

“New Attitude” Lummi Stick Routine
From the CD Patti LaBelle Greatest Hits
Choreographed by Kathy Wagner, Wichita Collegiate School

Part A – Instrumental – Partners are facing each other

Wait 8 counts

Jog - circle R 8 cts, come center 8 cts, circle L 8 cts, come center 8 cts
(hit sticks together on every 8th count)

Lunge it forward and back with the R foot (2 cts each way) – 3x

Bring feet together and tap sticks together 2x slow

Lunge it forward and back with the L foot (2 cts each way) – 3x

Bring feet together and tap sticks together 2x slow

Part B- The Lyrics Begin (“Running hot, running cold”)

Tap sticks R to R 2x with partner, tap own sticks 2x (4cts)

Tap sticks L to L 2x with partner, tap own sticks 2x (4 cts)

Partner 1 holds sticks up in middle, partner 2 taps 2x on the outside of those sticks (2cts)

Both people tap their own sticks 2x (2cts)

Partner 2 holds sticks up in middle, partner 1 taps 2x on the outside of those sticks (2cts)

Both people tap their own sticks 2x (2cts)

Brush R stick backward and forward against floor on R side (2cts)

Tap sticks 2x in center (2cts)

Brush L stick backward and forward against floor on R side (2cts)

Tap sticks 2x in center (2cts)

Jump to straddle and brush both sticks backward and forward in middle (2cts)

Jump feet back to center and touch right hip then left hip

Tap sticks 2x in center (2cts)

Repeat Part B (“...so high, so low...”) – Partner taps

Part C (“wires uncrossed...”)

Slide R 3x and stop, do 2 jumping jacks, tapping sticks together at the top (8 cts)

Slide L 3x and stop, do 2 jumping jacks, tapping sticks together at the top (8 cts)

Part D (“I’m feelin good ...”)

Tap R foot with L stick 1x (1 ct)

Step R foot down to floor while tapping sticks together in middle 1x (1ct)

Tap L foot with R stick 1x (1 ct)

Step L foot down to floor while tapping sticks together in middle 1x (1 ct)

Straddle legs, push arms straight up above head (2cts)

Reach down and tap sticks to floor 1x (1ct)

Quickly stand back up and jump feet together while tapping sticks together (1ct)

Step forward with R foot (1ct) and pivot ½ turn to face away from partner (1ct)

Tap own sticks together 2x

Step forward with R foot (1ct) and pivot ½ turn to face partner (1ct)

Tap own sticks together 2x

Tap partner sticks quickly R, L, R, L (4cts)

Tap own sticks together 4x (4 cts)

Tap partner sticks quickly R, L, R, L (4cts)

Tap own sticks together 4x (4 cts)

Repeat Part C (“I’m in control...”) - Slides and Jumping Jacks

Repeat Part D from this part only – Pivots turns

Step forward with R foot (1ct) and pivot ½ turn to face away from partner (1ct)

Tap own sticks together 2x

Step forward with R foot (1ct) and pivot ½ turn to face partner (1ct)

Tap own sticks together 2x

Tap partner sticks quickly R, L, R, L (4cts)

Tap own sticks together 4x (4 cts)

Tap partner sticks quickly R, L, R, L (4cts)

*Tap own sticks together 4x (4 cts) – move **quickly to floor and sit across from partner**

Part E (“new dress...”)

Tap both sticks to floor on left side 2x – (2 cts)

Tap both sticks to floor on right side 2x – (2 cts)

Cross sticks in front of body and hit floor 2x – (2cts)

Tap top of right stick to floor 1x and flip ½ way to catch opposite end of stick (2 cts)

Tap top of left stick to floor 1x and flip ½ way to catch opposite end of stick (2 cts)

Tap own sticks together 4x – (4cts)

Tap partner’s R stick 2x – (2 cts)

Tap own sticks together 2x – (2cts)

Lay down your R stick and pick up your partner’s R stick (2 cts)

Tap own sticks together 2x – (2cts)

Tap partner’s L stick 2x – (2 cts)

Tap own sticks together 2x – (2cts)

Lay down your L stick and pick up your partner’s R stick (2 cts)

Tap own sticks together 2x – (2cts)

Repeat Part E (“cool nights, new moon...”)

Part F (“wires uncrossed...”) – Partner tosses

Pull right stick into right shoulder in front of body and hold for 2cts

Throw right stick across to partner in an upright position and catch their stick at same time (2cts)

Tap own sticks together 4x – (4cts)

Throw left stick across to partner in an upright position and catch their stick at same time (2cts)

Tap own sticks together 4x – (4cts)

Part G (“I’m feelin’ good...”)

Tap both sticks to floor on left side 1x – (1 ct)

Tap own sticks together in front of body 1x – (1ct)

Tap both sticks to floor on right side 1x – (1 ct)

Tap own sticks together in front of body 1x – (1ct)

Tap right stick to floor in front of body 1x, then left stick to floor in front of body 1x (2cts)

Tap own sticks together 2x – (2cts)

Partner 1 holds sticks up in middle, Partner 2 taps 2x on the outside of those sticks (2cts)

Both people tap their own sticks 2x (2cts)

Partner 2 holds sticks up in middle, Partner 1 taps 2x on the outside of those sticks (2cts)

Both people tap their own sticks 2x (2cts)

Repeat Part G (“I tidied up...”)

Repeat Part F (“I’m in control...”) – partner tosses

Repeat Part G - 1x (“Ooh, ooh, ooh, ooh, oooh, I got a new attitude”)

Part H (“Ooh, ooh, ooh, ooh, ooh...”) – Rainbow over the top

Tap both sticks to left side then rainbow over the top of head to the right side, hitting 3x - (4 cts)

Tap both sticks to right side then rainbow over the top of head to above head, hitting 3x - (4 cts)

Tap both sticks to left side then rainbow over the top of head to the right side, hitting 3x - (4 cts)

Tap both sticks to right side then rainbow over the top of head to above head, hitting 3x - (4 cts)

Tap top of right stick to floor 1x and flip ½ turn to catch opposite end of stick (2 cts)

Tap top of left stick to floor 1x and flip ½ turn to catch opposite end of stick (2 cts)

Tap own sticks together 4x – (4cts)

Hit floor at same time with one stick on each side of body and freeze (1 ct)

At this point, I cut the music due to length.