

# Everytime We Start Up

Start Me Up by: Rolling Stones

Everytime We Touch by: Cascada

2018

Juniors/Young Adults

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**Fundamental position:**

Support squat close feet-front head bow.

**Fundamental formation:**

**In Blocks of 4 Free Interval on markers**

**Formation A**

**Front**

**1 2**

**3 4**

**Formation B**

**Front**

**1 2 3 4**

**Row 1 - 1 2 1 2 1 2**

**Row 2 - 3 4 3 4 3 4**

**Row 3 - 1 2 1 2 1 2**

**Row 4 - 3 4 3 4 3 4**

**Row 5 - 1 2 1 2 1 2**

**Row 6 - 3 4 3 4 3 4**

**Formation C**

**Front**

**1**

2

3

Column 1 Column 2 Column 3

1 1 1

2 2 2

3 3 3

4 4 4

1 1 1

2 2 2

3 3 3

4 4 4

1 1 1

2 2 2

3 3 3

4 4 4

**Music:**

First exercise: Start Me Up by: Rolling Stones

Introduction- 8 measures at 4/4 tempo

Part A- 16 measures at 4/4 tempo

Chorus- 10 measures at 4/4 tempo

Part B- 16 measures at 4/4 tempo

Chorus- 10 measures at 4/4 tempo

Part C- 12 measures at 4/4 tempo

Outro- 16 measures at 4/4 tempo

Second exercise: Everytime We Touch by: Cascada

Intro- 8 measures at 2/4 tempo

Chorus- 40 measures at 4/4 tempo

Part A- 17 measures at 2/4 tempo

Chorus- 30 measures at 4/4 tempo

Outro- 10 measures at 4/4 tempo

## Intro

8 measures at 4/4 tempo

### Fundamental formation - Formation A

Fundamental Position: Support squat close feet-head front bow.

- |       |       |  |
|-------|-------|--|
| I.    | 1 - 4 | Hold;  |
| II.   | 1 - 4 | Hold;  |
| III.  | 1 - 4 | Rise to closefeet stand - closearm - head upright; |
| IV.   | 1     | Toestand;  |
|       | And   | Return to closefeet stand;                         |
|       | 2     | Toestand;  |
|       | And   | Return to closefeet stand;                         |
|       | 3     | Toestand;  |
|       | And   | Return to closefeet stand;                         |
|       | 4     | Toestand;  |
|       | And   | Return to closefeet stand;                         |
| V.    | 1     | L. Sidetouch;                                      |
|       | 2     | Draw L to R to closefeetstand;                     |
|       | 3     | L. sidetouch;                                      |
|       | 4     | Draw L to R to closefeetstand;                     |
| VI.   | 1     | L side arm, palms up - 90 degree head twist to L;  |
|       | 2     | Closearm - head return to front;                   |
|       | 3     | L side arm, palms up - 90 degree head twist to L;  |
|       | 4     | Closearm - head return to front;                   |
| VII.  | 1 - 4 | Repeat measure V in opposite direction;            |
| VIII. | 1 - 4 | Repeat measure VI in opposite direction;           |

Section A

16 measures at 4/4 tempo

Fundamental formation - Formation A

Fundamental Position: Closefeet stand - closearm

I.      Persons      #1,2  
  
                         1 run in place L;  
  
                         2 run in place R;  
  
                         3 run in place L;  
  
                         4 run in place R;

            Persons      #3,4  
  
                         1 run forward L;  
  
                         2 run forward R;  
  
                         3 run forward L;  
  
                         4 run forward R;

II.      Persons      #1,2  
  
                         1 run in place L;  
  
                         2 run in place R;  
  
                         3 run in place L;  
  
                         4 run in place R;

            Persons      #3,4  
  
                         1 run forward L;  
  
                         2 run forward R;  
  
                         3 run forward L;  
  
                         4 run forward R;

(gymnast 3 will run to R of #1; 4 will run to the R of #2)

