

2025 All Sokol Special Number

“America”

Written by Alix Fron & Adam Wilt

with text assistance from Ken Fron Jr.

This number is written specifically for all ages. It is written in two parts. A **Fitness** part and an **Active** part. The **Fitness** part is designed for those capable of moving quickly and learning advanced moves. The **Active** part is designed for those with limiting factors and has less advanced moves. Those doing the **Active** part will be stationed for the majority of the number on dots while those doing the **Fitness** part will be in between a set of 4 dots and change formations more frequently. (See diagrams for positions).

The **Active Part (pages 2-7)** is primarily for ages 6-9 and Seniors.

The **Fitness Part (pages 8-13)** part is primarily for ages 9 and up. You will get a good workout from the number.

The number will be counted in 4/4 time (eg. 1,2,3,4 – 2,2,3,4 – 3,2,3,4, etc...). Many moves for the **Fitness** Part will be 1 move per count. Many moves for the **Active** Part will be 1 move for 2 counts.

Make sure to learn the “America” part well. It will be repeated many times.

“America” part variations

Slower version 1-8 Measures XVIII - XIX

Faster version 1-8 Measures XLVIII - XLIX

Please feel free to direct any questions that are not clear from the video or text to the authors:

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Active (Slower) Part

Intro Figure 1 – Starting Positions

The tempo is slower for this part of the music. Please refer to video as a guide.

Fundamental Position - Closefeet stand - close arm, palms in

I-II	1-8	Up arm through front arm palms in
III	1-4	R up arm outward, palms down - L bend side arm down slant, palms down
IV	1-4	Hold
V	1-4	R up arm, palm in - L Thrust upward, palm in
VI	1-4	L up arm outward, palms down - R bend side arm down slant, palms down
VII	1-2	R side lunge - 90 degree head twist to L (looking at L hand)
	3-4	Hold
VIII	1-2	R arm thrust fore upward to L
	3-4	Draw R leg to closefeet stand - R arc downward to side arm
IX	1-4	Circle downward
X	1-2	L bend side arm downslant
	3-4	L extend fore downward
XI	1-2	R bend side arm downslant
	3-4	R extend fore downward
XII-XIII	1-8	Up arm outward through side arm palms down
XIII	1-8	Side arm downslant through side arm palms down
XVI	1	R up arm outward through side arm, palms down - L flex side arm downslant, palm down
	2	Hold
	3	R up arm, palm in - L thrust upward, palm in
	4	Hold
XVII	1	L up arm outward, palm down - R bend side arm downslant, palm down
	2	Hold
	3	L Close arm through side arm - R thrust downward to close arm, palms in
	4	Hold
XVIII	1	R up arm outward through side arm, palms down - L bend side arm downslant, palm down
	2	Hold
	3	R up arm, palm in - L thrust upward, palm in
XIX	4	Hold
	1	L up arm outward, palm down - R bend side arm downslant, palm down
	2	Hold
	3	L Close arm through side arm - R thrust downward to close arm, palms in
	4	Hold
XX-XXI	1-2	Side arm downslant palms front, "spirit fingers"
	3-8	Hold, "spirit fingers"

Entrance - Figure 2

XXII-XXIX 1-32 Repeat XVIII - XIX four times

Main Part 1 - Figure 3

XXX 1-2 L sidelunge - bend L sidearm, hand on forehead, palm down "salute" - halfbend R sidearm downslant hand on hip
 3-4 L Extend forward to sidearm, palm down - 90 degree head twist to L
 XXXI 1-2 L flex sidearm to brow "salute" - head return to front
 3-4 Draw L to closefeet stand - Thrust downward to closearm, palms in
 XXXII 1-2 R sidelunge - bend R sidearm, hand on forehead, palm down "salute" - halfbend L sidearm downslant hand on hip
 3-4 R extend forward to sidearm, palm down - 90 degree head twist to R
 XXXIII 1-2 R flex sidearm to brow "salute" - head return to front
 3-4 Draw R to closefeet stand - Thrust downward to closearm, palms in
 XXXIV 1 Bend uparm outward, hands in front of chest, palms in fists
 2 Extend up outward, palms front, fingers spread
 3 Bend sidearm, hands in front of shoulders, palms in fists
 4 Extend sideward, palms front, fingers spread
 XXXV 1 Bend sidearm downslant, hands in front of chest, palms in fists
 2 Extend forward, palms front, fingers spread
 3 Closearm, palms in, fingers closed
 4 Hold
 XXXVI-XXXVII 1-4 Repeat XXXIV - XXXV

