

IOWA SHOW CASE ROUTINE 2014

Opening Pose: Hold baton in Left hand with the Ball to front and Tip to back at your waist. Right hand in a fist at waist. All your weight on Right leg, Heel dig with Left foot.

Introduction: You will hear three intro lead beats and then the music will begin.

5-8 Hold Pose

1-8 Use your Right hand as a if you are holding a lasso. Do (just on Left side) L-Ball change in a circle. By (8)
Be back to front and place Right hand on baton.

1- Start Figure 8 at Right side (Tip&Ball toward Right side)Heel Dig Right

2- Finish Figure 8 at Right side (Tip&Ball toward Right side)Point Toe By Left leg

3- Start Figure 8 at Right side (Tip&Ball toward Right Side) Heel Dig Right

4- Pop Knee up (in a Marching Posititon) Foot flexed and Pass Baton behind back to Left hand

5+6+

Chassé (Side Ball Change) to the Right as you Loop Baton on outside of arm; Pass Baton above head

7+8 Touch Left toe by Right leg and Loop baton on outside of Right arm and then pass behind back and Pilé
(Sit)

1- StartBackward Figure 8 at Left side (Tip&Ball toward Left side)Heel Dig Left

2- Finish Backward Figure 8 at Left side (Tip&Ball toward Left side)Point Toe By Right leg

3- Start Backward Figure 8 at Left side (Tip&Ball toward Left Side) Heel Dig Left

4- Pop Knee up (in a Marching Posititon) Foot flexed and Pass Baton above head to Right hand

5+6+ Chassé (Side Ball Change) to the Left as you Loop Baton on outside of arm; Butterfly (Circle arms
toward each other looping baton When arms reach 12 o'clock)

7+8 Touch Left toe by Right leg and Figure 8 at Right side and then and Pilé (Sit); whip at buttocks

1+2 Two hand Spin (grab thumb to thumb); Right heel dig to front bring foot back together

3+4 Two hand Spin (Grab thumb to thumb)tuck under arms with elbows out; Left heel dig to front bring
foot back together

5+6 Hold Pose; Bend Knees and Straighten

7+8 Hitch Kick (Right Leg Kicks)Lift arms up to 12 o'clock Loop baton on outside of Right arm (Butterfly)
lock on arm

1+2 Make a (4) with Left leg bending infront of Right Knee; Hit the bottom of Left foot with baton

3+4 Step Left to side; Pass baton above head : Bend Right knee BEHIND Left Knee hitting the bottom of
Right foot with baton

5+6 Step Right and Lift Baton up and over as you turn Right to Back and pass to Right hand low

7+8 Spinning Right to Front; Lift baton and Loop at 12 o'clock (sliding to end on the way down) and end
with both hands at each end of baton

1+2 Chassé to Left side; Circle baton with both hands clockwise (go toward 9 o'clock first)
 3+4 Touch Right foot to Left foot and sit; Baton should end at 9 o'clock
 5+6 Chassé to Right side; Circle baton with both hands clockwise (go toward 6 first)
 7+8 Touch Left foot to Right foot and sit; Baton should end at 3 o'clock

1+2 Bring Ball(Big End) toward Left shoulder {Tip will stay toward Right Shoulder} Arms end Crossed; Step
 Left out to 2nd Position
 3+4 Shoot Baton to 3 o'clock and Freearm to 9 o'clock
 5+ Swing baton down toward feet and end at 11 o'clock; Shift weight to Left foot(Hip Bump)
 6+ Cradle and shoot Tip to a Low Angle (Right); Shift weight to Right foot (Hip Bump)
 7+ Shift weight to Left foot (Hip Bump); Bring Left arm down to finish an inverted V
 8+ Shift weight to Right foot (Hip Bump); Hold an inverted V

