

Rainbow

1. Hold flag diagonal in front of you through street beat.
2. Bring flag straight in front of you on 1, hold 2, 3, 4
3. Push straight up to Right Shoulder on 5, drop to the right slowly on 6, 7, 8. HOLD 9-16
4. Bring flag up straight slowly on 1, 2, 3, 4. HOLD 5, 6, 7, 8.
5. Drop spin to left and bring flag over and down to the left angle on 1, 2, 3, 4. Hold 5, 6, 7, 8.
6. Bring up and into a drop spin to the right and bring flag over and down the right angle on 1, 2, 3, 4. Hold 5, 6, 7, 8.
7. Bring flag up with right hand, circle in front of you and wing back, catching end of pole with your left hand in back of you on 1, 2, 3, 4 (flag is up at right angle), drop flag down in back of you and back up to the right angle on 5, 6, 7, 8.
8. With flag up at right angle, bring flag around to the right, making a circle in front of you on 9, 10, 11, 12 (flag should be straight up). Bring flag down to right angle slowly on 13, 14, 15, 16. Immediately bring flag up to repeat - -
9. (Repeat last 16) Bring flag up with right hand, circle in front of you and wing back, catching end of pole with your left hand in back of you on 1, 2, 3, 4 (flag is up at right angle), drop flag down in back of you and back up to the right angle on 5, 6, 7, 8.
10. With flag up at right angle, bring flag around to the right, making a circle in front of you on 9, 10, 11, 12 (flag should be straight up). Bring flag down to right angle slowly on 13, 14, 15, 16.
11. Everyone (no alternating) bring flag up and around (figure 8s) to straight overhead on 1, 2, 3, 4. Bring down, swoop around, down to right angle on 5, 6, 7, 8. Bring flag up slowly on 9, 10, 11, 12, down on 13, 14, 15, 16 and repeat.
12. (Repeat) Everyone (no alternating) bring flag up and around (figure 8s) to straight overhead on 1, 2, 3, 4. Bring down, swoop around, down to right angle on 5, 6, 7, 8. Bring flag up slowly on 9, 10, 11, 12, down on 13, 14, 15, 16 and