



MSU Pompon Winter Clinic 2019
Advanced Routine Write Up: "HEY YA"

Starting Position:

Everyone: Face back, focus up, R closed messy, arms in box wrap

FIRST FORMATION

Right and Left Halves

Everyone

1-4 Hold

Left Half

5-8 Gradually come to standing position, shoulder bounce, arms in box wrap

1-4 Boxer shuffle to R wall, R center shelf, L butterfly

5-8 Boxer shuffle to R wall, L center shelf, R butterfly

1 Spin over L shoulder, L center shelf, R butterfly, focus down

2 Pop to straddle, L upper shoot, R butterfly

3 Hold

4 L toe pop, L pressed lower v, L butterfly behind back, focus outside

Right Half:

5-8 Move focus to R wall

1-4 Gradually come to standing position, shoulder bounce, arms in box wrap

5-8 Boxer shuffle to R wall, L center shelf, R butterfly

1 Spin over R shoulder, L center shelf, R butterfly, focus down

2 Pop to straddle, R upper shoot, L butterfly

3 Hold

4 R toe pop, R pressed lower v, L butterfly behind back, focus outside

Everyone:

5-6 Pop feet together, both arms in butterfly

WALK TO CHORUS

Left Half:

- 1-2 Pop to R leg, L leg extended, R butterfly, L pressed airplane
- 3-4 Cross L leg in front of R, slight sponge, arms in bunny tail
- 5-7 Crouch run toward center, focus to center, L lower box wrap, R face replace
- 8 Turn to front, focus front, arms in butterfly, feet together

Right Half:

- 1-2 Pop to L leg, R leg extended, L butterfly, R pressed airplane
- 3-4 Cross R leg in front of L, slight sponge, arms in bunny tail
- 5-7 Crouch run toward center, focus to center, R lower box wrap, L face replace
- 8 Turn to front, focus front, arms in butterfly, feet together

CHORUS

Everyone:

- 1 Focus to front R corner, L swing over head to center shelf, R butterfly, hop to R leg
- 2 Bounce on R leg
- 3 Focus front, L butterfly, R muscleman, Hop to L leg, R leg in 90 degree
- 4 Shake R pom, bounce on L leg
- 5 Straddle w/ body to R front corner, muscleman w/ both arms
- 6 Step L foot to R, arms to forward muscleman covering face
- 7 Straddle w/ body to L front corner, muscleman w/ both arms
- 8 Step R foot to L, arms to forward muscleman covering face

3 Groups Left to Right

Left:

- 1 Turn body to R wall, Step R in front of L, Focus to R wall, Snake L arm to pressed lower shoot, R butterfly
- 2-3 Hold

Middle:

- 1 Hold
- 2 Turn body to R wall, Step R in front of L, Focus to R wall, Snake L arm to pressed lower shoot, R butterfly
- 3 Hold

Right:

- 1-2 Hold
- 3 Turn body to R wall, Step R in front of L, Focus to R wall, Snake L arm to pressed lower shoot, R butterfly

Everyone:

- 4 Switch focus to front
- 5 Lift hips upward
- 6 Bring hips down

- 1 Lift hips upward
- 2 Bring hips down
- 3-4 Pop feet to front, swing R to pressed forward shoot, L butterfly behind back
- 5-6 Step to front, L pressed lower shoot to R hip, R butterfly
- 7 Step to front, L swing to pressed lower v, R butterfly
- 8 Step together, arms in butterfly

Groups Inside to Outside

Group 1:

- 1 Boxer shuffle to R, Shuffle poms in shelf, R pom up
- 2 Boxer shuffle to L, Shuffle poms in shelf, switch to L pom
- 3-8 Repeat

Group 2:

- 1-2 Hold
- 3 Boxer shuffle to R, Shuffle poms in shelf, R pom up
- 4 Boxer shuffle to L, Shuffle poms in shelf, switch to L pom
- 5-8 Repeat

Group 3:

- 1-4 Hold
- 5 Boxer shuffle to R, Shuffle poms in shelf, R pom up
- 6 Boxer shuffle to L, Shuffle poms in shelf, switch to L pom
- 7-8 Repeat