III.                      1 - 2                      Lower to support squat;

	3 - 4	Jump to support lying;
IV.	1 - 2	Jump to support squat closefeet;
	3 - 4	Rise to closefeet stand;
V.	1 - 2	90 degree trunk twist to left - sidearm, palms up;
	3 - 4	Flex sidearms 30 degrees, hands in fists;
VI.	1 - 2	Extend to sidearm, hands open, palms up;
	3 - 4	90 degree trunk twist to right - closearm;
VII.	1 - 4	Repeat measure V in opposite direction;
VIII.	1 - 4	Repeat measure VI. in opposite direction;
IX.	1 - 4	Run to formation A:
X.	1 - 4	Run to formation A;
XI.	1 - 4	Repeat measure V;
XII.	1 - 4	Repeat measure VI;
XIII.	1 - 2	Sidearm, palms up;
	3 - 4	Flex sidearm 30 degrees, hands in fists;
XIV.	1 - 2	Extend to sidearm, hands open, palms up;
	3 - 4	Closearm;
XV.	1 - 4	Repeat measure V. in opposite direction;
XVI.	1 - 4	Repeat measure VI in opposite direction;

#### Chorus

10 measures at 4/4 tempo

#### Formation A

I. Rows 1, 2: 1 - 3 Jog forward 1 marker - bend half reararm, hands in fists;

- 4 Jump to closefeet stand- closearm;
- Rows 3, 4, 5, 6;
- 1 - 4 Jog in place L, R, L, R - bend half reararm, hands in fists;
- II. All:
- 1 - 3 Step L astride - arm circle L palms front;
- 4 Draw L to R - to closefeet stand, closearm;
- III. Rows 1, 2, 5, 6:
- 1 - 4 Jog in place L, R, L, R - bend half reararm, hands in fists;
- Rows 3, 4: 1 - 3 Jog forward 1 marker - bend half reararm, hands in fists;
- 4 Jump to closefeet stand- closearm;
- IV. All:
- 1 - 3 Step L astride - arm circle L palms front;
- 4 Draw L to R - to closefeet stand, closearm;
- V. Rows 1, 2, 3, 4:
- 1 - 3 Jog in place L, R, L, R - bend half reararm, hands in fists;
- 4 Jump to closefeet stand- closearm;
- Rows 5, 6:
- 1 - 3 Jog forward 1 marker - bend half reararm, hands in fists;
- 4 Jump to closefeet stand- closearm;
- VI. All:
- 1 - 3 Step L astride - arm circle L palms front;
- 4 Draw L to R - to closefeet stand, closearm;
- VII. All:
- 1 Step L-astride - L sidearm, R-sidearm bent 30 degrees, palms  
down;
- 2 Draw L to R to closefeet stand - Uparm, Palms in;



3 Step R-astride - R sidearm, L-sidearm bent 30 degrees, palms  
down;

4 Draw R to L to closefeet stand - closearm;

VIII. All:

1 Step R-astride - R sidearm, L- sidearm bend 30 degrees, palms  
down;

2 Draw R to L to closefeet stand - Uparm, Palms in;

3 Step L-astride - L sidearm, R-sidearm bent 30 degrees, palms  
down;

4 Draw L to R to closefeet stand - closearm;

IX. All:

1 sidearm, palms down;

2 Uparm, palms in;

3 sidearm, palms down;

4 closearm;

X. All:

1 - 4 walk backward L, R, L, R 1 marker - circle inward, palms front;

## Section B

16 measures at 4/4

Fundamental formation: Formation A

I. All: 1 - 2 L forestride outward - front arm downslant - head front bow;

3 Bend R arm to reararm flexed - palms down;

4 Thrust R arm to frontarm downslant;

- II. All: 1 - 4 Draw L to R closefeet stand - arc outward through uparm to closearm;
- III. All: 1 - 4 Repeat measure I. in opposite direction
- IV. All: 1 - 4 Repeat measure II. in opposite direction;
- V. All: 1 - 2 Closefeet stand - uparm;  
3 - 4 L forestride outward - frontarm upslant - head slight rear bow;
- VI. All: 1 Bend R to reararm flexed 20 degrees - palms down;  
2 Thrusting R to frontarm upslant;  
3 Bend R to reararm flexed 20 degrees - palms down;  
4 Thrusting R to frontarm upslant;
- VII. All: 1 - 4 Repeat measure V. in opposite direction;
- VIII. All: 1 Bend L to reararm flexed 20 degrees - palms down;  
2 Thrust L to frontarm upslant - palms down;  
3 Bend L to reararm flexed 20 degrees - palms down;  
4 Thrust L to frontarm upslant - palms down;
- IX. All: 1 - 4 Run to formation c;
- X. 1 Jump astride - sidearm;  
2 Jump closefeet stand - uparm - palms in;  
3 Jump astride - sidearm - palms down;  
4 Jump closefeet stand - closearm;
- XI. Persons 1 and 3:  
1 - 4 Jump astride - L sidearm, R uparm - palms front, hands in fists;  
Persons 2 and 4  
1 - 4 Jump astride - L uparm, R sidearm - palms front, hands in fists;
- XII. Persons 1 and 3

