

1. Bang Bang – Advanced Flag

Choreography: Rae Winget and Kevin Piner

Starting position: Hands on your knees facing each other

- 8 Hold 1-4, passé on 5 hold 6-8
- 8 “Charleston” toward partner 1-8
- 8 “Charleston” toward front 1-4, three step turn to left with flexed hands 5-8
- 8 Step left foot bring right foot into passé 1-2, step right left 3-4, pirouetté 5-6, pop feet in then out to second position 7-8
- 8 Step left foot bring right foot into passé 1-2, step back with right foot 3-4 with gun pointed hands, hold 5-6, step touch with wrapped arms 7-8
- 8 Run to flag 1-4 in character, throw party toss 5-8
- 16 Flag is starting silk to the right, lift up grab money hand 1-2, flourish 3-4, grab thumbs up with your left hand as flag lowers 5-8 while pointing gun hands, Money hand 9-10, flourish 11-12, chaine turn with flag at up angle 13-16
- 16 Slice 1-2, carve 3-4, flourish 5-6, back present 7-8, 45 degree flourish 9-10, grab bottom tip 11-12, big loop 13-14, behind the back 15-16
- 16 (A) flat toss 1-4, chaine 5-8, holding flag in gun position step touch 9- 12, horizontal cone 13-16
(B) hold 1-4, flat toss 5-8, turn to face partner 9-12, horizontal cone 13-16
- 16 Pop into cradle 1-2, lift up 3-4, walk around to back 5-8, slingshot 9-12, flourish at the tab 13-16
- 16 Rollercoaster 1-4, lift up 5-6, jump turn 7-8, up and over 9-10, bottom cone 11-12 pop toss on 13-16, facing different directions
- 16 Repeat second 16 count phrase facing different directions
- 16 Everybody does (A) part and ends facing a partner
- 16 Bottom cone at the tab 1-4, silk trick 5-10, turn to the front 11-12, lift 13-16
- 16 Jump turn 1-4, top cone 5-8, break 9-10, jump turn 11-12, grab and strip throw flag down, 13-16 end with pointed gun fingers

2. I'm Legit – Advanced Flag

Choreography: Jesus Acosta and Michelle Hamilton

Beginning Position: Start in a clump in 2nd position grabbing pants

- 8 Lean away from center 1-4, role down to plie 5-8
- 8 Rond de jambe towards center 1-4, head dive to switch spots 5-8
- 8 Ratchet walks 1-8
- 8 R leg tap with punch 1-2, whip hair 3-4, rond de jambe 5-6, point up 7-8
- 8 Head 1-2, knee pop 3-4, check mark 5-6, elbow pop 7-8
- 8 Shoulder Rolls 1-4, wipe the table 5-8
- 8 A's drop 1-2, B's drop 3-4, head pop to pick up flag 5-8
- *8 *Pop up 1-2, half windmill 3-4, top cone 5-6, V up 7-8
- 8 Pop toss 1-2, back toss 3, drop 4-5, catch 6, look back 7-8
- 8 Hip swirl 1-2, back grab 3-4, chest roll to L point 5-8
- **8 Flip down 1-2, Floor inversion 3-4, barrel turn down 5-7, power solo 8**
- 8 A's shoulder roll back 1-4, B's 5-8
- 8 Cradle to back hand 1-4, 45 toss 5-7, catch 8
- 8 Left slash 1-2, shake 3-4, walk back 5-8
- 8 Pop toss 1-2, Jacket 3-4, palm roll 5-6, sit down in 2nd position 7-8
- 8 A's lay down 1-2, R leg wrap to sit 3-8
- 8 Neck roll 1-2, L slash 3-4, knee slide 5-8
- 8 B's repeat last 2 8s
- 8 Continue
- 8 Repeat from * to **
- 8
- 8
- 8
- 8 Run in to clump 1-8
- 8 Reaches 1-4, chest pop 5-6, body roll 7-8
- 1 Finger snap 1 [walk away]

3. Seven Nations Army – Advanced Flag

Choreography: Kevin Piner and Araceli Rodriguez

Starting position: Face backfield, flag silk to the right on sideline

- 8 Hold
- 8 (A) pose on 1 (B) pose on 5
- 8 Unison roll up
- 16 Pivot turn 1-2, drag prepare 3-4, chaine turn 5-6, arms up arms down 7-8 pivot turn 9-10, walk 11-12, pivot 13-14, walk 15-16
- 16 Arms up and pose 1-2, wrap head shift weight 3-4, grab/roll fist 5-8, roll to the ground 9-12, stand 13-16
- 16 (Silk on right) (A) Pass up and over to flat 1-2, run small circle pass flag to right flat 3-8 (B) same 9-16
- 16 Corkscrew left 1-4, dive to back 5-8, pass over left 9-10, carve 11-12, (Verse 1) sauté to front 13-16
- 16 Lift up and flat to back 1-2, roll to cradle 3-4, flip to behind back 5-6, slice (Verse 2) to front 7-8, pull silk open 9-10, silk trick 11-12, down to flat 13-14, single turn 15-16
- 8 Run face back 1-2, golf swing 3-4, run face forward 5-8
- 16 Big flourish to the back 1-4, tour jete 5-8 (hard stop flag backhand), open (Chorus) around to left angle 9-10, face front 11-12, cross into cradle 13-14, open to angle 15-16
- 16 Swing around to backhand 1-2, single turn to dig 3-6, lift up 7-8, flourish sauté 9-10, flourish sauté 11-12, J-toss 13-16 catch left slam
- 16 Up and over 1-4, carve 5-8
- 16 (A) Horizontal toss 1-4, turn 5-8 (B) same
- 16 (Toss section) (A) Lift Back, bottom carve 1-4, 45 to front 5-8 (B) same 9-16 section)
- 16 Repeat Verse 1
- 16 Repeat Verse 2
- 16 (A) Run face back 1-2, golf swing 3-4, run face forward 5-8 (B) same 9-16
- 16 Repeat Chorus
- 9 Dive back/strip flag and set down 1-4, pivot step walk walk 5-8, pose 9