Everyone:

- 1-2 Pop to center, L butterfly, R face replace
- 3-4 Swivel head and body to L corner in 45 w/ L leg, Snake arms to bunny tail
- 5-6 Swivel head and body to R corner in 45, swing L above head to center shelf, L bunny tail

WALK TO THIRD

Everyone:

- 1-4 Walk, kidneys
- 5-7 L butterfly, R w with shakes on counts
- 8 Feet together, butterfly behind back

THIRD FORMATION

Odd Lines:

- 1 Step R foot, L arm in lower shoot, R arm butterfly behind back
- 2 Feet come together, L arm in butterfly in front of face, R arm butterfly behind back
- 3 Step L foot, R arm in lower shoot, L arm butterfly behind back
- 4 Feet come together, R arm in butterfly in front of face, L arm butterfly behind back
- 5 Step out w/ R leg, Swing L arm through pressed forward shoot from R to L, R butterfly
- 6 Feet together, butterfly behind back
- 7 Step out w/ L leg, Swing R arm through pressed forward shoot from L to R, L butterfly
- 8 Feet together, butterfly behind back

Even Lines:

- 1 Hit flat back, shelf
- 2-3 Hold
- 4 Feet together, R arm in butterfly in front of face, L arm in butterfly behind back
- 5 Step out w/ R leg, Swing L arm through pressed forward shoot from R to L, R butterfly
- 6 Feet together, butterfly behind back
- 7 Step out w/ L leg, Swing R arm through pressed forward shoot from L to R, L butterfly
- 8 Feet together, butterfly behind back

Right half

- 1-2 L foot steps back facing R wall, R arm cross in front of L arm in lower shoot, focus R wall
- 3-4 R foot popped facing R wall, Arms in lower V, Focus front
- 5 L foot popped facing R wall moving backward, R arm in upper slide shaking, L arm in Kidney, focus R wall
- 6 R foot popped facing R wall moving backward, R arm in upper slide shaking, L arm in Kidney, focus R wall

- 1 L foot popped facing R wall moving backward, R arm in upper slide shaking, L arm in Kidney, focus R wall
- 2 R foot popped facing R wall moving backward, R arm in upper slide shaking, L arm in Kidney, focus R wall
- 3-4 feet together, Arms in butterfly behind back, focus front
- 5-7 Legs in hinged narrow football, L arm swings in lower shoot, R arm in butterfly, focus up
- 8 feet together, Arms in butterfly behind back, focus front

Left half

- 1-2 R foot steps back facing L wall, R arm cross in front of L arm in lower shoot, focus L wall
- 3-4 R foot popped facing R wall, Arms in lower V, Focus front
- 5-2 Alternate toe pops facing L wall moving backward, L arm in lower slide shaking, R arm in Kidney, focus R wall

- 3-4 Feet together, Arms in butterfly behind back, focus front
- 5-7 Legs in hinged narrow football, R arm swings in lower shoot, L arm in butterfly, focus up
- 8 Feet together, Arms in butterfly behind back, focus front

Everyone

- 1-2 Feet ball-change R foot in front of L, R arm in lower shoot
- 3-4 Feet together facing back wall, arms in shelf
- 5 Step R foot straddle
- 6 L foot flexed, kicks out low angle, R flexed airplane, focus to R wall
- 7 L foot back to straddle, arms in shelf, focus stays to R
- 8 Turn over R shoulder to wall, R popped toe slightly forward, L pressed slide, R kidney

Left half

- & Hop into front straddle, L bunny tail, R muscle man on head
- 1 Land hop, R arm clean
- 2-4 Hold

Right half

- 1-2 Hold
- & Hop into front straddle, L bunny tail, R muscle man on head
- 3 Land hop, R arm clean
- 4 Hold

Groups Front to Back

First group

- 5 Hop R into football, shoulder open R, focus down to R, punch L arm pressed lower slide, punch R arm pressed slide behind back
- 6 Small hop, repunch arms

- 1 Hop to L, shoulders open L, focus down to L, punch R arm pressed lower slide, punch L arm pressed slide behind back
- 2 Small hop, repunch arms
- 3 Hop R, shoulder open R, focus down to R, punch L arm pressed lower slide, punch R arm pressed slide behind back
- 4 Small hop, repunch arms

