















SUNFLOWER SONG



GUYS MOTIONS



1	2	3	4	5	6	7	8
X clap	X clap	 high v	X clap	 low v	X clap	 T  Broken T  T	
 R across	X clap	 L across	X clap	X clap	X clap	X clap	X clap
 L hip; R v	X clap	 T------(hold)		 touchdown------(hold)		 low t-down------(hold)	
X clap	X clap	X clap	X clap	X clap	X clap	 clean------(hold)	
<i>1st time: toss hands w/ turn; 2nd time: toss chair, no turn</i>							
Right side: grab & dip for toss				Middle: grab & dip for toss			
Left side: grab & dip for toss		(first time) Start 360° turn to your right					End turn
		Dip for pop off	Pop off front				

If 1st time, go back to beginning

2nd time only:

X clap	X clap	X clap	X clap	X clap	X clap	X clap	X clap
 clean; head down-(hold)		 high v "Hawks!"					

Somebody came up with these words (sung to the song) to help learn the Sunflower motions:

High-V, Low-V, Double T, Across, Across, 5-6-7-8 Check to a T, High Touchdown, Low Touchdown...

Toss to Hands, Go - Toss to Hands, Go - Toss to Hands for the last time

Arms 1-2, Turn 3-4, Then it repeats after the Pop Off!