

Don't Stop Believing Counts

First combination:

Horizontal under arm 1
Horizontal over arm 2
Both arms pint front 3
Pull into shoulder 4
Pivot 5,6 pivot 7,8
Finger twirl side 1,2
Finger twirl backside 3,4
Finger twirl back 5,6
Finger twirl 7,8
Toss 1 (1 turn hands on hips)
turn 2 catch 3,4
Baton to the left horizontally, hand on hip 5
Invert, arm up by ear, leg flicks back 6
Shampoo 7
Hit with arms out 8
Scoop arms down to clean and turn 1,2
Hold 3,4
Baton loops up 5
Hit to the side with baton vertical 6
Pump 7, 8
Flash 1
Turn 2
Flash 3, 4
Step out and invert 5, 6
Arms up, invert down 7,8
Shake 1,2
Shake 3, 4
Step ball change, backwards loop to the left 5,6
Flash 7, 8 (right foot hits on 7, left foot hits on 8)
Arm circle toss 1,2
Hold 3,4
Feet together, double flash 5,6
Clean 7,8

(Repeat)

Horizontal under arm 1
Horizontal over arm 2
Both arms pint front 3
Pull into shoulder 4
Pivot 5,6 pivot 7,8
Finger twirl side 1,2
Finger twirl backside 3,4

Finger twirl back 5,6
Finger twirl 7,8
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turn 2 catch 3,4
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Arm circle toss 1,2
Hold 3,4
Feet together, double flash 5,6
Clean 7,8
Horizontal under arm 1
Horizontal over arm 2
Both arms pint front 3
Pull into shoulder 4
Pivot 5,6 pivot 7,8

Second combination:

Big sling front 1,2
Two little slings to the side 3,4
Big sling front 5,6
Whip sling 7,8
Step back sling front 1,2
Toss under leg 3,4
Catch 5 hold 6
Clean 7 hold 8
Baton arm up 1

Elbow up 2
Shake 3 hold 4
Elbow roll 5,6
Free arm over 7,8
Flash 1,2
Toss 3
Fan kick 4
Catch 6
Clean 7 hold 8
Big sling front 1,2
Two little slings to the side 3,4
Big sling front 5,6
Whip sling 7,8
Step back sling front 1,2
Toss under leg 3,4
Catch 5 hold 6
Clean 7 hold 8
Baton arm up 1
Elbow up 2
Shake 3 hold 4
Elbow roll 5,6
Free arm over 7,8
Flash 1,2
Toss 3
Fan kick 4
Catch 6
Clean 7 hold 8

Ending:

Push to the left 1,2
Hit to the right 3
Shampoo 4
Loop baton down, hand on hip and pose 5

Can't Touch This/It's Not Unusual Counts - Natalie

BEGINNING

- 1,2: Flash up in V, right leg out
 - 3,4: Invert down, flexed hand, right leg still out
 - 5,6: Double flash, right leg steps and left comes up
 - 7,8: Feet come together while doing a whip
 - 1: toss one turn
 - 2: turn
 - 3: catch one turn
 - 4: clean
 - 5,6: Flash and right arm comes down by your side
 - 7,8: Left arm comes in front of your face and ends out straight
 - 1,2: Start slings, right leg steps front and left perches, sling down
 - 3,4: Sling above head, step back on left foot to prep to turn around
 - 5,6: Ice skater turn around pass to the middle and come to the front
 - 7,8: Invert out and legs together
 - 1,2: Flexed hand, arms in V, step right foot front and left digs, head down while arms come together
 - 3,4: Step back on left foot, right leg to the front, arms come back out to a V
 - 5,6: Turn to the back, arms in a V
 - 7,8: Invert and turn back to the front
 - 1: Step on left foot, arm comes to hip, push baton across chest cradled
 - 2: Baton comes down straight and lands out, step on right foot, left leg popped
 - 3, and, 4: Shake, hip down on 3, up on the and of 3, and back down on 4
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- 1: Head looks to the left, hips shift to the left, baton meets free arm
 - 2: Head looks to the front, hips shift to the right, baton inverts and comes back out
 - 3: Right leg touches left knee, hip shifted out, baton arm touches ear and baton loops behind head
 - 4: Right leg comes down, baton arm returns straight
 - 5,6: Head looks to the left, step on left foot and right foot digs, baton meets free arm while free arm is flexed
 - 7,8: Head looks to the front, step on the right foot and left foot digs, baton comes back out normal
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- 1,2: hips shift left on 1, right on 2, and thumb flip with arm coming in front of your face
 - 3: Catch thumb flip and legs come together
 - 4: Clean on 4
 - 5: Right foot out with heel up, baton arm sits on left shoulder, left hand on hip
 - 6: Left foot out with heel up, baton arm comes around the shoulder and sits on the back of the right shoulder, left hand on hip
 - 7: Feet come together, baton arm up by ear, left hand on hip
 - 8: Baton arm comes down by your side, left hand on hip
 - 1,2: Big sling
 - 3,4: Two little slings, step on right foot and left foot digs to the back

5,6: Big sling, left leg sticks out behind you
7,8: Taffy pull and turn to the back
1,2: Shift hips left on 1 and right on 2, baton comes to your left hip while free arm goes behind your hips on 1, baton inverts and both arms down in a V on 2
3,4: Shift hips left on 3, right on 4, baton and free arm come above head on 3, and invert down on 4, arms in a V
5,6: Step back on left foot, right foot digs to the front, shoulders follow
7,8: Step back on right foot, left foot digs to the front, shoulder follow

GROUP 1:

1,2: Flash
3: Toss
4: Prep
5: Leap
6: Land
7: Catch
8: Clean

Then HOLD next 8 counts for group two – arms down by side and feet together

GROUP 2:

