

## Advanced Flag Routines

### Magnificent 7 notes

8 opening dance hits on 1-3-5-6-8

All

16 dance arm for 8 to set up chasse sauté combination on 9-16

All

8 dance/pas de chat jump into flag pick up

All

16 flag corkscrew into tuck

All

16-16 Flag pop toss from end of silk into cradle... attitude jump turn on 9

A-B

16 Flag passé turn into reverse cone

All

16 flag 2nd chorus strike on 1 single on 9

All

16-16 flag sauté on 3-4 45-degree release on 13-16

A-B

16 flag 4 count turn into wrist inversion toaster wrap into neck roll on 13 by 16 close to cradle

All

16 flag (side plane.. pull toss on 13)

All

16 flag (use first 8 to set up opposition and partners)

All

16 flag pollination (by 16 everyone faces front again )

All

16 flag (step coupe 1-4 sauté on 9 baseball slide 13-16)

All

16 flag (modified repeat of beginning)

### Papers, Scissors, Rock

flag on ground, silk right

16 counts-Intro Dance-A/B

#### Phrase A

16 counts-horizontal toss catch on 3, chaine turn left stop 7 hold 8, dive back field 9-12, half pirouette to front 13-16

16 counts-back scratch/drop it like it's hot, end angle behind back 1-3 hold 4, cone right travel step right, left, right 5-7 hold 8, back scratch around to flat, switch weight 9-12, grab top section of flag, swing horizontal around to back right flat 13-16

#### End Phrase A

16 counts-small toss to vertical 1-2, sweep the floor right 3-4, yank to front 4-5 5-6, around to angle with silk to left 7-8, extend to tip and turn in place around to front and right slam 9-16

16 counts-up and over tuck under right armpit and turn back field sweep floor left up and over to right slam switch hands under/over 1-4, stir 5-8, pop toss catch flat 9-12, bounce left/bounce right 13-16

Repeat phrase A

16 counts-swing flag up front sweep feet up to vertical catch silk up right angle 1-4, golf around to left side hand on tip and tab 5-8, roll flag over shoulders while sliding right hand 9-12, stab around through flat flip up to right angle silk on top

16 counts-chasse left while corkscrew flag toward left 1-4, thumb roll with right hand to back landing in right slam 5-8, stir at back left corner 9-12, single 45 toss catch front in back attitude 13-16

16 counts-slice to bottom left corner 1, up 2, slice to bottom right corner 3, slide hands to center of pole 4, back scratch while turning to front around to right slam 5-8, stir 9-12, pop toss 13-16

Repeat-Intro Dance-A/B

### **Proud Mary**

Phrase I

8 Counts- A's Double silk toss 1-4 B's Silk toss 5-8

16 Counts- Up and over to right flat backfield inverted left hand 1-4, 180 degree turn at flat prep for 45 5-8, unwind to prep, 9-10 A's 45 toss 11-12 and attitude turn, B's 45 toss 13-16 End Phrase I

Phrase II

16 counts- A's make two small circles in front of you 1-4, dive over to back and flip (like a half silk toss) 5-8, B's repeat A's work for 9-16

16 counts- A's stab to the upper 45 pencil grip degage through to the front 1-2, pull back to right hip shoulder 3-4, row back 5-8, B's repeat A's for 9-16

16 counts- Unison pop silk up and grab 1st cheater 1-2, turning back scratch 3-6, drop spin and thumb roll out 9-12, press to upper hip shoulder 13-16

End Phrase II

Phrase III (rollin', rollin', rollin' on a river)

16 counts- paus de sha and forward scoop with flag twice 1-8, scoop back and put on shoulder 9-10, turn over left shoulder 11-12, cone forward on back.

16 counts- repeat previous beats 1-12, row off of shoulder to prep for silk toss.

End Phrase III

Repeat Phrase I

Phrase IV

16 counts- Cone 1-4, push for silk trick toss 5, silk trick 6-9, Dive over to back 10-12, turn to front over right shoulder 13-15 Switch right hand 16

End Phrase Iv

Phrase V

16 Counts- 1/4 of ensemble starts right hand under rotate flag behind you 1-4, Grab pole at tab 5, hold silk in free hand as flag comes through 6, present 7, release 8, grab with right hand on 9, up on 10 down 11 wrist roll let the pole lead to the front of your body 12-15, grab the pole over-handed with the left hand.

Repeat 3 more times each time, adding 1/4 of the ensemble. Last time, everyone is in.  
End phrase V

Phrase III (rollin', rollin', rollin' on a river)

16 counts- paus de sha and forward scoop with flag twice 1-8, scoop back and put on shoulder 9-10, turn over left shoulder 11-12, 13-16 row off of shoulder to prep for silk toss.