4. Teach Me How To Be Loved – Advanced Flag

Choreography: Michelle Hamilton and Jesus Acosta

Starting Position: Start in partners sitting back to back with heads down

- 8 Roll head up 1-4, roll left 5-8
 - 8 Floor slide 1-2, pull through 3-4, zombie 5-6, head roll 7-8
 - 8 R arm present 1-2, low arabesque turn 3-4, walks 5-6, R leap with L arms 7-8
 - 8 Drag toward flag 1-2, R rond de jambe 3-4, arm rebound 5-6, plié R 7-8
 - *8 *Rainbow 1-2, palm roll 3-4, arabesque low extension 5-6, back hand 7-8
 - 8 Horizontal toss 1-4, attitude 5-6, skater's turn 7-8
 - **8 R arm flourish w/ L enveloppé 1-2, top cone 3-4, double chug 5-6, into line 7-8**
 - 8 Run around partner 1-3, Pop toss 4, tour en l'air 5-6, attitude extension 7-8
 - 8 Windmill with rond de jambe 1-4, R silk toss 5-8
 - 8 Plié then relevé 1-4, R passé w/ space hold 5, cones 6, run to clump 7, L hand raise 8
 - 4 Shake L hand 1, 1st position 2, ball change 3-4
 - 8 A's sauté 1-2, B's 3-4, C's 5-6, roll up and flip flag 7-8
- Repeat from * to ** [Don't stop in the line keep going]
- 8 R arm present 1, R floor roll 2-4, put flag down and run to partners 5-8
- Repeat zombie into ending position next to your partner w/ one person walking away

5. Bubblegum Boy – Intermediate Flag

Choreography: Jesus Acosta, Michelle Hamilton, Kevin Piner, Raquel Bowers, Araceli Rodriguez, and Rae Winget

Starting position: Start in a line, facing front w/ feet together

- 4 Solo improv 1-4
- 8 Roll to R or L 1-3, snap R or L hand 4, switch spots 5, snap 6, back it up 7-8
- 8 Groups handshake 1-7, "What's Up?" arms 8
- 8 R foot scuff 1-2, knee pops 3-4, swipe L 5-6, shoot em' up 7-8
- 8 Walk to circle 1-2, fast walks 3-4, touch floor 5, tuck 6, spread em' 7-8
- 8 Roll L 1-4, walk to flag 5-8 [Solo person in middle flourishes into toss]
- *8 *L wrist roll 1-2, unwind to back 3-4, hip shakes 5-6, R tuck 7-8
- 8 Top cone facing different directions 1-4, swish swash 5-8
- 8 Pop toss 1-2, dip 3-6, backscratcher 7-8
- **8 Pokes 1-2, horizontal 3-4, turn front to lines 5-6, L flag circles 7-8**
- 8 A's extend 1-2, floor 3-4, stand up 5-6, "Outta my face!" 7-8
[B's start 2 counts later and C's 4 later]
- 8 Face back 1-2, look back 3-4, knee pop 5-6, change to diagonals 7-8
- 8 A's pop to flat 1, B's 2, C's 3, everybody looks up 4, "gangsta" walks to windows 5-8
- 8 Extended windmill 1-4, slam L 5, sauté 6, face front in R shoulder 7-8
- 8 Backscratcher with drop 1, L slam 2, A's shake R 3-4, B's 5-6, C's 7-8
- 8 Unwind to switch lines 1-3, "What's Up?" 4, spread out 5-6, bottom or top cone 7-8

Repeat from * to **

- 8 Scuff 1-2, knee pops 3-4, run in 5-6, shake it 7, pose 8

6. Breaking the Law- Intermediate Flag

Choreography: Rae Winget and Kevin Piner

Starting position: Partners sit back to back with flag on their right shoulder

- 16 Neck roll 1-4, snake under pole 5-8, push forward on floor 9-10, loop flag around your head 11-12, stand up 13-16
- 16 Lift flag up by the tip 1-4, horizontal cone 5-8, run around 9-16 to face the back
- 16 Back present 1-4, turn to front present 5-8, strip work 9-12, chaine turn 13-16
- 16 Right hand pull 1-4, toaster back row back row boat 5-6, turn to face the back 7-8, 45 toss 9-12 catch on 12, flat toss over your body 13-16
- 16 2 Piqué turn around a circle 1-4, formation change 5-8, top cone with turn 9-12, chaine turn 13-14, scoop 15-16
- 16 Flourish into crossbones toss 1-8, chaine turn out of it 9-16
- 16 Repeat 2nd 16 count phrase
- 16 Repeat 3rd 16 count phrase
- 16 Repeat 4th 16 count phrase catch 45 toss roll into the ground
- 16 Repeat 1st 16 count phrase
- 16 [dance] Fan kick 1-4, leap 5-6, tuck left leg 7-8, roll 9-12, rebound with hands 13-14, lay down to face back 15-16

