Pom Poms

Count: 96 **Wall:** 2 **Level:** Phrased Intermediate
Choreographer: Fred Whitehouse (IRE), Daniel Trepat (NL) & Guillaume Richard (FR) - October 2016
Music: Pom Poms - Jonas Brothers

Team International 2016 Chicago Windy City

Intro:☐64 counts from first beat in music (app. 27 sec. into track)
Tags: Tag 1: 4 counts, Tag 2: 8 counts
Sequence: A, B, B, A, B, B, Tag1, A, Tag2, B, B, Ending

Footwork – Part A☐
[1 – 8]☐Step Touch 2x, Diagonal Back Lockstep, Touch☐

1 – 4	Step R diagonal R fwd (1), Touch L next to R (2), Step L diagonal L forward (3), Touch R next to L (4)☐12:00
5 – 8	Step R diagonal R back (5), Cross L over R (6), Step R diagonal R back (7), Touch L next to R (8)☐12:00

[9 – 16]☐¼ turn L, Scuff, ¼ turn L, R Vine, Hold, Ball Point, Knee Pop☐

1 – 2	¼ turn L stepping L fwd (1), Scuff R fwd (2)☐9:00
3 – 6	¼ turn L stepping R to R side (3), Cross L behind R (4), Step R to R side (5), Hold (6)☐6:00
&7 – 8	Step on the ball of L next to R (&), Point R to R side (7), Turn R knee in (8)☐6:00

[17 – 24]☐Cross, ¼ turn R, Step back 2x, Touch, Step fwd, Stomp, Swivel ☐

1 – 4	Cross R over L (1), ¼ turn R stepping L back (2), Step R back (3), Touch L to L side (4)☐9:00
5 – 8	Step L fwd (5), Stomp R out (6), Swivel R toes to R and L heels to L (7), Recover back from swivel (8)☐9:00

[25 – 32]☐Crossing Toe Strut, ¼ turn L, Toe Strut, Step ½ turn L, Out Out, Hold☐

1 – 4	Touch R over L (1), Step on R (2), ¼ turn L touching L fwd (3), Step on L (4)☐6:00
5 – 8	Step R fwd (5), ½ turn L stepping L fwd (6), Step R out (&), Step L out (7), Hold (8)☐12:00

[33 – 40]☐Shimmy R, Touch & Clap, Shimmy L, Touch & Clap☐

1 – 4	Step R to R side & start shimmy shoulders (1), continue shimmy (2, 3), Touch L next to R & Clap (4)☐12:00
5 – 8	Step L to L side & start shimmy shoulders (5), continue shimmy (6, 7), Touch R next to L & Clap (8)☐12:00

[41 – 48]☐Grapevine R, Touch, Turning Vine L, Touch☐

1 – 4	Step R to R side (1), Cross L behind R (2), Step R to R side (3), Touch L next to R (4)☐12:00
5 – 8	¼ turn L stepping L fwd (5), ½ turn L stepping R back (6), ¼ turn L stepping L to L side (7), Touch R next to L (8)☐12:00

[49 – 56]☐Side Toe Struts 4x with snapping fingers☐

1 – 4	Touch R to R side (1), step on R (Snap fingers diagonally R up) (2), Touch L over R (3), Step on L (Snap fingers diagonally L down) (4)☐12:00
5 – 8	Touch R to R side (5), step on R (Snap fingers diagonally R up) (6), Touch L over R (7), Step on L (Snap fingers diagonally L down) (8)☐12:00

[57 – 64]☐Side Rockstep, Cross, Side, Swivel Heel, Toe, Heel, Hitch☐

1 – 4	Rock R to R side (1), Recover on L (2), Cross R over L (3), Step L to L side (4)☐12:00

5 – 8 Swivel both heel to L (5), Swivel both toes to L (6), Swivel both heel to L (7), Hitch R (8)☐12:00

Footwork - Part B☐

[1 – 8]☐Step fwd, Hold, ½ turn L, Hold, Out Out, Elvis Knees (for arm movements look under)☐

1 – 4 Step R fwd (shake both hands beside face, jazz hands) (1), Hold (Keep shaking hands) (2), ½ turn L stepping L fwd (Lower hands) (3), Hold (4)☐6:00

&5 – 8 Step R out (&), Step L out (open hands next to body) (5), Hold (6), Pop R knee (7), Pop L knee (8)☐6:00

[9 – 16]☐Hip bumps Counter clockwise, Hitch, Slide L ☐

1 – 8 Hip bump L (1), Hip bump back (2), Hip bump R (3), Hitch L knee (4), Big step L and drag R to L (5-8)☐6:00

[17 – 24]☐Toe Struts 2x and Shimmy Shoulders, Out Out, Hold, Heel Bounces☐

1 – 4 Touch R fwd & Shimmy (1), Step on R & shimmy (2), Touch L fwd & shimmy (3), Step on L & shimmy (4)☐6:00

&5 – 8 Step R out (&), Step L out (Put R hand up holding 3 fingers up (5), Hold (6), Heel bounce 2x (7-8)☐6:00

[25 – 32]☐Toe Struts Back 2x, Step Back, ¼ Turn Twisting Heels, ¼ Turn Recover, Flick R☐

1 – 4 Touch R back (1), Step on R (2), Touch L back (3), Step on L (4)☐6:00

5 – 8 Step R back (5), ¼ turn R while swivelling heels to L (6), ¼ turn L recovering heels (weight ends on L) (7), Flick R (8)☐6:00

Begin again!☐

TAG 1:☐Step fwd, Swivel, Recover, Hitch☐

1 – 4 Step R fwd (1), Swivel heels to R (2), Recover heels (weight on L) (3), Hitch R (4)☐12:00

TAG 2:☐Swivel Heel, Toe, Heel, Hitch, Step L, Arm movement☐12:00

1 – 8 Swivel both heel to R (1), Swivel both toes to R (2), Swivel both heel to R (3), Hitch L (4), Step L out and start raising arms from side to above head (5), keep moving arms up (6,7,8)☐12:00

ENDING:☐Swivel Heel, Toe, Heel, Hitch (Total of 3 times R, L , R) ending in end pose (See Video)☐

1 – 16 Swivel both heel to R (1), Swivel both toes to R (2), Swivel both heel to R (3), Hitch L (4) 5 – 8 Same to left side, Repeat count 1 – 4 (these 12 counts you will going closer to the middle).

End pose with shaking your hands up and being close to everybody in the centre of the floor☐12:00

Last Update - 13th Oct 2016