- 1 Bend L sidearm, bend R uparm;
- 2 Extend L sidearm, extend R uparm;
- 3 Bend L sidearm, bend R uparm;
- 4 Extend L sidearm, extend R uparm;

Persons 2 and 4:

- 1 Bend L uparm, bend R sidearm;
- 2 Extend L uparm, extend R sidearm;
- 3 Bend L uparm, bend R sidearm;
- 4 Extend L uparm, extend R sidearm;

XIII. Persons 1 and 3:

- 1 - 4 L uparm, R sidearm - palms front, hands in fists;

Persons 2 and 4:

- 1 - 4 L sidearm, R uparm - palms front, hands in fists;

XIV. Persons 1 and 3:

- 1 Bend L uparm, bend R sidearm;
- 2 Extend L uparm, extend R sidearm;
- 3 Bend L uparm, bend R sidearm;
- 4 Extend L uparm, extend R sidearm;

Persons 2 and 4

- 1 Bend L sidearm, bend R uparm;
- 2 Extend L sidearm, extend R uparm;
- 3 Bend L sidearm, bend R uparm;
- 4 Extend L sidearm, extend R uparm;

XV. All.

- 1 Jump to closefeet stand - closearm;
- 2 - 4 Run to formation A;

XVI. All.

1 - 4 Run formation A;

Chorus

10 measures at 4/4 tempo

Formation A

- I. Rows 1, 2: 1 - 3 Jog forward 1 marker - bend half reararm, hands in fists;  
4 Jump to closefeet stand- closearm;  
Rows 3, 4, 5, 6;  
1 - 4 Jog in place L, R, L, R - bend half reararm, hands in fists;
- II. All:  
1 - 3 Step L astride - arm circle L palms front;  
4 Draw L to R - to closefeet stand, closearm;
- III. Rows 1, 2, 5, 6:  
1 - 4 Jog in place L, R, L, R - bend half reararm, hands in fists;  
Rows 3, 4: 1 - 3 Jog forward 1 marker - bend half reararm, hands in fists;  
4 Jump to closefeet stand- closearm;
- IV. All:  
1 - 3 Step L astride - arm circle L palms front;  
4 Draw L to R - to closefeet stand, closearm;
- V. Rows 1, 2, 3, 4:  
1 - 3 Jog in place L, R, L, R - bend half reararm, hands in fists;  
4 Jump to closefeet stand- closearm;  
Rows 5, 6:  
1 - 3 Jog forward 1 marker - bend half reararm, hands in fists;  
4 Jump to closefeet stand- closearm;

VI. All:

- 1 - 3 Step L astride - arm circle L palms front;
- 4 Draw L to R - to closefeet stand, closearm;

VII. All:

- 1 Step L-astride - L sidearm, R-sidearm bent 30 degrees, palms down;
- 2 Draw L to R to closefeet stand - Uparm, Palms in;
- 3 Step R-astride - R sidearm, L-sidearm bent 30 degrees, palms down;
- 4 Draw R to L to closefeet stand - closearm;

VIII. All:

- 1 Step R-astride - R sidearm, L- sidearm bend 30 degrees, palms down;
- 2 Draw R to L to closefeet stand - Uparm, Palms in;
- 3 Step L-astride - L sidearm, R-sidearm bent 30 degrees, palms down;
- 4 Draw L to R to closefeet stand - closearm;

IX. All:

- 1 sidearm, palms down;
- 2 Uparm, palms in;
- 3 sidearm, palms down;
- 4 closearm;

X. All:

- 1 - 4 walk backward L, R, L, R 1 marker - circle inward, palms front;

Part C (custom pyramid)