Main Part 2 - Figure 4

XXXVIII-XXXIX 1-8 Marching in place, alternating L, R
 XL 1 Closefeet stand; Flex closearm
 2 Hold
 3 Thrust upward
 4 Hold
 XLI 1 R sidearm, palm down
 2 Hold
 3 L sidearm, palm down
 4 Hold
 XLII 1 R forelunge outward
 2-4 Hold
 XLIII 1-2 Draw R to closefeetstand
 3-4 Hold
 XLIV 1 L forelunge outward

- 2-4 Hold
- XLV 1-2 Draw L to closefeet stand
- 3 Closearm
- 4 Hold

Main Part 3 - Figure 5

- XLVI 1-8 March $\frac{1}{2}$ marker forward (to marker), alternating L, R
 - 1 - Flex closearm
 - 2 - Hold
 - 3 - Thrust upward
 - 4 - Hold
- XLVII 1 - Bend closearm
 - 2 - Hold
 - 3 - Extend forward to closearm
 - 4 - Hold
- XLVIII-XLIX 1-8 Repeat XVIII - XIX
- L 1-8 360 degree turn L, Eight marching steps alternating L, R, in place
 - [Simultaneously]*
 - 1 - Flex closearm
 - 2 - Hold
 - 3 - Thrust upward
 - 4 - Hold
- LI 1 - Bend closearm
 - 2 - Hold
 - 3 - Extend forward to closearm
 - 4 - Hold
- LII-LIII 1-8 Repeat XVIII - XIX
- LIV 1-4 Arm circle to R
 - [simultaneously and moving $\frac{1}{2}$ marker right]*
 - 1 - R sidestep
 - 2 - L rearstep across
 - 3 - R sidestep
 - 4 - Draw L to R
- LV 1-4 Arm circle to L
 - [simultaneously and moving $\frac{1}{2}$ marker left]*
 - 1 - L sidestep
 - 2 - R rearstep across
 - 3 - L sidestep
 - 4 - Draw R to L
- LVI 1-4 Arm circle inward
 - [simultaneously and moving $\frac{1}{2}$ marker forward]*
 - 1 - L forestep
 - 2 - R forestep

		3 - L forestep
		4 - draw R to L, closefeet stand
LVII	1-4	Arm circle outward <i>[simultaneously and moving ½ marker backwards]</i> 1 - R rearstep 2 - L rearstep 3 - R rearstep 4 - draw L to R, closefeet stand
LVIII	1-4	Arm circle to L <i>[simultaneously and moving ½ marker left]</i> 1 - L sidestep 2 - R rearstep across 3 - L sidestep 4 - Draw R to L
LIX	1-4	Arm circle to R <i>[simultaneously and moving ½ marker right]</i> 1 - R sidestep 2 - L rearstep across 3 - R sidestep 4 - Draw L to R
LX-LXI	1-8	Repeat LVI - LVII
LXII-LXIII	1-8	Repeat XVIII - XIX
LXIV-LXXI	1-32	Repeat LIV-LXI
LXXII-LXXIII	1-8	Repeat XVIII - XIX

