**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**