End Phrase III

Phrase I

8 Counts- A's Double silk toss 1-4 B's Silk toss 5-8

16 Counts- Up and over to right flat backfield inverted right hand 1-4, 180 degree turn at flat prep for 45 5-8, unwind to prep, 9-10 A's 45 toss 11-12 and attitude turn, B's 45 toss 13-16

End Phrase I

16 counts- Slide to bottom cheater down up down in right hand 1-4, down up down to the front 5-8, pop up to silk toss prep 9-10, slice 11, cross 12, out 13, catch down 16

Hold 4 counts

Attitude turn 1-4, wrap 5-6, blade hand 45 slice 7-8, turn 9-12, shimmy 13-14, down 15-16

### **Runaway Baby**

Starting position-flag right hand silk down stripped up to tab

8 counts body A/B-shift weight left wrist flick shift right no wrist 1-4, pivot left back field at right slam release silk 5-8

16 counts A/B-face front sweep floor flat to left foot straight up tip at forehead slice to right slam 1-4, reverse butterfly two hands at tab end up angle left hand at tab hand down 5-8, over left shoulder catch with right hand 9-12, pull under arm yank flag to angle across body silk up 13-16

16 counts unison-pole toss catch right flat 1-4, chaine left tip pointing left 5-8, barrel turn left to right flat 13-16

16 counts-two darts to back corner with sotes 1-4, extend to tip pull to left flat 5-8, dive to front silk leading to right flat 9-12, pirouette left right passé turned in 13-15, flag vertical hands at tab 16

### **Chorus**

16 counts-drop to left backhand release catch second tape vertical 1-4, sweep floor to right 5, pull to left side of body with left thumb toward bottom tip 6-8, unroll out yank stop between legs 9-12, stir back field 13-16

16 counts-cradle around neck and body catch flat at right side 1-6, look back look front 7-8, 45 swing to end zone 9-10, extend to back left corner front of body 11-12, 45 over head 13-16

16 counts-left hand first tape fly around to left side 1-4, back slam 5-6, pull silk end up and over to flat at ear 7-8, dive around 9-10, thumb roll right hand to right slam 11-12, stir 13-16

8 counts-single pop 1-2, single pop 3-4, double pop 5-8 catch right slam

#### End Chorus

16 counts A/B-sweep ceiling to pole behind back 1-4, silk trick behind legs 5-8

16 counts A/B-swing around body 45 to end zone pivot to front 1-8

16 counts A/B-swing from tip to left backhand 1-2, open counterclockwise around to back slam 8

8 counts A/B-45 toss 4

8 counts Unison-row boat 1-4, pirouette left as before 5-7 up 8

#### Repeat Chorus

### *Someone Like You*

Starting position-flag stripped on ground silk at left

#### Body

16 counts-arabesque right 1-2, plie hands right side 3-4, passé left arms extend through circle above head end in 2nd position 5-8, throw upper body forward in plie 9-10, ron de jambe left leg arms in L 11-12, Parallel pa de chat land left arabesque arms forward 13-14, step around left 15-16

16 counts-jump in 2nd arms extended up 1-2, pivot over left shoulder on right foot 3-4, left passé hug self 5-6, step 2nd arms down 7-8, undulate 9-10, pivot right 11-12, releve 4th stretch left up 13-16

16 counts-chasse 1-2, pa de chat hug self 3-4, accent hips 5-6, grab forward left hand 7-8, roll right 9-12, bend reach forward head down 13-16

16 counts-roll left extend left leg 1-4, roll back up on knees 5-8, bourre on knees reaching arms 9-12, roll to flag in wide 2nd close to the ground 13-16

#### Flag

4 counts-from tip lift pole to vertical while slowly standing

16 counts-flag falls silk down right hand catches thumb up 1-2, turn right pole circles body to flat/releve 3-8, tip draws backwards C on left hip continue flat to back 9-12, right hand shoots pole up to tip 13-14, pole slides down to tab 15-16

16 counts-drop to backhand in silk release catch right hand 4, sweep floor yank back 5-6, left hand sweep floor and ceiling 7-8, back left corner 45 path in front of body 45 9-12, 45 toss catch front 13-16

16 counts-scoop over left foot up to left side 1-2, backward cone 3-4, press 5-6, back scratch turning back 7-8, por de bra 9-12 flag right hand, soutenu cone to flat 13-16

16 counts- flick left catch in silk squeeze flat 1-4, circle to back 5-8, chaine to back right corner end forward 9-10, coupe fondu extend into left arabesque 11-12, flutter back field to right slam 13-16

16 counts-sote front right hand at 2nd tape-flip-catch pole thumb down 1-4, tuck left side sweep ceiling and floor to left end zone 5-8, continue around lifting in back to front 9-14, scoop left to pole crossing body silk on top 15-16

16 counts-push toss small extended cone 1-4, flutter to back 5-8, sweep floor 9-10, sweep ceiling 11-12, repeat previous 4 counts 13-14, 15-16

16 counts-pop from tip and first tape catch right slam tab and first tape, chaine right flag

ends behind neck 5-8, two hands lift pole over head back to right slam 9-10, facing back upward 45 around to stab ground head back 11-12, turn right face front 13-16  
16 counts-push up slide to bottom tape 1-2, sweep floor to right 3-4, yank behind body 5-6, rabbit ears around left side to upward right angle 7-8, dive back grab in silk 9-10, dive back to front w/ silk leading 11-12, toss pushing left port de bra under toss catch flat 13-16  
4 counts-sweep floor left place on ground 1-2, port de bra right arm and lunge to right 3-4.

