



MSU Pompon Winter Clinic 2019

Intermediate Routine: "Lose My Breath"

FIRST FORMATION: Shifted Back

Starting Position Front Group: R toe popped behind, arms in shelf

Starting position Back Group: Straddle to back, arms in shelf

Everyone:

"Hit Me" Hold

Two Groups: (Front and Back):

Front Group:

- 1-2 Hold
- 3 turn body over R shoulder to 45, arms clean
- 4 Hold
- 5-6 Walk to first formation, arms in shelf
- 7 Close feet, L arm butterfly, R arm pressed upper V, Lean body to L
- 8 Pop down to R closed messy, L arm shelf, L arm behind back, focus down

- 1 Pulse L arm in shelf
- 2 Hold
- 3 Pulse L arm in shelf
- 4 Hold
- 5 Pulse L arm in shelf
- 6 Hold
- 7 Bring focus up
- 8 Pop up feet together, arms in shelf

Back Group:

- 1-2 Hold
- 3 R arm butterfly

- 4 Hold
- 5 Pulse R arm
- 6 Hold
- 7 Swivel feet to the L wall and bend legs
- 8 Pop feet together, arms in shelf

- 1 R foot step back pointed toe
- 2 Turn body over R shoulder, hinge body to 45
- 3-6 Walk to first formation, arms shelf
- 7 L arm butterfly, R arm pressed upper v, lean body to L
- 8 Feet together, arms shelf

SHIFTED FIRST FORMATION:

Everyone:

- 1 Hop on L leg, R leg sailor, L arm butterfly, swing R arm across chest to pressed lower shoot, focus L corner
- 2 Hold
- 3 Step R foot out, arms shifted W to the R, focus and body forward
- & Arms break across body to shifted W to the L
- 4 Arms break across body to shifted W to R sit in R hip, focus to R wall

Two Groups: (Right and Left):

Left Group:

- 5 Swing L arm through lower V, R arm butterfly, focus front
- 6 L upper V, pop R toe

Right Group:

- 7 Swing L arm through lower V, R arm butterfly, focus front
- 8 L upper V, pop R toe

Everyone:

- 1 Shake L pom, L hip pop
- 2 Shake L pom slightly lowering, L hip pop
- 3 Shake L pom slightly lowering more, L hip pop
- 4 Shake L pom slightly lowering to lower V, L hip pop
- 5-6 Pop feet together, rustle poms in lower shelf, body hinged

Three Groups: (Right, Middle, Left):

Right Half:

- 7 Step R foot out to face inside diagonal, L arm butterfly, R arm outer shelf, pop chest
- 8 Pop chest

Middle:

- 7 Pop straddle, both arms in outer shelf, pop chest
- 8 Pop chest

Left Half:

- 7 Step L foot out to face inside diagonal, R arm butterfly, L arm outer shelf, pop chest
- 8 Pop chest

Everyone:

- 1 Pop feet together, L arm pressed forward shoot, R arm butterfly, focus front
- 2 Hold
- 3 Step R foot forward, L arm butterfly, swing R arm through lower V
- 4 Step feet together, L arm butterfly, R arm shelf

Two Groups: (Front and Back Diagonals):

Front Diagonal:

- 5-6 Hold
- 7 Step L foot to back diagonal, L arm face replace, R arm butterfly, focus follows
- 8 Pop R toe, sit in L hip, slide L arm across chest to L airplane

Back Diagonal:

- 5 Step L foot to back diagonal, L arm face replace, R arm butterfly, focus follows
- 6 Pop R toe, sit in L hip, slide L arm across chest to L airplane, focus to back diagonal
- 7-8 Hold

Everyone:

- 1 R foot step through to back diagonal, L arm butterfly, R arm shelf
- 2 Step to R foot, turn body to front R diagonal, focus follows
- 3 Arms shelf, body turns to front, focus follows
- 4 Prep for girly kick, shake arms in shelf
- 5 Girly kick R leg, Arms upper V
- 6 Feet pop together, arms shelf
- 7 Pony R leg up, L arm butterfly, R arm lower V
- & Pony R leg down, L arm butterfly, R arm shelf
- 8 Pony R leg up, L arm butterfly, R arm lower V

- 1 R foot slide to back diagonal, L arm pressed upper V, R arm butterfly, focus R
- 2 Hold
- 3 Step feet together to R foot, arms in butterfly, focus front
- 4 Hold

Three Groups: (Right, Middle, Left):

Right Group:

- 5-6 Hold
- 7 L arm butterfly, R arm snake to upper shoot

Middle Group:

- 5 Hold
- 6 L arm butterfly, R arm snake to upper shoot
- 7 Hold

Left Group:

- 5 L arm butterfly, R arm snake to upper shoot
- 6-7 Hold

Everyone:

- 8 Spong, L arm shelf, R arm butterfly, focus down
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- 1 R foot step forward, L arm break to press forward shoot
 - 2 L step to R foot, L arm shelf
 - 3 Hop back on L leg, R knee 90 degree flexed, arms swing to pressed forward shoot
 - 4 Pop feet together, snake both arms to clean
 - 5-7 Walk feet forward, L arm butterfly, R arm rustling in closed muscleman
 - 8 Pop feet to straddle, arms in kidney, chin up
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- 1-3 Arms pressed lower shoot, slowly swing hips from L to R, hinge to 45
 - 4 Head to L wall

Two Groups: (Odd and Even):

