

Baby Pom Poms

拍數: 64 牆數: 2 級數: Phrased Beginner
編舞者: Wanda Heldt (AUS) - December 2016
音樂: Pom Poms - Jonas Brothers



AA BB AA BB [Tag 1. 4 cts.] AA [Tag 2. 8 cts.] BB

Demo the dance Pom Poms to my Seniors and they loved it..so I chor this for them and Beginners
It's all about keeping them on the floor and having FUN :-).

PART AA

A1. □RIGHT LOCK STEP, BRUSH, LEFT LOCK STEP, TOUCH

1-4 Step forward on Right, Step Left behind Right, Step forward on Right, Brush Left.

5-8 Step forward on Left, Step Right behind Left, Step forward on Left, Touch.

A2. □BACK LOCK STEP, HOLD, BACK LOCK STEP, TOUCH

1-4 Step back on Right, Step Left across Right, Step back on Right, Hold. [or Shuffle back]

5-8 Step back on Left, Step Right across Left, Step back on Left, Hold. [or Shuffle back]

A3. □RHUMBA BOX [Basic]

1-2 Step Right to Right side, Step Left next to Right.

3-4 Step back on Right, hold

5-6 Step Left to Left side, Step Right next to Left.

7-8 Step forward on Left, hold. [Wt.on R]

A4. □STEP FORWARD, HOLD PIVOT 1/4 TURN LEFT, HOLD, STEP FORWARD, HOLD PIVOT 1/4 TURN LEFT, HOLD

1-4 Step forward on Right, Hold, Pivot 1/4 turn Left, Hold. [Wt. on R] [9:00]

5-8 Step forward on Right, Hold, Pivot 1/4 turn Left, Hold. [Wt. on R] [6:00]

PART BB [Always facing 12:00]

B1. □RIGHT VINE, RIGHT & LEFT ARM OUT,

1-4 Step Right to Right, Step Left behind Right, Step Right to Right, Hold.

5-8 Put both arms out side of body, [slight knee bend] Hold.

B2. □HIP BUMPS, SIDE, TOGETHER, SIDE, SLIDE

1-4 Hips Bumps L.R.L.R.

5-8 Step Left to Left, Step Right next to Left, Bigger step Left, Slide Right next to Left.

B3. □SHIMMY TO THE RIGHT, SHIMMY TO THE LEFT

1-4 Step Right to Right, shimmy shoulders as you slide Left next Right.

5-8 Step Left to Left, Shimmy shoulders as you slide Right next Left.

B4. □FORWARD, TOUCH, BACK, TOUCH, BACK, TOUCH, FORWARD TOUCH

1-2 Step Right to Right diagonal, Touch Left next to Right.

3-4 Step Left back to Left diagonal, Touch Right next to Left.

5-6 Step Right back to Right diagonal, Touch Left next to Right.

7-8 Step Left to Left diagonal, Touch Right toe next to Left.

****To make Part BB a 2 wall.. S.4 Forward,Touch,1/4 turn L, Touch, Forward,Touch,1/4 turn L, Touch.**

Restart ...HAVE FUN IN LIFE & IN DANCE.

TAG 1. ROCKING CHAIR

1-4 Step forward on Right, Recover on Left, Step back on Right, Recover on Left.

TAG 2. ROCK FORWARD, RECOVER, STEP HOLD for 4 Counts. 1-8 □Rock forward on Right, Recover on Left, Step Right to Right [Wt.on Left] Hold.

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