## **Intermediate Flag Routines**

### **Beggin' On your Knees**

8 counts – hold

8 counts – arms up 1-4, arms down 5-8

16 counts – A's cut 1-2, step 3-4, hip shake 5-8, kneel 9-10, beg 11-12, bow 13-16

16 counts – B's repeat, everyone pick up flag on 15-16

16 counts – A's step shake 1-4, top cone 5-6, bottom cone 7-8, up and over 9-10, switch side 11

12, lift 13-16

16 counts – B's repeat

8 counts – prayer toss 1-4, lift 5 kneel 6, extend 7-8

8 counts – pull in 1-2, up and over tuck 3-4, step chaine turn to left 5-6, criss cross 7-8

8 counts – top cone 1-2, bottom cone 3-4, pop toss 5-8

16 counts – A's step shake 1-4, top cone 5-6, bottom cone 7-8, up and over 9-10, switch sides

11-12, lift 13-16

16 counts – B's repeat

8 counts – prayer toss 1-4, lift 5, kneel 6, extend 7-8

8 counts – pull in 1-2, up and over tuck 3-4, step chaine turn to left 5-6, criss cross 7-8

8 counts – top cone 1-2, bottom cone 3-4, pop toss 5-8

8 counts – put flag down 1-2, step back 3-4, kneel 7-8, beg on 1

### **Bang the Drum**

Opening Pose: Facing back second position flag at right angle

1-8 Hold pose 4, turn front right slam/ 1-8 carve top, bottom, pop toss/1-16 Back scratch, row

to left flat 5, bring up and around to right tuck by 9, row back, front carve, pull hit. A/B Work:1-

8-"Left Drop spin", grab 4, walk around flourish/1-8 golf swing/Group B REPEAT/ All together:

1-8 Pop flag up hold ct 4, turn over L shoulder/ 1-8 back scratch, pop toss/ 1-8 low body wrap,

up 7 flat 8 to left/ 1-8 left carve top, carve bottom/ 1-8 Jazz it up bring flag over to right side,

walk over, flag up ct8/1-8 low flourish, neck roll, toaster turn end flat/ 1-8 low flag wave left, then right, hit top L 45, Top R 45, Bottom L 45, Bottom R 45/1-8 flag up and over to flat behind body, horizontal catch flat/1-8 turn over L shoulder, row boat L/1-8 row back,

front carve, pop toss/ 1-8 back scratch, point flag to right ct 5, top carve to flat arms  
crossed facing back/1-8 drag  
flag around as face front to R flat, coke can/1-16 pop flag L catch flag down hold ct4, low  
walk  
around flourish, at front tuck flag, body wrap, up L shoulder/1-8 pendulum flag, reverse  
bring to  
right flat/1-8 sunshine cradle, turn left, get out of cradle flag down/ A/B Work:1-8 low  
body wrap, up 7 flat 8 to left/ 1-8 left carve top, carve bottom/ Group B Repeats/ All  
together: 1-8Group A and B pop to right shoulder, block scatters/ 1-8 Speed spin toss  
catch flag down/1-8 back scratch, R toaster turn/1-8 top carve, neck roll/ 1-8 pole up, R  
flat, pop up R angle. FIN

### **Think**

Look up for 4 and get up  
Point for 4  
Jazz arms for 4  
Step clap for 8  
Pump it for 4  
Move to flag 4  
Right should count 2 hold 3 4  
Cone down 5,6 cone up 7,8  
Flat 1 turn left 2 hold 3,4  
Up and over to flat 5,6,7 switch right hand 8  
Group A  
Zig zag 1,2,3,4 set down flag 5,6 clap +8  
Group B  
Zig zag 1,2,3,4 set down flag 5,6 clap +8  
Swing right arm snap 1,2  
Left arm 3.4  
Step right clap up  
Step right clap up  
Grape vine right 1,2,3,4 clap  
Grape vine turn left 5,6,7,8 clap  
Group A  
Roll to the ground 1,2,3,4  
Group B  
Roll to the ground 5,6,7,8  
Bring arms up and to shoulders 1,2,3,4  
Brings arms up and to the ground 5,6,7,8  
Breakdown!  
Zig zag 3 should roll 4  
Grab 1 flat right shoulder leg up flexed foot on 4  
Right flat step right 1,2,  
Flag up 3,4  
Left flat 5,6,  
Flag up 7,8

Right slam 1  
Behind body 2,3,4  
Turn 5,6,7,8  
Plie 1 pop toss 2 catch 5  
Reach to the right 6,7,8  
Flourish behind head  
Reach out right behind body left flat in front  
Zig zag 1,2,3,4  
Cone 5,6,7,8  
Front 1,2  
Back 3,4  
Up and over run forward 1,2,3,4,5,6,7,8,  
Hit a pose 1 hold 2  
Strut in circle 3,4,5,6  
Plie 7  
Arm up 8