12 measures at 4/4

Fundamental formation: Formation A

Fundamental position: Closefeet stand - closearm

- |       |      |       |  |
|-------|------|-------|--|
| I.    | All  | 1-4   | Jog in place L, R, L, R;                         |
| II.   | All  | 1-4   | Move to pyramid positions                        |
| III.  | All  | 1-4   | Build pyramid                                    |
| IV.   | All  | 1-4   | Build pyramid                                    |
| V.    | All  | 1-4   | Hold pyramid                                     |
| VI.   | All  | 1-4   | Hold pyramid                                     |
| VII.  | All  | 1-4   | Tear down pyramid                                |
| VIII. | All  | 1-4   | Jog back to blocks of 4, L,R,L,R;                |
| IX.   | All: | 1     | Jump astride 90 degrees L - Sidearm, palms down; |
|       |      | 2     | Jump to closefeet stand - uparm, palms in;       |
|       |      | 3     | Jump astride - sidearm, palms down;              |
|       |      | 4     | Jump to closefeet stand - closearm               |
| X.    | All: | 1 - 4 | Repeat measure IX;                               |
| XI.   | All: | 1 - 4 | Repeat measure IX;                               |
| XII.  | All: | 1 - 4 | Repeat measure IX;                               |

## Chorus

10 measures at 4/4 tempo

### Formation A

- I. Rows 1, 2: 1 - 3 Jog forward 1 marker - bend half reararm, hands in fists;  
4 Jump to closefeet stand- closearm;  
Rows 3, 4, 5, 6;  
1 - 4 Jog in place L, R, L, R - bend half reararm, hands in fists;
- II. All:  
1 - 3 Step L astride - arm circle L palms front;  
4 Draw L to R - to closefeet stand, closearm;
- III. Rows 1, 2, 5, 6:  
1 - 4 Jog in place L, R, L, R - bend half reararm, hands in fists;  
Rows 3, 4: 1 - 3 Jog forward 1 marker - bend half reararm, hands in fists;  
4 Jump to closefeet stand- closearm;
- IV. All:  
1 - 3 Step L astride - arm circle L palms front;  
4 Draw L to R - to closefeet stand, closearm;
- V. Rows 1, 2, 3, 4:  
1 - 3 Jog in place L, R, L, R - bend half reararm, hands in fists;  
4 Jump to closefeet stand- closearm;
- Rows 5, 6:  
1 - 3 Jog forward 1 marker - bend half reararm, hands in fists;  
4 Jump to closefeet stand- closearm;
- VI. All:

- 1 - 3 Step L astride - arm circle L palms front;
- 4 Draw L to R - to closefeet stand, closearm;

VII. All:

- 1 Step L-astride - L sidearm, R-sidearm bent 30 degrees, palms down;
- 2 Draw L to R to closefeet stand - Uparm, Palms in;
- 3 Step R-astride - R sidearm, L-sidearm bent 30 degrees, palms down;
- 4 Draw R to L to closefeet stand - closearm;

VIII. All:

- 1 Step R-astride - R sidearm, L- sidearm bend 30 degrees, palms down;
- 2 Draw R to L to closefeet stand - Uparm, Palms in;
- 3 Step L-astride - L sidearm, R-sidearm bent 30 degrees, palms down;
- 4 Draw L to R to closefeet stand - closearm;

IX. All:

- 1 sidearm, palms down;
- 2 Uparm, palms in;
- 3 sidearm, palms down;
- 4 closearm;

X. All:

- 1 - 4 walk backward L, R, L, R 1 marker - circle inward, palms front;



## Outro

12 measures in 4/4

### Formation A

Fundamental position: Closefeet stand - closearm

- I.
  - 1 L sidearm, palms up;
  - 2 R sidearm, palms up;
  - 3 L sidearm flex 30 degrees, L hand in fist;
  - 4 R side arm flex 30 degrees, R hand in fist;
- II.
  - 1 Thrust L Uparm outward, L hand palms up;
  - 2 Thrust R Uparm outward, R hand palms up;
  - 3 L Uparm, L hand palms in;
  - 4 R Uparm, R hand palms in;
- III.
  - 1 L Uparm outward, L hand palms up;
  - 2 R Uparm outward, R hand palms up;
  - 3 L sidearm bend 30 degrees, L hand in fist;
  - 4 R sidearm bend 30 degrees, R hand in fist;
- IV.
  - 1 Extend L sidearm, L hand palms down;
  - 2 Extend R sidearm, R hand palms down;
  - 3 L closearm, L hands palms in;
  - 4 R closearm, R hands palms in;
- V. 1 - 4 90 degree turn jog forward 1 marker starting with L;
- VI.
  - 1 Jump astride - Front arm, palms in;
  - 2 Jump to closefeet stand - uparm;
  - 3 Jump astride - sidearm, palms down
  - 4 Jump to closefeet stand -closearm
- VII. 1 - 4 Repeat measure V;

- VIII. 1 - 4 Repeat measure VI;
- IX. 1 - 4 Repeat measure V;
- X. 1 - 4 Repeat measure VI;
- XI. 1 - 4 Repeat measure V;
- XII. 1 - 4 Repeat measure VI;
- XIII. 1 - 4 Lower to support squat - head down.