7. Bulletproof Vs. Release Me – Intermediate Flag

Choreography: Raquel Bowers, Michelle Hamilton and Araceli Rodriguez

- *8 *Everyone Hold 1-2, A's come up 3-4, B's come up 5-6, C's come up 7-8
- 8 Fist Hits (right hand first) 1-4, hands out in 'V' 5, arms in 6, push down 7, hands up on '&', left leg and arms open 8
- **8 3-Step turn over left shoulder 1-4, right arm opens 5-6, left arm opens 7-8**
- 8 Leg swing 1-2, leg down 3, close 4, step back (start with right leg) 5-6, right arm brushes out 7-8
- 8 Jazz hands 1-2, cross 3-4, turn slowly 5-8
- 8 Snaps to flag 1-4, pick up flag 5-8
- 8 Flourish to the back 1-4, helicopter under the leg 5-8
- 8 Come out from under let to flat 1-4, horizontal toss 5-8
- 8 Scoop under to neck 1-4, shake hips 5-8
- 8 Turn (switch lines) 1-4, flag comes out 5-8
- 8 Mountains 1-4, under arm 5-6, pop 7-8
- 8 Recover 1-2, roller coaster toss = out on 5, catch 8
- 8 Back scratcher dip 1-3, pop up 4, circle hips 5-8
- 8 Walk 1-2, bring flat-to-flat 3-4, big scoop 5-8.
- 8 Silk toss: Grab silk 1-4, toss 5, catch to the floor 7-8
- 8 Arm opens, and get up 1-4, flag cut across 5-6, flag up and down 7-8
- 8 Repeat: Flourish to the back 1-4, helicopter under the leg 5-8
- 8 Come out from under let to flat 1-4, horizontal toss 5-8
- 8 Scoop under to neck 1-4, shake hips 5-8
- 8 Turn (switch lines) 1-4, flag comes out 5-8
- 8 Bring flag up 1-2, set flag down 3-4, walk back 5-8

Repeat dance: From * to **

8. Come On Somebody – Intermediate Flag

Choreography: Michelle Hamilton and Ray Winget

Starting position: Start in triangle formation w/ the point of the triangle on the floor

- 8 Hold 1-4, head pops up 5, turn over the right shoulder 6-8,
- 8 Group one turns over the left shoulder 1-4, group two rolls over the left shoulder 5-8,
- 8 Group three rolls over the left shoulder 1-4, everyone walks back to staggered lines 5-8
- 8 Chassé to the left 1-4, chassé 5-8
- 8 Three step turn to the left 1-4, three step turn to the right 5-8
- 8 Party rock 1-4, throw the glitter 5-6, ball change to the back 7-8
- 8 Right foot flicks up 1-2, twist hips to the right 3-4, look over left shoulder 5-6, look over the right shoulder 7-8
- 8 Charleston 1-4, wobble 5-8
- 8 Walk back to diagonals 1-8
- 8 Assembly line toss 1-8
- 8 Walk over left shoulder 1-4, hold 5-8
- *8 *Criss cross 1-4, extend flag to the left 5-8
- 8 Circle pole to the right 1-2, pull the flag in 3-4, pose and hold 5-8
- 8 Back scratcher 1-4, top carve to take the pole behind you 5-8
- 8 Drop spin behind your back 1-4, pull silk out 5-8
- **8 Three step turn 1-4, tuck the flag to the right 5-8**
- 8 Moonwalk 1-4, dive over 5-8

Repeat from * to **

Ending position: Flag is tucked on the right side, left arm is straight up

9. Pom Poms – Intermediate Flag

Choreography: Jesus Acosta and Kevin Piner

Starting position: Flag starts on the ground, silk to the right, body faces side B with “pom poms” in hand in front

- 16 Hold 1-4, Shake poms swing butt around 5-8, swing poms to pockets 9-12, scoop poms up and down to plié feet parallel 13-16
- 8 (A) High V 1-2, hold 3-4, shake right 5-6, shake left 7-8
- (B) Hold 1-2 High V 3-4, shake right 5-6, shake left 7-8
- 8 (A) Pizza around to knee 1-4
- (B) Pizza around to knee 5-8
- 16 (A) Low V 1-2, touch chest turn back 3-4, High V 5-6, touch chest turn front 7-8, cross above head 9-10, down 11-12, shake behind 13-16
- (B) Low V 3-4, touch chest turn back 5-6, High V 7-8, touch chest turn front 9-10, cross above head 11-12, down 13-14, shake behind 15-16
- 16 Shake at chest and travel to straight line 1-4 (look on 4), travel to flag 5-8, hands up 9-10, down 11-12, stand up with flag 13-16
- 16 Lift up 1-2, swing through 3-4, cone 5-6, tuck to back 7-8, unroll 9-12, chaîné to left 13-16
- 16 Dive to front 1-4, palm roll 5-8, turn around and lift to back 9-12, small circle 13-14, énrroll 15-16
- 16 Mountains 1-4, angle to end zone 5-6, open 7-8, dive back and unroll 9-12, face front 13-16
- 16 (A) flourish to back 1-4 (B) 5-8
- (A) cone to front 1-4 (B) 5-8
- 16 Bottom cone criss cross 1-2, flourish behind left shoulder 3-8, stab turn 9-12, pom pom up then down shake 13-16
- 16 Windshield wiper 1-2, sweep the floor 3-4, bunny ears around 5-8, unroll 9-12 turn 13-16
- 16 Lift up 1-2, swing through 3-4, cone 5-6, tuck to back 7-8, unroll 9-12, chaine to left 13-16 (repeat from earlier)
- 16 Flourish to back 1-4, cone to front 5-8, bunny ears sequence 9-16
- 4 Pom up, shake down 1-4

