep for the toss 8

8cts- Toss 1, catch on 3, hold 4, to the side by going down and up 5-6 cone up to flat 7-8

8cts- Turn to the back 1-4, Thumb flip 5-6, Hold you can look at the audience if you want here 7-8

8cts- Cone in the high space off to the right 1-2, and own in the lower space off to the left 3-4, come around to the front 5-8

8cts- (Group1) Push forward 1-2, to back 3, turn 4-6, up and over 7-8

8cts- (Group2) Repeat the last 8cts while group one is hip shaking.

8cts- (Group1) Left shoulder1, Spin2, Flip3, catch 4, turn to the right 5-7 push flag out to the side by ct 8.

8cts- (Group2) Repeat the last 8cts.

8cts- (Everybody) is now doing work together. Shoulder 1-4, Bring the flag around to the back 5-6, Prep7, Toss8

8cts- Catch 1, Hold 2, to the front 3-4, up 5, down 6-7, up 8, pose by the downbeat

## Go Girl Beginner Flag

- 4cts- what would you do with out SOUND. on the word sounds put your left hand to your ear.
- 8cts- ripple flag to flat placing hand together at the tab.
- 8cts- \*Group 1 step snap step snap 1-4 turn around 5-7, flag up by 8.
- 8cts- Group 2 repeat
- 8cts- A's shake the dice and roll 'em 1-4, B's repeat 5-8
- 8cts- turn to left 1-4, low cone 5-8.
- 32cts- 4 corner carve exercise\*
- 16cts- pop toss 1-4, turn to end zone 5-8, flag over head 9-12, A's turn 13-16, B's face back 13-16
- 16cts- flag trick 1-8, snap 9-12, face front 13-16
- 64cts- repeat \* to \*
- 4cts- pop toss wrap flag around waist

## Goodbye Beginner Flag

- 16cts- hold 1-4, huddle sway back and forth 5-16
- 16cts- walk 1-4, slide 5-8, prance 9-12, pick up flag 13-16
- 16cts- A's right shoulder 1-2, combination to tuck 3-12, cross toes to right flat 13-16
- 16cts- extend to left 1-4, hand up 5-6, elbow to side 7-8, face back flag flat 9-12, turn front 13-16
- 32cts- B's opposite of A's at the same time
- 16cts- A's carve slow 1-8, pull over to left 9-12, back to right flat 13-16
- 16cts- turn to back 1-4, step touch 5-8, hand out 9 hold 10-12, face front 13-16
- 32cts- B's opposite A's at the same time
- 16cts- everyone overhead to cradle 1-4, sway 5-8, unwind 9-12, "Z" 13-16
- 16cts- over to right tuck 1-4, around body 5-8, up to right angle 9-12, top cone to flat 13-16
- 16cts- prayer toss, over to left 5-8, push out 9-10, flat 11-2, pull over to right 13-16
- 16cts- walk 1-4, slide 5-8, prance 9-12, walk to huddle 13-16
- 16cts- sway 1-16, different people wave 3, 7, 11
- 16cts- walk 1-12, hand up 13, hand out 15

## I Want Candy Beginner Flag

### Lollipops-Gumdrops

8cts- prep and strip the flag, 1-4 lolly, 5-8cts- gummies

8cts- thru into cractor, 1-4 lolly, 5-8cts- gummies

### Chorus 32 cts

16 cts--lolly-1-2 circle and grab, 3-4 lower present, 5-6 turn to back, 7-8cts- flat to front)

lolly 9- 10 flat turn left, flourish 11 down, 12 up, 13 down, 14 chest, 15 circle, 16 angle  
2:00.)

\*gumdrops-rest 8ct, 9-10 circle and grab, 11-12 lower present, 13-14 turn to back, 15-16  
flat to front)

16cts-lolly-1-2 reverse present, 3-4 to lance arms, 5-6 back slam, 7-8cts- turn to front to extend. 9-16 rest with attitude.