CAL SONG #2

Phillip Tudisco, John Stanko, Michael Barcal

Fundamental position: support squat

	C1	C2	C3	C4	C5	C6
R1	1	2	1	2	1	2
R2	3	4	3	4	3	4
R3	1	2	1	2	1	2
R4	3	4	3	4	3	4
R5	1	2	1	2	1	2
R6	3	4	3	4	3	4

8 measures of 2/4 Tempo

**I Columns 1-2**

1-2 L sidelunge - arms arc L. to uparm;

3-4 Draw L to R to closefeet stand - uparm palms in

**II Columns 5-6**

1-2 R sidelunge - arms arc R. to uparm;

3-4 Draw R to L to closefeet stand - uparm palms in

**III Columns 3-4**

- 1-2 R rearlunge - arms arc rear to uparm;
- 3-4 draw R to L to closefeet stand - uparm palms in;

#### IV

- 1-4 Circle downward, continue through sidearm to closearm

#### V

- 1 left forestride;
- 2 180 degree turn to the right;
- 3 Left Forestride;
- 4 Right Forestride;

#### VI

- 1 Left Forestride;
- 2 180 degree turn to the right;
- 3 left forestride;
- 4 R forestride;

#### VII

- 1-2 Draw L to R to closefeet stand - left sidearm, palm up - Headtwist 90 degrees L
- 3-4 Right sidearm palm up - Headtwist 180 degrees R

#### VIII

- 1-2 Uparm R. over L, palms forward - head rearbow
- 3-4 Arc outward through sidearm to closearm - head upright

#### 4/4 Tempo

#### IX

- 1 #1 and #3 turn 45 degrees to the right - run L;  
#2 and #4 turn 45 degrees to the left - Run L;
- 2-3 run forward two steps R, L;
- 4 #1 and #3 turn 45 degrees to the left - Jump to closefeet stance;

#2 and #4 turn 45 degrees to the right;

See formation change:

1	2
3	4

1  
2  
3  
4

X

- 1 Jump astride - side arm - palms down;
- 2 Jump to close feet stand - up arm - palms in;
- 3 Jump astride - side arm - palms down;
- 4 Jump to closefeet stand - close arm ;

XI

- 1 #1 and #3 turn 90 degrees to the right - Run L;  
#2 and #4 turn 90 degrees to the left;- Run L
- 2-3 jog forward two steps R, L
- 4 #1 and #3 turn 90 degrees to the left - Run L  
#2 and #4 turn 90 degrees to the right - jump to closefeet stand;

See formation:

2     1  
3     4

XII

- 1     Jump astride - side arm - palms down;
- 2     Jump to close feet stand - up arm - palms in;
- 3     Jump astride - side arm - palms down;
- 4     Jump to closefeet stand - close arm ;

XIII

- 1-2    lower to support squatting - closed feet;
- 3-4    Jump to support lying;

XIV

- 1-2    Bent arm support lying;
- 3-4    Rise to support lying;

XV

- 1-2    Jump to support squatting - close feet;
- 3-4    Rise to close feet stand;

XVI

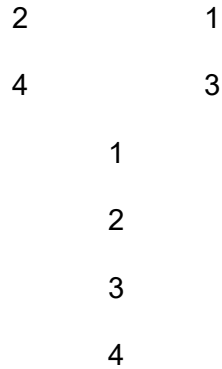
- 1     Left Sidestride;
- 2     Right sidestride;
- 3     Hop L to closeleg;
- 4     Hop R to closeleg stand;

XVII

- 1     #1 and #3 turn 45 degrees to the left; - Run L  
      #2 and #4 turn 45 degrees to the right - Run L;
- 2-3   Jog forward three steps R, L;

- 4 #1 and #3 turn 45 degrees to the right - Jump to closefeet stand;
- #2 and #4 turn 45 degrees to the left;

See formation change:



### XVIII

- 1 Jump astride - side arm - palms down;
- 2 Jump to close feet stand - up arm - palms in;
- 3 Jump astride - side arm - palms down;
- 4 Jump to closefeet stand - close arm;

