



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
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)	
1st time: toss hands w/ turn; 2nd time: toss chair, no turn				Middle: grab & dip for toss			
Right side: grab & dip for toss		(first time) Start 360° turn to your right		End turn			
Left side: grab & dip for toss		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!