



# SET ROUTINES GRADE ROUTINES

TINY TOTS 3-4yrs

INFANTS 5-6yrs

PRIMARY 7-8yrs

BEGINNER 9yrs+

INTERMEDIATE 9-10yrs/11-12yrs

GRADE ONE 1<sup>st</sup> Routine 11-12yrs/13-14yrs

GRADE TWO

NOVICE SHORT PROGRAMME 13-14yrs/15-16yrs

INTERMEDIATE SHORT PROGRAMME 17+yrs

ADVANCED SHORT PROGRAMME (Pending)

# SCOTTISH BATON TWIRLING ASSOCIATION

*"First and Foremost"*



## TINY TOTS 3-4 YEARS

1. Commence at ease.
2. Come to attention double hand front - shoulder level.
3. 8 marches arms front.
4. 8 marches arms over head.
5. 8 marches under chin.
6. Feet together - 8 counts to get baton to front twirl position.
7. 6 practise twirls right hand, direct pass to left hand 7 & 8.
8. 6 practise twirls left hand, direct pass to right hand 7 & 8.
9. 6 practise twirls right hand change to double hand front 7 & 8.
10. 6 marches in this position, jump to feet apart, hands above head 7 & 8.

## INFANT/PRE PRIMARY ROUTINE

1. Commence at ease.
2. Attention - Front twirl position.
3. 6 forward figure 8's right hand, direct pass 7 & 8.
4. 6 forward figure 8's left hand, direct pass 7 & 8.
5. Face right side, point right foot, look to front, left hand on hip - 16 forward figure 8's right hand at shoulder height.
6. Face front, feet together, straight passes (twice - front and back - 16 counts).
7. 8 counts right hand horizontal twirl marching turning by the left - 2 marches to left, 2 marches to the back, 2 marches to the right, 2 marches to the front.
8. 6 marches on spot, double hand hold - jump to feet apart and double hand over head on 7/8.

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## PRIMARY ROUTINE

1. Commence at ease.
  2. Attention - arms at sides.
- FIRST 32 COUNTS OF ROUTINE PERFORMS IN SQUARE ON SPOT.
3. 8 marches on spot - arms in military swing.
  4. 8 marches to left on spot - arms in military swing.
  5. 8 marches to back - arms in high v - palm up.
  6. 6 marches to right - arms in low v - palm down.
  7. 2 marches to face front - baton hideaway.
  8. Windmill pass series (32 counts) - passes - front, back, under left knee, under right knee.
  9. Two hand spin (6 counts), body pass (2 counts).
  10. Two hand spin (6 counts), double knee pass (2 counts).
  11. Horizontal twirls right hand, arms level, using point step L, R, L, R, L, R, L, R (16 counts).
  12. Horizontal series (16 counts). 6 counts RH twirl arms level, pass hideaway 7 & 8. 6 counts LH twirl arms level, pass behind neck 7 & 8.
  13. 8 marches baton behind neck.
  14. 6 marches baton double hand overhead, jump feet apart keep baton overhead - raise head 7 & 8.

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## BEGINNER ROUTINE

### Body and Footwork

### Baton Work

- |    |   |  |
|----|---|--|
| 1. | Face RS point RF LH waist<br>Face front feet together | 1-8 Forward figure 8 RH<br>1-8 Straight pass over (8cts)   |
|    |   | 1-8 Forward figure 8 RH<br>1-8 Straight pass over (8cts)   |
| 2. | Feet together   | 1-8 2 Hand spin Body pass<br>1-8 2 Hand spin Pass under<br>raised L Knee<br>1-8 2 Hand spin pass under<br>raised R Knee<br>1-8 2 Hand spin Body pass |
| 3. | Feet together LH Waist                                | 1-16 Horizontal twirl RH pass<br>to LH under chin 15-16<br>1-16 Horizontal twirl LH body<br>pass L-R 15-16   |
| 4. | Feet together hands behind<br>back                    | 1-8 Forward whip RH no loops<br>Reverse whip LH no loops<br>1-8 Forward whip RH no loops<br>Reverse whip LH no loops                                 |
| 5. | March 8 Hi V<br>March 5 Lo V                          | 1-8<br>1-8 Step RF to R (6) Point LF to<br>RDF (7) (Arms lo V) on<br>count of 8 LH waist RH<br>stab salute. Head Up                                  |