### XIX

- 1 #1 and #3 turn 45 degrees to the right - Run L;  
#2 and #4 turn 45 degrees to the left; - Run L
- 2-3 Jog forward three steps R, L;
- 4 #1 and #3 turn 45 degrees to the left - jump to closefeet stand;  
#2 and #4 turn 45 degrees to the Right;

See formation change:



1                    2

3                    4

XX

- 1      Jump astride - side arm - palms down;
- 2      Jump to close feet stand - up arm - palms in;
- 3      Jump to astride - side arm - palms down;
- 4      Jump to closefeet stand - close arm;

XXI

- 1-2    lower to support squatting - closed feet;
- 3-4    jump to support lying;

XXII

- 1-2    bent arm support lying;
- 3-4    rise to support lying;

XXIII

- 1-2    Jump to support squatting - close feet;
- 3-4    rise to close feet stand;

XXIV

- 1      Left Sidestride;
- 2      Right sidestride;
- 3-4    Jump to closefeet stand;

XXV

- 1      Closefeet toestand - immediately return to closefeet stand;
- 2      Closefeet toestand - immediately return to closefeet stand;
- 3      Closefeet toestand - immediately return to closefeet stand;

4 Closefeet toestand - immediately return to closefeet stand;

XXVI

1 Closefeet toestand left side arm palms down - immediately return to closefeet stand;

2 Closefeet toestand lower to close arm - immediately return to closefeet stand;

3 Closefeet toestand Left side arm palms down - immediately return to closefeet stand;

4 Closefeet toestand lower to close arm - immediately return to closefeet stand;

XXVII

1 Closefeet toestand right side arm palms down - immediately return to closefeet stand;

2 Closefeet toestand lower to close arm - immediately return to closefeet stand;

3 Closefeet toestand right side arm palms down - immediately return to closefeet stand;

4 Closefeet toestand lower to close arm - immediately return to closefeet stand;

XXVIII

1 Closefeet toestand sidearm palms down - immediately return to closefeet stand;

2 Closefeet toestand closearm - immediately return to closefeet stand;

3 Closefeet toestand sidearm palms down - immediately return to closefeet stand;

4 Closefeet toestand closearm - immediately return to closefeet stand;

XXIX

1 Closefeet toestand sidearm palms down - immediately return to closefeet stand;

2 Closefeet toestand up arm palms in - immediately return to closefeet stand;

3 Closefeet toestand sidearm palms down - immediately return to closefeet stand;

4 Closefeet toestand closearm - immediately return to closefeet stand;

XXX



- 1 Closefeet toestand sidearm palms down - immediately return to closefeet stand;
- 2 Closefeet toestand uparm palms in - immediately return to closefeet stand;
- 3 Closefeet toestand sidearm palms down - immediately return to closefeet stand;
- 4 Closefeet toestand closearm - immediately return to closefeet stand;

### XXXI

- 1 Left forelunge - front arm outward, palms down;
- 2 Bend sidearm - hands in front of chest, palms down;
- 3 Front arm, palms down;
- 4 Draw left to right to closefeet stand - closearm;

### XXXII

- 1-2 Hold;
- 3 Head rearbow;
- 4 Head upright;

### XXXIII

- 1 Jump - left bend up arm outward - moderate shoulder flex - close fist;  
And Left side arm flex;
- 2 Jump - left bend up arm outward - moderate shoulder flex - close fist;  
And Left side arm flex;
- 3 Jump - left bend up arm outward - moderate shoulder flex - close fist;  
And Left side arm flex;
- 4 Jump - left bend up arm outward - moderate shoulder flex - close fist;

### XXXIV

- 1 Up arm outward palms up;  
And Thrust downward  $\frac{1}{2}$  bend frontarm;
- 2 Thrust upwards uparm outward;  
And Thrust downward  $\frac{1}{2}$  bend frontarm;

- 3 Thrust uparm outward;  
And Thrust downward ½ bend frontarm  
4 Thrust uparm outward;  
And Thrust downward ½ bend frontarm

#### XXXV

- 1 Jump turn 45 degree to left - R. uparm bent - R. forearm circle;  
2 Jump turn 45 degree to left - R. uparm bent - R. forearm circle;  
3 Jump turn 45 degree to left - R. uparm bent - R. forearm circle;  
4 Jump turn 45 degree to left - R. uparm bent - R. forearm circle;

