

# Tech Triumph

OPENING POSITION: At Attention, Order Arms

GENERAL NOTES: Pop & Stop everything, free hand in fist on stomach when not in use

- 1-2 Hold
- 3 Right Shoulder Arms
- 4 Hold
- 5-8 Pop on 5 and sweep to Eagle, bow & lift head with flag as it rises, end on **8** (after the music stops)
- 1-4 Turn 360 degrees to your left
- 5 Hold
- 6 Dip left hand behind head, duck head and bend knees
- 7 Return to Eagle
- 8 Hold
- 1-2 Backscratch
- 3-4 Drop Spin
- 5-6 Hold (Switch right hand to money hand)
- 7-8 Thumbroll to Right Shoulder
- 1 Lunge to face left, Present
- 2-4 Paddle to Right Shoulder
- 5 Back Present
- 6-8 Back paddle to Right Shoulder, turn to front on 8
- 1-4 2 Drop Spins – **Stopped**, catch second money hand
- 5-6 Thumbroll (lift up on 6, follow with head)
- 7-8 Continue motion into left slam, follow with head
- 1 Lunge left, left Angle, follow with head
- 2 Hold
- 3 Left Slam, follow with head
- 4 Hold
- 5 Lunge right, flag tucked to the right, follow with head
- 6 Flag to Eagle position, left hand at end of pole, follow with head
- 7 Right Shoulder
- 8 Hold
- 1-2 Drop Spin, **Stopped**
- 3-6 Windmill
- 7-8 Drop Spin
- 1 Chest Horizontal
- 2 Hold
- 3 Overhead Horizontal
- 4 Hold
- 5 Chest Horizontal
- 6 Hip Horizontal
- 7 Chest Horizontal
- 8 Overhead Horizontal
- 1 Right Shoulder
- 2-4 Pop on 2 and slowly Right Slam
- 5-8 Pop on 5 and slowly bring up to Right Shoulder
- 1-8 Stopped Figure Eights
- 1-2 Hold

- 3-4 Drop Spin, **Stopped**, catch money hand
- 5-6 Thumbroll to Right Shoulder
- 7 Switch hand to normal
- 8 Pop up
- 1-12 Jazz walk, begin of left, left fist on hip (If you are stationary, begin marking time)
- 13-16 Pop on 13 and slowly bring up to Right Shoulder
- 1 Front Order
- 2 Hold
- 3-4 Drop Spin, **Stopped**, catch money hand
- 5-6 Thumbroll to Right Shoulder
- 7-8 Hold, switch hand to normal
- 1-4 Pop on 1 and slowly lower to Front Order
- 5 Hit ground
- 6 Right Shoulder
- 7 Slice down
- 8 Slice up to Right Shoulder
- 1 Present
- 2 Back Present
- 3 Present
- 4 Back Present
- 5 Present
- 6 Hold
- 7 Back Present
- 8 Hold
- 1-4 Pop on 1 and Back Paddle to Right Shoulder
- 5 Right Present
- 6 Right Shoulder
- 7 Left Present
- 8 Right Shoulder
- 1 Right Present with the end of the pole at your right hip
- 2 Hold
- 3 Cross to Left Slam, follow with head
- 4 Hold
- 5 Low Eagle, bow head, left hand in fist
- 6 Hold
- 7 Cross to Left Angle, catch with left hand, look up
- 8 Hold
- 1-4 Pop on 1, follow with head, sweep to Eagle
- 5-8 Sweep and pass to left Eagle, follow with head

*Music Ends*

- 1-2 Hold
- 3 Right Shoulder, both hands on flag
- 4 Left hand to bottom of pole

*The End!*

# Superman

OPENING POSITION: End of Bullshit

- 1-4 Pop and slowly raise flag to Right Shoulder, rainbow left arm down to bottom of pole
- 5-8 Pop and slowly lower to Right Slam
- 1 Hold
- 2-8 Around-the-World (clockwise) back to Right Slam
- 1-4 Raise up on right knee
- 5-8 Pop and circle up to Overhead Horizontal (silk on right)
- 1-4 Pop and circle flag down to Hip Horizontal (silk on left,) mirror with left hand
- 5-8 Pulse and circle flag up to Overhead Horizontal (silk on right,) mirror with right hand
- 1-2 Hip Horizontal (silk on right,) stand up
- 3-4 Turn to face left, bring flag to upside down vertical at right side, right hand at butt in money hand
- 5-6 Superman Toss, catch at vertical
- 7-8 Continue slowly to under arm Front Slam position, bow head
- 1 Face front, legs apart, Low Eagle, head still bowed
- 2-4 Hold
- 5 Eagle, head up
- 6-8 Hold
- 1 music ends
- 2-4 Hold
- 5-8 Bow, maintain Eagle
- 1-4 Bring right foot in and flag to Right Shoulder, still in bow
- 5-8 Slow up to Right Shoulder

The End!

# Hokie Pokie

OPENING POSITION: At Attention, Right Shoulder Arms

GENERAL NOTES: Pop & Stop everything, free hand in fist on stomach when not in use

With music Intro A's first, B's second, C's third - Pop up, place right foot over left, pivot 360 degrees to your left while sweeping down to a Right Slam, bring feet together.