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## INTERMEDIATE ROUTINE

	<u>Body and footwork</u>	<u>Baton Work</u>
	Commence at Ease -	Front twirl position
1.	1-8 Face right side point right foot, Left hand on waist.	Forward figure 8 right hand 1-6 Direct pass to left hand 7-8.
2.	1-8 Face right side point right foot, Right hand on waist.	Forward figure 8 left hand 1-6 Direct pass to right hand 7-8.
3.	1-8 Swing to face left side point left foot, Left hand on waist.	Reverse figure 8 right hand 1-6 Direct pass to left hand 7-8.
4.	1-4 Face left side point left foot, Left hand on waist.	Reverse figure 8 left hand 1-4
	5-8 Face front, feet together	Dip pass 5-8
5.	1-16 Face front, feet together	Windmill pass at front 1-8 Windmill pass at back 1-8
6.	1-16 Step ball change, step, step, x 3 side to side - start right foot step ball change, side foot to close 7 hold 8	Windmill pass at front, left hand whip pass behind Repeat
7.	1-8 4 Foot points - L, R, L, R.	Horizontal twirl right hand Use opposition - front & side
8.	1-8 Feet together. Left hand at shoulder level	Head whip 1-4, neck wrap 5-6, body pass 7-8
9.	1-16 Repeat last 16 counts	Repeat last 16 counts
10.	1-16 Point left foot 1-14 Slide feet together 15-16	Loop 1-2, arm roll 3-4, two hand spin 5-6, body pass 7-8. Repeat
11.	1-8 Feet together, hands behind back	Right hand whip pass behind back 1-4. Left hand whip pass behind back 5-8
12.	1-8 Step ball change right foot to right Side 1&2. Point left foot to right diagonal front. Left hand on waist.	Right hand whip 1&2 Point baton right diag low 3-4 Half toss 5-6 salute to left shoulder - head to front 7-8.

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## GRADE 1 ROUTINE

	<u>Body and footwork</u>	<u>Baton work</u>
1.	1-8 Commence at Ease - Face right side, point right foot Left hand on waist	stab salute Forward figure 8 right hand 1-6 Swing to face left side 7-8
2.	1-8 Face Left side, point left foot Left hand on waist	Reverse figure 8 right hand 1-6 Swing overhead to face front 7-8 (Arms at level opposition - feet together) Crucifix pose
3	1-16 Face front, feet together	4 windmill passes - front, back, under left knee, under right knee
4.	1-12 Face Left side, point step R,L, R,	Reverse cartwheel right hand 1-2 Hands by sides 3-4 - repeat left hand and right hand.
5.	13-16 Face front, feet together Right hand level opposition	Left hand whip, body pass
6.	1-8 Point left foot forward	Horizontal twirl right hand, left arm in level opposition
7.	Face left side, feet together 1-2 Left hand behind back 3-4 5-6 7-8	(Reverse hand roll series) Reverse hand roll at right side Point baton up and transfer to left side Forward hand roll at left side Point baton down and transfer to right side
	Repeat last 8 counts	
8.	1-4 Face front, point left foot 5-6 Left arm forward, shoulder 1-4 Level, palm up 5-6 Slide left foot in - feet together 7-8 Pivot turn	Loop forearm roll Loop upper arm roll Loop elbow roll 2 hand spin Body pass

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## GRADE 1 ROUTINE (CONTINUED)

	<u>Body and Footwork</u>	<u>Baton work</u>
9.	1-6 Face left side point left foot 7-8 1-8	Reverse figure 8 both arms forward Arm circle with loop Repeat
10.	1-2 Face front, feet together 3-4 5-6 7-8	Right hand whip - left hand level 2 hand spin Left hand whip - right hand level Body pass
11.	1-4 Face front, feet together Left hand level opposition 5-8	Right hand thumb flip Finish high "V" on demi-points

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## GRADE 2 ROUTINE

### Body and Footwork

### Baton Work

- |    |   |   |
|----|---|---|
| 1. | Commence at ease -<br>1-4 As for 1 spin<br>5-8<br>1-4 Lunge left, degage right foot<br>Left arm diagonally high<br>5-8 Feet together  | stab salute<br>Flourish<br>1 spin<br>Right butterfly<br><br>2 hand spin body pass                   |
| 2. | 1-8 Face right side, foot points<br><br>R,L,R,L<br>Left arm shoulder height in natural<br>opposition  | 2 finger vertical side to<br>side   |
| 3. | 1-2 Pose coupe<br><br>3-4 Step ball change<br>5-6 Back step<br>7-8 Step ball change   | 2 fingers to back at 11<br>o'clock<br>2 fingers at front<br>Thumb flip right to right<br>Arms level |
| 4. | 1-6 Face left side, step left - point right<br><br>step right - point left, step left -<br>point right, free arm extended back<br>7-8 Face front, feet together, arms level | 3 Thumbflips, R to L, L to<br>R, R to L<br><br>Reverse figure 8 - left<br>hand                      |
| 5. | 1-2 Lunge to right<br>3-4 Feet together<br>5-6<br>7-8   | Left hand butterfly<br>Body pass<br>2 hand spin<br>Body pass  |
| 6. | 1-8 Feet together, incline body forward<br>and straighten up using opposite lo-hi-lo-hi<br>arms   | Horizontal 2 finger twirl,  |
| 7. | 1-2 Feet together<br>3-6 Pivot turn to left<br><br>7-8 Feet together  | Change to left hand<br>Horizontal fingers above<br>head, hand roll<br>Body pass                     |