10. Cage – Intermediate Flag

Choreography: Michelle Hamilton and Araceli Rodriguez

Starting position: on the floor facing back

- 8 Hold 1-4, roll over towards the left 5-8
 - 8 Slide forward switching legs 1-4, big reach to the front 5-8
 - 8 Get up 1-4, walk back starting with the left foot 5-8
 - 8 Push arms forward 1-2, arms out to the side 3-4, arms on the head 5-6, shakes hips to the front 7-8
 - 8 Look over left shoulder 1-2, look over right shoulder 3-4, walk arms down the right leg 5-6, snake head up 7-8
 - 8 Left tilt 1-2, turn around 3-4, hold 5-6, smack hips and rotate arms 7-8
 - 8 Kick ball change 1-2, extend arms out 3-4, bring arms into blades 5-6, snap and turn to front 7-8
 - 8 Transition to flags 1-8
 - 8 Drop down grab flag 1-2, stand up 3-4, turn around to face front with top stopper down 5-8
 - *8 *Pole toss 1-4, bring flag flat to waist 5, push flag straight up 6, flourish back 7-8
 - 8 Rainbow to the back 1-4, silk trick 5-8
 - 8 Rainbow starting from the left 1-4 circle around the body 5-8
 - 8 Chassé to the left circling flag around 1-4, let go with the right hand and circle around the body 5-8
 - **8 Chainé to the right 1-4, prayer toss 5-6, top cone on the right 7-8**
 - 8 Switch spots with partner 1-8
 - 8 Pizza toss 1-4, bottom carve 5-6, bow bringing flag to flat 7-8
- Repeat from * to **
- 8 Put flag down 1-4, walk into center 5-8
 - 8 Push arms forward 1-2, arms out to the side 3-4, arms on head 5-6, look over left solder 7-8.

11. Red Hot Kinda Love – Intermediate Flag

Choreography: Jesus Acosta

Beginning pose: start in a w/ every other person facing different directions

- 8 Hold 1-4, ripple down the line tan 5-8
 - 8 Kick 1, roll either R or L to stand 2-4, slap legs to roll up 5-7, snap 8
 - 8 Switch lines 1-3, hip dip 4, walk to grab hands 5-6, snake through 7-8
 - 8 Walk to flag 1-4, R arm disco 5-8
 - 8 R fan kick 1-3, slide to jazz split 4-5, roll to stand 6-8
 - 8 R triplet 1-2, L triplet 3-4, dip hands 5-6, pick up flag 7-8
 - *8 *Extended windmill 1-4, flip back 5-6, R triplet 7-8
 - 8 Thumb roll 1-2, face front 3-4, R arm dip 5-6, head shave to R tuck 7-8
 - 8 Back flourish to face L 1-4, show off R leg 5-6, shake R hip 7-8
 - 8 Step R to stag leap over 1-3, pop up 4, Pop L knee 5-6, shake hips "gimme more" hands 7-8
 - 8 Walk around flag 1-4, A's R rowboat 5-8
 - **8 B's rowboat 1-4, Push out L 5-6, wipe mouth to R 7-8**
 - 8 Switch windows w/ R arm swing 1-4, pop to R 5-6, top cone with R rond de jambe 7-8
 - 8 L slam 1-2, R flourish 3-4, turn L 5-6, toss 7-8
 - 8 Catch pose 1-2, poses 3-8
 - 8 L arm swim through 1-4, bottom cone to flat 5-8
- Repeat from * to **

12. I Can Do Better – Intermediate Flag

Choreography- Everybody

- 16 Hold 1-4 (A) lean forward 5-6 (B) lean back on 5-6, (A) lean back 7-8 (B) lean back 7-8 both walk into group 9-12 pony with military arms 13-14 push fist out 15 pull in 16
- 16 Step ball change 1-2 scuff foot 3-4 hop left right 5-8 walk to flag 9-12 pick up 13-14 left up angle 15-16
- 16 3 step turn with flag in toaster 1-4 windshield wiper 5-6 up and over 7-8 Flourish 9-12 scoop 13-14 top cone 15-16
- 16 (A's) silk trick 5-8 (B's) silk trick 9-16
- 16 (A's) tick tock 1-4 (B's) tick tock 5-8, every body flourish body roll 9-16
- 16 (A's) behind the back drop spin 1-4 (B's) Behind the back drop spin 5-8 Everybody back scratch 9-12 freeze on 13-14 knee bounce 15-16
- 16 (A's) Check mark 1-4 chasse 5-8 up and over 9-14, kick foot 15-16 (B's) Check mark on 5-8 chasse 9-12 up and over 13-16
- 8 Formation Change 1-8
- 16 Repeat 3rd 16 count phrase facing front and back
- 16 Repeat 4th 16 count phrase all together
- 16 Repeat 5th 16 count phrase A's and B's
- 16 Repeat 6th 16 count phrase A's and B's Flourish 9-12 freeze 13 A's hit the ground and B's put foot on their back 14-16

