

Intermediate Flag
 Central Iowa Color Guard Camp 2016

Cheerleader

Set	Time	Counts	
		124 bpm	Start: Everyone is scattered in small groups doing stunts, stretching, flag
Intro (#1)	0:00	8	<p>Two in front: flags sitting out and you are stretching as in before practice</p> <p>Stage Right group: Stunt #1 and someone doing a cartwheel/roundoff/handspring across the front of group.</p> <p>Stage Left group: Stunt #2 set up</p> <p>Center group: Standing with flags, talking before practice</p> <p>Back flags: Hold cradled flag at RS, left knee popped, left hand on hip looking at flag (1-2), figure 8 sway in fondu (3-6), chaîné left clean (7-8)..</p>
		8	<p>Two in front: ... (1-4), get up and begin to walk together to next spot (5-8)</p> <p>Stage Right group: Come down from stunt, talk</p> <p>Stage Left group: Stunt #2</p> <p>Center group: talk, unroll flags</p> <p>Back flags: finish turn and face left (1-2), 45 sweep and unwind cradle to RS (3-4), face back and rainbow overhead, pole in left hand at first cheater (5-8)</p>
(M8)	0:08	8	<p>Two in front: ...</p> <p>Stage Right group: casually move to next spot</p> <p>Stage Left group: casually move to next spot</p> <p>Center group: Two leave to next spot. Solo: pull flag to flat (1-2), scoop flat above head onto shoulders stepping forward and passé right then step back (3-4), single pirouette (5-6), step down/out right and rainbow flag in left around to RS toss prep (7-8)</p> <p>Back flags: casually move to next spot</p>
		8	<i>... when I (8+)</i>

(M8)			<p>Two in front: ...</p> <p>Stage Right group: ...</p> <p>Stage Left group: ...</p> <p>Center group: ... Solo: Port toss of choice (1-3), Turn right out of it and get to next set (4-8)</p> <p>Back flags: ...</p>
V1	0:15	8	<p><i>need motivation, (...) my one solution is my</i></p> <p>(#2)</p> <p>Flags: Back row with knee pop (1-2), lean forward bottom stir (3-4), palm roll and brush/kick right leg back as you turn to face back, left hand goes to hip (5-8)</p> <p>Pom: (Poms are on hips to start) Step-dig right with sweep up to high V (1-2), left (3-4), step forward w/rt then jump? tilt left, arms broken T then L (5-6), cross step and poms in touchdown (7), Coupé turn and bring poms down body to clean (8)</p>
		8	<p><i>queen 'cause she stays strong. (...) yeah, yeah...She is</i></p> <p>Flags: Helicopter and hip circle (1-2), ronde de jambe right leg around to face front and step forward while bringing flag to lower flat (3-4), step out to left and hip flat low and high (5-7), hold (8)</p> <p>Pom: Step forward right-left (1-2), break leap or leap in high V (3-4), Ripple on hits... front: step right into lunge to face right and L, 2nd line step back with right but lunge facing left in L, 3rd line same as front</p>
	0:23	8	<p><i>always in my corner, right there when I want her, all these</i></p> <p>Flags: Tuck (1-2), chaîné right body wrap (3-6), place tip down, pole straight up, stag left (7-8)</p> <p>Pom: Front and back line chaîné left with cyclone above head to face left in plié and poms on knees (1-4), Middle line same but to right (1-4), Front and Back stag right, middle stag left, arms break to T (5), cross step and face back in broken T (6), keep turning into a tilt and throw arms back (7), step out (8)</p>
		8	<p><i>other girls are tempting, but I'm empty when you're gone, and they say</i></p> <p>Flags: cross step behind pole to be on right side (1-2), tilt with right (3-4), step around with left passé and bring to flat (5-8)</p> <p>Pom: Jump feet together poms together above head in ripple SR to SL with 1 then 2 then 3 on each count (1-3), ALL clean (4), step forward with right and face left, arms in broken T, arch (5), contract-arch step in with left and throw arms back (6), repeat (7-8)</p>
PC	0:31	8	<p><i>(...) Do you need me? Do you think I'm pretty?... Do I ma-</i></p>