- 1-4 Pop on 1 and slow to Right Shoulder
- 5-6 Drop Spin
- 7 Drop to Horizontal tucked under right arm, lay in left hand
- 8 Hold
- 1 Cross to Right Tuck
- 2-4 Helicopter to Front Lance under left arm
- 5 Front Slam
- 6 Hold
- 7 Right Shoulder
- 8 Hold
- +1 Front Present, nod head, step forward left foot
- +2 Right Shoulder, head up, pivot 90 degrees to right
- +3 Front Present, nod head, step forward left foot
- +4 Right Shoulder, head up, pivot 90 degrees to right
- +5-8 Repeat counts 1-4, ending 360 degree rotation
- \*1 Back 45 degree Slam, look at silk, cross left foot behind right, tap toe
- \*2 Tap flag and toe again, nod head
- \*3 Front Present at opposite angle, look at silk, bring left foot to same angle, tap heel
- \*4 Tap flag and heel again, nod head
- \*5-7 Repeat counts 1-3
- \*8 Right Shoulder, left foot returns to attention
- 1-2 Drop Spin, nod head, step forward left foot on 1, point right toe out on 2
- 3-4 Drop Spin, nod head, cross right foot over left on 3, point left toe out on 4
- 5 Right Shoulder, feet return to attention
- 6-7 Slow to Right Slam
- 8 Right Shoulder
- 1 Front Slam
- 2 Hold
- 3 Right Shoulder
- 4 Hold
- 5-6 Drop Spin, catch money hand, nod head, step back left foot on 5, point rt toe out on 6
- 7-8 Spin up to Right Shoulder, cross right foot behind left on 7, point left toe out on 8
- 1-8 Repeat +
- 1-8 Repeat \*
- 1-4 **Beers** – Stopped Figure Eight **Pretzels** - Hold
- 5 **Beers** – Drop to Horizontal and lay in left hand **Pretzels** – Hold
- 6 **Beers** – Hold **Pretzels** – Hold
- 7 **Beers** – Pivot 90 degrees to face right, cut to front lance **Pretzels** – Hold
- 8 **Beers** – Hold **Pretzels** – Hold
- 1-8 **Beers** – Hold **Pretzels** – Repeat Beer's previous 8
- 1 Step out, face rear, horizontal over head

- 2 Hold
- 3 Drop to Hip Horizontal
- 4 Hold
- 5 Turn right 180 degrees to face front, upside down Right Shoulder, bow head
- 6 Hold
- 7 Right Shoulder
- 8 Hold
- 1-8 Repeat \*
- 1-8 Angles, begin on right side
- 1-7 **Beers** – Continue angles      **Pretzels** – Reverse angles
- 8 Right Shoulder

*Ripple – 1 Left Present, 2 Right Slam, step out left foot, 3 Right arm up, jazz hand*

- 1-3 First group
- 2-4 Second group
- 3-5 Third group
- 4-6 Fourth group
- 5-7 Fifth group
- 6-8 Sixth group
- 7-9 Seventh group
- 8-10 Eighth group
- 9-11 Ninth group
- 10-12 Tenth group

- 13 Leaving silk end on ground, push left arm straight out
- 14 Hold
- 15 Drop pole, arms drop to sides
- 16 Hold
- 1-32 Dance

*Bah, Bah, Bah Run to kick lines*

- 1-16 Knee kicks
- 1-8 Step kicks
- 1-12 Run back to spot
- 1-7 Hip swings, starting on right, arms swinging with hips, moving down to pick up flag
- 8-15 Jump up, legs shoulder width apart, Right Slam, rt arm straight up, shaking jazz hand

*After music stops*

- Up Jazz hand stops shaking and pops up
- Down Step in left foot, right arm down to side
- Boom Right Shoulder
- Chick Order Arms

# Bullshit

OPENING POSITION: At Attention, Right Slam

GENERAL NOTES: Pop & Stop everything, free hand in fist on stomach when not in use

- 1 Right Shoulder
- 2 Chest Horizontal (silk on right)
- 3 Right Slam
- 4 Right Shoulder
- 5 Right Slam
- 6 Right Angle, bend at waist
- 7 Right Slam, stand up
- 8 Right Shoulder
- 1 Right Present
- 2 Chest Horizontal (silk on right)
- 3 Halfway between horizontal and Right Slam
- 4 Right Slam
- 5 Front Slam, bend knees
- 6 Right Slam, stand up
- 7 Chest Horizontal (silk on right)
- 8 Right Shoulder
- 1-8 2 sets of Boxes
- 1-8 4 Jumping Jacks with Right Slams

## A's

- 1 Turn to Left Present
- 2 Right Shoulder
- 3 Turn to Right Present
- 4 Right Shoulder
- 5-8 Repeat 1-4

## B's

- 1 Turn to Right Present
- 2 Right Shoulder
- 3 Turn to Left Present
- 4 Right Shoulder
- 5-8 Repeat 1-4

**ALL**

- 1 Right Slam
- 2-8 Around-the-World (Counter-clockwise)

**A's**

- 1 Hold
- 2-4 Turn 360 degrees to left
- 5 Right Present
- 6-8 Turn 360 degrees to right
- 1 Right Slam
- 2 Hold
- 3 Right Present
- 4 Hold
- 5 Right Slam
- 6 Hold
- 7 Right Present
- 8 Right Shoulder

**B's**

- Right Present
- Turn 360 degrees to right
- Right Slam
- Turn 360 degrees to left
- Right Present
- Hold
- Right Slam
- Hold
- Right Present
- Hold
- Hold
- Right Shoulder

**ALL**

- 1 Drop to Left Slam (low)
- 2 Hold
- 3 Drop to knees
- 4 Hold
- 5 Stick right leg out
- 6 Left fist at shoulder
- 7 Left arm straight up, sit on heel

The End!