13. Holla At The DJ – Beginner Flag

Choreography: Jesus Acosta and Kevin Piner

Starting position: Start in clump w/ different level poses

- 8 Hold 1-4, raise the roof 5-8
 - 8 Run to switch spots w/ hands on pants 1-8
 - 8 Circles R 1-4, chicken 5-8
 - 8 Run away from center 1-3, holla 4, bring it in 5-8
 - 8 Raise arms and walk to flag 1-6, pick up flag 7-8
 - 8 Push to back slam 1-4, wipe shoes 5-8
 - 8 Walk around to L extension facing back 1-4, pop to R flat 5-8
 - 8 Hops 1-2, hip rocks 3-8
 - *8 *Top cone to look down 1-4, R heel rock 5-8
 - 8 A's heel clicks 1-4, flip with swoop to L side 5-8
 - 8 B's Repeat
 - 8 Top cone to face back 1-4, Pop L hand to face front in R flat 5-8
 - **8 Check marks to end at R angle 1-8**
 - 8 A's flip flag L 1-4, around back to L hand 5-8
 - 8 Face back to R flat tuck 1-4, B's went 4 counts later and end
 - 8 Run to face front and switch windows 1-8
 - 8 Flip to R flat switching lines 1-4, bottom cone 5-8
 - 8 A's extend L 1-2, B's 3-4, C's 5-6, everybody scratch disc 7-8
 - 8 A's face back to R slam 1-2, B's 3-4, C's 5-6, everybody faces front 7-8
 - 8 Cone sequence 1-6, face front 7-8
 - 8 L slam 1-2, R shoulder flat 3-4, L flat at shoulder 5-6, front 7-8
- Repeat from * to **
- 8 Run in to clump 1-8
 - 8 Circles 1-4, chicken 5-8
 - 1 Head nod 1

14. Blue Ocean Floor – Beginner Flag

Choreography: Rae Winget and Michelle Hamilton

- 8 [dance] push through with arms with flicking kick on 1,2 fan arm with soutenu turn right foot crossing first on 3-5 port de bras with right arm and step right 6 contract 7,8
- 8 roll up slow 1-8.
- 8 [Flag Soloist] Step left dragging right foot with arms in L position right arm up and left leg flat 1,2 roll into ground tucking right leg first 3-8
- 8 grab flag on count 1 pulling flag flat over your head with right arm 3,4 chaine turn 5,6 prayer toss seven 8 [Other flags pick up on count 8 to join in the next part].
- 8 [Ripple add in] Wave flag right to left 1,2 chaine turn to the left 3,4 freeze and hold at a down right angle 5-8
B's go on 3,4 then every two counts after
C's go on 5,6 then every two counts after
- 8 Then circle flag around your body 1-4 chaine 5-8 to partners that face each other.
- 8+8 [partners circle around each other] with right flag in hand lift the flag as the pairs pass each other and grab left hands 1-4 hold hands as you circle around each other 5-8 suspend in releve' and lift flag up on 1,2 back down 3,4 turn over left 5-8 to face the front.
- 8 [**Choreography Phrase 1**] Behind the back flourish 1,2 pass to the right hand 3,4 chasse' while flag goes up and over 5-6 chaine turn with the flag 7,8
- 8 bottom tip on the ground 1,2 ball change 3,4 as you strip flag. Dive and turn 5-8 as you formation change into single file line
- 12 [ripple out of line] flourish 1,2 bring it flat 3,4 run opposite to the left 5-8+4
- 4 turn as you switch flag to the left down angle 5-8
- 8+8 [repeat choreography **Phrase 1**]
- 8 [**Choreography Phrase 2**] Bottom cone 1,2 prayer 3,4 top cone in arabesque 5,6,7 turn to the back on count 8
- 8 Palm spin 1,2 turn 3,4 flourish 5-8

Ending 1-4 run the opposite way to a single file line to end in a pose of your choice.

15. Don't Stop Believing – Beginner Flag

Choreography: Jesus Acosta, Raquel Bowers and Araceli Rodriguez

- 8 Hold 1-4, arms out 5-6, pose 7-8
- 8 Snap 1-4, arm brush 5-6, close 7-8
- 8 A: arms out 1-2, pivot 3-4, arms up 5-6, arms down 7-8 (B: hold 4, start on 5)
- 8 Walk to flag and pick up flat
- 8 Bring over head 1-2, flip flag to slam 3-4, walk around 5-8
- 8 A: windmill 1-3, stop with Lt hand 4, B: windmill 5-7, stop with Lt hand 8
- 8 Chasse out 1-4, shoot out 5-8
- 8 Up 1-2, slam 3-4, circle flag around 5-8
- 8- Rowboat 1-4, over 5-8
- 8 Arm fling 1-4, turn to front 5-8
- 8 Tuck flag 1-4, mountains 5-8
- 8 Turn around Rt shoulder 1-4, prepare 5-8
- 8 A: strip silk 1-2, pole up 3-4, B: strip silk 5-6, prepare 5-8
- 8 Turn around pose 1-4, open to Lt side 5-8
- 8 A: cut across 1-2, pose 3-4, B; cut across 5-6, pse 7-8
- 8 Back scratcher 1-6, prepare to repeat 7-8,
- 8 A: strip silk 1-2, pole up 3-4, B: strip silk 5-6, prepare 5-8
- 8 Turn around pose 1-4, open to Lt side 5-8
- 8 A: cut across 1-2, pose 3-4, B; cut across 5-6, pse 7-8
- 8 Back scratcher 1-6, prepare to repeat 7-8,
- 4 Prayer toss 1-3, catch 4
- 8 Bring over head 1-2, flip flag to slam 3-4, walk around 5-8
- 8 Windmill 1-3, stop with Lt hand 4, chasse out 5-8
- 8 Shoot out 1-4, up 5-6, slam 7-8
- 8 Circle flag around 1-4, rowboat 5-8
- 8 Over 1-4, arm fling 5-8
- 8 Turn around 1-4, set flag down 5-8
- 8 Clap 1-8
- 8 Ripple
- 3 Ending pose

