**LEVEL 2- ONE BATON TRICKS**

**P.J. Roll**- hold baton at chest, roll baton down arms palms up, turn hands over, lift arms and tuck head down, roll baton down back catching at waist.

**Leg Toss**- baton in right hand, toss under left leg, catch left and right hand.

**Hand Over Hands**- hands on baton, flip left hand over on top of baton palm up, turn baton over onto left palm, release baton from right hand, turn baton until left hand is on top, put right hand on top and repeat.

**Leg Roll**- hold baton in right hand, bring baton under left leg and roll over the top of the thigh catching with right hand.

**Butterfly**- 3 step process

**Arm Roll**- hold baton in right hand, hold out left arm, bring baton under left arm and roll baton over the arm, catch right.

**Palm Roll w/ Bat-up**- do a horizontal in left or right hand, when palm in facing up open hand flat allowing baton to continue the motion on flattened palm.

**Shoulder Rolls**- bring baton behind back and up to the same shoulder, roll baton over shoulder, try catching in the same and opposite hands.

**Pretzel**- circle baton under left leg, wrap around right ankle, catch left

**Taffy Pull**- start by tucking baton at chest, swing baton up and over head, slid hands to the ends.

**Fingertip Flips**- holding baton vertical push away with thumb, trying to catch baton after a full circle, end same end up from when started.

**One Handed and Two Handed Reflection**- horizontal and vertical

**Chestwrap**- wrap baton around neck to front of chest, wrap other arm around waist, roll baton across chest catching in other hand at waist. Left and right hands

**Right Arm Drop (Pencil Drop)**- catch backhand right

**Horizontal One Spin**- toss left catch right, push off on right spinning on left foot

**Thumb Flip One Spin**- toss from right, push off on right spinning on left foot, catch left or right 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

**Toe Tap**

**Swing Series**

**Pancake (with toss)**

**Thump Flip (at right leg)-** thumb flip at right knee and catch with left hand under right leg

**Back Drop**

**Shoulder Drop**

**½ Spin Blind (catch behind back)**

**Windup**