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## GRADE 2 ROUTINE (CONTINUED)

	<u>Body and Footwork</u>	<u>Baton work</u>
8.	1-4 Point left foot forward 5-6 Right hand level 7-8	Horizontal head whip, neck wrap right to left Horizontal twirl left hand Toss left to right
9.	1 Left arm level opposition 2 3-4 5-6 Slide left to close 7-8 Pivot turn to left	Horizontal twirl right hand Pass under chin to left hand Toss left to right Pass under chin Body pass
10.	1-2 Right foot lunge forward 3-4 5-6 7-8 Turn by left to face back	Loop Double elbow roll Catch under right arm left hand Swing baton overhead
11.	1-2 Left foot lunge forward 3-4 5-6 7-8 Pivot right over left	Loop Single elbow roll 2 hand spin Body pass
12.	1-2 Face front, feet together 3-4 Step left foot to left side 5-6 Lift right knee 7-8 Face front, feet together	Loop Double elbow roll Catch left hand under right leg
13.	1-2 Pose coupe, right foot to LDF 3-4 Step ballchange, right foot to right side 5-6 Pose coupe, left foot to RDB 7-8 Step ballchange, left foot to left side	2 hand spin  Body pass 2 hand spin  Body pass
14.	1-4 Lunge left, degage right foot 5-8 Lunge right, degage left foot	Right hand butterfly, pass behind back Left hand butterfly, pass behind back

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## GRADE 2 ROUTINE (CONTINUED)

### Body and Footwork

### Baton work

- |     |     |                                  |   |
|-----|-----|----------------------------------|---|
| 15. | 1-2 | Feet as for 1 spin               | Flourish right hand                                 |
|     | 3-4 |                                  | 1 spin  |
|     | 5-6 | Pull up, right foot front        | High "V"  |
|     | 7-8 | Step left foot back, point right | forward right knee bent.<br>Reverse loop to low "V" |

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## SHORT PROGRAMME NOVICE

	<u>Body and Footwork</u>	<u>Baton Work</u>
1.	1-6 Start - feet in 5th position 7-8 Step forward with right foot onto demi points	Arms at side. Hold  Arms low V" 5-8
2.	1-4 Step and lunge to right side 5-8 step across to left diagonal corner with right (4th position) point left foot at back.	Arms level opposition  Arms in low "V" 5-8
3.	1-2 Step ball change (start left foot) to left side, coupe step extending left leg. Airplane turn 3-4 5-8 Pivot on left foot to left.	Back loop 5-6 Arms right hand diagonal high
4.	1-4 4 steps to right side (R,L,R,L) 5-8 Kick right leg to right side face front.	Arms level opposition 7-8
5.	1-6 Point left foot to left - lunge position  7-8 feet in 2nd position	Figure 8 fight hand diagonal high Pass 7-8 thumb to thumb in front of body
6.	1-8 Point right foot to right side lunge position 1-6 7-8 Pose - feet together body to Right diagonal front, knees bent feet together, head looking towards left hand	Reverse figure 8 left hand diagonal high Pass over head Cradle baton on right arm Left hand at left high.
7.	1-8 Step back on left foot, face left side, point right foot,	Left arm shoulder level out in front Reverse figure 8 1-6 Circle arm around clockwise 7-8
8.	1-8 Repeat 1-8 step to 2nd position on arm circle on 7-8.	