### **Paint it Black**

16 counts – A's hold 1-4, step back 5-6 left foot, step back 7-8 right foot, chaine 9-12, pick up  
flag 13-16  
16 counts – B's repeat  
16 counts – A's flag up 1-2, back hand grab 3-4, up and down behind the back 5-6, down swing  
7-8, turn to the back 9-12, lift from the tip 13-16 (this is phrase 1)  
16 counts – B's repeat phrase 1  
16 counts – A's invert flag 1-2, slide 3-4, behind the back 5-6, turn to the back 7-8, sway 9-12,  
golf swing 13-16 (this is phrase 2)  
16 counts – B's repeat phrase 2  
16 counts – A's phrase 1  
16 counts – B's phrase 1  
16 counts – up flat 1-2, cone 3-4, silk toss 5-8, up down 9-10, hold 11-12, pop toss 13-16  
16 counts – A's half flips 1-8, B's add in 9-16  
16 counts – C's add in half flips 1-8, D's add in 9-12, everyone pop toss 13-16  
16 counts – A's repeat phrase 1  
16 counts – B's repeat phrase 1  
16 counts – all together phrase 2  
16 counts – pop toss 1-4, flourish 5-8, finish on 1

### **Check it Out**

- 8 Hold 1-4, \*pop out 5-6, step L with R arm 7-8
- 8 R steps with body roll 1-4, arms to L knee 5-6, chest pops 7-8
- 8 Puppet 1-3, L step with shoulders 4-6, punches R and L 7-8\*
- 8 Walk to flag 1-4, pick up flag 5-8
- 8 \*\*L rolls 1-4, over hand toss 5-6, R stab 7-8
- 8 Flourish to face back 1-4, helicopter spin to front 5-8
- 8 Hop around L 1-4, extend flag to L 5-6, body roll 7-8
- 8 Pop backs 1-4, tap head 5-6, face back to R slam 7-8
- 8 Pull hit, face the front A's 1-4, B's 5-8
- 8 C's 1-4, D's 5-8
- 8 Knee bounce 1-2, elbow circle to face back 3-8
- 8 45 extension 1-3, flip to R hand 4\*\*, cone to put flag down 5-8
- 4 Walk to clump 1-4  
Repeat from \* to \*
- 8 R Rond de jambe 1-2, R Step 3, R drag 4, Walk to flag with money hand 5-8  
Repeat from \*\* to \*\*
- 4 Switch to left hand 5-6, roll R wrist 7-8

### **I Got A Feeling**

First two sets of eight, have flag in hand and snap and shake hips

A and B-up and over 1-4 towards front, 5-8 bottom cone

A hold B's go

A and B-Windshield wipers up and down 1-4, bottom slam to the left hand back to down angle 5-8, 1-4 up cone, 5-8 bottom cone

A hold B's go

\*\*\*A and B-Left hand grab up and over behind back 1-4, on count 4 re-grab with right hand and cradle 5-6 and continue the up and over to flat still in cradle 7-8, up cone and get out of cradle 1-4, back paddle/dig 5-8

A hold B's go

A, B and C-flat toss to front 1-4 and turn back around to front 5-6, top cone 7-8

B's go

C's go

All together-row boat out re-grab money with right hand 1-8

1-4 back rowboat, 5-8 bottom cone

Up and over towards back keeping it flat into cradle 1-4, 5-8 over the mountains

Cross in front of body to get out of cradle 1-4 back to flat 5-8

1-4 push out and back to flat, 5-8 push straight up and back to flat

Repeat from beginning all together (windshield wipers with the down slam, up and bottom cone, \*\*\*then come over the rainbow 1-4, back row in to cradle 5-6, over the mountains 7-8

Bring back to flat and strip flag 1-4, 5-6 put flag down, stand up 7-8

Snap 1-6, ending pose 7 and 8.

## Judas

### Phrase I

16 Counts- A's- Left flat up and over to left hip shoulder angle silk on top facing backfield 1-4, B's Hold 1-4 copy A's 5-8 Everyone stab 9, yank 10, Hold 11-12, Cone 13-14, pop toss 15-16

End Phrase I

### Phrase II

16 Counts- Row to front 1-4, Pencil grab present 5-6, swivel back prep for 45 toss 7-8, 45 9-12, swing front field to a back present and finish to right flat 13-14, follow through to backhand tip on shoulder 15-16

16 Counts- Open to 45 1-4, cone 5-6 Dive to back right flat 7-8 row back 9-12 cradle present 13-16

End Phrase II

### Phrase III

16 counts- A's Follow through and pop up to backhand from cradle 1-2, up and over (grab tip on up turn to back on over) 3-4, Stab to up 45 5-6, "yo-yo" and slide to left flat both hands on top 7-8, bring silk up to 45 9-10 and down to low 45 11-12, turn 13-14, cone 15-16.

16 counts- B's copy A's for 16.

