

## Pom Poms

96 Count, 2 Wall, Phrased Intermediate  
Choreographer: Fred Whitehouse (IR), Daniel Trepap (NL) &  
Guillaume Richard (FR) October 2016  
Choreographed to: Pom Poms by Jonas Brothers

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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

**S1 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

**S2 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

**S3 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

**S4 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

**S5 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

**S6 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

**S7 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

**S8 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

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Footwork - Part B

**S1 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

**S2 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

**S3 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

**S4 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