

Count Structure...

Fanfare (this signifies that we are beginning flag block)

16 To the Ready

1-2 Order Arms

3-4 Right Shoulder

5-6 Right Slam

7-8 Bottom Stir

9-16 Hold

1-8 Broken Stirs

9-16 Smooth Stirs

1-8 Broken Stirs

9-16 Smooth Stirs

1-8 Broken Stirs

9-16 Smooth Stirs

1-8 Broken Flats (front)

9-16 Smooth Flats (front)

1-8 Broken Flats (left)

9-16 Smooth Flats (left)

1-8 Broken Flats (front)

9-16 Smooth Flats (front)

1-8 Broken Flats (right)

9-16 Smooth Flats (right)

Toss Section (random tosses of their choice)

1-16 Mark Time (not on video but i would add it)

*****The following are straight drop spins with feet; right side then left)**

1-8 Drop Spins (1st position)

1-8 Drop Spins (2nd position)

1-8 Drop Spins (3rd position)

1-8 Drop Spins (4th position)

1-8 Drop Spins (5th position)

1-8 Drop Spins (1st position)

1-8 Drop Spins (2nd position)

1-8 Drop Spins (3rd position)

1-8 Drop Spins (4th position)

1-8 Drop Spins (5th position)

1-16 Drop Spins

1-12 Double Time Spins (speed spins)

13 Toss

15 Catch

16 Pop Head