End Phrase III

Repeat Phrase I

Repeat Phrase II

Repeat Phrase III

Repeat Phrase I

## I Like It

Pick pose. 1, 2, 3, 4

Group a turn 5,6,7,8

Group b turn 1,2,3,4

Run to the middle five 5,6,7,8

Pump double single, single

Pump double single, single

Point snap down point snap down

Point snap down point snap down

Arms top right top left bottom right bottom left

“ “ “ “

arms in middle 1 open out to spots 2,3,4,5,6,7,8,1

jiggle 1,2,3,4 scoop 5 6 scoop 7,8

jiggle 1,2,3,4 scoop 5,6 scoop 7,8

right should 1,2 jump 3, 4

right flat back 5,6 row 7, 8

right should 1,2 jump 3, 4

right flat front 5,6 strip 7, 8

passé jump on 2 to the right plie 3,4  
 passé jump on 6 to the right plie 7,8  
 Open to right flat 1,2,3,4  
 Turn around 5,6,7,8 then repeat whole phrase.  
 jiggle 1,2,3,4scoop 5, 6 scoop 7,8  
 jiggle 1,2,3,4 scoop 5,6 scoop 7,8  
 right should 1,2 jump 3, 4  
 right flat back 5,6 row7, 8  
 right should 1,2 jump 3, 4  
 right flat front 5,6 strip 7,  
 posse jump on 2 to the right plie 3,4  
 posse jump on 6 to the right plie 7,8 set down  
 everyone step clap for 8 counts while moving into the center  
 pump it for 8 counts.  
 Arms for 4 counts  
 Turn around and look to the front 5,6,7,8  
 Everyone points to the front on 5  
 Left person in middle and point to the front

### **On the Floor**

Start in a pose of your choice facing the back  
 8 Hold 1-4, walk back R 5-7, head roll hear L 8  
 8 \* R pose 1, step 2, L turn 3-4, L flick kick 5-6, step 7-8  
 8 L Rond de jambe 1-4, R stomp 5, body roll 6-8  
 8 Door knob w/ R pivot 1-2, walk 3-4, points R and L 5-6, floor tap 7-8  
 8 Shoulder roll steps 1-4, table top steps 5-8\*  
 8 Releve 1-2, pose 3-4, R ball change 5-6, dip to pick up flag 7-8  
 8 \*\*Grab w/ R hand 1, flourish back 2-6, face front 7-8  
 8 Wrap around R side 1-4, hip circle 5-8  
 8 Bring back around to R hand skirt 1-4, forward step 5-8  
 8 Chest Roll 1-4, wrap around back to switch to R angle facing back 5-8  
 8 R slam 1-2, backwards windmill 3-4, drop spin 5-6, back angle 7-8\*\*  
 8 Walk around to repeat the dip 1-8  
 Repeat from \*\* to \*\*  
 8 Back scratcher 1-6, Toss 7-8  
 Repeat from \* to \*  
 8 R pivot turn 1-2, walk back to line 3-6, pose over R shoulder 7

### **The Edge of Glory**

Beginning Position: Start in rectangle, No windows. 1<sup>st</sup> 4 beats, hold 1 and 2, pose 3 hold  
 4. 1-8 attitude walk to flag. 1-4 (Every other line) Lunge to L/R arms at low V, turn opp.  
 of lunge. 5-8 repeat on opposite side. 1-4 Arms to "T" circle L arm to R swing arms to  
 chasse L, 5-8 turn into flag. 1- 8 Pickup flag R hand on tab, pinwheel L back to flat front,  
 L hand on bottom cheater. 1-2 Pop flag (in R hand) to front L 45, count 3 drop behind  
 head, count 4 back up. 5-6 Cut 45 plane to face back in L slam, 7-8 flip flag to up R slam.  
 1-4 Turn to face front in R slam, 5-8 prayer toss (open arms in "T" under.) 1-6 Pinwheel

R, 7-8 pop flag in R hand to R 45. 1-2 Drop behind, 3-4 back up, 5-6 point to L 45, 7-8 Pull flag in flat silk to L. 1-2 L hand pushes flag to cradle in R arm behind back, 3-6 push silk up back to front silk down L hand grab on tab, count 7 silk rotates up R had grabs tab, count 8 re-grab flag flat both hands set for 1 ½ toss. 1-4 Full turn, 5-6 bottom carve, 7-8 toss. 1-4 Bring flag to R slam. 5-8 Up and over face back. 1-8 Up and over face front. 1-4 Put pole behind head in cradle silk up, 5-8 full turn, 1-4 bring silk up grab bottom tab, 5-8 go to R slam. “1-2 Bring silk up to L and under R arm, 3-4 pull flag to face R side, 5-8 back row. 1-4 Front row and lunge, 5-6 pinwheel, 7-8 poke flag flat to R wall. 1-4 Circle flag under R arm and grab silk.” 5-8 Push pole out flat to rotate flag around body re-grab in cradle. 1-4 full turn, 5-8 lunge/carve L and up and over to R slam. Repeat part in quotes. Flag should be at low R 45 at end.

