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.

**Leg Wrap**- toss over head between each leg wrap

**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 left, toss right and turning right, toss left (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**

**Horizontal Two Spin**

**Thumb Flip Two Spin**

**Shoulder Drop**

**Vertical Blind (flash)**