LEVEL 1- ONE BATON TRICKS

**Horizontals**- right and left hands, forwards and backwards

**Vertical (Ice cream scoops)**- 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 right hand under 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 outside of arm and catch with left hand under right arm, repeat on left side.

**Back Scratch**- hold baton above head, holding 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.

**Thumb Flip (alligator)**- right and left hands

**Horizontal Toss**- toss left, catch right

**Backhand Flip**- right and left hands

**Elbow Roll**

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

**Hand Over Hand**

**Windup**