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## SHORT PROGRAMME NOVICE (CONTINUED)

	<u>Body and Footwork</u>	<u>Baton Work</u>
9.	1-4 Lunge to Right side 5-8 Lunge to Left side	2 hand spin body pass 2 Hand spin body pass
10.	1-4 Pivot turn to left (cross right foot over left) 5-8 3 steps to right side (R,L,R) feet together face right side	2 hand spin 1-2 Pivot turn Body pass during turn Circle baton down clockwise in front of body during steps. Stop at 10'clock, free arm level opposition then shoulder level in front of body 5-6
11.	1-8 (Lean forward free arm swings down to back)	2 fingers high, 2 fingers low at left side
12.	1-8 Repeat with scoop (jump back) at start of 2 fingers low	2 fingers high, 2 fingers low at left side
13.	1-4 Step forward on right foot to lunge position 5-6 Step back on left 7-8 point right.	Flourish right hand Left arm level opposition 1-2 single elbow roll, 3-4 catch right hand, Flourish, free arm level opposition
14.	1-8 Pose - step to right side close left to right  Bend knees look towards baton.	Whip right hand, thumb flip arms extended to level opposition. Left hand on hip (fist) Baton circles downwards in front of body stop at 1,oclock

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## SHORT PROGRAMME INTERMEDIATE

### Body and Footwork

Feet in 3rd position, right foot front, arms curved at sides, hold center shaft

1. 2 slow beats hold above position
2. 2 slow beats Step forward right foot
3. 2 slow beats Lunge right foot to 2nd position. Transfer weight to left lunge
4. 2 slow beats Step right foot to LDF in demi pile
5. 2 slow beats Chasse left foot to left side
6. 2 slow beats Coupe under right foot, step left and spin step down on right foot
7. 1-6 Face right side, 6 walks  
L. R. L. R. L. R.  
7 Back kick left left  
8 Pull up on demi point
8. 1-2 Step right together  
Left hand forward to side  
3-4 Step right point left  
Right arm back to right side  
5-6 Step left together  
Right arm forward to left side  
7-8 Step left point right  
Left arm back to right side  
(Square shoulders to left side)
9. 1-2 Point right foot forward  
3-4 Turn by left to face back  
5-6 Pivot turn right foot over left to face front  
7 Step right foot to 2nd and releve  
8 Dig left foot behind right foot in demi plie

### Baton Work

- Reverse loop-to level opposition
- Arms level
- Arms circle inwards to low "V"
- Left arm wave to low "V"
- Reverse loop low  
Aeroplane arms - lead with left arm curved
- Right arm circle, left arm diag. low  
low "V"  
Arms curves low "V"
- Thumb flip right catch right backhand  
Thumb flip right to left
- Thumb flip left catch left backhand  
Thumb flip left to right
- Thumb flip right  
Catch left blind  
Thumb flip left to right
- Circle overhead left to right  
Baton deadstick right hand

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## SHORT PROGRAMME INTERMEDIATE (CONTINUED)

	<u>Body and Footwork</u>	<u>Baton Work</u>
10.	1-4 Pull up 5-6 Push off for spin, arms wrapped 7-8 Face left side, pull up right foot front, left arm 12o'clock	Flourish Right hand Right hand toss Right hand backhand catch
11.	1-2 Coupe right across left 3-4 Pull up right foot front 5-8 Step right foot to side and spin	Reverse 8 right hand Right hand flourish Thumb right catch right hand behind back
12.	1-2 Degage left foot to left side 3-4 Close left foot to right foot 5-6 Face left side feet together 7-8 Face front feet together (Left hand on waist throughout)	Vertical 2 finger twirl 1-2 at 11 o'clock Vertical 2 finger twirl 2-1 centre body Vertical 2 finger twirl 1-2 to back Vertical 2 finger twirl
13.	1-6 Lunge right foot to right side 7-8 Step left foot to left side close right foot to left	Vertical 8 finger 1-8 at 11 o'clock Circle arms down and and up to high "V"
14.	1-2 Step left, right - to left side 3-4 Step left and spin on right foot to the left 5-6 Chasse left foot to left side 7-8 Releve left foot, kick right legs	Arms low "V" Arms low "V" curved Arms level opposition Arms left diagonal high to L.D.F.
15.	1-2 Lunge right foot forward 3-4 5-6 Transfer weight back onto left foot	Flourish right hand Double elbow roll Right layout to right side 7-8 Step right foot to right side and spin Tuck baton under chin
16.	1-2 Feet together 3-4 Feet together 5-6 Step left foot forward	Tuck baton under chin Box 8 let hand Left hand toss

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## SHORT PROGRAMME INTERMEDIATE (CONTINUED)

	<u>Body and Footwork</u>	<u>Baton Work</u>
	7-8 Spin to right to face back catch in right lunge (left diagonal on catch)	Catch right hand flat  (compulsory number 15)
17.	1-2 Step left foot to left side 3-4 Turn to front 5-6 Step right foot to 2nd and releve	Circle overhead left to right
	7-8 Dig left foot behind right foot in demi plie	Baton dead stick right hand