### **Run the World**

Start in poses in a clump formation

- 8 Hold 1-2, stomp R foot 3-4, walk out of clump 5-8
- 8 Walk back to clump 1-4, spread out 5-8
- 8 \*Slide L to arm cross 1-2, pose 3, hold 4, pops 5-6, hip circle 7-8
- 8 Pony 1-2, R leg 3-4, walk 5-6, pose and pull 7-8
- 8 Slides 1-4\*, pivot 5-6, walk 7-8
- 8 Walk with arms 1-4, kick 5, walk to pick up flag 6-8
- 8 \*\*Backscratcher to L flat 1-4, over head to R tuck 5-7, plie 8
- 8 Neck roll 1-4, extend flag to L 5-6, heel and snap 7-8
- 8 Walk 1-2, leap over flag 3-4, walk 5-6, hip rolls to dip 7-8
- 8 Grab flag w/ R hand 1-2, shoulder roll 3-6, L flick to face back 7-8
- 8 Drop spin 1-4, flutter to L flat 5-8
- 8 Wrap around body 1-4, change to R flat 5-8\*\*
- 8 Walk in to clump 1-4, repeat from \* to \*
- Repeat from \*\* to \*\*
- 8 Bottom cone 1-2, toss 3-8
- 8 Extend to R slam 1-5, Hold 6, salute 7

### **Til the World Ends**

- 4 Girl pops up 1-3, another girl pops up 4
- 8 \*L Flick kick A's 1-2, B's 3-4, L passé to face back 5-8
- 8 Ball chance\*, steps to R battement A's 1-8, B's 2 counts after
- 8 Sunshine w/ R arm A's 1-2, B's 3-4, L clip turn to R prep 5-8
- 8 Single Pirouette 1-2, Walk to pick up flag 3-8
- 8 \*\*L scoop 1-2, top cone to back 3-4, face front 5-6, flip flag 7-8
- 8 Plie to R shoulder A's 1-2, B's 3-4, C's 5-6, D's 7-8
- 8 Drop flag to L A's 1, B's 2, C's 3, D's 4, turn R 5-8
- 8 Back hand 1-4, elbow grab to flat 5-8 (every other line faces back)
- 8 Horizontal toss 1-4, L turn to back L diagonal 5-8
- 8 Low extension to L cradle 1-4, Pop to R diagonal 5-6, turn over L shoulder 7-8
- 8 Low extension w/ head roll to face back L slam 1-4, silk flip 5-8
- 8 Bottom cone to R flat 1-4 (Face front if you were facing back)\*\* , walk to triangle formation 5-8

- 8 Top cone w/ L turn to put flag down 1-4, Repeat from \* to \*  
Repeat from \*\* to \*\* without facing back
- 8 Bottom cone to toss 1-6, A's face back 7-8
- 4 B's face back 1-2, C's face back 3-4 (from front to back)

### **We R Who We R**

Opening Pose: Any pose facing back

1-8 Hold in pose for 6 , turn front by 8/ 1-8 R arm in upper V, L arm in upper V, right arm next  
to chest with hand in a fist , L arm next to chest with hand in a fist , 5-8 Pick flag up(feet 2nd position)/ 1-8 Carve top, carve bottom, row boat to the right 5-8. 1-8 do 2 pull hits, "L slam" with right hand across body/ 1-8 Flag sweeps around body,7-8 bring to right shoulder/1-8 4 drop spins, ct5-8 flourish and goes into cradle. CHORUS A/B WORK 1-8 Flag wave left, Wave Right, bring up and grab 6, toaster turn to left bring flat 7-1/ Group B Repeat as Group A Hold Flat/ 1- 8 All hold 1 at flat, slice up R, Front L F5 slam, Upper L 45, Right Slam, 6-8 bottom carve/ 1-8 pop toss 4 cts- catch down, back scratch end upper r angle by 8 DRUM BREAK A/B WORK: 1- 8 Around the world flourish/1-8-flourish to cradle for 4, turn over R shoulder/ Group B Repeats/ CHORUS SAME AS BEFORE/  
FINALE:1-8 turn over L shoulder, golf swing end flat/ 1-8 toss flag straight up in the air, Jump with L knee bent , row boat left/ 1-6 Row boat R, Bottom carve, pop up right angle.  
Fin

## **Beginner Flag Routines**

### **Boom**

- 8 intro dance (boom on 4 and 8)
- A-B
- 8 dance (punch side 5)
- All
- 8 dance (2 sets of box steps)
- All
- 8 pick up (A 1-4 B 5-8)
- A-B
- 8 flag slams into carve turn
- All
- 8 flag off the shoulder half turn to pop toss on 7-8
- All
- 8-8 flag circle to under armpit up 5-6 low carve 7-8
- A-B
- 8 flag pop-rifle singles
- A-B
- 8 flag sauté more rifle single

All

(Repeat)