HOLD first 8 counts for group one – arms down by side and feet together

1,2: Flash
3: Toss
4: Prep
5: Leap
6: Land
7: Catch
8: Clean

EVERYONE:

1: Body turns to the side over your left shoulder, step on right foot, baton comes over your right shoulder
2: Left foot digs, baton comes down by you side, free arm bends and comes across chest
3,4: Flash to the front
5,6: Body turns to the back, arms straight out, left foot pointed to the back at a 45 degree angle
7,8: Step on left foot and right foot points out straight, baton inverts while turning and arms come up in an L
1,2: Double flash while hips move left to right
3,4: Clean
5: Left arm on hip, step on left foot, thumb flip
6: Thumb flip while right foot comes up and shoulder pops to the front
7,8: Clean

REPEAT:

1: Head looks to the left, hips shift to the left, baton meets free arm
2: Head looks to the front, hips shift to the right, baton inverts and comes back out

3: Right leg touches left knee, hip shifted out, baton arm touches ear and baton loops behind head
4: Right leg comes down, baton arm returns straight
5,6: Head looks to the left, step on left foot and right foot digs, baton meets free arm while free arm is flexed
7,8: Head looks to the front, step on the right foot and left foot digs, baton comes back out normal
1,2: hips shift left on 1, right on 2, and thumb flip with arm coming in front of your face
3: Catch thumb flip and legs come together
4: Clean on 4
5: Right foot out with heel up, baton arm sits on left shoulder, left hand on hip
6: Left foot out with heel up, baton arm comes around the shoulder and sits on the back of the right shoulder, left hand on hip
7: Feet come together, baton arm up by ear, left hand on hip
8: Baton arm comes down by your side, left hand on hip

FAST COUNTS:

1,2,3,4: Finger twirls to the right side, step left on 1, perch right on 2, step on right foot 3, then left 4
5,6,7,8: Step ball change leading with left foot, continuing finger twirls
1, 2, 3, 4: Finger twirls to the left side, step right on 1, perch left on 2, step on left foot 3, then right 4
5, 6, 7, 8: Step ball change leading with right foot, continuing finger twirls
1,2: Left foot comes around to turn, continuing finger twirls to the back, left arm comes around
3,4: Turn back to the front
5,6,7,8: Thumb flip 5, catch on 6, clean 7,8
1,2: Big step left, flip baton in towards hands, free arm does the same movement
3,4: Big step right, arms come down
5,6: Step on left foot, arms both come in front of face and baton flashes
7,8: As baton flashes, it comes down and left shoulder pops out in front, right foot perches on 7
1,2,3,4: Step on right foot that is perched on 1,2, free arm will bend in towards chest, free arm then hits to the side on 3 as left foot digs and head looks left, hold 4
5,6,7,8: baton arm hits ear on 5,6 and then inverts 7,8, step on left foot and dig right
1, 2, 3, 4: step left on 1, right on 2, sling above head
5,6,7,8: sling whip behind with booty roll
1, 2: step left and dig right, baton will roll over the top of the hand on 2
3, 4: hold
5, 6, 7, 8: step on right foot and shake shoulders right, left, right, while left foot digs
1,2,3,4: flash and right foot comes out straight, “brush” leg with your free arm
5,6,7,8: head scratch

REPEAT:

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1, 2, 3, 4: Finger twirls to the left side, step right on 1, perch left on 2, step on left foot 3, then right 4
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1, 2: step left and dig right, baton will roll over the top of the hand on 2
3, 4: hold
5, 6, 7, 8: step on right foot and shake shoulders right, left, right, while left foot digs
1,2,3,4: flash and right foot comes out straight, "brush" leg with your free arm
5,6,7,8: head scratch

ENDING:

1,2,3,4: Flash and toss one turn on 4
5, 6, 7, 8: Catch one turn on 7
1, 2, 3, 4, 5: Right foot comes out straight on 1, arms slowly come up in a V and hit the ending on 5

ALL I DO IS WIN COUNTS

Intro:

Shake 1, 2, 3, 4
Low V pose 5
High V pose 6
Turn 7, 8

Repeating Pattern:

Flash over 1, 2, hit 3
Step back to prep for kick 4
Kick 5
Down 6
Low V to the back 7, 8
Low V to the front 1, 2
Straight arms to the back 3, 4
Straight arms to the front 5, 6
Bring up 7, 8, 1, hit 2
Pump to side 3
Back out 4
Down across 5, 6
Flash 7, 8
Toss 1 - One turn toss with arms up
Catch 4
Double arm Flash 5, 6, 7, 8
Party 1, 2, 3, 4, 5, 6
Grab 7, 8
Horizontal flash 1, 2
Toss on 3 Horizontal one turn, 4, catch 5, 6
Hold 7, 8
Shampoo 1, 2
In 3, 4,
Invert 5, 6
Sit 7, 8
Horizontal finger twirls down 1, 2
Horizontal finger twirls up 3, 4
Keep horizontal finger twirls and walk around 5, 6, 7, 8
Bring in and grab 1, 2
Flash 3, 4
Shampoo toss - toss on 5, shampoo on 6, clean on 7, catch 8
Sling 1, 2
Can opener 3, 4
Whip 5, 6,
Flash 7, 8

Invert down 1, 2, 3, 4

Invert up 5, 6, 7, 8

Shoulders and sit 1, 2

Shoulders and sit 3, 4

Double arm Flash 5, 6, 7, 8,

REPEAT pattern starting on 1

** same choreography and counts repeat starting at the flash over into kick!

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Routine ends after second time through sling - can opener - whip - flash

Same counts for sling into can opener on 1, 2, 3, 4

Whip 5, 6,

Flash 7, 8,

Invert arms in 1

Finish invert arms in low V 2

Sit and pose on 3