1+2 Swing Both arms (Elbows bent) (1)Left,(+)Right,(2)Left; Shift hips(1)Left,(+)Right,(2)Left at same time
 as arms ;Right foot ends behind Left Knee (Piqué)
 3+4 Swing Both arms (Elbows bent) (1)Right,(+)Left,(2)Right; Shift hips(1)Right,(+)Left,(2)Right at same
 time as arms ;Left foot ends behind Right Knee (Piqué)
 5+ Step Left to Left side; Swing Baton down toward feet (Gulf swing one handed)
 6+ Spin on Left foot ending facing Right Side
 7+ Bring Baton down to side and Slap leg with Left hand
 8+ Hold Pose

1+ Sit and Pop Left knee; Swing Baton to your Front and Arm to your Back; Head looks Left
 2+ Sit and Pop Right knee; Swing baton to your Back and Arm to your Back; Head looks Right
 3+ Sit and Pop Left knee; Swing Baton to your Front and Arm to your Back; Head looks Left
 4+ Sit and Pop Right knee; Swing baton to your Back and Arm to your Back; Head looks Right
 5+6 Step Right to Back touch Left (Piqué) toes stay on floor; High crossing V
 7+8

Step Left to Front Slide Right foot beside Left; Carve Baton and Freearm down body ending at sides

1+2 Chassé (Step Ball Change) to front (Start with Left foot); Two hand spin
 3+ 4 Touch Right foot beside Left; Pass baton behind back and hold as you Sit
 5+6 Chassé (Step Ball Change) to back(Start with Right foot); Two hand spin
 7+8 Touch Left foot beside Right; Pass baton behind back and hold as you Sit

1+2 Tendu (Stretch) Right leg to right side; Backward Figure 8 to Left side; Free arm 1/2 inverted V
 3+4 Pull up and Figure 8 at Right side; Point Right foot to front
 5+6 Pass behind back; Touch Right toe By Left Foot
 7+8 Dip Flip (Backhand Release) Left to Left; Cross Right over Left

1+2 Backward Figure 8 in Left hand; Free arm 1/2 of inverted V; Left side Cabriolé {Kick heels together}
 3+4 Land on Right foot and Pivot Left to Back (Right back Tendu)
 5+6 Thumb flip Left to Right
 7+8 Pivot Right to front as you Snap feet up in Right 3rd Soussous (Up on toes)with Free arm
 At 9 o'clock with Palm up

1+2 Thumb Toss

3+4 Optional: (A) Look up at Baton (B) One Spin (C) Two Spin (D) 3 or More

5+6 Catch Right and Clamp with Left hand down low and head down

7+8 Hold Pose

1+2 Lift Right knee and Lift baton up to 3 o'clock; Stomp down with Right foot and loop baton on outside of arm end down by side

3+4 Lift Left knee and Lift Free Arm up to 9 o'clock; Stomp down with Left foot and Flip hand and float down to side

5+6 Hip bump Right, Left, Right, Left

7+8 Step Forward Right, Left, Right

1+2 Hop onto Left foot Heel Dig Right Carve Freehand and Baton to Waist

3+4 Jack Knife (Both hands on Baton) {Step on Right Foot Bend Left Knee behind and try to hit Foot with Baton}

5+6 Cross Left over Right Passing baton Behind Back to Left hand

7+8 Bring Baton just below chest level Tuck under Arm (Flat); Make a fist with Right hand and prop chin resting Right elbow on baton; Perch and Bend Right knee across Left knee

1+ Point to the Crowd when she says "Yea"

Next Song "Thank God I'm a Country Boy"

Place Right foot over Left foot and then Slowly Turn around to your Left ending at the Front
You may pass your baton back to the Right hand or keep in Left

We will transition at this point. Challengers/Novice/ Beginners will move to the back and the Intermediate/ Advanced/ Elite will move toward the front

Don't move until he says "Life on the Farm" and be to your new place by the second time he says "Thank God I'm a Country Boy"

Next Song "Cotteneyed Joe"