8 flag slams into carve turn

All

8 flag off the shoulder half turn to pop toss on 7-8

All

8-8 flag circle to under armpit up 5-6 low carve 7-8

A-B

8 flag pop-rifle singles

A-B

8 flag sauté more rifle single

All

8 dance (slam equip on one repeat dance work)

8 (1 set of box steps into ending pose)

### **My Swaggs Mean**

8 counts – Hold

8 counts – Pony 1-4, step Left 5,6 step Right 7,8

16 counts – A's Right shoulder 1, Slam 2, Right shoulder 3, Flat 4, Body Isolation 5-8

Turn to back 1-2, flag down 3, snap 4, turn back to front 5-8 (this is phrase 1)

16 counts – B's repeat previous 16

8 counts – A's cones top 1-2, bottom 3-4, top 5-6, bottom 7-8

8 counts – B's repeat

8 counts – A's up and over pass 1-4, back 5-8

8 counts – B's repeat

16 counts – A's phrase 1

16 counts – B's phrase 1

### **Papi**

Intro

16 Counts- Start Flag tucked under right arm, but supporting flag with left hand on tip.

Fan arm siren. A's row to front right slam 1-4, B's row 4-8, A's upwards cross, angle 9-10, A's lower cross, angle 11-12, B's repeat A's work (9-12) for 13-16.

8 Counts- A's (Make and X) up cross, up cross 1-4 over into a tuck continue to the back and right flat 4-8,

8 Counts- B's Repeat A's work.

16 Counts- A's Up into a tuck towards the front and un-tuck to right flat as before now facing the front 1-4, Slide both hands to the tip 5 flag vertical, go to left flat 6-8. B's repeat A's work 9-16

8 Counts- Slide hands to tab 1, Strip the flag over your head 2, Melt with flag behind you 3-6, Bring flag in front 7-8

8 Counts- Stab lower 45 tucked 1, turn over right shoulder 2-4, Bring the flag from tucked to right flat and down to the ground 5-7, Stand 8

8 Counts- Turn over left shoulder 1-3, Bring hands up to head like a crown 4-5, go to flag 6-8

8 Counts- Stand 1-4, Row back 5-8

16 counts- From right flat, turn flag directly back to the left 1, Hold 2, front 3, hold 4, up 5-6, down 7-8, right 9, hold 10, front 11, Hold 12, up 13, hold 14, down 15, hold 16  
End Intro

Phrase 1

16 Counts- Butterfly left 1-4, Row back 5-8 Butterfly left 9-12, Row back 13-16  
End Phrase I

Repeat Phrase I

Phrase II

16 Counts- Move flag straight up extended above head 1 Row to the right to flat 2-4, Bring feet together facing back flag extended flat above head 5, step out facing front again (like a grounded tour) 6-8, Extend flag up above head 9, Dive 10, Flat 11, up 12, row 13-16 (Counts 9-16 have the same parts of counts 1-8 just reversed)

Repeat Phrase I

Repeat Phrase II, but row 13-14 up and over to the ground 15-16

### **Baby**

Beginning Position: Silk on L flag stripped and flat at hips. Hold 1<sup>st</sup> 8. 1-4 Pull pole up and silk down. 5-8 Extend arms and pole up. 1-4 Bring back down. 5-8 Pull flat. 1-8 Slowly unroll silk and rotate silk down and R. 1-4 Front row, 5-8 back row, 9-12 top carve, 13-16 bottom carve. Repeat 1-16 . 1-8 Pinwheel R, 1-4 bring flag to L side of your body keep flat put R hand under tab,5-8 rainbow flag over head and re-grab. 1-4 Full turn with flag flat, 5-8 bring silk up, 1-4 down to R slam, 5-8 back up to R shoulder. 1-16 (8) drop spins 2 counts down, 2 counts up, 1-16 (2 counts down, 2 counts up) butterfly, 1- 16 (8) drop spins, 1-8 front to back, 9-12 drop stop. 13-16 Bring flag to R slam. 1-4 Front row, 5-8 back row, 9-12 top carve, 13-16 bottom carve. Repeat 1-16. 1-2 Flag up and down to face back. Pose looking over your L shoulder

### **I'm Into You**

8- hold 1-2, pose 3-4, pose 5-6, turn 7-8

8- arm circles 1-4, chest roll 5-6,

8- "T" 1-2, Pose 3-4, Pose 5-6, walk to flag 7-8

8- pick up flag 1-4, walk 5-8 (end in 1<sup>st</sup>)

8- (flag is stripped) , up 1-2 (Rt. Leg steps out)Flag down on shoulders 3-4. Turn over Lt. Shoulder 5-8 (Lt. foot stays in place, flag is across in cradle

8- B

8-Cradle out 1-2, scoop down & up 3-4, scoop down 5-6, Flick 7-8 (end with flag up at Rt. Angle

8-B

8-Top Rt. Angle stir 1-3, cross diagonally down 4, Bottom Lt. angle stir 5-7, end flat 8, (silk to the right)