Main Part 4 - Figure 6

LXXIV-LXXVII	1-16	Repeat XVIII - XIX two times
LXXVIII-LXXIX	1-8	Eight Marching steps forward, alternating L, R (2 full markers)
LXXX-LXXXI	1-8	90 degree turn L and 8 marching steps forward, alternating L,R (2 full markers)
LXXXII-LXXXV	1-16	Repeat LXXX-LXXXI 2 times (end at original marker, facing front)
LXXXVI	1-4	180 degree turn to L, delayed circle forward L, R ("windmill" arms)
LXXXVII	1-4	180 degree turn to R, delayed circle forward R, L ("windmill" arms)
LXXXVIII-LXXXIX	1-8	Repeat XVIII - XIX
XC	1	R sidestep - R sidearm, palm down
	2	L closetouch
	3	L sidestep - L sidearm, palm down
	4	R closetouch
XCI	1	R sidestep - R arc downward to uparm, palm in
	2	L closetouch
	3	L sidestep - L arc downward to uparm, palm in
	4	R closetouch
XCII-XCIII	1-8	Repeat XVIII - XIX

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XCIV	1	R rearstep, halflex closearm outward
	2	L rearstep, clap
	3	R rearstep, halflex closearm outward
	4	L rearstep, clap
XCXV	1-4	Repeat XCIV
XCVI	1	R forestep outward with dip, halflex closearm
	2	Draw L to R, snap
	3	L forestep outward with dip, halflex closearm
	4	Draw R to L, snap
XCVII	1-4	Repeat XCVI
XCVIII-CI	1-16	Repeat XCIV - XCVII
CII	1	Uparm outward, palms front
	2	Hold
	3	R flex inward, hand in front of head - L flex inward, hand behind head
	4	Extend upward
CIII	1	L flex inward, hand in front of head - R flex inward, hand behind head
	2	Extend upward
	3	Sidearm, palms down
	4	Closearm
CIV	1	Halfquat - halfbend closearm, hands on knees
	2-4	Hold
CV	1-4	Hold
CVI-CVII	1-8	Repeat C-CI with the following change in measure C, count 1: Rise to stand - thrust forward to uparm outward, palms front
CVIII	1	Uparm outward, palms front
	2	Hold
	3	Closearm
	4	Hold

Main Part 5 - Figure 7

CIX	1-4	Marching in place, alternating L, R
CX	1	L forestep
	2	Hold
	3	R forestep
	4	Hold
CXI	1	L forestep - R uparm through frontarm, palm in
	2	Hold
	3	R forestep - R sidearm, palm down
	4	Hold
CXII	1	L forestep
	2	Hold
	3	R forestep - L uparm through frontarm, palm in

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	4	Hold
CXIII	1	L forestep - L sidearm, palm down
	2	Hold
	3	Draw R to L
	4	Hold (end up traveling 1½ markers forward)
CXIV	1	L forestep - Uparm, palms in
	2	Hold
	3	90 degree turn to R, astride - Sidearm, palms down
	4	Hold
CXV	1	90 degree turn to R, astride R - Uparm, palms in
	2	Hold
	3	Draw L to closefeet stand - Closearm through frontarm
	4	Hold
CXVI	1	L forestep
	2	Hold
	3	R forestep
	4	Hold

Main Part 6 - Figure 8

CXVII	1-4	Repeat CXVI (end up at marker from beginning of figure 7)
CXVIII-CXIX	1	180 degree turn to L - Thrust upward, palms front, fingers spread
	2	March R in place - Thrust downward to closearm
	3-8	Marching in place alternating L, R
CXX-CXXI	1	March L in place - Thrust upward, palms front, fingers spread
	2	March R in place - Thrust downward to closearm
	3-8	Marching in place alternating L, R
CXXII-CXXV	1-16	Repeat CXX-CXXI two times

Ending - Figure 9

CXXVI-CXXVII	1-8	Repeat XVIII - XIX
CXXVIII	1-4	Repeat XVIII
CXXIX	1	L up arm outward, palm down - R bend sidearm downslant, palm down
	2	Hold
	3	R side lunge - 90 degree head twist to L (looking at L hand)
	4	Hold (until music ends)