#### XXXVI

- 1 Jump turn 45 degree to left - R. uparm bent - R. forearm circle;  
2 Jump turn 45 degree to left - R. uparm bent - R. forearm circle;  
3 Jump turn 45 degree to left - R. uparm bent - R. forearm circle;  
4 Jump turn 45 degree to left - Thrust to closearm stand;

#### XXXVII

- 1 #1 and #3 turn 45 degrees to the right;  
#2 and #4 turn 45 degrees to the left;  
2-4 jog forward three steps L, R, L;

#### XXXVIII

- 1 jog forward three steps R, L, R;  
2-4 #1 and #3 turn 45 degrees to the left;  
#2 and #4 turn 45 degrees to the right;

See formation:

1

2

3

4

XXXIX

- 1-2 #1 and #3 left side lunge - side arm, hands in fists, palms down;  
#2 and #4 right side lunge - side arm, hands in fists, palms down;
- 3-4 #1 and #3 draw L to R to closefeet stand - close arm;  
#2 and #4 draw R to L to closefeet stand - closearm:

XL`

- 1-2 #1 and #3 right side lunge - side arm, hands in fists, palms down;  
#2 and #4 left side lunge - side arm, hands in fists, palms down;
- 3-4 #1 and #3 draw R to L to closefeet stand - close arm;  
#2 and #4 draw L to R to closefeet stand - closearm:

XLI

- 1 jump astride;
- 2 jump to closefeet stand;
- 3 jump astride;
- 4 jump to closefeet stand;

XLII

- 1 jump astride - sidearm, palms down;
- 2 jump to closefeet stand - closearm;
- 3 jump astride - sidearm, palms down;
- 4 jump to closefeet stand - closearm;

XLIII

- 1 jump astride - sidearm, palms down;
- 2 jump to closefeet stand - uparm, palms inward;
- 3 jump astride - sidearm - palms down;
- 4 jump to closefeet stand - closearm;

XLIV I

- 1 jump astride - sidearm - palms down;
- 2 jump to closefeet stand - uparm - palms inward;
- 3 jump astride - sidearm - palms down;
- 4 jump to closefeet stand - closearm;

XLV

- 1-2 #1 and #3 left side lunge - side arm, hands in fists, palms down;  
#2 and #4 right side lunge - side arm, hands in fists palms down;
- 3-4 #1 and #3 draw left to right to closefeet stand - closearm;  
#2 and #4 draw right to left to closefeet stand - closearm;

XLVI

- 1-2 #1 and #3 right side lunge - side arm, palms down, hands in fists;  
#2 and #4 left side lunge - side arm, palms down, hands in fists;
- 3-4 #1 and #3 draw right to left to closefeet stand - closearm;  
#2 and #4 draw left to right to closefeet stand - closearm;

XLVII

- 1 #1 and #3 turn 45 degrees to the Left;  
#2 and #4 turn 45 degrees to the Right;
- 2-4 jog forward three steps L, R, L;

XLVIII

- 1-3 jog forward three steps R, L, R;

- 4 #1 and #3 turn 45 degrees to the Right ;
- #2 and #4 turn 45 degrees to the Left;

See formation:

1 2  
3 4

XLIV

- 1-4 Body wave to moderate front bow, front arm, palms down;

L

- 1-4 Backward body wave ending in close feet stand close arm;

LI

- 1 Step left in place;
- 2 Step Right in place;
- 3 Step Left in place;
- 4 Step Right in place;

LII

- 1 step back left - turn whole body 90 degrees;
- 2 step right across - turn whole body 90 degrees;
- 3 step back left - turn whole body 90 degrees;
- 4 step right to closefeet stand - turn body 90 degrees;

See formation

1 2 3 4

LIII

- 1 step L in place;

- 2 step R in place;
- 3 step L in place;
- 4 step R in place;

LIV

- 1 trunk twist 90 degrees left - side arm, palms down;
- 2 trunk twist 90 degrees to the right - raise to uparm, palms in;
- 3 trunk twist 90 degrees to the right - lower to side arm, palms down;
- 4 trunk twist 90 degrees to the left - lower to close arm;

LV

- 1 trunk twist 90 degrees to the right - side arm, palms down;
- 2 trunk twist 90 degrees to the left - raise to uparm, palms in;
- 3 trunk twist 90 degrees to the left - lower to side arm, palms down;
- 4 trunk twist 90 degrees to the right - lower to close arm;

LV

- 1-4 march to original markers starting with the left;
- #1 and #2 March forward
- #3 and #4 March backward

