

Pom Poms

COPPER KNOB
STYLEDANCE

拍數: 64 牆數: 2
編舞者: Christine Bass (USA) - May 2013
音樂: Pom Poms by The Jonas Bros

級數: Beginner / Easy Intermediate



(Dance starts after instrumental on the word "yeah")

LINDY RIGHT, BACK ROCK RECOVER, LINDY LEFT, BACK ROCK RECOVER

1&2 3-4 Step side right, step together with left, step side right, rock back left, recover on right
5&6 7-8 Step side left, step together with right, step side left, rock back right, recover on left (12)

JAZZ BOX 1/4, PRISSY WALKS FORWARD R-L-R-L (knees slightly bent, leaning forward)

1-4 Cross right over left, step back w/left, make a 1/4 turn right - step side right, step left forward (3)
5-8 Step right over left, step left over right, step right over left, step left over right (3)

R-L FORWARD STEP TOUCHES (shoulder shakes), R-L 1/2 TURN BACK STEP TOUCHES (shoulder shakes)

1-4 Step right forward, touch left next to right, step left forward, touch right next to left
5-8 Step right back make a 1/4 turn left, touch left next to right, step left forward make a 1/4 turn left, touch right next to left (9)

JAZZ BOX, 2 – 1/2 PIVOTS

1-4 Cross right over left, step back w/left, step side right, step Left forward
5-8 Step forward right, turn 1/2 over left shoulder, (weight to L), step forward right, turn 1/2 over left shoulder, (weight to L) (9)

R SIDE SHUFFLE, BACK ROCK RECOVER, VINE LEFT 1/2 TURN BRUSH

1&2 3-4 Step side right, step together with left, step side right, rock back left, recover on right (9)
5-8 Step left to left side, cross step right behind left, step left 1/4, pivot left 1/4 - right brush (3)

R SIDE SHUFFLE, BACK ROCK RECOVER, VINE 1/4 TURN

1&2 3-4 Step side right, step together with left, step side right, rock back left, recover on right (3)
5-8 Step side left, cross step right behind left, step left 1/4, brush right forward (12)

R-L FORWARD STEP TOUCHES (shoulder shakes), R-L 1/2 TURN BACK STEP TOUCHES (shoulder shakes)

1-4 Step right forward, touch left next to right, step left forward, touch right next to left
5-8 Step right back make a 1/4 turn left, touch left next to right, step left forward make a 1/4 turn left, touch right next to left (6)

ROCKING CHAIR, JAZZ BOX

1-4 Rock R forward, Recover L in place, Rock R back, Recover L in place
5-8 cross R over L, step back w/Left, step side Right, step Left forward (6)

2 TAGS:-

#1 end of Wall 4 (facing 12 o'clock)

TAG: 8 count Tag: 2- JAZZ BOXES

1-4 cross R over L, step back w/Left, step side Right, step Left forward
5-8 cross R over L, step back w/Left, step side Right, step Left forward

#2 end of Wall 5 (facing 6 o'clock)

TAG: 8 count Tag: JAZZ BOX, HOLD for 4 CTS

1-4 cross R over L, step back w/Left, step side Right, step Left forward

5-8

HOLD (weight to left)

Ending: You'll be facing the front wall – do a 4 ct Jazz box ... then move forward taking tiny running steps - come up & POSE – (Whistle blows)

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