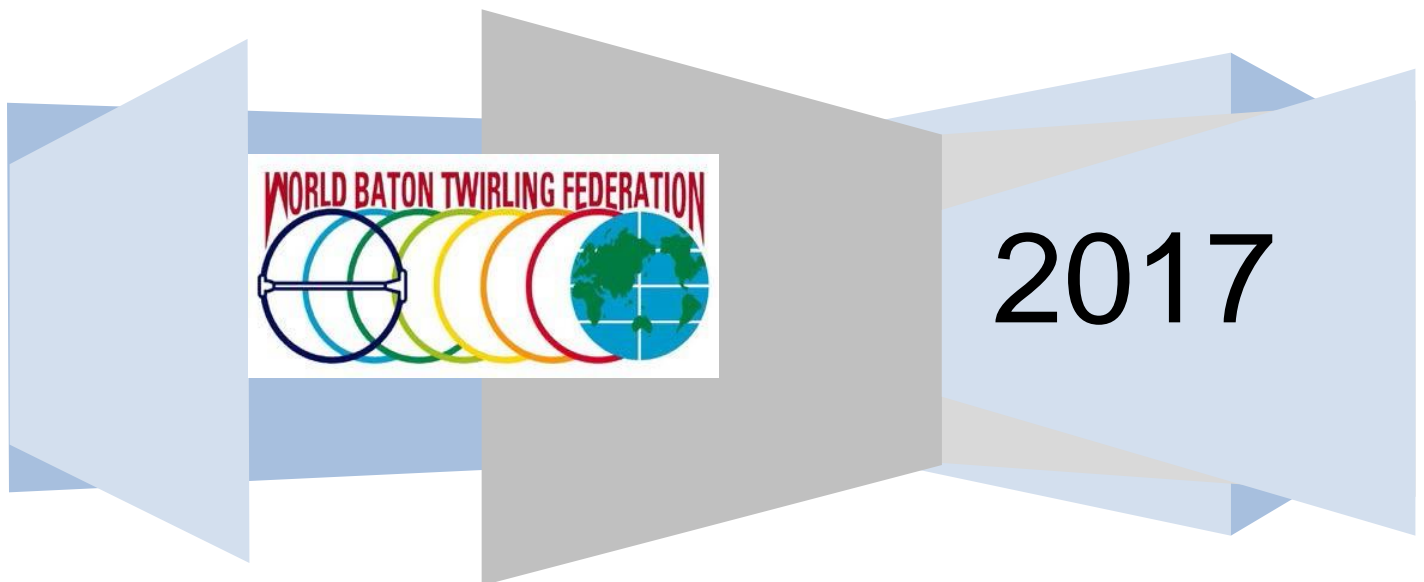


WBTF ELITE CLASS COMPULSORIES
WORLD BATON TWIRLING FEDERATION

WBTF ELITE CLASS COMPULSORIES

SECTION 12



WBTF ELITE CLASS COMPULSORIES

NOTE: M O S T CHANGES AND ADDITIONS FOR 2016 ARE IN RED TEXT:
Additional changes in March 2016 are Blue Text

General Philosophy Statement:

All compulsories should be executed with fluid movement of baton and body.

The athlete must make a presentation pose of their choice - maximum of 4 counts to the judges' panel at the beginning and the end.

COMPULSORY NUMBER 1

RIGHT HAND VERTICAL FINGER TWIRL SERIES (SET A)

START POSITION

From a 2 HH behind the back, RH TTB, feet together

BEGIN

RH vertical flourish [extending R arm], whip, TTB, LH on L hip throughout entire compulsory move

1-2, to back R [R arm extended to judges' 11:00, elbow straight to R side, shoulder level or slightly above]

Head faces straight forward; shoulders and hips squared to front

Lunge R in 2nd position by pushing L foot [against floor] out to L side [legs and feet equally turned out]

During the lunge the weight is on the supporting leg, the straight leg should be possible to lift from the floor. The line of the body is still in the center to maintain an erect posture.