Gumdrops-1-2 flat turn left, flourish 3 down, 4 up, 5 down, 6 chest, 7 circle, 8cts- angle  
2:00) 9-10 reverse present, 11-12 to lance arms, 13-14 back slam, 15-16 turn to front on  
extend

### Ensemble

16cts- 1-pull, 2-turn @ present, 3-chest, 4-down, 5-up, 6 extend, 7 punch up,

8cts- hiker contagious 9-10 bow, 11-12 grab and up, 13-14 flat chest 15- 16 continue.

16cts- 1-2 drop spin into tuck hand 4, 5-7 wrap around 8cts- hand, 9-11 to right slam 12 hand, 13-14 scoop the arm into upside down crate, 15 touch down, 16 prep for chorus

### Repeat chorus 32cts

4cts pull into a turn with a slam

4cts-lower carve

4cts-higher carve

8cts ending-over to tuck, grab the end, slam over, punch, hitchhiker ending pose.

## If I Can't Have You Beginner Flag

16cts- guitar and drum duet 1-16

16cts- throw flag to partner 1-4, stand up or get flag 5-8, step touch front people 9-16, walk to partner and switch flag back people 9-16

16cts- double slam 1-8, extend over 9-12, exchange poles 13-16

16cts. - air guitar out to spot 1-12, flat 13, right shoulder 15

16cts- \*augmented spin 1-4, fast spin 5-8, augmented spin 9-12, fast 13-16

16cts- windmill out to side 1-4, turn 5-8, in 9, right shoulder 11, slam 13\*, right shoulder 15

32cts - repeat \* to \*, flat across legs on second 15.

16cts- ^point 1, hold 2-4, grab 5, angle right 7, carve around head 9-12, over head to flat 13-16^

16cts- right shoulder 1-2, windmill to tuck 3-7, low cone 9-12, float up to right shoulder 13-16

32cts - repeat \* to \*, flat across legs on second 15

16cts- repeat ^ to ^

4cts - slow point across

## Move If You Wanna Beginner Flag

8cts- \*A's pivot to front 1-4, left heel pop 5-6, right heel pop 7-8  
 8cts- B's repeat  
 8cts- add on step touch left to right 1-6, right shoulder 7-8  
 8cts- drop spins 1-8  
 8cts- walk around windmill\*  
 8cts- carve 1-4, flag on ground 5, push left step right 6, snake left drop flag 7-8  
 8cts- prep for flash 1-2, flash twice 3-6, releve flag up 7, tuck and pose 8  
 8cts- add on fan yourself 1-4, unstuck to flat turn to back 5-6, rainbow to left 7-8  
 8cts- rainbow to right 1-2, right slam turn front 3-4, pump twice 5-6, pivot to back 7-8  
 40cts- repeat \* to \*  
 8cts- put flag down, run to clump 1-3, reach away from center of clump 4, come in 5-6, choo choo  
 train arms and roll 7-8  
 5cts- cock up elbow 1, throw down and 2, walk 3-4, pose 5

## That's Not My Name Beginner Flag

1 ct - hold  
 16cts- poses on 5, , pick up flag 13-16  
 16cts- A's left angle 1-2, right flat 3-4, jog turn to back 5-8, right shoulder 9, tuck front 11, circle  
 head pose 13-16  
 16cts- B's repeat  
 16cts- A's left tuck 1-2, right shoulder 3-4, flat 5-6, down flat 7-8, step touch 9-12, extend over to  
 left 13-16  
 16cts- B's repeat  
 6cts - face back 1-2, face front 3-4, right shoulder 5-6  
 16cts- \*windmill step touch 1-8, flat 9, twist 11, shake 13-16  
 16cts- ^say no hand 1-4, cross shoulder 5-8, flag front 9-10, cover face 11-12, peek 13-16\*^  
 32cts - repeat \* to \*  
 16cts- put flag down 1-4, pony 5-8, "v' across eyes 9-12, pick up flag 13-16  
 16cts- repeat ^ to ^  
 4cts - pull over to right tuck talk to the hand

