

## Don't Stop Believing Counts

### **Repeating Sequence:**

#### 1-8 Butterfly (or flourishes)

- Down to left side 1, up 2, down 3, up 4 in front
  - o Feet: start together & right foot steps out 1, right foot comes in 3
- Down right side 5, up 6, down 7, up 8 in front
  - o Feet: left foot steps out 5, left foot comes in 7

#### 1-8 Bounces (or extensions)

- Down 1, up 2, down 3, up in front 4
  - o Feet: together, slight bounce (knees bend on odd counts, straight on even)
- Down 5, up 6, down 7, up in front 8
  - o Feet: together, slight bounce (knees bend on odd counts, straight on even)

#### 1-8 Angel

- Down 1, up in high-V 2, down behind head 3, up high-V 4
  - o Feet: together
- Down low-V 5, up in front 6 and grab money, down 7, flip up 8
  - o Feet: together

#### 1-8 Angle

- Down 1, hold 2
  - o Feet: right foot steps out on 1
- Straight up in front 3, hold 4
  - o Feet: right foot comes up (tabletop knees) on 3
- Down angle 5, hold 6
  - o Feet: right foot comes down in front (pointed) on 5
- Straight up in front 7, hold 8
  - o Feet: right foot steps back together on 7

\*Repeat four 8-count sequence 5 more times (total of 6 times)

### **Ending:**

#### 1-5

- Palm roll down 1, angle 2
- Bring to other side of body 3, 4
- Hand behind head and sit 5

## Can't Touch This / It's Not Unusual Counts

**Intro:** (feet together)

1-8 Cone

- Top cone 1-3, flat 4
- Bottom cone 5-7, slam 8

1-8

- Push flag up 1, flat 2, down 3, flat 4, up 5
  - o Free arm down by side
- Flat 6, down 7, slam 8

1-8 Cone

- Top cone 1-3, flat 4
- Bottom cone 5-7, slam 8

1-8

- Push flag up 1, flat 2, down 3, flat 4, up 5
  - o Free arm down by side
- Flat 6, down 7, slam 8

Hold 4 counts

**Can't Touch This Repeating Sequence:**

1-8 Pretzel

- up 1, flat 2, bring silk to point front 3, down 4
  - o feet together
- bring up 5, hold 6, bring flat 7, hold 8
  - o feet together

1-8 Pop toss to back

- keep flag flat step around to back 1-3
- silk down 4, pop toss out 5, catch 7, hold 8

1-8

- up to right 1, down 2, up 3, down 4
  - o step left foot out and lean 1, body centered 3
- up 5, flat 6, down 7, up 8
  - o start stepping right foot around 5, back front feet together 7

1-8

- slam 1, scoop down 2, up 3, back to slam 4
- palm roll up 5, down 7, slam 8

\*Repeat four 8-count sequence 1 more time (total of 2 times)

#### 1-8 Pretzel

- up 1, flat 2, bring silk to point front 3, down 4
  - o feet together
- bring up 5, hold 6, bring flat 7, hold 8
  - o feet together

#### 1-8 Pop toss to back

- keep flag flat step around to back 1-3
- silk down 4, pop toss out 5, catch 7, hold 8

#### Step back to front 1-4

#### **It's Not Unusual Repeating Sequence:**

#### 1-8 Rocks

- down 1, up angle 3
- down 5, straight up and down 7

#### 1-8 Rocks continued

- down 1, up to right 3
- down 5, up 7

#### 1-8

- down 1, up in front and grab 3
- slam 5, hold 6-8

#### 1-8 Pole hits

- pole hit out 1, catch 3, hold 4
- sit 5, come back up 7

\*Repeat four 8-count sequence 3 more times (total of 4 times)

#### **Ending**

#### 1-8 Rocks

- down 1, up angle 3
- down 5, straight up and down 7

#### 1-5

- going to right flat 1, down 2, flat 3
  - o left foot stepping back
- cross 4, hit high V with flag in cradle 5
  - o end with right foot forward, popped 5

## All I Do Is Win Counts

### **Intro:**

#### 1-8 Angle (no feet)

- Straight up in front 1, hold 2
- Down angle 3, hold 4
- Straight up in front 5, hold 6
- Down angle 7, hold 8

#### 1-8 Waterfall

- Straight up and down to right side 1, hold 2
- Flat above head to back 3, hold 4
- Straight up and down to left side 5, hold 6
- Back to right slam 7, hold 8

### **Repeating Sequence:**

#### 1-8

- Up angle 1, hold 2, down angle 3, hold 4
  - o Feet: step forward right foot 1, tap left foot 4
- Up angle 5, hold 6, down angle 7, hold 8
  - o Feet: step left foot back, bring right foot back 7

#### 1-8

- Up angle 1, silk pointing forward & down 2, forward & up 3, back to right slam 4
- Pole hit out 5, catch 6, pole hit out 7, catch 8

#### 1-8 Xs

- Silk up angle to left 1, hold 2
  - o Feet: step out to second with left foot on 1
- Silk up angle to right 3, hold 4
  - o Feet: stay in second position, hips & head move with direction of flag
- Silk down angle to left 5, hold 6
  - o Feet: stay in second position, hips & head move with direction of flag
- Silk down angle to right 7, hold 8
  - o Feet: stay in second position, hips & head move with direction of flag

#### 1-8

- Silk up 1, down angle 3
  - o Left foot steps together 1
- Silk up 5, down angle 7

\*Repeat four 8-count sequence 4 more times (total of 5 times)

**Ending:**

1-8

- Up angle 1, hold 2, down angle 3, hold 4
  - o Feet: step forward right foot 1, tap left foot 4
- Up angle 5, hold 6, down angle 7, hold 8
  - o Feet: step left foot back, bring right foot back 7

1-8

- Up angle 1, silk pointing forward & down 2, forward & up 3, back to right slam 4
- Pole hit out 5, catch 6, pole hit out 7, catch 8

1-8

- Dig flag at slam angle 1
- Silk up angle to left 3
  - o Step left foot out 3, weight shifts to left
- Silk up angle to right 5
  - o Weight shifts to right, left foot pointed to end