Fitness (Faster) Part

Intro Figure 1 – Starting Positions

Fundamental Position Closefeet stand - close arm, palms in

I-II	1-8	Up arm through front arm palms in
III	1-4	R up arm outward, palms down - L bend side arm down slant, palms down
IV	1-4	Hold
V	1-4	R up arm, palm in - L Thrust upward, palm in
VI	1-4	L up arm outward, palms down - R bend side arm down slant, palms down
VII	1-2	R side lunge - 90 degree head twist to L (looking at L hand)
	3-4	Hold
VIII	1-2	R arm thrust fore upward to L
	3-4	Draw R leg to closefeet stand - R arc downward to side arm
IX	1-4	Circle downward
X	1-2	L bend up arm outward
	3-4	L extend forward, palm down
XI	1-2	R bend up arm outward
	3-4	R extend forward, palm down
XII-XIII	1-8	Support squatting closefeet, close arm through front arm outward
XIII	1-8	Rise to closefeet stand - Up arm outward through front arm outward, palms down
XVI	1	L bend side arm downslant, palm down
	2	Hold
	3	R up arm, palm in - L thrust upward, palm in
	4	Hold
XVII	1	L up arm outward, palm down - R bend side arm downslant, palm down
	2	Hold
	3	L Close arm through side arm - R thrust downward to close arm, palms in
	4	Hold
XVIII	1	R up arm outward through side arm, palms down - L bend side arm downslant, palm down

	2	Hold
	3	R uparm, palm in - L thrust upward, palm in
XIX	4	Hold
	1	L up arm outward, palm down - R bend sidearm downslant, palm down
	2	Hold
	3	L Closearm through sidearm - R thrust downward to closearm, palms in
	4	Hold
XX-XXI	1-2	Thrust upward to uparm outward, palms front, "spirit fingers"
	3-8	Hold, "spirit fingers"

Entrance - Figure 2

XXII-XXIX	1-4	45 degree turn L, 4 Jogging steps forward, alternating L, R
	5-12	90 degree turn R, 8 Jogging steps forward, alternating L, R
	13-20	90 degree turn L, 8 Jogging steps forward, alternating L, R
	21-28	90 degree turn R, 8 Jogging steps forward, alternating L, R
	29-32	90 degree turn L, 4 Jogging steps forward, alternating L, R

Main Part 1 - Figure 3

XXX	1-2	L sidelunge - bend L sidearm, hand on forehead, palm down "salute" - halfbend R sidearm downslant hand on hip
	3-4	L Extend forward to sidearm, palm down - 90 degree head twist to L
XXXI	1-2	L flex sidearm to brow "salute" - head return to front
	3-4	Draw L to closefeet stand - Thrust downward to closearm, palms in
XXXII	1-2	R sidelunge - bend R sidearm, hand on forehead, palm down "salute" - halfbend L sidearm downslant hand on hip
	3-4	R extend forward to sidearm, palm down - 90 degree head twist to R
XXXIII	1-2	R flex sidearm to brow "salute" - head return to front
	3-4	Draw R to closefeet stand - Thrust downward to closearm, palms in
XXXIV	1	Bend uparm outward, hands in front of chest, palms in fists
	2	Extend up outward, palms front, fingers spread
	3	Bend sidearm, hands in front of shoulders, palms in fists
	4	Extend sideward, palms front, fingers spread
XXXV	1	Bend sidearm downslant, hands in front of chest, palms in fists
	2	Extend forward, palms front, fingers spread
	3	Closearm, palms in, fingers closed
	4	Hold
XXXVI	1	Rebound - Bend uparm outward, hands in front of chest, palms in fists
	2	Jump astride - Extend up outward, palms front, fingers spread
	3	Jump to closefeet stand - Bend sidearm, hands in front of shoulders, palms in fists
	4	Jump astride - Extend sideward, palms front, fingers spread
XXXVII	1	Jump to closefeet stand - Bend sidearm downslant, hands in front of chest, palms in fists

- 2 Jump astride - Extend forward, palms front, fingers spread
- 3 Jump to closefeet stand - Closearm, palms in, fingers closed
- 4 Hold

