

Fundamental Routine for Kilgore College Twirling Tryouts

Choreography and Original Idea by Paige Keitt, KC Twirling Coordinator

Music - Can You Feel It by 3rd Party - Can be found on "Jock Jams" volume 4. Each eight count will be listed in the sequence performed in the routine. Begin by standing at attention.

1. Stand at attention
2. Tuck, switch hand, point ball to right side, whip behind back
3. Two-hand-spin hideaway, two-hand-spin pass around back
4. Two-hand-spin hideaway, two-hand-spin pass around back
5. Two-hand-spin, left lunge pass baton behind left knee, two-hand-spin hideaway and close feet
6. Repeat to right side
7. Right flat spin in front 1-4 side 5-8
8. Right flat spin in front toss and catch right hand, needle thread
9. Wrist twirl in right hand low 1-4 and level 5-8
10. Wrist twirl in right hand high 1-4 and level 5-8
11. Forward figure eight 1-6 and stop by leg 7-8
12. Reverse figure eight in right hand then go to right shoulder
13. Repeat # 8, #9, #10 and #11 in left hand
14. Right hand grapevine
15. Right hand grapevine and little Joe flip catch in left of 7-8
16. Left hand grapevine
17. Left hand grapevine, pass behind back
18. Attention

19. Tuck, switch hand, hold and be still 5-6, reverse figure eight on 7-8
20. Begin Little Joe Flip on right side with right time toss (must be a thumb release) catch in left hand and slowly come down by side and repeat on left side with left thumb flip (must be a thumb release) catch right and slowly come down by side
21. Little Joe Flips
22. Little Joe Flips
23. Little Joe Flip on right side only catch in left hand pass behind back and go to attention
24. Tuck, switch hand, point ball to right side, whip behind back
25. Time tosses in right hand catch in right hand (MUST BE A THUMB RELEASE) to the beat of the music - four time tosses with each eight count
26. Four more time tosses
27. Two more time tosses and double arm flash up 5-6 out level 7-8
28. Back catch (must be a thumb release and must catch with palm up and open and not trapped behind back) face back with one outside loop pass over head and hold with two hands
29. Pivot turn to front with hands locked overhead, double arm flash
30. Repeat back catch #31
31. Repeat #32
32. Repeat back catch #31
33. Repeat #32
34. One turns
35. One turns / optional two turns
36. Releases of your choice
37. Releases of your choice
38. Attention