Second group

- 5-6 Focus down, arms in bunny tail

- 1 Hop R into football, shoulder open R, focus down to R, punch L arm pressed lower slide, punch R arm pressed slide behind back
- 2 Small hop, repunch arms
- 3 Hop to L, shoulders open L, focus down to L, punch R arm pressed lower slide, punch L arm pressed slide behind back
- 4 Small hop, repunch arms

Third group

- 5-2 Focus down, arms in bunny tail

- 3 Hop R into football, shoulder open R, focus down to R, punch L arm pressed lower slide, punch R arm pressed slide behind back
- 4 Small hop, repunch arms

Everyone

- 5-6 Pop feet together, Leaning R, L bunny tail, R pressed lower shoot to left knee
- 7-8 Standing straight, L arm swings to shelf

- 1-2 Feet in straddle, boxer shuffle, L arm in shelf, R arm bunny tail

Groups Back to Front

First group

- 3 Pop feet together, knees apart, L arm butterfly, R arm low muscle man next to face
- 4 Bring knees together, head nod, R arm pushes slightly forward
- 5-8 Repeat move

Second Group

- 3-4 Feet in straddle, boxer shuffle, L arm in shelf, R arm in butterfly behind back
- 5 Pop feet together, knees apart, L arm butterfly, R arm low muscle man next to face
- 6 Bring knees together, head nod, R arm pushes slightly forward
- 7-8 Repeat move

Third Group

- 3-6 Feet in straddle, boxer shuffle, L arm in shelf, R arm in butterfly behind back
- & Pop feet together, knees apart, L arm butterfly, R arm low muscle man next to face
- 7 Bring knees together, head nod, R arm pushes slightly forward
- 8 Repeat

Everyone

- 1 Step R foot forward, R arm in open shelf in front of R shoulder, L arm in butterfly behind back
- 2 R foot in straddle facing L wall, L foot kicks up to sailor, R arm throws forward to pressed lower shoot, L arm in butterfly behind back, focus forward
- 3 L foot steps back to meet R foot in straddle, R pressed lower shoot, L arm in butterfly behind back, focus forward
- 4 Feet together facing L wall, Arms in shelf, Focus L wall
- 5-6 R toe popped, R arm pressed lower shoot, L arm in kidney, focus to front

WALK BACK TO CHORUS

- 1-8 Walk in shelf, single shakes

Everyone:

- 1 Focus to front R corner, L swing over head to center shelf, R butterfly, hop to R leg
- 2 Bounce on R leg
- 3 Focus front, L butterfly, R muscleman, Hop to L leg, R leg in 90 degree
- 4 Shake R pom, bounce on L leg
- 5 Straddle w/ body to R front corner, muscleman w/ both arms

- 6 Step L foot to R, arms to forward muscleman covering face
- 7 Straddle w/ body to L front corner, muscleman w/ both arms
- 8 Step R foot to L, arms to forward muscleman covering face

3 Groups Left to Right

Left:

- 1 Turn body to R wall, Step R in front of L, Focus to R wall, Snake L arm to pressed lower shoot, R butterfly
- 2-3 Hold

Middle:

- 1 Hold
- 2 Turn body to R wall, Step R in front of L, Focus to R wall, Snake L arm to pressed lower shoot, R butterfly
- 3 Hold

Right:

- 1-2 Hold
- 3 Turn body to R wall, Step R in front of L, Focus to R wall, Snake L arm to pressed lower shoot, R butterfly

Everyone:

- 4 Switch focus to front
- 5 Lift hips upward
- 6 Bring hips down

- 1 Lift hips upward
- 2 Bring hips down
- 3-4 Pop feet to front, swing R to pressed forward shoot, L butterfly behind back
- 5-6 Step to front, L pressed lower shoot to R hip, R butterfly
- 7 Step to front, L swing to pressed lower v, R butterfly
- 8 Step together, arms in butterfly

Groups Inside to Outside

Group 1:

