

The Girls' Brigade Ireland

BRIGADER & ASSOCIATE SOLO 2020/2021

Music: Loyal Brave True (From "Mulan") Christina Aguilera

Apparatus: Ribbon on stick Length of ribbon to suit soloist - min 3m

SP: Feet in 2nd position, hands crossed at chest, stick in R hand, some ribbon in L hand rolled up, head down.

COUNTS	INTRO	TEACHING POINTS Strong/warrior	
1	Head pops up		
2	Pile low with Ribbon flicking to R side arm extended and L hand to side of face, head looking to R	L1	R 2
3	Left leg inverts inwards with Left arm shooting forward at chest level and R arm flicks ribbon high to the back		
and 4	Ribbon wrist flicks over L arm that's forward and then wrist flick R side	L3	R 4
and 5	Two circles over head coming up to demi pointe, L hand on waist and poise on last circle with L hand coming out demi 2 nd		Big breath and anticipation
1-2swift run forward with ribbon high zig zagging behind you over head and L arm poised	RUN	
3-4	Two walks with two big ribbon circles across L across R		
5-6	Ribbon flicking forward swift run backwards zig zagging the ribbon low in front, L arm still poised		watch ribbon
7	Turning by the Left, step feet together with ribbon circling high over head to face back L3 corner		
and	Slashing ribbon low by R side with bent knees and body down low		good use of body
8	Straighten knees, bringing body up, ribbon swings up with L arm swinging high		
<u>VERSE 1</u>			
1-2	With arms lowering slowly down two walks traveling backwards on diagonal stepping on R		

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3-4	Turning by R to face R2 two walks forward using wrist to flick ribbon to R side keeping it small and close to body then L side getting bigger. Head looks over L shoulder on last walk.	
5-6	Continue ribbon moment to R side and with big use of body, both arms and ribbon cross in front and back while stepping forward on R... step together step back	Use upper body
7-8	With feet together, still facing R2 two knee bends with ribbon flicking across body out to R side low twice, L hand with palms flexed coming across body and pushing high to L side twice, head following L hand	
9-10	Moving back on the diagonal towards R4 with big circles of Ribbon in R hand and left hand palm up and reaching out, Step together step turn and lift L leg to behind R knee	
11-12	REPEAT facing the back to end facing the front.	
13	Stepping out to R side and swing ribbon out and transfer weight all to R side both arms out to chest level head tilted to R.	
14	Swinging ribbon down to go out in front at chest level to meet L arm with feet stepping together facing L1 front corner on demi pointe	
15-16	Two walks LR feet together, ribbon figure of eight close to body and flick down by side with feet together head down facing centre.	
<u>CHOURS</u>		
1-3	Balancé stepping to R, Ribbon swings forward to back diagonal, L elbow high, hand in at collar bone	
4-6	Balancé stepping to L, Ribbon swings at chest level outwards by R side to come in front of body	
7-12	Left hand catches end of Ribbon and spin turn to R side with Left foot turned out behind R ankle, to end feet wide second position, ribbon down by R side.	
1-3	Strong Pile with L arm extended at chest level, strong fist. Ribbon flicks over arm, LR	
4-6	L hand on waist, flick ribbon low by side and onto shoulder working through the feet twice LR	
7-9	Releve in 2 nd with arms shooting to open 5 th ribbon flicking high	
10-12	Close feet together and with knee bend, zig zag downwards and watch coming down, left arm by side.	

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1-12	Change stick into L hand and REPEAT Counts 1-12 of chorus but end with ribbon flicking high overhead to R side
1-3	Ribbon in L hand, circle it to the R and out to the L while stepping out to left side with L foot
4-6	Bring feet together, R fist comes to chest, Ribbon down by L
7-9	side Swinging ribbon across body low to R then left side
10-12	Big circle with both arms in to go out changing stick to R hand at the end of circle.
1-12	REPEAT to R side but don't change hands at the end.
	<u>Instrumental</u>
1-6	<i>Two sways L and R with ribbon coming across body at chest level to L side, pulls back to R side while L hand catches end of ribbon</i>
7-12	<i>Big upper body movement to the L with ribbon circling Left around the back of body R side and ending in the front</i>
1-6	<i>Left leg to the back Spiralling the ribbon low in front, left arm poised, arabesque left leg lifting low ending in 4th position L foot in front</i>
7-9	<i>Rise and Turn body by the R to face the back still in 4th Position, ribbon flicks high and zigzags down low with L hand reaching high with palm facing forward, elbow leading coming down</i>
10-12	<i>Repeat to the front, (accent up down up down)</i>
	<u>VERSE 2</u>
1-12	Travelling on the diagonal to R2, Step together step hop arabesque, step together step knee raise with ribbon circling in front of body inwards and flicking up high and outwards and flicking back across chest and spiral
1-12	Four travelling low cross ball changes with ribbon circling above head clockwise moving forward to end facing the back of hall, ribbon ralls on last circle to anticipate change of direction
1-12	Travelling down the floor, leap run run four times with ribbon circling above head anti clockwise
1-6	Leg swing, foute turn to face the front, with R leg in attitude in front
7-9	Step onto R little springy scissor kick, LR moving forwards with arms and ribbon circling outwards

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10-12	Step feet together, ribbon low by side, head down
1-60	<u>CHOURS REPEAT</u>
	<u>BRIDGE</u>
1-6	Moving to the front, two travelling triple runs R/L with big figure of eights arms/ribbon R/L
7-12	Flick ribbon above head and circle it with two step turns stepping onto the R foot each time, left arm mimics ribbon, use of upper body
12-36	REPEAT travelling down the floor to L side and REPEAT traveling to centre of floor.
1-6	Spin on spot on demi pointe with ribbon spiralling high over left shoulder, L arm poised
7-12	Stepping onto R foot, step turn step, ribbon circling high above head and zig zag down... head down ribbon low by side.
1-36	<u>CHOURS 1-36</u>
	MUSIC STARTS TO SLOW DOWN.. Go through music.
1-3	Ribbon in L hand, lean body and flick it out to L side
4-6	Bring feet together, R fist comes to chest, Ribbon down by L side
7-9	Swinging ribbon across body low to R then L side.
10-12	Big circle with both arms and exhale and lower head and arms.
	TURN TO FACE THE BACK AND RUN OFF FLOOR.
	<i><u>Hope the girls enjoy this solo and you enjoy teaching it. Song is a bit of an ear-worm, sorry about that.</u></i>
	<i><u>Cant wait to see you all in ... well, whenever we get going.</u></i>
	<i><u>Ruth Berkeley</u></i>
	<i><u>August 2020</u></i>