Pose with Arms inverted V; Left Knee Popped

1+2 Chassé to Left Elbow bounce

3+4 Back step Right; Raise Left Knee in a March and shoot arms up in a V

5+6 Chassé Right Elbow bounce

7+8 Back step Left; Raise Right knee in a March and shoot arms up in a V

1+2 Jazz run at a Left angle swinging arms

+3+4 Pivot Left to back angle Jazz Run at angle Swing arms

5+6 Step Left (Swinging arms) Kick Right

7+8 Step Right leg to back (Shift all weight to R-leg) Sit and Pop Left knee

Shoot Baton to Back angle and follow with head while placing Freehand at top of L-leg

1+2 Can Opener (Flip Baton toward face) catch R; Step L (to your front) let R-knee bend to back
 3 +4 Step R (End facing the Front) Whip (Wrist twirl) at back: Freehand at side in majorette hand
 5+6 Passé (Step L- behind R-make a 4 with R); Thumb flip Right to Right
 7+8 Chainés to Right as you thumb flip and catch R-behind back

1+2 Pull up (Flash) and slide Baton to end; Step R-to side Touch L-and Cradle Baton grab L
 3 +4 Step L-to side swing baton down toward feet with a backward Figure 8 (in L) stop baton perpendicular to floor as you touch R-foot to L
 5+6 Allongé (Lunge) on L; Lift R-arm up and go thumb to thumb letting go with L- keep swinging baton down toward feet and end parallel to floor at shoulder height: shift weight to R-foot
 7+8 Loop baton on the outside of arm and touch L- to R: Sit

The next 8 counts should be done in a ripple (0-12 yrs start on 1 ; 13-15 start on 3 ; 16+ start on 5)

1+2 Allongé on R- as you bend R-elbow and grab L- under elbow: Pull with L-Hand Ending with baton at back of neck with both hands at the ends of baton; Shift weight to 2nd position
 3 +4 Push R-end up and cradle with R-hand under L-elbow: End with L-arm parallel to floor L-hand (Palm up and pinch between Thumb and 1st Finger) R-hand is close to chest; Touch R- and sit
 5+6 Hold
 7+8 Hold

The next 8 counts should be done in a ripple (16+ yrs start on 1 ; 13-15 start on 3 ; 0-12 start on 5)

1+2 Push R-hand under L-arm as you bring L-hand toward R-shoulder end at Front feet are in 2nd position: Baton is parallel to floor holding at each end
 3 +4 Push R-hand under L-arm as you bring L-hand toward R-shoulder end at R-side Shoulder level Pinch baton between thumb and 1st finger on R-hand : L-hand at shoulder
 5+6 Hold
 7+8 Hold

1+2 Let go with R-hand letting baton swing down toward feet (Turn L-palm up as baton falls) Finish swinging (Pinwheel)
 3 +4 Lunge on R-foot to R-side; Make a STOP sign with R-hand down by R-ankle and lay baton on top of hand at wrist (Let go of baton); Immediately pop wrist as you stand up {Baton should spin horizontally}
 5+6 Catch in R- and follow through with a horizontal slide to end
 7+8 Neck Wrap

1 + 2 Flat figure 8 (Wind-up) in L-hand
 3 + 4 High Flat toss {Add your own } Illusion, multiple spin, or favorite skill under a toss
 5 - 8 Finish your skill and catch. Make sure baton is in your R-hand in the middle Arms in a Flat V

1 + 2 Chassé to L-side with flat fingers (1,2 down) in R- Free hand shoulder level
 3 + 4 Flat fingers (2,1 above head) Perch R- knee
 5 + 6 Flat fingers (1,2 down) Sweep floor L to R
 7 + 8 Flat fingers (2,1 above head) Sit with Free hand palm up to front and touch L-foot to R

1 + 2 Hit your L-side with baton and Free hand; Tendue R-leg to R-side
3 + 4 Flat fingers (1,2 Above head) spin R- on R-foot Roll over back of hand back to a full hand and slide to end
5 + 6 Put L-hand behind back and on R-side of waist as you take baton behind neck on the L-side
7 + 8 Crossing R-foot over L-foot ; Let go of baton turn L- and catch in R-hand at waist

