

"Car Wash"

(1-4) "Diva" Walk
(5-8) Right arm up/down w/ hip shake
(9-12) Hip/Body Shake Swivel Left then Right
(13-16) Rolling Upper Left, Rolling Upper Right

(1-4) Hand Roll
(5-8) Right arm up/down w/ hip shake
(9-12) Hip/Body Shake Swivel Left then Right
(13-16) Rolling Upper Left, Rolling Upper Right

(1-32) SABRE - Make sure you incorporate body movement (& not all ripple)

(1-4) Toss, Slap, Catch, Rest
(5-8) Cowboy
(9-12) Turn Rainbow
(13-16) Horizontal Drape - Like the Beatles Opener

(1-16) The Stand - Left Arm OUT

(1-32) Kranna (Flag UP on 16 & 18)

(1-12) Around the World
(13) Slam
(14) Toss
(15) Slap
(16) Catch

(1-16) Psycho

(1-32) Hey Jude Pop - Do the First 20 counts plus 12 counts (end silk down in cradle - right before the pop up)

Swing Flag?

(1-4) Cowboy
(5-8) Full Body Turn
(9-16) Repeat
(17-20) Big Rainbow
(21-22) Gather
(23-24) Raise Up
(25-26) 2 Swings Around with the silk
(27-28) Toss & Catch

(1-32) RIFLE - From Hey Jude

(1-32) POLE - Captains Only (Noreen has some things to try)

"Car Wash"

(1-4) Toss, Slap, Catch, Rest
(5-8) Cowboy
(9-12) Turn Rainbow
(13-16) Horizontal Drape - Like the Beatles Opener

(1-16) The Stand - Left Arm OUT

(1-4) "Diva" Walk
(5-8) Right arm up/down w/ hip shake
(9-12) Hip/Body Shake Swivel Left then Right
(13-16) Rolling Upper Left, Rolling Upper Right

(1-4) Wax On / Wax Off
(5-8) Right arm up/down w/ hip shake
(9-12) Hip/Body Shake Swivel Left then Right
(13-16) Rolling Upper Left, Rolling Upper Right

(1-12) Toss Ripple?

(1-2) In front
(3-4) Behind
(5-6) In front behind
(7) Pop up (in right hand)
(8) Continue silk down (in right hand)
(9) Pop up (in right hand)
(10-12) push flag to left taking 3 steps
End facing left, silk tucked under right arm