Lead baton down between chest and waist level [holding baton between fingers]

2-1, one spin under to L by stepping L onto ball of L foot with slight lift of L foot; close R foot to L ankle on spin

Lead baton across front to back; R elbow pointing down [holding baton between thumb and first finger]

Lunge L in 4th position by pushing R foot out [against floor] to R side; head, hips and shoulders squared to L side.

1-2, reverse pull over L to R [path of baton behind head as baton pulls over to R side] while simultaneously trading weight to a R lunge in 2nd position; head, hips & shoulders squared to front [legs & feet turned out]

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With R arm extended, 2-1, baton path inside between R arm and body, executed in a low arc from L side of body to R side of body facing back, baton moving down at back with head and torso pulled up with no collapse of upper body while turning to R on ball of R foot and crossing L foot in front of R [when facing back] and continuing turn to R by pivoting on balls of both feet

Lead ball with one outside loop [holding baton between thumb and first finger] to R side while stepping out with R foot into R 2nd position lunge [legs and feet turned out]

1-8, [1-2-3-4-3-2-1] roll over first finger into fullhand grip, TTB, R arm extended, elbow straight to judges' 11 o'clock during finger twirl; head faces straight forward; shoulders & hips squared to front

FOLLOW THROUGH

RH vertical flourish facing front [extending R arm], stepping L foot to L side with slight lift of L foot
Swing R arm down from R side, ball leading, placing baton behind back to a 2 HH position while stepping L foot to L side

STOP

Close R foot into L, facing front

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COMPULSORY NUMBER 2

LEFT HAND VERTICAL FINGER TWIRL SERIES (SET B)

START POSITION

From a 2 HH behind the back, LH TTB, feet together

BEGIN

LH vertical reverse flourish; reverse whip, TTB; RH on R hip throughout entire compulsory move

One reverse outside loop, lead ball [C] across top [extending L arm] to R side

Lunge R in 4th position by pushing L foot out to L side [against floor]; execute one LH forward figure 8 at R side [shoulders, hips and head facing R side]

During the lunge the weight is on the supporting leg, the straight leg should be possible to lift from the floor. The line of the body is still in the center to maintain an erect posture.

1-2 in front, center of body; while trading weight to L lunge in 2nd position [shoulders, hips & head squared to front]

Swing L arm down across legs [holding baton between fingers] 2-1, reverse pull over from L side to R side behind head while simultaneously trading weight from L 2nd position lunge [shoulders, hips & head squared to front] to R 4th position lunge [shoulders, hips & head squared to R side]

One outside loop to front at shoulder level [holding baton between thumb and first finger] 1-2 turn under while executing a one spin to L by transferring weight to ball of L foot [R foot against L ankle]

Swing ball down across legs with L arm extended down [holding baton between fingers] while stepping forward on R foot into 4th releve' push off position

2-1, to back, L arm extended diagonally up in the back, head will follow the arm while spinning Left, L arm full extension and maintain same arm level while turning to front with 1/2 figure 8 to front [baton held between thumb and first finger]

1-8, [1-2-3-4-3-2-1] in front, L arm extended [elbow straight] to judges' one o'clock and roll over first finger into full hand grip, TTB; [shoulders, hips and head squared to front] while lunging L in 2nd position by pushing R foot out to R side [legs and feet equally turned out]

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FOLLOW THROUGH

Turn LH palm down, ball leading and place baton behind back to 2 HH position while

STOP

Close R foot into L, facing front; [simultaneous with baton]

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COMPULSORY NUMBER 3

RIGHT HAND HORIZONTAL FINGER TWIRL SERIES (SET B)

START POSITION

From a 2 HH behind the back, RH TTB, feet together

BEGIN

RH swing baton out horizontal from R side to front [path of R arm is horizontal when moving to front]; LH on hip

RH horizontal reverse figure 8 facing front; TTB [loop under, over] with baton in front of body [not directly over head]; LH on hip throughout entire compulsory

1-2 down, baton in front of body and between **width of R shoulder and center of the body**; lunge L in 2nd position by pushing R leg out to R side [legs & feet equally turned out]; head, hips and shoulders facing front

During the lunge the weight is on the supporting leg, the straight leg should be possible to lift from the floor. The line of the body is still in the center to maintain an erect posture.