- 1 Boxer shuffle to R, Shuffle poms in shelf, R pom up
- 2 Boxer shuffle to L, Shuffle poms in shelf, switch to L pom
- 3-8 Repeat

Group 2:

- 1-2 Hold
- 3 Boxer shuffle to R, Shuffle poms in shelf, R pom up
- 4 Boxer shuffle to L, Shuffle poms in shelf, switch to L pom
- 5-8 Repeat

Group 3:

- 1-4 Hold
- 5 Boxer shuffle to R, Shuffle poms in shelf, R pom up
- 6 Boxer shuffle to L, Shuffle poms in shelf, switch to L pom
- 7-8 Repeat

Everyone:

- 1-2 Pop to center, L butterfly, R face replace
- 3-4 Swivel head and body to L corner in 45 w/ L leg, Snake arms to bunny tail
- 5-6 Swivel head and body to R corner in 45, swing L above head to center shelf, L bunny tail

WALK TO PRE-KICKLINE (SHIFTED)

- 1-8 Walk, single shakes

Front Line

- 1 Step R foot out, sponge straddle, facing R wall, R pressed lower V, L lower butterfly
- 2 Sponge facing front, R open shelf, L lower butterfly
- 3 Step R foot out, sponge straddle, facing R wall, R pressed lower V, L lower butterfly
- 4 Sponge facing front, R open shelf, L lower butterfly
- 5-8 Hold

Back Line

- 1 Feet together, lower butterfly behind back
- 2-4 Hold
- 5 Step L foot out, sponge straddle, facing L wall, L pressed upper V, R lower butterfly
- 6 Sponge facing front, L open shelf, R lower butterfly
- 7 Step L foot out, sponge straddle, facing L wall, L pressed upper V, R lower butterfly
- 8 Sponge facing front, L open shelf, R lower butterfly

Everyone

- 1 L foot steps back, R arms swing wraps through forward shoot
- 2 Close feet, R countertop, L lower butterfly
- 3 L foot steps back, R arms swing wraps through forward shoot
- 4 Close feet, R countertop, L lower butterfly

Back Line

- 5 Straddle, swing arms clockwise to open shelf
- 6 L knee inverted, R knee bend, R "W", L shelf
- 7 Straddle, swing arms counter-clockwise to open shelf
- 8 R knee inverted, L knee bend, L "W", R shelf

Front Line

- 5-6 hold
- 7 Straddle, swing arms clockwise to open shelf
- 8 L knee inverted, R knee bend, R "W", L shelf

Everyone

1-2 Feet together, lower butterfly

3 Groups Left to Right

Left Group

3 Pop center, on toes, R pressed airplane, L lower butterfly
4 R toe pop, L upper slide, R lower butterfly
5-8 hold

Center Group

3-4 Pop center, lower butterfly, focus down
5 Pop center, on toes, R pressed airplane, L lower butterfly
6 R toe pop, L upper slide, R lower butterfly
7-8 hold

Right Group

3-4 Pop center, lower butterfly, focus down
5-6 hold
7 Pop center, on toes, R pressed airplane, L lower butterfly
8 R toe pop, L upper slide, R lower butterfly

Front and Back Line Groups

Front Line Group

1 R foot steps back, R arm open shelf on R shoulder, L arm in butterfly behind back
2 L foot in low flexed kick, R arm pushes to upper slide, L arm in butterfly behind back
3 L foot steps back, L arm open shelf on L shoulder, R arm in butterfly behind back
4 R foot in low flexed kick, L arm pushes to upper slide, R arm in butterfly behind back
5 Hop on R foot over L shoulder, left foot in low flexed kick in line with shoulders, L arm in shelf shaking, R arm in butterfly behind back, head tilted
6 Hop on R foot over L shoulder, left foot in low flexed kick in line with shoulders, L arm in shelf shaking, R arm in butterfly behind back, head tilted
7 Hop on R foot over L shoulder, left foot in low flexed kick in line with shoulders, L arm in shelf shaking, R arm in butterfly behind back, head tilted
8 feet together, arms in shelf facing back

Kickline Ripple Left to Right

1-8 Legs in straddle facing L wall, back leaned over in 45, arms in crossed box wrap, head rolls around focus to L wall

