

2022 Flagline Honor Band Routine Counts

TAKING FLIGHT ROUTINE COUNTS

8 count ballerina

- Up 1, down 2, up 3 and grab money hand, down at an angle 4
- Pole up silk down 5, silk up 6, silk down 7, flat 8

8 count sunshine

- Up 1, down 2, cradle up 3, down 4
- Unwind: flat 5, up 6, flat 7, down at low V 8

8 count turn and cone

- Turn with arm & flag in low V: step to side 1, back 2, side 3, front 4
- Top cone 5, 6
- Bottom cone 7, 8

8 count switch hands and flourish

- Finish bringing bottom cone to angle 1, flip right hand 2
- Up 3, down 4, up 5, down in front 6, grab with left hand 7, switch right hand 8

Repeat first three 8 counts. Stop after finishing the bottom cone, flip hand 2, then hold 3, 4

Repeat all four 8 counts again. After last 8 count sit 1,2 and come up 3, 4

Repeat all four 8 counts like normal until the end

Last time – complete first two 8 counts, then start third 8 count: turn 4 counts with arms in low

V, then bring flag up slowly on last note after turn

2022 Flagline Honor Band Routine Counts

MUSIC FOR A SUSHI RESTAURANT ROUTINE COUNTS

Overall Notes: Do the routine 4 times and halfway on the fifth time. Groups in the beginning.

The second time is shorter so only 1 pull hit.

Two 8 counts

- Big up and overs on either side of the field. Dig on 1, silk up 3, halfway down 7 hold 8.

On the other side it is the same checkpoints but then everyone will come up on 8 ready for bouncies.

Four 8 counts

- 8 counts of bouncies and on count 8 you grab the flag at an angle with your left hand.

Do a cone around your head and place it on your shoulders taking up 4 counts, then hips 5 6 7 8. Push the flag up above your head 1, down to touch your right knee on 2, level with your collarbone on 3, then down to touch your left knee on 4, then while keeping the flag low around your waist, turn around 5 6 7 8. From flat at your waist, do two pull hits releasing on 1 and 3, then bottom cone 5 6, bring the flag straight up and done in front of you 7 and put your left arm into low V on 8. Then you restart.

Three 8 counts and a 4 count

- Same as above, but on the last 4 count you only do one pull hit then bring the flag straight up and down on 3 and left arm into low V on 4 and start over at the beginning with a recount here.

Four 8 counts

- Same as first sequence

Four 8 counts

2022 Flagline Honor Band Routine Counts

- Same as first sequence

Two 8 counts and 4 count for ending pose

- Same as first sequence, so you end on hips 5 6 7 8. From here, lift the flag above your head 1 2, then bring it straight up and down in front of you silk up on 3, silk down in front of you on 4 as the pole goes under your arm, then ending pose is both arms in high V with the flag in your right arm and left hand is blade hand.

BIG NOISE ROUTINE COUNTS

Overall Notes: Do the routine 6 full times and halfway at the end. After first and third time you do a sit.

Four 8 counts and 4 count

- Bouncy X's starting on bottom left 1 2, bottom right 3 4, top left 5 6, then top right 7 8. While keeping your left hand around and level with your hip, sweep the flag over to your left down 1, halfway 2, then silk up to the left on 3 hold 4, then sweep the opposite way down 1, halfway 2, then silk up to the right on 3 hold 4. From here, go into the "angles" sequence which is angled down to your left on 1 2 with your body facing the flag and right foot pointed behind you, then bring the flag straight up and down in front of you silk up with you right foot in passé 3 4, right slam with right foot pointed in front of you 5 6, then flag in front of you silk up 7 8. Palm roll down to flat 1 2, push the flag up above your head 3 4, then pull down with your left hand on 5 where the flag is behind your head silk up, halfway down in front of you 6, silk down in front of you 7,

2022 Flagline Honor Band Routine Counts

right slam in front of you and grabbing with the left hand on 8. Then do a “sit” for the last 4 counts.

Four 8 counts

- Same sequence as above but without the 4 count sit.

Four 8 counts and 4 count

- Exact same as first sequence.

Four 8 count

- Same sequence as above but without the 4 count sit.

Four 8 count

- Same sequence as above but without the 4 count sit.

Four 8 count

- Same sequence as above but without the 4 count sit.

Two 8 count

- Same sequence as above stopping on the “sweeps”

Really long final note

- With the same tempo in mind, take 5 counts to bring the silk up straight up and down in front of you in your right hand on 1, over to the left 2, silk down going and pole going underneath your arm on 3, halfway up 4, then fully up in high V on 5 while your left hand is in low V on 5 and this is the ending pose.