Twist ball under [holding baton in split fingers] and lift baton above head level [not directly over the head] maintaining straight vertical path with baton 2-1 up [above head level], R arm in a natural curve with baton in front of body and between **width of R shoulder and center of the body** [not directly over the head]; head, hips and shoulders facing front; feet together by closing R foot into L foot

Lead ball down [holding baton between thumb and first finger]; maintain straight vertical path with baton

1-2 down, baton in front of body and between **width of R shoulder and center of the body**; lunge R in 2nd position by pushing L leg out to L side [legs & feet turned out]; head, hips and shoulders facing front

Twist ball under [holding baton between fingers] and lift baton above head maintaining straight vertical path with baton

2-1 up [above head level], R arm in a natural curve with baton in front of body and between **width of R shoulder and center of the body** [not directly over head]; head, hips and shoulders facing front; feet together by closing L foot into R

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Lead ball down [holding baton between thumb and first finger]; maintain straight vertical path with baton

1-8, [1-2-3-4-3-2-1], down, on the initiation of first 2 fingers **step L into 4th releve', head, hips, shoulders to left side** while executing 3/4 spin to L **without stopping** [R foot at L ankle on spin] while simultaneously beginning 8 finger twirl to front **with arm at 45 degree angle**; Rotation of body and head starts by facing L side when commencing the spin, executing 8 finger twirl with R arm extended directly to R side of body **at a 45 degree angle**; when body reaches front after completion of spin execute R toe touch to floor against L foot and complete 8 finger directly to R side

FOLLOW THROUGH

Facing front, matched hand pass in front at chest, shoulder level [elbows bent] while stepping to R side with R foot

Place baton behind back from L side to a 2 HH position; [path of arms is horizontal when moving to back] **Maintain the horizontal path of the arms and gradually lower arms to behind the back**

STOP

Close L foot into R, facing front

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COMPULSORY NUMBER 4

LEFT HAND HORIZONTAL FINGER TWIRL SERIES (SET A)

START POSITION

From a 2 HH behind the back, LH TTB, feet together

BEGIN

RH swing baton out horizontal from R side [path of arms is horizontal when moving to front]; matched hand pass to LH in front at chest, shoulder level

LH horizontal figure 8 facing front, TTB [loop over, under] with baton in front of body [not directly over head]; feet together; RH on R hip throughout entire compulsory

1-2 up (above head level), L arm in a natural curve with baton in front of body and between width of **L shoulder and center of the body** (not directly over head); feet together; head, hips and shoulders facing front

Twist ball under and lead down [holding baton between fingers]; maintain straight vertical path with baton

2-1 down, baton in front of body and between **width of L shoulder and center of the body**; while lunging L in 2nd position by pushing R leg out to R side [legs & feet turned out]; head, hips & shoulders facing front

During the lunge the weight is on the supporting leg, the straight leg should be possible to lift from the floor. The line of the body is still in the center to maintain an erect posture.

Lead ball up above head [holding baton between thumb and first finger]; maintain straight vertical path with baton 1-2 up [above head level], L arm in a natural curve with baton in front of body and between **width of L shoulder and center of the body** (not directly over the head); feet together; head, hips and shoulders facing front; feet together by closing R foot into L

Twist ball under and lead down [holding baton between fingers]; maintain straight vertical path with baton

2-1 down, baton in front of body and between **width of L shoulder and center of the body**; while lunging R in 2nd position by pushing L leg out to L side [legs & feet turned out]; head, hips & shoulders facing front

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Lead ball up above head [holding baton between thumb and first finger]; maintain straight vertical path with baton 1-8, up [1-2-3-4-3-2-1] above head level with L arm in a natural curve, roll over first finger into full hand grip; TTB; while executing one spin to L by shifting weight onto ball of L foot from the R lunge [R foot at L ankle on spin]; when body reaches front after spin execute R toe touch to floor against L foot and complete finger twirl before stepping out