## Diva Rifle

8cts- 1-4 Hold, Walk to formation 5-8  
 8cts- Continue walking to formation 1-6, Have one person stop group with arms in a T shape 7-8  
 8cts- Diva Dance 1-3, shift on 4 hands on hips Diva Dance with the rest of the group 5-7 Hands down by 8cts-  
 8cts- Step touch right to left 1, left to right 2, pivot turn on 3, tap shoulder on 4, Walk to your Rifle 5-8.  
 8cts- Back Hand right to left 1, flip and catch on 2, Body roll 3-4 Grab 5, over to the side 6, flip 7, catch and pose 8.  
 + 8cts- Flourish to the right 1-3, Stab the upper left on 4, push down 5, swing around to back 6, turn to the left 7-8.  
 -8cts Flourish to the right 1-2, Backhand 3, under the leg 4, Left grab 5, over the head 6, Flip 7, catch 8.  
 8cts- Group 1 up and over to left shoulder 1-2, over head to right shoulder 3, Swing down to the left arm 4, open to the back 5, prep 6, toss 7 catch 8  
 8cts- Group 2 Repeat the 8cts given. And then set for the next 8cts.  
 8cts- Repeat from + to -  
 8cts- now both group continue with the last 8cts together till the end

## Best Of You Rifle

Beggining Position-Triangle off three point is front everyone holding hands, Count break 1-3  
 1-8 Girls in back run forward 1-4, Run back to beg. formation 5-8  
 1-8 Relive and reach up 1-2, Longe forward 3-4, Swing around attitude 5-6, reach side and bring to crossed arms 7-8  
 Ripple-1-8 Setp under self ball change to face the right in 2nd position reaching up three groups 2 counts each 1-6, expose wrist and relive 7-8  
 1-8 Run to rifle 1-6, Fan kick to ground 7-8  
 1-8 Roll to rifle 1-2, Grab Neck 3-4, Rainbow over 5-6, Roll on stomach 7-8  
 1-8 Roll to stand with rifle in hand 1-4, Bring to R flat 5-8  
 1-8 Dive to left crossing and uncrossing arms to R flat 1-4, flurish behind to R with a foute and tucking rifle 5-8  
 1-8 Turn twice facing back 1-4, Toss 5-6, Catch at top right angle 7-8  
 1-8 Soute to front 1-2, Bring to right flat 3-4, two top mini carves 5-6, Big bottom carve 7-8  
 1-8 Grab at bolt and flurish to back 1-2, Grab with left and bring to front 3-4, Bust out 5-6, Bring to back 7-8  
 1-8 Rainbow over 1-2, Turn to front 3-4, Bring around to back 5-6, Grab bolt, half toss, and prep for a toss 7-8  
 1-8 Quad 1-4, Tuck under and present to front 5-6, Turn to back 7-8  
 1-8 Run 1-2, Staggered leap 3-4, Run 5-8  
 1-8 Cont. running 1-4, Bring rifle over to left 5-6, Bring overhead with a mini arbesque 7-8  
 1-8 Run around yourself bringing rifle to the back and the front ending at a right flat 1-8  
 1-8 Place tip of rifle on the ground 1, Stomp 2-4, Rifle and swing around placing but on r shoulder 5-6, Swing tip down and around and shoot out to right flat 7-8  
 1-8 Light toss up and cath in cradle 1-4, Bring up 5-6, Flurish with a soute to face back 7-8  
 1-8 Flurish 1-4, Catch at R flat 5-6, Turn to front 7-8  
 1-8 Shoot rifle out to diagonal 1-2, Bring to bottom angle facing right 3-4, Flick and step 5-6 turn to face left 7-8  
 1-6 Bust open 1-2, Reach front 3-4, Swing and slap and reach back 5-6

