

LEVEL 4- ONE BATON TRICKS

Thumb Flip Double Arm Circle- circle left then right arms, catch right, try catching backhand right.

Fishies- right hand, try with pop-up and catch.

Thumb Flip Catch Blind- turn left catch behind head in left hand.

Right Leg Toss Catch Blind- turn left catch behind head in left hand.

Horizontal Toss Exchange

Ariel and Thumb Flip Bow Tosses

3 Spin- Horizontal and Thumb Flip

Fancy ½ Spin- toss, arm circle then spin

Toss Illusion

1 & ½ Catch Blind

Teddy Roll

3 Elbow Rolls

Horizontal Half Spin

Horizontal Flip Toss- Sit on floor with legs straight

Guillotine- Wrapping arms over head

1 Spin Angel

Long Arm Roll- baton in right hand, arms on angle, roll baton down arms to catch in left hand

Tick Tock Toss

Butterfly Series - with spins and loops

Chicken Wing

Backscratcher Toss

Finger Series

Horizontal Two Spin

Thumb Flip Two Spin

2 Baton Tricks

Single Release
Single Release w/ loop behind head, catch left
Single Release w/ One Spin
Double Release
Double Release w/ One Spin
Thumb Flip One Spin- pass behind back, catch left
Thumb Flip One Spin- hold baton behind back, catch right
Backhand Flip, pass behind back, catch right
Backhand Flip w/ One Spin- pass behind back, catch right
Verticals Swirls- both hands at the same time
Butterfly- continuous verticals in left hand
Horizontal Swirls- both hands at the same time
Horizontal One Spin- tuck pass at chest, catch right
Vertical Juggles
Thumb Flip w/ forward loop in left hand, catch right
Backhand Flip with butterfly, catch left
Shoulder Rolls- right, left, both
Finger Tip Flips- right, left, both, switch
Horizontal Toss, step left, kick right, pass under leg
Horizontal Toss, step right, kick left, pass under leg
Horizontal Toss Neckwrap- don't forget to slid baton before neck wrap!
Horizontal Tuck Pass
Alternating Swirls- horizontal in left hand, vertical in right hand
 TRY w/ butterfly in right hand, thumb flip pass left behind
 back, catch toss in left hand.
Double Wrist Rolls
Fancy ½ Spin- thumb flip, circle left arm, turn right, catch toss behind back
Horizontal Toss Backwrap
Horizontal Toss Waistwrap
Thumb Flip Lunge Left, pass under leg, catch left
Thumb Flip Lunge Right, pass under leg, catch left
Thumb Flip Double Lunge Passes
Double Thumb Flip- double arm circle, catch backhand

Next Level, 3 Batons!!!!

(Must show consistent ability with above tricks. Practice, Practice!!)

Parade Routine- Silver Group

Counts:

- 1-2 Circle right arm up in to diagonal
- 3-4 Circle left arm up in to diagonal (both arms should form a “V”)
- 5-8 Big arm circle with both arms
- 9-10 Bring batons up on to right shoulder
- 11-12 Point batons up to sky
- 13-16 Big arm circle with both arms
- 1-4 Horizontals
- 5-8 Horizontal toss, tuck pass
- 9-12 Horizontals
- 13-14 Horizontal toss, tuck pass, step left foot, kick right leg
- 15-16 Horizontals
- 1-4 Left baton behind back, Stir-the-pot in right hand 2 times
- 5-6 Tuck at chest
- 7-8 Bring baton down to waist and above head, slide hands to ends
- 9-12 Holding ends: bring baton down to the right, circle up and around to bottom left
- 13-14 Holding ends: bring baton down to the left, circle up and around to bottom right