FOLLOW THROUGH

Lead ball down and pass behind back from L side to a 2 HH position while stepping R foot to R side facing front

STOP

Feet remain together, facing front

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COMPULSORY NUMBER 5

RIGHT HAND FISHTAILS (SET B)

START POSITION

From a 2 HH behind the back, RH TTB, feet together

BEGIN

RH vertical flourish [extending R arm], whip, TTB;
LH on L hip throughout entire compulsory move

RH vertical flourish [extending R arm], leading ball over to R side in a path above the head; lunging R in 4th position by pushing L foot out to L side [against floor]; shoulders, hips and head facing R side (in 4th position both hips & legs should be turned out equally)

During the lunge the weight is on the supporting leg the straight leg should be possible to lift from the floor. The line of the body is still in the center to maintain an erect posture.

Move RH slightly up from center on baton on outside loop of the flourish

Back hand release at R side back to initiate 4 Fishtail sets [8 counts] R arm extended at shoulder level for fishtails [fingers of RH closed or slightly apart]

Baton rolls over back of RH to a RH back hand catch, TTB, to R side front [R arm extended with slight curve]; while slightly lifting L foot [body remains in R 4th position lunge]

FOLLOW THROUGH

RH vertical flourish front [extending R arm], stepping L foot to L side

With ball leading, place baton behind back to a 2 HH position

STOP

Close R foot into L, facing front

WBTF ELITE CLASS COMPULSORIES

COMPULSORY NUMBER 6

LEFT HAND FISHTAILS (SET A)

START POSITION

From a 2 HH behind the back, LH TTB, feet together

BEGIN

LH reverse vertical flourish [extending L arm], reverse whip, TTB; RH on hip throughout entire compulsory move

LH reverse vertical flourish [extending L arm], leading ball over to R side in a path above head, lunging R in 4th position by pushing L foot [against floor] out to L side [shoulders, hips and head facing R side]

During the lunge the weight is on the supporting leg the straight leg should be possible to lift from the floor. The line of the body is still in the center to maintain an erect posture.

Forward figure 8 to R side

Slide LH slightly up from center on baton during outside loop

Back hand release at R side front to initiate 4 fishtail sets [8 counts]

at shoulder level; [fingers of LH closed or slightly apart]

Baton rolls over back of LH to a LH back hand catch, TTB, to L side front [L arm extended with slight curve]; while slightly lifting L foot [body remains in 4th position]

FOLLOW THROUGH

One outside loop to center front at waist level while stepping L foot to L side; lead ball of baton around behind back to a 2 HH position

STOP

Close R foot into L, facing forward

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COMPULSORY NUMBER 7

4 CONTINUOUS ELBOW ROLLS WITH RIGHT ARM LAY OUT (SET B)

START POSITION

From a 2 HH behind the back, RH TTB, feet together

BEGIN

RH vertical flourish [extending R arm], TTB; LH on hip; swing baton down across legs [while moving RH down from center on baton] and change to L front oblique pattern

Step on L foot to L front oblique; body direction facing L front oblique [head, hips and shoulders to L oblique]; begin roll on L elbow [oblique pattern]

4 continuous elbows, L-R-L-R with matching feet L-R-L-R turning on ball of each foot (coordinating elbows with feet)

Footwork executed in an arc (semi-circle) as follows:

Step #1 with L foot, hips to L oblique (elbow # 1)
step #2 is a turn on R foot (elbow #2),
step #3 is a step toward the front onto L foot with hips facing R side (elbow #3),
a slight hesitation will occur between steps #3 and #4 (with elbow #4, head, hips, shoulders facing front)
step #4 is on R foot directly to R side (or slightly forward), R toe may be facing diagonal R side on step, hips are facing front; slight hesitation will occur between steps #3 & #4

R lay out roll [R arm opens directly to R side, shoulder level, placing LH on hip, head, shoulders, hips facing front, head follows natural flow of R arm layout turning to R side)