(M8)			Flags: Hold, move to next set Pom: Roll over left toe onto knee and kick up right leg as you roll around (1-2), finish roll (3-4), put poms down and pick up flag (5-6)
(M8)	8		<i>-ake you feel like cheating? I'm like <u>no</u>, not really 'cause</i>
(M8)			Flags: DT left with flat (1-4), hold (5-6), down to RS toss prep (7-8) Solo Flag: Hold (1-4), Stir (5-8) Pom: Move into next spot (1-8)
C	0:38	8	<i>Oh, I think that I've found myself a cheerleader</i>
(#3a)			ALL: Port toss to flat, right leg battement 2nd, left arm out (1-4), scoop flat above head to shoulders, step forward w/left and jazz passé right then step down behind (5-6), Single pirouette (7-8)
(M8)	8		<i>(...) She is always right there when I need her</i>
(M8)			Rows 1,3: Turn over right shoulder to face back and pull flag down to RS (1-2), switch lines and continue facing back (3-8) Rows 2,4: Switching lines (1-4...), Battement left (5), finish switching and twist flag in back under row to RS (7-8)
(#3b)	0:46	8	<i>Oh, I think that I've found myself a cheerleader</i>
(#3b)			ALL: X toss to RS (1-4), at diagonals, 45 sweep (5-6), turn over right to face your "back" (7-8)
(M8)	8		<i>(...) She is always right there when I need her</i>
(M8)			(Current) Rows 1,3: Back row with popped right knee to flat (1-4), Over the top, sauté over left shoulder to face front and end at flat (5-6), flip to RS (7-8) (Current) Rows 2,4: Back row with popped right knee to flat (1-4), Weird/underarm bottom stir to RS (5-8)
Tuba	0:54	8	
(M8)			ALL: Cheer and run to next spot...
(M8)	8		
(M8)			ALL: ... get to spot, put down flag
Tbn	1:02	8	
(#4)			Dance: (4 get poms) Stand in parallel, poms on hips. Step out right and punch right arm cross diagonal up (1), hip out and break down diagonal (2), same on left (3-4), Back to front lines jump feet together poms together above head (5-7), Front and Back lines step back with left and face right, poms out in front of you

			(8), middle line opposite Stunts: 2 base, 1 flyer shoulder sit with poms.
		8	
			Dance: Stag back leg and throw arms back (1), cross step and face back with broken T (2), continue direction of turn and cyclone leading arm to face front, end with leading arm pom at head and other pom at hip (3-4), pom clap/shake, Split in half SR and SL... step with outside foot (5), touch (6), step with outside foot (7), lean out, kick inside leg in and break poms down at diagonal (8) Stunts: Hold and pom shake
Alto	1:09	8	
			Dance: step down with kicked leg and lean in with broken T facing inside (1), hold (2), jump clean to front (3), hold (4), step forward with right broken T (5), step forward with left into prep, arms in prep (6), single pirouette (7-8)... Stunts: If possible, flyer slide into split and turn
		8	
			Dance: jump to 2nd and clean (1), hold (2), back up step right, arm through break punch right (3), same left (4), step together, touchdown arms (5), plié cross arms (6), front and back lines kick right leg arms high V, middle line kick left (7), down clean (8) Stunts: Come down, clean together on agreed count, pick up flags
Tpt	1:17	8	
(M8)			Dance: Pick up flags and move to next spot at RS ready for port toss Stunts: (Flag) Every other do rightside up or inverted stirs (1-8) *inverted stir group stop at RS on 6
(M8)		8	
			Dance: ... Stunts: (Flag) Toaster right (1-4), Doublefast stop (5-7), hold (8)
C	1:25	8	<i>Oh, I think that I've found myself a cheerleader</i>
(#5)			ALL: (facing the outsides) Port toss to flag down (1-4), leg move...left (6), ...
		8	<i>(...) She is always right there when I need her</i>
			ALL: ...front (2), circle under leg (3-4), flip to flag down (5-6), chaîné right (7-8)
	1:32	8	<i>Oh, I think that I've found myself a cheerleader</i>
			ALL: Circles left handed, like J toss prep, up (2), down-up in back (3-4), down-

			up in front (5-6), tuck RS (7-8)
	8		<i>(...) She is always right there when I need her</i>
			ALL: Chaîné right (should now be in next person's spot) with body wrap to RS (1-4), 45 sweep on right side (5-8)
faster (H4,M4)	1:40	8	
			ALL: Front and Back lines (not including corners) snap to SA facing front (1), Sides snap to SA (3), Condense into block with dropspins (5-8)
		8	
(M8)			ALL: ... (1-4), flare to cradle flat behind back (5-8)
hit (#6)	1:47	12	
			ALL: Left hand helicopter to upper flat, lean (1-4), attitude turn and bring flag down to flat (5-8), underarm bottom stir and push to right, regrab at first cheater palm down (9-12)
	1:52	8	
			ALL: J toss sweeps front (1-2), back (3-4), toss to flat (5-8) *downs on odds, step front then side with left with left arm out, toss in left passé with left arm clean
	1:55	5	
			ALL: Pirouette and bring flat up (1-3), Angel wings/sweep in and up to high v (4-5) down, up