## Falling Slowly Sabre

8cts- roll up 1-4, lift head 5-8  
 8cts- A's Chasse 1-2, flip 3-4, turn 5-6, roll to ground 7-8  
 8cts- B's "  
 8cts- C's " walk 7-8  
 8cts- fall to ground 1-4, beat on ground 5-8  
 8cts- attitude roll 1-4, leg beat 5-8  
 8cts- A's Step hug 1-4, attitude brush 5-8  
 8cts- B's "  
 8cts- reach to back 1-2, turn to front 3-4, bounce 5-8  
 8cts- reach 1-2, go to saber 3-5, right slam 6-8  
 8cts- wrist rotation 1-4, go to partners 5-8  
 8cts- open up 1-4, wrap around 5-8  
 8cts- unwind 1-8  
 8cts- wrist rotation contraction 1-5, slow helicopter toss 6-8  
 8cts- scoop to corner 1, cradle 2-4, sunshine 5-6, turn unwind 7-8  
 8cts- thumb flip attitude turn to front 1-3, shoulder 4, turn to back 5-8  
 8cts- up and over to front 1-4, wrist rotation 5-7, prep 8  
 8cts- toss triple 1-3, across toes 5-6, fall 7-8  
 8cts- ankle roll 1-4, up and over behind back 5-8  
 8cts- jazz walk 1-4, wrist flourish to front 5-8  
 8cts- front cone 1-3, wrist roll 4-5, leg roll 6-8  
 8cts- fall to ground 1-4, beat on ground 5-8  
 8cts- attitude roll 1-4, leg beat 5-8  
 8cts- A's Chasse 1-2, flip 3-4, turn 5-6, roll to ground 7-8  
 8cts- B's "  
 8cts- C's " walk 7-8

## Go Girl Beginner Rifle

4cts- what would you do with out SOUND. on the word sounds put your left hand to your ear.  
 8cts- ripple rifle to flat placing hand together at the bolt.  
 8cts- \*Group 1 step snap step snap 1-4 turn around 5-7, .  
 8cts- Group 2 repeat  
 8cts- A's shake the dice and roll 'em 1-4, B's repeat 5-8  
 8cts- turn to left 1-4, left flat 5-8.  
 16cts- \*flourish 1-4, flat 5, hold 6-8, right hand spins, 9-12, flat 13, hold 14-16  
 16cts-- \*flourish 1-4, flat 5, hold 6-8, right hand spins, 9-12, flat 13, hold 14-16\*  
 16cts- single 1-2, 3-4butt over , turn to end zone 5-8, rifle over head 9-12, A's turn 13-16, B's face  
     back 13-16  
 16cts- strap trick 1-8, snap 9-12, face front 13-16  
 64cts- repeat \* to \*  
 4cts- single 1-2, ending pose 3-4

## Goodbye Beginner Rifle

- 16cts- hold 1-4, huddle sway back and forth 5-16
- 16cts- walk 1-4, slide 5-8, prance 9-12, pick up flag 13-16
- 16cts- A's track 1-8, flip 9, tuck 11, cross toes to right flat 13-16
- 16cts- extend to left 1-4, hand up 5-6, elbow to side 7-8, face back rifle flat 9-12, turn front 13-16
- 32cts- B's opposite of A's at the same time
- 16cts- A's carve slow 1-8, pull over to left 9-12, back to right flat 13-16
- 16cts- turn to back 1-4, step touch 5-8, hand out 9 hold 10-12, face front 13-16
- 32cts- B's opposite A's at the same time
- 16cts- everyone overhead to cradle 1-4, sway 5-8, unwind 9-12, "Z" 13-16
- 16cts- over to right tuck 1-4, around body 5-8, up to right angle 9-12, port 13, dip 15
- 16cts- toss double 1-3, over to left 5-8, push out 9-10, flat 11-2, pull over to right 13-16
- 16cts- walk 1-4, slide 5-8, prance 9-12, walk to huddle 13-16
- 16cts- sway 1-16, different people wave 3, 7, 11
- 16cts- walk 1-12, hand up 13, hand out 15