

LEVEL 3- ONE BATON TRICKS

Thumb Flip catch backhand right

Thumb Flip with left arm circle-catch right plain, catch right backhanded

Backhand Flip catch backhanded- left hand to right hand

Illusion- no toss

Double Leg Toss- toss under left leg with right hand, catch under right leg in left hand

Inside Leg Toss- hold baton in right hand, toss under right leg, catch left and right hands.

Two Handed Leg Wrap- toss right to left behind knees

Back Drop- hold baton above head, drop baton, catch at waist.

Butterfly w/ Taps

Elbow Roll w/ Extension

Elbow Pop

Double Elbow Roll

Finger Twirls- vertical and horizontal

Horizontal Blind Toss (flash)- toss behind back, catch right hand on right.

Partner Trick w/ Thumb Flip

Leg Roll Series-one handed left then right, then two handed passing over head in between

Thumb Flip Catch at Sides and Under Legs

Thumb Flip Half Spin- Turning right, toss right and turning left, toss left, catch behind back
(free arm up)

Backhand Flip One Spin- Catch right

Doggie Paddles

Neck Roll- baton in right arm pit, push baton behind head across shoulders, catch on left arm pit

Right Leg Toss One Spin

Shoulder Drop

Vertical Blind (flash)

Leg Wrap - no toss in between, pass from hand to hand

Backwrap- baton in right hand, wrap arm across belly, wrap other arm across belly in opposite direction, roll baton across back catching in free left hand

Waistwrap- baton in left hand, wrap arm around back, wrap other arm around back in opposite direction, roll baton across belly catch in on free right hand

Vertical Blind Catch

Angel Toss

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

Parade Routine- Purple 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

9-10 Bring baton up on to right shoulder

11-12 Point baton up to sky

13-16 Big arm circle with both arms

1-4 Horizontal right hand

5-8 Tuck at chest, pass to left hand

9-12 Horizontal left hand

13-14 Horizontal Toss left hand to right hand, step left foot, kick right leg

15-16 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

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