LVI

- 1-4 march in place starting with the left

LVII

Repeat measures IX-XXIV

- 1 Jump - left sidearm bent - close fist;
- And Left sidearm across chest - rotate fist 90 degrees clockwise;
- 2 Jump - left sidearm bent - close fist - rotate fist 90 degrees counterclockwise;
- And Left sidearm across chest - rotate fist 90 degrees clockwise;

- 3 Jump - left sidearm bent - close fist - rotate fist 90 degrees counterclockwise;  
And Left sidearm across chest - rotate fist 90 degrees clockwise;;  
4 Jump - left sidearm bent - close fist - rotate fist 90 degrees counterclockwise;;

#### LXV

- 1 Jump astride - up arm outward - palms back;  
And uparm bent;  
2 up arm outward;  
And uparm bent;  
3 up arm outward;  
And uparm bent;  
4 up arm outward;  
And uparm bent;

#### LXVI

- 1 Jump astride w. 45 degree turn - R. uparm bent - R. wrist circle;  
2 Jump astride w. 45 degree turn - R. uparm bent - R. wrist circle;  
3 Jump astride w. 45 degree turn - R. uparm bent - R. wrist circle;  
4 Jump astride w. 45 degree turn - R. uparm bent - R. wrist circle;

#### LXVII

- 1 Jump astride w. 45 degree turn - R. uparm bent - R. wrist circle;  
2 Jump astride w. 45 degree turn - R. uparm bent - R. wrist circle;  
3 Jump astride w. 45 degree turn - R. uparm bent - R. wrist circle;  
4 Jump w. 45 degree turn to closefeet - closearm stand;

#### LXVIII

- 1 1 turn 135 degrees right Run L;  
And 2 turn 135 degrees left Run L;  
And 3 turn 45 degrees left Run L;

And 4 turn 45 degrees left run L;

2-4 Run forward toward center R, L;

See formation change: Moving Pyramid

1 2

1 2

3 4

3 4

LXIX

1-4 build pyramid

LXXI

1-4 build;

LXXII

1-4 hold;

LXXIII

1-4 move pyramid

LXXIV

1-4 move pyramid

LXXV

1-4 tear down pyramid;

LXXVI

1 Turn to original marker;

2-4 Starting with L, run to original marker L, R, L;

LXXVII

1-4 Run in place, Turn to face front L, R, L, R, L;

LXXVIII



1-4 Run in place L, R, L, R;

#### LXXIX

1 #1 turn 45 degrees to the right - run L;

#2 turn 45 degrees to the left - Run L;

#3 and #4 Run in place L;

2-3 #1 and #2 run forward two steps R, L;

#3 and #4 Run in place R, L;

4 #1 turn 45 degrees to the right - run L;

#2 turn 45 degrees to the left - Run L;

#3 and #4 Run in place R;

#### LXXX

1 #1 and #2 Jump astride - side arm - palms down;

#3 and #4 Run in place R;

2 #1 and #2 Jump to close feet stand - up arm - palms in;

#3 and #4 Run in place R;

3 #1 and #2 Jump astride - side arm - palms down;

#3 and #4 Run in place R;

4 #1 and #2 Jump to closefeet stand - close arm ;

#3 and #4 Run in place R;

#### LXXXI

1 #3 turn 45 degrees to the right - run L;

#4 turn 45 degrees to the left - Run L;

#1 and #2 Run in place L;

2-3 #3 and #4 run forward two steps R, L;

#1 and #2 Run in place R, L;

4 #3 turn 45 degrees to the right - run L;

#2 turn 45 degrees to the left - Run L;

#1 and #2 Run in place R;

#### LXXXII

1 #3 and #4 Jump astride - side arm - palms down;

#1 and #2 Run in place R;

2 #3 and #4 Jump to close feet stand - up arm - palms in;

#1 and #2 Run in place R;

3 #3 and #4 Jump astride - side arm - palms down;

#1 and #2 Run in place R;

4 #3 and #4 Jump to closefeet stand - close arm ;

#1 and #2 Run in place R;

#### LXXXIII

1-4 L arm arc backward to uparm, palm inward;

#### LXXXIX

1-4 R arm arc backward to uparm, palm inward;

#### XC

1-4 lower to side arm;

#### XCI

1-4 Circle L forearm 360 degrees counterclockwise - Circle R forearm 360 degrees clockwise;

#### XCII

1-2 rise to sidearm

3 palms front

4 Front head bow