FOLLOW THROUGH

Complete chaine' turn by stepping L foot to R side, swinging R arm down while facing back, step R foot to R side with vertical flourish (extending R arm). Swing R arm down from R side, tip leading, placing baton behind back to a 2 HH position

STOP

Close L foot to R, facing front

WBTF ELITE CLASS COMPULSORIES

COMPULSORY NUMBER 8

2 1/2 CONTINUOUS FLAT NECK ROLLS (SET A)

START POSITION

From a 2 HH behind the back, RH TTB, feet together

BEGIN

Swing R arm out shoulder level to front [path of R arm horizontal when moving to front]; LH on L hip

One horizontal wrist twirl, TTB, facing front

One horizontal reverse figure 8 with chaine' turn L [loop under, over] with baton in front of body between width of shoulders; stepping L, R on turn to L front oblique

Move RH slightly down from center on baton while swinging baton across body [oblique pattern downward] to L side of neck

As baton is placed on L side of neck body direction is facing L front oblique [shoulders, hips and head facing L oblique]

2 ½ continuous back neck rolls [oblique baton pattern]; footwork for entire roll executed in an arc [semi-circle]; both arms down and away from torso during the neck roll [elbows straight]; palms facing down; thumbs of free hands at same level of other fingers, slightly opened [not at 45 degrees down]

Count 1 - baton released at L side of neck; step LF to L oblique corner [head, hips, shoulders facing L oblique]

Count 2 - baton on R side of neck; step R with "turning" step

Count 3 - baton on L side of neck; step L with body facing R side

Count 4 - baton on R side of neck; step R with "turning" step

Count 5 - baton on L side of neck; step L directly to L side with body facing back; slight hesitation before receiving baton LH palm down at R shoulder with R arm parallel to floor; body direction is directly to the back, feet in 2nd position releve'

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FOLLOW THROUGH

Finish turn by taking R foot step to R side with one horizontal loop overhead in LH; pull down, tip leading

Pass behind back from L side to a 2 HH position

STOP

Close L foot into R, facing front

WBTF ELITE CLASS COMPULSORIES

COMPULSORY NUMBER 9

VERTICAL RH THUMB TOSS, 2 SPIN LEFT, LEFT HAND CATCH (SET A)

START POSITION

From a 2 HH behind the back, RH TTB, feet together

BEGIN

RH vertical flourish [extending R arm], whip, TTB, LH on L hip

Step forward on R toe into 4th position releve'
RH thumb release [center of baton, center of body]
2-4 revolutions of baton

Push off into two spin L on ball of L foot
[R foot closes against L ankle] erect posture maintained with head in line with body on spin.
(During the spin a slight lift of the chin it is allowed to track the baton as long as the head is still in alignment with the body)

[no extra preparation of footwork is permitted before push off]; hands on hips, fingers together when spinning

LH catch [TTB or TTT] in R lunge 4th position facing front; [RF forward, LF back [center lunge by stepping on R foot slightly in front of L foot while sliding L foot back into R 4th position lunge]; RH stays on R hip

FOLLOW THROUGH

LH vertical reverse flourish (extending L arm), spinning L (begin spin by changing weight onto ball of L foot with slight draw-in of L foot)

Step R foot to R side and pass baton behind back from L side to a 2 HH position

STOP

Close L foot into R, facing front

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COMPULSORY NUMBER 10 VERTICAL LH BACK HAND TOSS, 1 SPIN TO LEFT, RIGHT HAND CATCH BACK HAND (SET B)

START POSITION From a 2 HH behind the back, LH TTB, feet together

BEGIN LH vertical reverse flourish (extending L arm), reverse whip, TTB; RH on hip

One reverse outside loop at L side; bring baton to center of body in front

Step forward on R toe into 4th position releve'
Release LH back hand [center of baton, center of body; rotate ball under to release]; 2-3 revolutions of baton