16. I Found You – Beginner Flag

Choreography: Jesus Acosta, Michelle Hamilton, and Rae Winget

Starting position: Start in triangle formation w/ R foot at bevel and hands on hips

- 8 Hold 1-4, Head roll ripple front to back 5-8
 - 8 Ball Change L 1-4, cross steps 5-8
 - 8 Passé 1-2, ball change back 3-4, passé 5-6, pivot back 7-8
 - 8 Pivot front 1-4, A's pose 5-6, B's pose 7-8
 - 8 Pizza L turn 1-4, Pizza R turn 5-8
 - 8 [Walking to your flag] Dip nails 1-2, paint front 3-4, shimmy 5-6, down 7-8
 - 8 A's L slide 1-2, kick R 3-4, roll back 5-6, slice arm 7-8
 - 8 Roll L 1-4, grab flag 5-8
 - [Back line: L inverted hand 1-2, flip front 3-4, bottom cone 5-6, pull-hit 7-8
Face back 1-4, slide flag out to L 5-8]
 - *8 Front walk with slide 1-4, front line R slam 5-6, Back line 7-8
 - 8 Turn into line 1-4, Put up curtains 5-8
 - 8 Rip curtain down 1-2, shake 3-4, switch lines to face back @ R flat 5-8
 - **8 Row boat L 1-2, R row boat 3-4, bottom cone 5-6, flip L 7-8
 - 8 A's face front 1-2, extend up 3-4, R flat 5-6, hold 7-8
 - [B's go 2 counts later]
 - 8 Left slam 1-2, R 3-step turn 3-6, windmill 7-8
 - 8 Extension to L 1-3, point w/ R arm 4, R hip roll 5-8
 - 8 Face back 1-2, R cradle 3-4, turn to partner 5-8
 - 8 Do-si-do 1-4, spread out switching lines 5-8
 - 8 Figure 8s 1-4, elbow grab 5-6, slide to L angle 7-8
- Repeat from * to **, end in R foot dig w/ L finger pointing

17. Starships – Beginner Flag

Choreography: Jesus Acosta, Raquel Bowers, Araceli Rodriguez

- 8 Hold 1-4, ripple 5-8
- 8 Bring flag over to the front (silk in the front) 1-4. Switch silk to the right 5-8.
- *8 Butterflies 1-4. Shooting stars 5-8, (lines switch 5-8)
- **8 Turn over left shoulder, flag pushes out (Left leg closes) 1-2, face the back (Right leg out) 3-4, move hips 5-8
- 8 Transition, flag goes down and up 1-4, windmill (stops slat at shoulder) 5-8
- 8 Turn over left shoulder to front 1-4, tuck flag 5-8
- 8 Fly away 1-4, flag comes out to flat 5-8.
- 8 Silk pop 1-2, flat 3-4, inverted back scratcher to angle 5-8
- 8 Flag goes around body 1-4. 'Snake' to the back 5-8.
- 8 Flag to flat 1-2, slide left, hand out 3-4, flag up & over to shoulders 5-8
- 8 (B's hold 1-4) A's start (ball change section) ball change w/right leg 1-2, slice flag to face 3-4, left ball change 5-6, strip flag up 7-8.
- 8 Right ball change 1-2. flag flat 3-4, push flag out 5-6., roll hip 7-8. (B's push out 1)
- 8 Hold 1-2, dip down 3-4, ball change 5-6, turn 7-8
- 8 Switch flag to the left (while striped) 1-4, turn to the front 5-8
- Repeat * to **
- 8 Walk into a line facing Rt. 1-4. Ripple out 5-8.
- 8 Ripple in 1-6, adjust spot 7-8.
- 8 Angles 1-8
- 8 Prayer toss 1-4, set flag down 5-6. walk back 7-8.
- 8 Step touch 1-4, pizza to the knee 5-8
- 8 Ball change 1-2, mummy 3-4, open 5-6, jazz hands. 7-8
- 8 Shake it out 1-4, sunrise 5-8.
- 8 Carlton 1-4, slide 5-8, pose 1

1. Bang Bang – Advanced Rifle

Choreography: Rae Winget

Starting position: Hands on your knees facing each other

- 8 Hold 1-4, passé on 5 hold 6-8
- 8 “Charleston” toward partner 1-8
- 8 “Charleston” toward front 1-4, three step turn to left with flexed hands 5-8
- 8 Step left foot bring right foot into passé 1-2, step right left 3-4, pirouetté 5-6, pop feet in then out to second position 7-8
- 8 Step left foot bring right foot into passé 1-2, step back with right foot 3-4 with gun pointed hands, hold 5-6, step touch with wrapped arms 7-8
- 8 Run to Rifle 1-4 in character, throw triple 5-8
- 16 Rifle is starting at right flat, lift up grab money hand 1-2, flourish 3-4, grab thumbs up with your left hand as rifle lowers 5-8 while pointing gun , Money hand 9-10, flourish 11-12, chaine turn with rifle at up angle 13-16
- 16 Slice 1-2, carve 3-4, flourish 5-6, back present 7-8, 45 degree flourish 9-10, grab bottom tip 11-12, big loop 13-14, behind the back 15-16
- 16 (A) flat toss 1-4, chaine 5-8, holding rifle in gun position step touch 9- 12, horizontal cone 13-16
(B) hold 1-4, flat toss 5-8, turn to face partner 9-12, horizontal cone 13-16
- 16 Pop into cradle 1-2, lift up 3-4, walk around to back 5-8, slingshot 9-12, flourish at the tab 13-16
- 16 Rollercoaster 1-4, lift up 5-6, jump turn 7-8, up and over 9-10, bottom cone 11-12 pop toss on 13-16, facing different directions
- 16 Repeat second 16 count phrase facing different directions
- 16 Everybody does (A) part and ends facing a partner
- 16 Bottom cone at the tab 1-4, strap trick 5-10, turn to the front 11-12, lift 13-16
- 16 Jump turn 1-4, top cone 5-8, break 9-10, jump turn 11-12, 13-16 end with pointed gun