1 + 2 Thumb flip from L- to R as you step R- to the side and sit
3 + 4 Sissonne (Jumping from two feet to one) Baton swings down toward feet and ends flat above head; L- foot (bent knee) meets L-hand at shoulder level
5 + 6 Cross L-over R- and turn R- to face opposite side; Baton comes down and goes behind back unwind baton (Wrist twirl)
7 + 8 Step on L- and hop perch R- Baton Swings front o back looping on outside of arm; Free arm swings back to front

1 + Step R- (toward front)
2 + Step on L- and hop perch R- Baton Swings front o back looping on outside of arm; Free arm
3 + 4 swings back to front
5 + 6 Cross R-foot over L-foot Gulf (holding in the middle) swing ; Back scratcher as you turn L-to Front
7 + 8 Bow at waist

1 + 2 Lift L-knee Slide hands to ends bend elbows up; Hitch to R-heel dig at front Push
3 + 4 Hop step on R-foot to R-side Deadstick lift and let go of baton Catch L- in the middle
Heel dig L-foot bend at waist toward L-foot: Free arm up at angle baton angled toward L-hand
5 + 6 Backward Figure 8 in L-hand as you Passé
7 + 8 Regular illusion pass to R-hand

1 + 2 Giant Swing in R-hand from end of baton; Tendue L-foot to the back
3 + 4 Little Loop (with bent elbow) Loop Cradle grab L- under Elbow Touch L-foot to R- foot
5 + 6 Shift weight to L foot at the back as you Thumb flip L- to R-
7 + 8 Shift weight to R-foot at the front as you Thumb flip R- Cross L-foot over R-foot Lunge R- at front catch in L-hand

1 + 2 Dip Flip (Flip off Back of L-hand) L- to L-hand; Feet are going to scissor L- to front R- to front
3 + 4 Backward Figure 8 in L-hand at L-side
5 + 6 Turn L- to back and Let baton roll over thumb Kick R-leg over baton catching in R-hand under R- leg
7 + 8 Whip at Buttocks (Wrist twirl)

1 + 2 High Toss
3 + 4 Optional Trick: Double Illusion, 2-spin Cross over Illusion, Front Walk-over, 4 (Various Hand positions), or what ever vertical trick you can do.
5 + 6
7 + 8 Catch and pose with L-arm up at high angle, baton at low angle : Feet in R-Soussus (Tight legs L-foot behind R-foot)

1 + 2 Reverse snake Passé to R-side
3 + 4 Layout turn R- to back
5 + 6 Feet in Soussus Vertical Neck wrap follow through to high L-angle
7 + 8 Pull up in L- at the Back

1 + 2 Thumb toss from L-hand
3 + 4 2 spin (or More)Wrap arms
5 + 6 Catch R- as you face the front
7 + 8 Whip at buttocks (Wrist twirl) Place R-foot to your Front

1 + 2 Thumb toss spin to R
3 + 4 Keep turning to the back and catch R- at back
5 + 6 Thumb flip to L-hand
7 + 8 Pass behind knees L- to R-

1 + 2 High toss 1 spin Hop onto L-foot ; Catch L- and Slide R- foot behind L
3 + 4 Place R-hand on the floor and sit on R-hip Lock baton on L-Arm and rest on L-knee
Alternate Option: do not go on the floor stay standing
5 + 6 Can opener as you fan roll (Buttocks away from crowd)
Alternate Option: Turn L- to back Fan L-and hitch Reverse Fan R-leg Backscratcher pass
7 + 8 Pose with L-hand on floor baton locked and cradled Resting on L-Quad
Alternate Pose: Face the R-side, Pop L-knee: Baton locked and cradled resting on L-Quad
Freehand at a low angle to back.

Next Song "5,6,7,8"

If you are an **Advanced , Elite, or College** athlete You will move to the center of the other twirlers and do your Solo, 2-Baton, 3-Baton or a combination of the solo 2-3 Baton.

*There is a Pick up 7-8 And on this do nothing

*You then Have 16 counts to get to new places

From here you will have 1 minute and 21 seconds to strut your stuff

Depending on amount of athletes participating All Challenger, Novice, Beginner and Intermediate Athletes be prepared to do your solo.