

LEVEL 1- ONE BATON TRICKS

Horizontals- right and left hands, forwards and backwards

Figure 8's- right and left hands, forwards and backwards

Neckwrap

Fake Neckwrap- baton in right hand, put end in left armpit, bring baton over head and behind neck.

Leg Passes- baton in right hand pass to left hand under left leg; baton in left hand, pass to the right hand under the right leg.

Backcrosses w/ Toe Taps- holding baton in right hand, put baton at waist and point to left shoulder, catch with left hand at top of left shoulder, repeat in left hand to right shoulder.

Side Passes (Popeyes)- hold baton in right hand and make a “muscle”, bring baton along the outside of the arm and catch with the left hand under the right arm, repeat on the left side.

Back Scratch- hold baton above head, hold the ends, bring baton behind back and behind knees, bend knees trapping baton, bring right hand to from between knees and grab baton, jump pulling baton from between knees to the front.

Tuck Pass- hold baton with right hand, pull into chest and underarm catching with left hand, elbows out, release right hand and pull out in left hand.

Neckwrap/Waistwrap Partner Trick- 2 girls face each other, 1 girl passes behind partner's neck while the other passes behind partner's waist, passes are left hand to right hand.

Big 2 Handed Arm Circle- stretch on to toes!

Airplane w/ Spin- holding arms out, make a big circle while turning

Shoulder Drop- hold baton behind neck with both hands at ends, drop baton catching at waist.

Pinwheels w/ Kicks- turn baton holding with thumbs and fingers, hold baton in the middle for 4 counts, up on toes, for 4 counts and down to the ground for 4 counts, hold back in middle position step left kick right to the front, step right kick left back.

Intro to Thumb Roll (Flip)- right and left hands

Horizontal Toss- toss left, catch right

Stir-The-Pot- circle baton at knees and over head, alternating

Hand Over Hand

Windup

Grapevine (Girl Series)- to the left and to the right

Pencil Drop

Arm Roll

Elbow Roll

Parade Routine- Pink Group

Counts:

1-2 Circle right arm up into diagonal

3-4 Circle left arm up into diagonal (both arms should form a “V”)

5-8 Big arm circle with both arms

1-2 Bring baton up on to right shoulder

3-4 Point baton up to sky

5-8 Big arm circle with both arms

1-4 Horizontal right hand

5-8 Tuck at chest, pass to left hand

1-4 Horizontal left hand

5-6 Pass baton behind head to right hand

7-8 Horizontal right hand

1-4 Stir-the-pot, over under 2 times

5-6 Tuck at chest

7-8 Bring baton down to waist and above head, slide hands to ends

1-4 Holding ends: bring baton down to the right, circle up and around to bottom left

5-8 Holding ends: bring baton down to the left, circle up and around to bottom right