2. Seven Nations Army – Advanced Rifle

Choreography: Kevin Piner

Starting position: facing backfield

Rifle: ground butt to the right

- 8 Hold
- 8 (A) Kitty cat pose 1-2, (B) kitty cat pose 3-4
Everyone roll up 5-8
- 16 Pivot turn 1-2, prepare 3-4, chaine 5-6, up and pose 7-8
Pivot turn walk walk 9-12, pivot turn walk walk 13-16
- 16 Up and pose 1-2, slinky 3-4, step step roll fist 5-8
(A) roll to rifle 9-12, stand 13-16
(B) roll to rifle 13-16
- 16 (A) rifle up and over run to first dot 1-8
(B) rifle up and over run to first dot 9-16 (left hand under)
- 16 Corkscrew dive to back 1-4, spin up to strap 5-6, swing through re-grab neck 7-8, dive to front lift tip 9-12, circle butt around head to flat 13-16
- 16 Pop up grab neck 1-2, roll left shoulder to right turn back 3-6, pop single off shoulder 7-8, whip behind and face front 9-10, thumb flip into cradle 11-12, single 13-15 hold 16
- 8 Run big circle to back and golf swing to back 1-4, and finish circle to front 5-8
- 16 Big flourish to the back 1-4, tour jete 5-8 (hard stop flag backhand), (Chorus) open around to left angle 9-10, face front 11-12, cross into cradle 13-14, open to angle 15-16
- 16 Swing around to backhand at the neck 1-2, pencil turn with tip (Chorus cont.) leading back to flat 3-6, small wrist roll 7-8, lift 9-10, prepare 11-12, triple 13-16 (end chorus)
- 8 Holding tip lift around body while running large circle 1-8
- 16 (A) Strap trick 1-4, flick toss 5-8 -catch right hand in neck
(Toss section) (B) Same 9-16
- 16 (A) Thumb roll to tip down, tuck through up to shoulder, horizontal
1-8 catch right flat
(B) Same 9-16 (end toss section)
- 16 (A) Run big circle to back and golf swing to back 1-4, and finish circle to front 5-8
(B) Same 9-16
- 9 Repeat both 16s of chorus, dive to back and set down rifle
Pivot step walk walk 5-8, pose 9

9. Pom Poms – Intermediate Flag

Choreography: Jesus Acosta and Kevin Piner

Starting position: Rifle starts on the ground, butt to the right, strap towards performer, body faces side B with “pom poms” in hand in front

- 16 Hold 1-4, Shake poms swing butt around 5-8, swing poms to pockets 9-12, scoop poms up and down to plié feet parallel 13-16
- 8 (A) High V 1-2, hold 3-4, shake right 5-6, shake left 7-8
- (B) Hold 1-2 High V 3-4, shake right 5-6, shake left 7-8
- 8 (A) Pizza around to knee 1-4
- (B) Pizza around to knee 5-8
- 16 (A) Low V 1-2, touch chest turn back 3-4, High V 5-6, touch chest turn front 7-8, cross above head 9-10, down 11-12, shake behind 13-16
- (B) Low V 3-4, touch chest turn back 5-6, High V 7-8, touch chest turn front 9-10, cross above head 11-12, down 13-14, shake behind 15-16
- 16 Shake at chest and travel to straight line 1-8 (look on 8), travel to rifle 9-12, down 13-14, stand up with rifle 15-16
- 16 Lift up 1-2, swing through 3-4, cone 5-6, tuck to back 7-8, unroll 9-12, chaîné to left 13-16
- 16 Dive to front 1-4, drop spin + tuck 5-8, turn around and lift to back 9-12, small circle 13-14, énrroll 15-16
- 16 Mountains 1-4, angle to end zone 5-6, open 7-8, dive back and unroll 9-12, face front 13-16
- 16 (A) flourish to back 1-2, toss half 3-4 (B) 5-6, toss 7-8
- (A) cone to front 1-4 (B) 5-8
- 16 Bottom cone criss cross 1-2, flourish behind left shoulder 3-8, stab turn 9-12, pom pom up then down shake 13-16
- 16 Shimmy + walk around rifle 1-4, left hand pull toss (single) catch neck 5-8, hand switch as turn to front 9-10, present left upper angle 11, dip 12, toss double 13-15, hold 16
- 16 Lift up 1-2, swing through 3-4, cone 5-6, tuck to back 7-8, unroll 9-12, chaine to left 13-16 (repeat from earlier)
- 16 Dive to front 1-4, drop spin + tuck 5-8, turn around and lift to back 9-12, small circle 13-14, énrroll 15-16
- 16 (A) flourish to back 1-2, toss half 3-4 (B) 5-6, toss 7-8
- (A) cone to front 1-4 to ground (B) 5-8 to ground
- 4 Step 1-4, pose 5

