

BASIC TWIRL SOLO

At Ease

Attention

March 8 counts (Cradle Baton)

Bow (LH to L toes – point L toe out)

Salute

Straight Jump on last pass over head Bring baton to front

Grab LH palm up (thumb to tip) – turn R, back pass (to RH thumb to ball)

Front 2 hand spin

Back pass

Front 2 hand spin (2 times)

Pass Over head to RH

Circle Front

Circle Back- Face R side

Facing R: point L toe - RH Figure 8 (3 times)

Left back shoulder pass

LH Figure 8 (3 times) (feet together)

Front R shoulder pass

L front shoulder pass

Face front: (starting in LH) Around the World 1 ½ times

Head loop turning L

Fingers:

Facing R: RH Split finger 1-2, 2-1 (Feet together) 1-2 , 2-1 (Bow)

1-2 facing back, 2-1 turning R to face front

Finish with 2 hand spin thumb roll into LH 4 finger (finish with roll over back of L hand)

Backhand pass to RH

Rolls:

L elbow roll – catch RH (on top)

L wrist roll – catch LH

LH reverse and back pass

R hand roll up

R hand roll down (in back)

Pass under L knee to LH

Pass overhead to RH with Step Ball Change on L foot

Front 2 hand spin

Back Pass with spin to left on L foot

Horizontals (Flats):

RH Flat twirl (Horizontal) (3 times)

Pass Flat to LH

LH Flat twirl (3 times)

Pass flat behind neck

Flat loop under (swings) – Lunge L

Flat loop over head – Feet together

Repeat under and over loop with feet together

Neck Wrap

LH Flat figure 8 (3 times) – finish with pass behind knees

Ending:

Circle front – Reverse head loop (Windup)

Thumb toss catch R hand

Face L: Pass High to LH – follow through circle L arm to back

Pass High to RH – follow through circle R arm to back

Lunge L – Reverse Figure 8 in RH (3 times)

Face front: front 2 hand spin

LH reverse figure 8 (3 times)

Backhand toss – catch RH

Arms in “V” on toes

Salute – lift L heel in front on pose

Turn R to back

March off 8 counts (baton cradled)

Turn “V” pose on toes

Final pose: Both hands behind back (baton cradled), point L toe to front

* Freehand is optional unless specified; Feet together unless specified