Everyone

1-2 Legs in straddle facing L wall, Booty pop, back leaned over in 45, arms in crossed box wrap, focus front
3-4 Legs in straddle facing L wall, Booty pop, back leaned over in 45, arms in crossed box wrap, focus front

- 5-6 Legs in straddle facing L wall, L arm cleans to side, R arm chugs in karate
- 7-8 Hook up for kickline

Kickline

- 1-2 R high
- 3-4 R high
- 5-6 L high
- 7-8 L high

- 1-2 R angle with head
- 3-4 L waist
- 5 R foot steps out
- 6 R foot comes together
- 7 R foot steps out
- 8 R foot comes together

- 1-2 R high
- 3-4 L waist
- 5-6 R low
- 7-8 R fan

- 1-2 Lean over, R toe popped
- 3 Lean over, L toe popped
- 4 feet together
- 5-6 R high
- 7-8 L high (disconnect arms on 8)

3 Groups moving to filler formation after Kickline

1st group:

- 1-2 hop on right foot, left foot sailor flexed, Arms in muscleman
- 3-4 hop on left foot, right foot in low kick pointing to back corner, R arm in shelf, L in butterfly
- 5 finish walking to spot, L arm in crossed upper slide, R arm in butterfly behind back
- 6 finish walking to spot, L arm in V in upper slide, R arm in butterfly behind back
- 7 finish walking to spot, L arm in crossed upper slide, R arm in butterfly behind back
- 8 feet close, finish walking to spot, arms in butterfly behind back

2nd Group:

- 1-2 legs in sponge, arms tucked behind back
- 3-4 hop on left foot, right foot in low kick pointing to back corner, R arm in shelf, L in butterfly
- 5 finish walking to spot, L arm in crossed upper slide, R arm in butterfly behind back
- 6 finish walking to spot, L arm in V in upper slide, R arm in butterfly behind back
- 7 finish walking to spot, L arm in crossed upper slide, R arm in butterfly behind back
- 8 feet close, finish walking to spot, arms in butterfly behind back

3rd Group

- 1-2 legs in sponge, arms tucked behind back
- 3-4 legs in sponge, arms tucked behind back
- 5 finish walking to spot, L arm in crossed upper slide, R arm in butterfly behind back
- 6 finish walking to spot, L arm in V in upper slide, R arm in butterfly behind back
- 7 finish walking to spot, L arm in crossed upper slide, R arm in butterfly behind back
- 8 feet close, finish walking to spot, arms in butterfly behind back

Everyone

- 1 Feet in straddle sponged to R wall, R arm in broken T pulsing, L in butterfly
- 2 Feet in straddle sponged to L wall, R arm in broken T pulsing, L in butterfly
- 3 Feet in straddle sponged to R wall, L arm in hat on head tapping, R in butterfly
- 4 Feet in straddle sponged to L wall, L arm in hat on head tapping, R in butterfly
- 5-6 Legs together, Arms in W shimmying, focus up

WALK TO CHORUS

- 1-8 Walk, single shakes

CHORUS

Everyone:

- 1 Focus to front R corner, L swing over head to center shelf, R butterfly, hop to R leg
- 2 Bounce on R leg
- 3 Focus front, L butterfly, R muscleman, Hop to L leg, R leg in 90 degree
- 4 Shake R pom, bounce on L leg
- 5 Straddle w/ body to R front corner, muscleman w/ both arms
- 6 Step L foot to R, arms to forward muscleman covering face
- 7 Straddle w/ body to L front corner, muscleman w/ both arms
- 8 Step R foot to L, arms to forward muscleman covering face

3 Groups Left to Right

Left:

- 1 Turn body to R wall, Step R in front of L, Focus to R wall, Snake L arm to pressed lower shoot, R butterfly
- 2-3 Hold

Middle:

- 1 Hold
- 2 Turn body to R wall, Step R in front of L, Focus to R wall, Snake L arm to pressed lower shoot, R butterfly
- 3 Hold

Right:

- 1-2 Hold
- 3 Turn body to R wall, Step R in front of L, Focus to R wall, Snake L arm to pressed lower shoot, R butterfly