Push off into one spin L on ball of L foot

R foot closes against L ankle; erect posture maintained with head in line with body on spin
(During the spin a slight lift of the chin it is allowed to track the baton as long as the head is still in alignment with the body); arms wrapped at waist, [L arm in front, R arm in back] in horizontal position for spin

As shoulders are squared to front after spin, circle R arm CC over top while stepping on R foot to L side with L arm straight down to L side; push L foot back [against floor] into R 4th position lunge; [shoulders and hips squared to L side] and simultaneously begin lifting L arm straight up toward the back

Catch RH backhand [TTB or TTT] with R arm straight [center of baton, center of body line, back straight]; L arm straight up with palm facing back [arms in diagonal line]; head facing front looking over R shoulder

FOLLOW THROUGH RH vertical flourish [extending R arm] while stepping L foot to L side (arms in V position as body squares to front)

Swing R arm down from R side, place baton behind back to a 2 HH position

STOP Close R foot into L, facing front

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COMPULSORY NUMBER 11

VERTICAL RH THUMB TOSS, 1 1/2 SPIN TO LEFT, LEFT HAND BLIND CATCH (SET A)

START POSITION

From a 2 HH behind the back, RH TTB, feet together

BEGIN

RH vertical flourish (extending R arm), whip, TTB; LH on L hip

Step forward on R toe into 4th position releve'

RH thumb release [center of baton, center of body]; 2-3 revolutions of baton

Push off into 1 1/2 spin L on ball of L foot [R foot closes against L ankle]; erect posture maintained with head in line with body on spin (During the spin a slight lift of the chin it is allowed to track the baton as long as the head is still in alignment with the body); hands placed at sides of hips, palms against body, fingers together in downward position]

Finish spin facing back lunging L in 4th position by pushing R foot back [against floor] toward judge LH blind catch TTB or TTT with LH above L shoulder close to L ear, L arm bent, center of baton (last eye contact with baton is off R shoulder); RH remains at side of hip for reception

FOLLOW THROUGH

L arm with follow through in a natural curve position to a matched hand pass down in back [elbows straight] below waist level while turning R to face front, RH vertical flourish while stepping R foot to R side; arms in "V" position with palm facing L side

Swing R arm down from R side, placing baton behind back to a 2 HH position

STOP

Close L foot into R, facing front

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COMPULSORY NUMBER 12 **VERTICAL RIGHT HAND THUMB TOSS, 1 1/2 SPIN TO RIGHT, RIGHT HAND BACK CATCH (SET B)**

START POSITION From a 2 HH behind the back, RH TTB, feet together

BEGIN RH vertical flourish (extending R arm), whip, TTB, LH on L hip

Step forward on L toe into 4th position releve'
RH thumb release [center of baton, center of body];
2-3 revolutions of baton

Push off into 1 1/2 spin to R on ball of R foot
[L foot closes to R ankle on spin]; erect posture maintained, head in line with body on spin
(During the spin a slight lift of the chin it is allowed to track the baton as long as the head is still in alignment with the body); hands crossed and placed at small of back with RH on top, below waist level

Finish spin facing back; swing L arm out to R side parallel to floor for reception

RH catch behind back [TTB or TTT], center of baton, center of body; [last eye contact with baton is off L shoulder]; while stepping on LF to R side [facing back] ; L arm straight out to R side

FOLLOW THROUGH Continue turning R to face front and step R foot to R side; LH stays straight out parallel to floor on turn; palm down

RH vertical flourish (extending R arm), facing front and swing R arm down from R side, placing baton behind back to a 2 HH position

STOP Close L foot into R, facing front

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COMPULSORY NUMBER 13

HORIZONTAL LH TOSS, 2 SPIN TO LEFT, RIGHT HAND GRAB FLAT (SET B)

START POSITION

From a 2 HH behind the back, LH TTB, feet together

BEGIN

RH - swing baton out horizontal from R side [path of arms is horizontal when moving to front]; matched hand pass RH to LH in front at chest, shoulder level

LH horizontal figure 8, TTB (loop over, under); RH on R hip

Step forward on R toe into 4th position releve'
LH horizontal toss [center of baton, center of body]; 2-4 revolutions of baton

