

AUDITION FOR MICG 2020 COUNT SHEET

2020 Captains: Reyna Hickey (reynaeh2@illinois.edu) and Jackie Izzo (jizzo2@illinois.edu)

Audition video due April 25th, at 11:59pm - shared with marchingilliniflags@gmail.com

Please don't hesitate to email with any questions!

Song: How Do You Sleep?

Start: R flat (feet in 1st or 2nd position either works)

1-32: Hold at R flat, R shoulder on ct 32 [23s]

1-30: R Drop spins (go immediately into peggy spins no stop)

1-12: Peggy spins (ct them 8 and 4) [45s]

1-2: Drop stop

5-8: 5, switch hands, 6, left flat 7, squeeze, up on 8

1-28: L Drop spins [58s]

29-30: Drop stop

1-2: Go to R slam

****Double time counting****

1-2: pole hit [1:21s]

3-8: hold

1-2: pole hit

3-4: hold

5-6: pole hit

7-8: hold

1-8: continuous pole hits

****Back to single time****

1-4: hold [1:30s]

5-8: pop toss

1-4: pop toss

5-8: pop toss

1-4: prep for J toss

5-8: toss

1-4: prep for J toss

5-8: toss

****Back to double time****

1-8: hold [1:41s]

1-32: 45 toss block

1-8: hold at l slam

1-8: prep + toss (1 handed single + half)

1-16: *repeat*
1-8: prep for double
1-8: toss a double
1-8: prep again
1-8: toss a double

Song: Fire on Fire

Start: R slam, at 33s, at the lyrics "I don't say a word"

1)

1-2: Backhand
3-5: wind around left arm, grab with r hand on 5
6: r slam
7-8: turn over l shoulder

2)

1-4: top cone, bottom cone (w/ body)
5-8: pop toss

3)

1-2: thumb flip, (free arm)
3-4: turn over l shoulder, continue motion of the flag
5: up in a modified r shoulder
6: r slam
7-8: l flat

4)

1-4: prep
5-8: 1 handed, single + half 45

HOLD 2

5)

1: pop to r modified present
2: hit down l hip angle
3: hit up l hip angle (bring r foot into left)
4: r slam (step back out w/ left foot)
5-6: pole hit
7-8: flag up, grabbing at first tape with r hand

6)

1-8: exaggerated flourish + turn

- Watch the video I'm not sure how to explain this in words
- Checkpoints: for 1 is down, 2 is up, 3 AND 4 are down, tuck on 5 step behind on 6; grab on 7, toss out 8 or 1

7)

1-2: catch in r slam

3-4: cone up, and switch l hand

5-8: cross toss catching in r flat`

8)

1: switch hands

2-4: parallel, turning over r shoulder (to the back) under it on 3-4

5-6: top cone on 5 down in r slam on 6

7-8: turn to face front

9)

1-2: up & tuck facing l side

3-4: move from l side to r side

5-8: neck roll

10)

1: turn top of body to the left, push flag to the left

2: flag vertical in front of you (prepped for j toss)

3: J toss is released

5: catch w/ only r hand at tab

6-7: push flourish

8: extended r slam w/ lunge

11)

1-6: around the world, adjust hands 5-6

7-8: cone prep

12)

1: Out for a double

2-8: on your own

- You can catch the double how you would like (as long as it is has done at least 2 rotations)
- Choose your own underbody, and ending pose. We want to see creativity!
- After you catch the double, you have 8cts (max) to hit your ending pose.