

Pom Poms

COPPER **KNOB**
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Gloria Stone (USA) - April 2013
音乐: Pom Poms - Jonas Brothers : (Single)



Start dance after 8 counts on 2nd set of 8*

KICK BALL POINT, HEEL, HOOK, ROCK FORWARD LEFT, RECOVER RIGHT, BACK COASTER STEP

1&2,3,4 Kick Right forward, Step on ball of Right, Point Left, Rotate Left toe to heel while turning ¼ to left, Hook Left over Right shin
5 6,7&8 Rock Left forward, Recover Right, Step Left back, Step Right together, Step Left forward

***V-STEP, STEP RIGHT TO RIGHT, HANDS** ON HIPS, LEFT FIST DOWN & RIGHT FIST UP, CLAP, BOTH FISTS UP**

1-4 Step Right diagonal forward, Step Left diagonal forward, Step Right home, Step Left home
5-8 Step Right to right (fists on hips), Point left fist down diagonal and Right fist up diagonal, Clap hands**, Fists overhead (end with weight on Left)

¼ TURN LEFT X4

1-8 Step Right forward, Pivot 1/8 turn to left, Step Right forward, Pivot 1/8 turn to left (circle hands** overhead clockwise), Step Right forward, Pivot 1/8 turn to left, Step Right forward, Pivot 1/8 turn to left (circle fists overhead clockwise)

STEP RIGHT WITH RIGHT HAND DOWN, STEP LEFT WITH LEFT HAND** DOWN, HEEL LIFT X2, SWIVEL HEELS, TOES, HEELS, TOES**

1-4 Step Right to right and lower right hand**, palm facing floor, Step Left to left and lower left hand**, palm facing floor, Lift heels twice and pump hands** down twice
5-8 Swivel right heel to left and left heel to right, Swivel right toe to left and left toe to right, Swivel right heel to left and left heel to right, Swivel both toes home

TAG 1: FACING 9:00 (3RD TIME ENDING ON 9:00 WALL) – ¼ TURN MONTEREY

1,2 Point Right to right side; Make quarter turn right while bringing Right to step next to Left
3,4 Point Left to left side; Step Left next to right

TAG 2: FACING 6:00 (AFTER 2 VERSES WITH GIRLS SINGING) – STEP, TOUCH, STEP, TOUCH, V-STEP

1-4 Step Right to right, Touch Left next to Right, Step Left to left, Touch Right next to Left
5-8 Step Right diagonal forward, Step Left diagonal forward, Step Right home, Step Left home

ENDING – STEP TOUCH X2, V-STEP, STEP RIGHT TO RIGHT, HANDS ON HIPS, LEFT FIST DOWN & RIGHT FIST UP, CLAP, BOTH FISTS UP**

1-4 Step Right to right, Touch Left home, Step Left to left, Touch Right home
5-8 Step Right diagonal forward, Step Left diagonal forward, Step Right home, Step Left home
9-12 Step Right to right (fists on hips), Point left hand** down diagonal and Right hand** up diagonal, Clap hands**, Hands** over head

NOTE: Hand motions should be done sharply as in cheerleading!**

Contact - Email – gstone@SneakersNSpurs.com

Last Revision - 19th April 2013