8-B

8-Shooting Stars

8-B

8- Prayer toss 1-3, catch 4, over head 5-8  
 8- grab top stopper, turn over Lt. Shoulder 1-4. Face front do the wave 5-8  
 8- stir to shoulders 1-4, bounce hips 5-8  
 8- come off shoulders 1-6, strip 7-8 (silk is the to Lt.)  
 Repeat  
 8- hold 1-2, pose 3-4, pose 5-6, turn 7-8  
 8- arm circles 1-4, chest roll 5-6,  
 8- "T" 1-2, Pose 3-4, Pose 5-6, walk to flag 7-8  
 8- pick up flag 1-4, walk 5-8 (end in 1<sup>st</sup>)  
 8- (flag is stripped) , up 1-2 (Rt. Leg steps out) Flag down on shoulders 3-4. Turn over Lt. Shoulder 5-8 (Lt. foot stays in place, flag is across in cradle  
 8- B  
 8- Cradle out 1-2, scoop down & up 3-4, scoop down 5-6, Flick 7-8 (end with flag up at Rt. Angle  
 8-B  
 8- Top Rt. Angle stir 1-3, cross diagonally down 4, Bottom Lt. angle stir 5-7, end flat 8, (silk to the right)  
 8-B  
 8- Shooting Stars  
 8-B  
 8- Prayer toss 1-3, catch 4, over head 5-8  
 8- grab top stopper, turn over Lt. Shoulder 1-4. Face front do the wave 5-8  
 8- stir to shoulders 1-4, bounce hips 5-8  
 8- come off shoulders 1-6, strip 7-8 (silk is to the Lt.)

### **Everybody**

8- hold 1-4, turn 5-8  
 8- Step 1-2, hop 3 land 4, Reach Rt. With Rt. Arm 5-8, brush chest 7-8  
 8- Lt. chasse 1-2 Rt. Step 3, push with Rt. Arm 4. Three-step-turn 5-8  
 8- pick up flag 1-4 (silk to the Left). Switch flag (up and over) 5-8  
 8- Top stir 1-3, lay flag on shoulder 4, (legs in 2<sup>nd</sup>) triangle steps 5-8  
 8- pop out 1, down 2, Top stir 3-4, bottom stir 5-6, Rt. shoulder 7-8.  
 8- flag down under armpit 1-2, step-posse 3-5, turn over rt. Shoulder 6, strip 7-8 (silk to the lt.)  
 8- three-step-turn to the Rt. (flag in air)- 1-3, down on shoulder 4, come out  
 8- slams with hips 1-4 (turning over Lt. sh.) Top stir 5-8 (end flat)  
 8- B  
 8- Three-step-turn (over lt. shoulder) 1-4, Back scratch 5-7, end flat (silk to the Rt.) 8  
 8-B  
 8- Open out with a lean 1-3, turn over Lt. shoulder while stirring down 4-6, stir out 7-8  
 8- B  
 8- Sweep tuck behind 1-4, turn over lt. shoulder 5-8  
 8- come out to flat 1-4, angels (end flat in closed position) 5-8  
 Repeat  
 8- Top stir 1-3, lay flag on shoulder 4, (legs in 2<sup>nd</sup>) triangle steps 5-8

8- pop out 1, down 2, Flag over head to chest, Top stir 3-4, bottom stir 5-6, Rt. shoulder 7-8.

8- flag down under armpit 1-2, step-posse 3-5, turn over rt. Shoulder 6, strip 7-8 (silk to the lt.)

8- three-step-turn to the Rt. (flag in air)- 1-3, down on shoulder 4, come out

8- slams with hips 1-4 (turning over Lt. sh.) Top stir 5-8 (end flat)

8- B

Ending

8-Shooting stars 1-4, over horizontally 5-6, open to the Rt. 7-8

5-Continue opening 1-2, turn in flag 3-4 pose 5

1-pose

### **All I Need**

First two set of eights : shake hip 1-4 then shimmy forward 5-8,repeat but shimmy backwards second time

Sway hips 1-8, on count 8 turn around and point to back

Sway hips1-8, on count 8 turn to front and point to yourself

1-8step touch

1-8 grab rifle

Two sets of eight ( a and b )1-4 row boat to your left, up and over flourish behind your back 5-6, 7-8 pull flag to up ort and re-grab hand 1-4 turn down angle,5-8 up and down cone

A hold B's go

Two sets a and b again: flat up and over into cradle 1-4, 5-8 turn back to front end at flat,1-4 neck roll, 5-8 grab silk put flag at cross angle and back to flat

A hold B's go

Together: 1-2 flip flag to right down angle switching hand to tape3-4 bottom cone, 5-8 pop toss 1-4 back row, 5-8 bottom cone

1-4 windshield wipers up and down, 5-8 repeat

1-4 rock on sign, 5-6 bottom slam to the back,7-8 bottom slam to the front

1-4 push flag butt to front and back to flat, 5-8 push flag up and back to original flat

1-4 flat up and over into cradle, 5-8 up and over mountains

1-2 strip flag, 3-4 put flag on ground, 5-8 body roll to front

1-6 rock on sign ( total of three times), 7 pose to front