Everyone:

- 4 Switch focus to front
- 5 Lift hips upward
- 6 Bring hips down

- 1 Lift hips upward
- 2 Bring hips down
- 3-4 Pop feet to front, swing R to pressed forward shoot, L butterfly behind back
- 5-6 Step to front, L pressed lower shoot to R hip, R butterfly
- 7 Step to front, L swing to pressed lower v, R butterfly
- 8 Step together, arms in butterfly

Groups Inside to Outside

Group 1:

- 1 Boxer shuffle to R, Shuffle poms in shelf, R pom up
- 2 Boxer shuffle to L, Shuffle poms in shelf, switch to L pom
- 3-8 Repeat

Group 2:

- 1-2 Hold
- 3 Boxer shuffle to R, Shuffle poms in shelf, R pom up
- 4 Boxer shuffle to L, Shuffle poms in shelf, switch to L pom
- 5-8 Repeat

Group 3:

- 1-4 Hold
- 5 Boxer shuffle to R, Shuffle poms in shelf, R pom up
- 6 Boxer shuffle to L, Shuffle poms in shelf, switch to L pom
- 7-8 Repeat

Everyone:

- 1-2 Pop to center, L butterfly, R face replace
- 3-4 Swivel head and body to L corner in 45 w/ L leg, Snake arms to bunny tail
- 5-6 Swivel head and body to R corner in 45, swing L above head to center shelf, L bunny tail

WALK TO THIRD

Everyone:

- 1-4 Walk, kidneys
- 5-7 L butterfly, R w with shakes on counts
- 8 Feet together, butterfly behind back

THIRD

Group 1:

- 1 Step R foot, L arm in lower shoot, R arm butterfly behind back
- 2 Feet come together, L arm in butterfly in front of face, R arm butterfly behind back
- 3 Step L foot, R arm in lower shoot, L arm butterfly behind back
- 4 Feet come together, R arm in butterfly in front of face, L arm butterfly behind back
- 5 Step out w/ R leg, Swing L arm through pressed forward shoot from R to L, R butterfly
- 6 Feet together, butterfly behind back
- 7 Step out w/ L leg, Swing R arm through pressed forward shoot from L to R, L butterfly
- 8 Feet together, butterfly behind back

Group 2:

- 1 Hit flat back, shelf
- 2-4 Hold
- 5 Step out w/ R leg, Swing L arm through pressed forward shoot from R to L, R butterfly
- 6 Feet together, butterfly behind back
- 7 Step out w/ L leg, Swing R arm through pressed forward shoot from L to R, L butterfly
- 8 Feet together, butterfly behind back

Right half

- 1-2 L foot steps back facing R wall, R arm cross in front of L arm in lower shoot, focus R wall
- 3-4 R foot popped facing R wall, Arms in lower V, Focus front
- 5 L foot popped facing R wall moving backward, R arm in upper slide shaking, L arm in Kidney, focus R wall
- 6 R foot popped facing R wall moving backward, R arm in upper slide shaking, L arm in Kidney, focus R wall

- 1 L foot popped facing R wall moving backward, R arm in upper slide shaking, L arm in Kidney, focus R wall
- 2 R foot popped facing R wall moving backward, R arm in upper slide shaking, L arm in Kidney, focus R wall
- 3-4 feet together, Arms in butterfly behind back, focus front
- 5-7 Legs in hinged narrow football, L arm swings in lower shoot, R arm in butterfly, focus up
- 8 feet together, Arms in butterfly behind back, focus front

Left half

- 1-2 R foot steps back facing L wall, R arm cross in front of L arm in lower shoot, focus L wall
- 3-4 R foot popped facing R wall, Arms in lower V, Focus front
- 5-2 Alternate toe pops facing L wall moving backward, L arm in lower slide shaking, R arm in Kidney, focus R wall
- 3-4 feet together, Arms in butterfly behind back, focus front
- 5-7 Legs in hinged narrow football, R arm swings in lower shoot, L arm in butterfly, focus up
- 8 feet together, Arms in butterfly behind back, focus front

Everyone

1 Hit final pose