

# Pom Poms

Choreographer: Fred Whitehouse (IR),  
Daniel Trepas (NL) & Guillaume Richard (FR)  
October 2016  
Team International 2016 Chicago Windy City



Type of dance: Part A 64 counts, Part B 32, 2 wall AB Line Dance  
Level: Intermediate  
Music: **Pom Poms** by Jonas Brothers  
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

| Counts         | Footwork part A   | End facing |
|----------------|---|------------|
| <b>1 – 8</b>   | <b>Step Touch 2x, Diagonal Back Lockstep, Touch</b>   |            |
| 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      |
| <b>9 – 16</b>  | <b>¼ turn L, Scuff, ¼ turn L, R Vine, Hold, Ball Point, Knee Pop</b>  |            |
| 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       |
| <b>17 – 24</b> | <b>Cross, ¼ turn R, Step back 2x, Touch, Step fwd, Stomp, Swivel</b>  |            |
| 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       |
| <b>25 – 32</b> | <b>Crossing Toe Strut, ¼ turn L, Toe Strut, Step ½ turn L, Out Out, Hold</b>  |            |
| 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      |
| <b>33 – 40</b> | <b>Shimmy R, Touch &amp; Clap, Shimmy L, Touch &amp; Clap</b>   |            |
| 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      |
| <b>41 – 48</b> | <b>Grapevine R, Touch, Turning Vine L, Touch</b>  |            |
| 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      |
| <b>49 – 56</b> | <b>Side Toe Struts 4x with snapping fingers</b>   |            |
| 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      |
| <b>57 – 64</b> | <b>Side Rockstep, Cross, Side, Swivel Heel, Toe, Heel, Hitch</b>  |            |
| 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      |
|                |   |            |
| Counts         | Footwork part B   | End facing |
| <b>1 – 8</b>   | <b>Step fwd, Hold, ½ turn L, Hold, Out Out, Elvis Knees (for arm movements look under)</b>  |            |
| 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       |
| <b>9 – 16</b>  | <b>Hip bumps Counter clockwise, Hitch, Slide L</b>  |            |
| 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       |
| <b>17 – 24</b> | <b>Toe Struts 2x and Shimmy Shoulders, Out Out, Hold, Heel Bounces</b>  |            |
| 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       |
| <b>25 – 32</b> | <b>Toe Struts Back 2x, Step Back, ¼ Turn Twisting Heels, ¼ Turn Recover, Flick R</b>  |            |
| 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       |
|                |   |            |
|                | <b>Begin again!</b>   |            |
| <b>TAG 1</b>   | <b>Step fwd, Swivel, Recover, Hitch</b>   |            |
| 1 – 4          | Step R fwd (1), Swivel heels to R (2), Recover heels (weight on L) (3), Hitch R (4)   | 12:00      |
| <b>TAG 2</b>   | <b>Swivel Heel, Toe, Heel, Hitch, Step L, Arm movement</b>  | 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      |
| <b>ENDING</b>  | <b>Swivel Heel, Toe, Heel, Hitch (Total of 3 times R, L, R) ending in end pose (See Video)</b>  |            |
| 1 – 16         | Swivel both heel to R (1), Swivel both toes to R (2), Swivel both heel to R (3), Hitch L (4)<br>5 – 8 Same to left side, Repeat count 1 – 4 (these 12 counts you will going closer to the middle).<br>End pose with shaking your hands up and being close to everybody in the centre of the floor | 12:00      |