Main Part 2 - Figure 4

- XXXVIII 1-4 135 degree turn L, 4 jogging steps forward, alternating L, R
- XXXIX 1-4 135 degree turn R, 4 jogging steps in place, alternating L, R
- XL 1 Closefeet stand; Flex closearm
- 2 Hold
- 3 Thrust upward
- 4 Hold
- XLI 1 R sidearm, palm down
- 2 Hold
- 3 L sidearm, palm down
- 4 Hold
- XLII 1 R forelunge outward
- 2-4 Hold
- XLIII 1-2 Draw R to closefeet stand
- 3-4 Hold
- XLIV 1 L forelunge outward
- 2-4 Hold
- XLV 1-2 Draw L to closefeet stand
- 3 Closearm
- 4 Hold

Main Part 3 - Figure 5

- XLVI 1-8 8 jogging steps in place, alternating L, R
- 1 - Flex closearm
- 2 - Hold
- 3 - Thrust upward
- 4 - Hold
- XLVII 1 - Bend closearm
- 2 - Hold
- 3 - Extend forward to closearm
- 4 - Hold
- XLVIII 1 Jump astride - R uparm outward through sidearm, palm down - L Bend sidearm downslant, palm down
- 2 Jump to closefeet stand - R uparm palm in - L thrust upward, palm in
- 3 Jump astride - L uparm outward, palm down - R bend sidearm downslant, palm down
- 4 Jump to closefeet stand - L closearm through sidearm - R thrust downward to closearm, palms in

Repeat XLVIII

- | | | |
|----------|-----|--|
| L | 1-8 | 360 degree turn L, Eight jogging steps alternating L, R, in place
<i>[Simultaneously]</i>
1 - Flex closearm
2 - Hold
3 - Thrust upward
4 - Hold |
| LI | | 1 - Bend closearm
2 - Hold
3 - Extend forward to closearm
4 - Hold |
| LII-LIII | 1-8 | Repeat XLVIII - XLIX |
| LIV | 1-4 | Arm circle to R
<i>[simultaneously and moving ½ marker right]</i>
1 - R sidestep
2 - L rearstep across
3 - R sidestep
4 - Draw L to R |
| LV | 1-4 | Arm circle to L
<i>[simultaneously and moving ½ marker left]</i>
1 - L sidestep
2 - R rearstep across
3 - L sidestep
4 - Draw R to L |
| LVI | 1-4 | Arm circle inward
<i>[simultaneously and moving ½ marker forward]</i>
1 - L forestep
2 - R forestep
3 - L forestep
4 - draw R to L, closefeet stand |
| LVII | 1-4 | 360 degree turn R while moving ½ marker backwards, 4 steps alternating R, L |
| LVIII | 1-4 | Arm circle to L
<i>[simultaneously and moving ½ marker left]</i>
1 - L sidestep
2 - R rearstep across
3 - L sidestep
4 - Draw R to L |
| LIX | 1-4 | Arm circle to R
<i>[simultaneously and moving ½ marker right]</i>
1 - R sidestep
2 - L rearstep across
3 - R sidestep
4 - Draw L to R |

LX-LXI	1-8	Repeat LVI - LVII
LXII-LXIII	1-8	Repeat XLVIII - XLIX
LXIV-LXXI	1-32	Repeat LIV-LXI
LXXII-LXXIII	1-8	Repeat XLVIII - XLIX