4. Red Hot Kinda Love – Intermediate Rifle

Choreography: Jesus Acosta

Beginning pose: Start in a w/ every other person facing different directions

- 8 Hold 1-4, ripple down the line 5-8
- 8 Kick 1, roll either R or L to stand 2-4, slap legs to roll up 5-7, snap 8
- 8 Switch lines 1-3, hip dip 4, walk to grab hands 5-6, snake through 7-8
- 8 Walk to rifle 1-4, R arm disco 5-8
- 8 R fan kick 1-3, slide to jazz split 4-5, roll to stand 6-8
- 8 R triplet 1-2, L triplet 3-4, dip hands 5-6, pick up flag 7-8
- *8 *Extended windmill 1-4, flip back 5-6, R triplet 7-8
- 8 Thumb roll 1-2, face front 3-4, R arm dip 5-6, head shave to R tuck 7-8
- 8 Back flourish to face L 1-4, show off R leg 5-6, shake R hip 7-8
- 8 Step R to stag leap over 1-3, pop up 4, Pop L knee 5-6, shake hips "gimme more" hands 7-8
- 8 Walk around flag 1-4, A's R rowboat 5-8
- **8 B's rowboat 1-4, Push out L 5-6, wipe mouth to R 7-8**
- 8 Switch windows w/ R arm swing 1-4, pop to R 5-6, top cone with R rond de jambe 7-8
- 8 L slam 1-2, R flourish 3-4, turn L 5-6, toss 7-8
- 8 Catch pose 1-2, poses 3-8
- 8 L arm swim through 1-4, bottom cone to flat 5-8

Repeat from * to **.

5. I Found You – Beginner Rifle

Choreography: Jesus Acosta and Michelle Hamilton

Beginning Pose: Start in triangle formation w/ R foot at bevel and hands on hips

- 8 Hold 1-4, Head roll ripple front to back 5-8
- 8 Ball Change L 1-4, cross steps 5-8
- 8 Passé 1-2, ball change back 3-4, passé 5-6, pivot back 7-8
- 8 Pivot front 1-4, A's pose 5-6, B's pose 7-8
- 8 Pizza L turn 1-4, Pizza R turn 5-8
- 8 [Walking to your rifle] Dip nails 1-2, paint front 3-4, shimmy 5-6, down 7-8
- 8 A's L slide 1-2, kick R 3-4, roll back 5-6, slice arm 7-8
- 8 Roll L 1-4, grab rifle 5-8
- [Back line: L inverted hand 1-2, flip front 3-4, bottom cone 5-6, pull-hit 7-8
- Face back 1-4, slide rifle out to L 5-8]
- *8 *Front walk with slide 1-4, front line R slam 5-6, Back line 7-8
- 8 Turn into line 1-4, Put up curtains 5-8
- 8 Rip curtain down 1-2, shake 3-4, switch lines to face back @ R flat 5-8
- **8 Row boat L 1-2, R row boat 3-4, bottom cone 5-6, flip L 7-8**
- 8 A's face front 1-2, extend up 3-4, R flat 5-6, hold 7-8
- [B's go 2 counts later]
- 8 Left slam 1-2, R 3-step turn 3-6, windmill 7-8
- 8 Extension to L 1-3, point w/ R arm 4, R hip roll 5-8
- 8 Face back 1-2, R cradle 3-4, turn to partner 5-8
- 8 Do-si-do 1-4, spread out switching lines 5-8
- 8 Figure 8s 1-4, elbow grab 5-6, slide to L angle 7-8

Repeat from * to **

End in R foot dig w/ L finger pointing

6. Don't Stop Believing – Beginner Rifle

Choreography: Raquel bowers

- 8 Hold 1-4, arms out 5-6, pose 7-8
- 8 Snap 1-4, arm brush 5-6, close 7-8
- 8 A: arms out 1-2, pivot 3-4, arms up 5-6, arms down 7-8 (B: hold 4, start on 5)
- 8 Walk to rifle and pick up flat
- 8 Bring over head 1-2, out to the side 3-4, walk around 5-8
- 8 Windmill to the back 1-3, pop rifle on 4, B: windmill to the back 1-3, pop rifle on 8
- 8 Bring rifle to the front (end with Lt. hand at the barrel) 1-4. Right hand flick (end flat) 5-8
- 8 Up 1-2, slam 3-4, circle Rifle around body 5-8
- 8 Draw big circle 1-4, over 5-8
- 8 Arm fling 1-4, turn over Lt Shoulder to front 5-8
- 8 Tuck rifle 1-4, mountains 5-8
- 8 Turn around Rt shoulder 1-4, prepare 5-8
- 8 A: Slide hand out 1-2, Rifle up 3-4, B: Slide hand out 5-6, Rifle up 5-8
- 8 Turn around pose 1-4, loop rifle to the Lf. 5-8
- 8 A: cut across 1-2, pose 3-4, B; cut across 5-6, pose 7-8
- 8 Back scratcher 1-6, prepare to repeat 7-8,
- 8 A: Slide hand out 1-2, Rifle up 3-4, B: Slide hand out 5-6, Rifle up 5-8
- 8 Turn around pose 1-4, loop rifle to the Lf. 5-8
- 8 A: cut across 1-2, pose 3-4, B; cut across 5-6, pose 7-8
- 8 Back scratcher 1-4, big circle 5-8
- 4 Single toss
- 8 Bring over head 1-2, out to the side 3-4, walk around 5-8
- 8 Windmill to the back 1-3, pop rifle on 4. Bring rifle to the front (end with Lt. hand at the barrel) 5-8.
- 8 Right hand flick (end flat) 1-4 up 5-6, slam 7-8,
- 8 Circle Rifle around body 1-4. Draw big circle 5-8
- 8 Over 1-4, arm fling 5-8.
- 8 Turn around 1-4, set flag down 5-8
- 8 Clap 1-8
- 8 Ripple
- 3 Arms out 1-2, ending pose- 3