Push off into 2 spin L on ball of L foot
[Close R foot to L ankle on spins; erect posture maintained, head in line with body on spins]
(During the spin a slight lift of the chin it is allowed to track the baton as long as the head is still in alignment with the body); arms crossed at shoulder level in front with L arm on top, R arm under (hands at elbows)

RH grab, TTB or TTT, center of baton; palm up with fingers pointing back; L arm out to L side on reception

FOLLOW THROUGH

Step forward on R toe into 4th position releve'; push off into 1 spin on ball of L foot while sliding baton to end and spinning L to front

Pass to LH behind back, receive LH palm out (back of hand held against center back) to a 2 HH position behind back while stepping R foot to R side, facing front

STOP

Close L foot into R, facing front

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<u>COMPULSORY NUMBER 14</u>	HORIZONTAL RH TOSS, 1 SPIN TO LEFT, RIGHT HAND CATCH FLAT BACK HAND (SET A & B)
START POSITION	From a 2 HH behind the back, RH TTB, feet together
BEGIN	<p>RH swing baton out horizontal from R side to front [path of R arm is horizontal when moving to front]; LH on hip</p> <p>RH 2 horizontal wrist twirls, TTB, shoulder level in front of body</p> <p>Step forward on R toe into 4th position releve' RH horizontal toss [center of baton, center of body]; 2-3 revolutions of baton</p> <p>Push off into 1 spin L on ball of L foot [Close R foot to L ankle on spin; erect posture maintained, head in line with body on spin (During the spin a slight lift of the chin it is allowed to track the baton as long as the head is still in alignment with the body; hands on hips, fingers together during spin</p> <p>RH backhand catch [center of baton, center of body line] with step on</p> <p>R foot into arabesque plie' in 4th position to L side On reception: R arm parallel to floor, then lowered to diagonal as R leg bends into arabesque plie' Shoulders facing L side, L arm extended up to center back in diagonal line with R arm (straight line from L fingertips to R fingertips) looking front over R shoulder on catch</p>
FOLLOW THROUGH	<p>Step down on L foot turning L with one R horizontal wrist twirl (beginning twirl to R side & finishing twirl to the back) L. arm extended out at shoulder level; palm down; continue turning R to face front by stepping R foot to R side</p> <p>Matched hand pass to LH in front at chest, shoulder level (elbows bent)</p> <p>Pass behind back from L side to a 2 HH position [path of arms is horizontal when moving to back]</p>
STOP	Close L foot into R, facing front

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COMPULSORY NUMBER 15 HORIZONTAL LH TOSS, 1 1/2 SPIN TO RIGHT, RIGHT HAND FLAT BACK CATCH (SET A)

START POSITION From a 2 HH behind the back, LH TTB, feet together

BEGIN RH swing baton out horizontal to front from R side; shoulder level; [path of arms is horizontal when moving to front]; matched hand pass RH to LH at chest, shoulder level (elbows bent)

LH horizontal figure 8 [loop over, under], TTB; RH on R hip

Step forward on L toe into 4th position releve'

LH horizontal toss [center of baton, center of body]; 2-3 revolutions of baton

Push off into 1 1/2 spins R releve' on ball of R foot [Close L foot to R ankle on spin; erect posture maintained, head in line with body on spin (During the spin a slight lift of the chin is allowed to track the baton as long as the head is still in alignment with the body; hands on hips with fingers together on spin

RH horizontal back catch (center of baton, center of waist); [last eye contact with baton over L shoulder]; while pushing L foot back toward judge into R 4th position lunge and simultaneously extending L arm diagonally up to back [head in line with arm, back straight, upper body in line with extended leg]

FOLLOW THROUGH Step on L foot [to 2nd position releve']; turn R to face front with RH vertical flourish (extending R arm) while stepping R foot to R side facing front; L arm remains diagonal to form a "V" to front on flourish; palm facing L side

Swing R arm down from R side and place baton behind back to a 2HH position

STOP Close L foot into R, facing front