Main Part 4 - Figure 6

LXXIV	1-4	4 jogging steps forward, alternating L, R (1 full marker)
LXXV	1-4	90 degree turn L and 4 jogging steps forward, alternating L, R (1 full marker)
LXXVI-LXXVII	1-8	Repeat LXXV 2 times (end at original position, facing forward)
LXXVIII	1-4	180 degree turn to L, delayed circle forward L, R ("windmill" arms)
LXXIX	1-4	180 degree turn to R, delayed circle forward R, L ("windmill" arms)
LXXX-LXXXI	1-8	Repeat XLVIII - XLIX
LXXXII	1	R sidestep - R sidearm, palm down
	2	L closetouch
	3	L sidestep - L sidearm, palm down
	4	R closetouch
LXXXIII	1	R sidestep - R arc downward to uparm, palm in
	2	L closetouch
	3	L sidestep - L arc downward to uparm, palm in
	4	R closetouch
LXXXIV-LXXXV	1-8	Repeat XLVIII - XLIX
LXXXVI-XCIII	1-32	Repeat LXXVIII - LXXXV
XCIV	1	R forejump outward with dip, halflex closearm
	2	Draw L to R, snap
	3	L forejump outward with dip, halflex closearm
	4	Draw R to L, snap
XCV	1-4	Repeat XCIV
XCVI	1	R rearstep, halflex closearm outward
	2	L rearstep, clap
	3	R rearstep, halflex closearm outward
	4	L rearstep, clap
XCVII	1-4	Repeat XCVI
XCVIII-CI	1-16	Repeat XCIV - XCVII
CII-CIII	1	Support squatting closefeet
	2-8	Hold
CIV	1	Jump astride - Uparm outward, palms front
	2	Jump to closefeet stand - R flex inward, hand in front of head - L flex inward, hand behind head
	3	Jump astride - Extend upward
	4	Jump to closefeet stand - L flex inward, hand in front of head - R flex inward, hand behind head
CV	1	Jump astride - Extend upward

	2	Jump to closefeet stand - Sidearm, palms down
	3	Closearm
	4	Support squatting closefeet
CVI-CVII	1-8	Hold
CVIII	1	Jump astride - Uparm outward, palms front
	2	Hold
	3	Jump to closefeet stand - Closearm
	4	Hold

Main Part 5 - Figure 7

CIX	1-4	4 Marching steps forward (½ marker), alternating L, R
CX	1	L forestep
	2	Hold
	3	R forestep
	4	Hold
CXI	1	L forestep - R uparm through frontarm, palm in
	2	Hold
	3	R forestep - R sidearm, palm down
	4	Hold
CXII	1	L forestep
	2	Hold
	3	R forestep - L uparm through frontarm, palm in
	4	Hold
CXIII	1	L forestep - L sidearm, palm down
	2	Hold
	3	Draw R to L
	4	Hold (end up traveling 1½ markers forward)
CXIV	1	L forestep - Uparm, palms in
	2	Hold
	3	90 degree turn to R, astride - Sidearm, palms down
	4	Hold
CXV	1	90 degree turn to R, astride R - Uparm, palms in
	2	Hold
	3	Draw L to closefeet stand - Closearm through frontarm
	4	Hold
CXVI	1	L forestep
	2	Hold
	3	R forestep
	4	Hold

Main Part 6 - Figure 8

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CXVII	1-4	Repeat CXVI (end back at marker from beginning of figure 7)
CXVIII-CXIX	1	L jogging step forward - Thrust upward, palms front, fingers spread
	2	R jogging step forward - Thrust downward to closearm
	3-8	Six Jogging steps forward, alternating L, R (move 1 full marker) - halfbend closearm
CXX-CXXIII	1-16	Repeat CXVIII - CXIX 2 times
CXXIV	1	L jogging step forward - Thrust upward, palms front, fingers spread
	2	R jogging step forward - Thrust downward to closearm
	3-4	Two jogging steps forward, alternating L, R (move 1 full marker)
CXXV	1-3	180 degree turn L, three jogging steps alternating L, R, in place - halfbend closearm
	4	Draw R to closefeet stand - closearm

Ending - Figure 9

CXXVI-CXXVII	1-8	Repeat XVIII - XIX
CXXVIII	1-4	Repeat XVIII
CXXIX	1	L up arm outward, palm down - R bend sidearm downslant, palm down
	2	Hold
	3	R side lunge - 90 degree head twist to L (looking at L hand)
	4	Hold (until music ends)