

Advanced Rifle Routines

Papers, Scissors, Rock

16 counts-Intro Dance-A/B

Phrase A

16 counts-horizontal from shoulder 1-4 catch 3 hold for, chaine left hard hit flat butt facing to left 5-8, drop butt to floor behind left foot 9, grab through front between legs with right hand drag rifle through legs 10-12 pull toss double from clip catch neck and nose 13-16

16 counts-flourish behind head drop it like it's hot and flourish under left armpit right spin to left flat 1-8, change directions cradle and roll left light toss and catch neck 9-12, pivot on left foot 13-16

End Phrase A

16 counts-right spin wrist roll around to flat 1-4, continue through to 45 angle 5-6, single spin on 45 catch neck and nose hard stop 7-8, same as previous 4 counts facing front catch single behind back 9-12, switch left hand toward back 13 come around left side of body 14-16 stop across body

16 counts-extend rifle up to right and roll toward body right slides to neck 1-2, explode rifle up and around to back over sote 3-4, circle rifle around counterclockwise to left prep 5-8, release quad catch flat bent over on 12, bounce left 13-14, up to horizontal prep 15-16

Repeat Phrase A

16 counts-from tip swing rifle around left catch on top of right wrist 1-4, circle around to front tucking rifle under armpit with wrist 5-8, release one and a half catch butt right hand strap up 9-12, swing rifle around under right leg strap down 13-16

16 counts-release double 1-3 hold 4, strap trick 5-8, explode around over shoulder 9-12, yank back in front 13-16

16 counts-half to flat left hand 1-2, circle around to back left corner behind back 3-6, 45 from behind back catch 45 7-10, small circle roll over 11-12, open point down right 13-16

16 counts-single backhand 1-4, up to angle holding butt over right shoulder 5-8, pop catch top of barrel 9-10, release up to neck 11-12, flourish down behind back 13-14, flip to left hand at clip 15-16

16 counts-clean the ceiling around to front 45 1-4, backhand around back grab top of rifle 5-8, around body one hand prep 9-12, double counterclockwise catch left port 13-16

Repeat dance A/B

Intermediate Rifle 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 rifle 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 – flip 1-2, dip 3 hold 4, toss triple on 5 -6 catch on 7 hold 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 – flip 1-2, dip 3 hold 4, toss triple on 5 -6 catch on 7 hold 8
8 counts – put rifle down 1-2, step back 3-4, kneel 7-8, beg on 1

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
Pump double 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 1,2,3,4scoop 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 7,8
posse jump on 2 to the right plie 3,4
posse jump on 6 to the right plie 7,8 set down
step clap step clap bend down 5,6
rifle up 7 to the right on 1
middle 3
left 5
middle 7
flat plie 1,2
up 3 on shoulders4
chaine left 5,6,7,8
plie1 flip 2 catch three in the neck flourish 5,6,7,8
behind back 1,2,3,4 turn with it
5,6,7,8 is right arm out left arm flexed plie
release catch right flat to the left 4
flat five jump 6 flat 7 flip right hand over 8
to the right 3 on shoulder 5flat in front
chase1,2,3,4 right
chase left 5,6,7,8
touch tip on ground 3 walk around5,6,7,8

let roll 1,2,3,,4set down and get up facing back 5.6.7.8

posse on 1

group a 5

group b1

If not using rifle in I like it, repeat flag phrase.

Then step clap for 8, pump it for 4 turn to the back look to the front on 1.

A's and B's just like beginning. Strike a pose.

Judas

Phrase I

16 Counts- A's Right flat up and over behind you to angle 1-4, B's hold 1-4 and copy 4-8, A's Hold 9 turn front 10, B's Hold 11 turn 12, A's and B's grab 13, out (double) 14-16.

End Phrase I

Phrase II

Flourish behind you bolt outwards 1-4, turn over left shoulder grabbing on bolt with free hand 5-6, Swivel rifle grab neck 7-8, Turn over right shoulder with rifle extended 9-10, wrist roll so the butt is on top 11-12, grab overhand on butt and out 13-16. Catch in neck 16.

16 Counts- Stab on floor 1, Grab overhand on butt 2, swivel 3-4, grab under on clip and out on 5 (lofty single), Grab in neck on 6, Wrist roll to the back grab both hands over bolt down 7-8, tour with rifle extended flat 9-10, press to the upper 45 11, push up and over to flat 12-14, Hold 15-16 right flat

End Phrase II

Phrase III

16 Counts- A's Strap out 1-2, Swing to back 3-4, Swing up and grab in neck around to right flat 5-8, plie and scoop rifle onto your neck 9, Jump from second tuned out to feet touching back to second 10, Land 11, slide rifle out to right and back to right flat 12-13, row on left side back to right flat 14-16

16 Counts- B's copy what A's did first 16 counts.

End Phrase III

Repeat Phrase I

Repeat Phrase II

Repeat Phrase III

Repeat Phrase I

Beginner Rifle Routines

Papi

Intro

16 Counts- Start left hand on nose, butt on ground, fan right hand over during siren, grab clip 1, A's row back 2-4, B's repeat A's work 5-8, A's Inverted flourish 9-12, B's repeat A's work 13-16

8 Counts- A's do two small circles in front of you 1-4, let the butt lead you over to the back.

8 Counts- B's repeat A's work

16 counts- A's push butt up and over to the front to left flat 1-4, normal flourish back to right flat facing front 5-8, B's repeat 9-16

8 Counts- Raise rifle about your head 1-2, melt with the rifle behind you 3-6, bring rifle back up and back to right flat in front 7-8

8 Counts- Stab rifle with right hand to the lower 45 1, turn over right shoulder 2-4, Circle rifle around 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 rifle 6-8

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

16 counts- From right flat, turn rifle 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 I

16 Counts- Flourish to the right 1-4, Row back 5-8, Repeat for 9-16

Phrase II

16 Counts- Move rifle 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 rifle 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)

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 rifle slams into carve turn

All

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

All

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

A-B

8 rifle pop-rifle singles

A-B

8 rifle sauté more rifle single

All

(Repeat)

8 rifle slams into carve turn

All

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

All

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

A-B

8 rifle pop-rifle singles

A-B

8 rifle flag sauté more rifle single

All

8 dance (slam equip on one repeat dance work)

8 (1 set of box steps into ending 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 hips 1-8, 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 flip and catch up port

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 and put left hand on end at flat, 1-4 re-grab up, 5-8 down circle end at flat

A hold B's go

Together: flip from right flat to left flat 1-4, 5-6 lock in flat position, 7-8 dip for toss

1-4 toss/recover, 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 rifle butt to front and back to flat, 5-8 push rifle up and back to original flat

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

1-2 grab rifle flat, 3-4 put rifle on ground, 5-8 body roll to front

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