

## America

1. Start with the flag across you to the left
2. Crisscross for 30 counts (change position every 2 counts)
3. Bring flag straight in front of you on 31, hold 32
4. Bring flag straight up to right shoulder on 1, hold 2, 3, 4
5. Bring flag down to right angle on 5, 6, 7, 8
6. Bring flag up to right shoulder on 1 hold 2, 3, 4
7. Bring flag down to the right on 5, 6, 7, 8
8. Bring flag up to right shoulder on 1, hold 2, 3, 4
9. Circle flag around in front of you to the right on 1, 2, 3, 4, then circle flag around in front of you to the left on 5, 6, 7, 8. Circle flag around in front of you to the right on 9, 10, 11, 12, circle flag around in front of you to the left on 13, 14, 15, 16. Circle flag around in front of you to the right on 17, 18, 19, 20
10. (single counts) Present arms on 1, right shoulder on 2, bring pole straight down in front of you on 3, hold 4, 5, 6, 7, 8
11. (Next part is slow) Hold pole with right hand and slowly bring it down to the right angle on 1, 2, 3, 4, 5, 6, circle back up, pole will be in front of you on 7, 8 and back to right shoulder on 9, 10, 11, 12
12. Bring flag down to right angle on 13, 14, 15, 16, 17, 18
13. Bring flag up to right shoulder on 19, 20, 21, 22, 23, 24
14. Push flag up (bringing hands together in front of you) on 1, hold 2
15. Bring flag back down to right shoulder on 3, hold 4
16. Bring flag down straight in front of you on 5 hold 6
17. Cross pole in front of you to the left angle on 7, hold 8, 9, 10, 11, 12
18. Drop spins for 22
19. Bring flag down across you to the left angle on 23, hold 24.
20. Bring flag across to your right side (pointing forward) on 1, hold 2 (right hand is bent, left hand extended)
21. Bring flag up along your right side on 3, hold 4
22. Bring flag down along your right side on 5, hold 6
23. Bring flag back up along your right side on 7, hold 8, 9, 10.
24. Bring flag up to right shoulder on 1, hold 2, 3, 4.
25. Present arms on 1, hold 2
26. Right shoulder on 3, hold 4
27. Present arms on 5, hold 6
28. Right shoulder on 7, hold 8
29. Present arms on 9, hold 10
30. Right shoulder on 11, hold 12
31. (next few counts are quick) Push pole up (bringing hands