Odd Group:

- 5 L arm shelf, R arm butterfly, hinge forward
- 6 Pulse L arm in shelf, slightly bounce
- 7 L arm butterfly, R arm shelf, straighten body
- 8 Pulse R arm in shelf, slightly bounce

Even Group:

- 5 L arm butterfly, R arm shelf
- 6 Pulse R arm in shelf, slightly bounce
- 7 L arm shelf, R arm butterfly, hinge forward
- 8 Pulse L arm in shelf, slightly bounce

Walk to Second:**Everyone:**

- 1-4 Walk shaking in shelf
- 5 L arm karate, R arm outer shelf, R shoulder back
- 6 Slide L arm up to outer shelf, slide R arm down to karate, L shoulder back
- 7 Slide L arm down to karate, slide R arm up to outer shelf, R shoulder back
- 8 Slide L arm up to outer shelf, slide R arm down to karate, L shoulder back

- 1 Pop straddle, L arm shelf, R arm pointed shoot at L foot, flat back, focus follows
- 2 Swing R arm to shoot at R foot, focus follows
- 3 Swing R arm to upper shoot, body straighten
- 4 Pop feet together, arms shelf, focus down
- 5 Pop L toe, R foot step back, L arm butterfly, R arm pressed lower, focus up
- 6 Hold
- 7 Step R foot up to L, arms butterfly
- 8 Hold

Three Groups: (Right, Middle, Left):**Right Group:**

- 1 R foot step forward, L arm butterfly, swing R arm through crossed lower V
- 2 L foot step forward, swing R arm through shelf to lower V
- 3 Step feet together, L arm breaks to pressed forward shoot, R arm butterfly
- 4 L arm shelf
- 5 Pulse L arm
- 6 Pulse L arm

Middle Group:

- 1 Hold in butterfly
- 2 R foot step forward, L arm butterfly, swing R arm through crossed lower V
- 3 L foot step forward, swing R arm through shelf to lower V
- 4 Step feet together, L arm breaks to pressed forward shoot, R arm butterfly
- 5 L arm shelf
- 6 Pulse L arm

Left Group:

- 1-2 Hold in butterfly
- 3 R foot step forward, L arm butterfly, swing R arm through crossed lower V
- 4 L foot step forward, swing R arm through shelf to lower V
- 5 Step feet together, L arm breaks to pressed forward shoot, R arm butterfly
- 6 L arm shelf

Everyone:

- 7 Turn to back over L shoulder feet together, arms in shelf
- 8 Pop to straddle

- 1 Step R foot out, swing hips L to R
- 2 L heel flexes, R arm pressed lower V, weight shifts to R hip
- 3 Swing hip R to L
- 4 R heel flexes, L arm pressed lower V, weight shifts w to L hip
- 5 Pop to cross R over L, L arm shelf, R arm muscle man on head
- 6 Hold
- 7 Turn over L shoulder facing front, arms in shelf
- 8 Hold

Two Groups: (Odd and Even Lines):**Odd Lines:**

- 1 R foot step forward, L arm closed muscle man, R arm butterfly
- 2 Hold
- 3 Step feet forward together, L arm break to pressed upper V, R arm butterfly
- 4 Hold
- 5 Arms butterfly, swivel L shoulder front slowly going down
- 6 Swivel R shoulder front gradually going down
- 7 Swivel L shoulder front gradually going down
- 8 R messy squat, L arm butterfly, R arm pressed lower shoot

- 1-3 Gradually stand up sliding arm up to pressed upper V
- 4 Pop feet together to R diagonal, R arm pressed upper V, focus at R pom

Even Lines:

- 1 R foot step forward, L arm butterfly, R arm closed muscle man
- 2 Hold
- 3 R messy squat, L arm butterfly, R arm pressed lower V
- 4 Hold

- 5 Swivel R shoulder forward, arms butterfly, gradually coming up
- 6 Swivel L shoulder forward, gradually coming up
- 7 Swivel R shoulder forward, gradually coming up
- 8 Pop feet together, L arm pressed upper slide, R arm butterfly

- 1 Step L foot to runner to L diagonal, L arm clean, R arm butterfly, focus follows
- 2 Straighten legs, point R toe back, L arm face replace
- 3 Return to runner, L arm clean
- 4 Pop feet together to R diagonal, L arm butterfly, R arm pressed upper V, focus follows

Everyone:

- 5 Pop feet to straddle facing front, L arm crosses to lower box wrap, R arm butterfly
- 6 Shift L arm across body to L hip
- 7 Step R foot forward, body face L wall, L arm butterfly, swing R arm through lower shoot
- 8 Pop L foot to R, R knee up, L arm butterfly, R arm swing through shelf to lower V

- 1 Step R foot forward, arms clean
- 2 Hinge body to 45, bend knees
- 3 R arm shelf
- 4 Hold
- 5 Step R foot to R diag, focus and body follow
- 6 Flick L leg 90 degrees crossed behind R leg, L arm butterfly, R arm W, Focus R
- 7 Step L foot back to diag, arms clean
- 8 Step R foot back to L leg, L arm pressed upper V, R arm butterfly, Focus L

- 1-3 Step R foot back, L arm gradually slides down to pressed lower V
- 4 Step front to R foot, arms butterfly, focus front

Three Groups (Front, Middle, Back):

Front:

- 5 Pop to L messy squat to L angle, L arm pressed on knee, R arm butterfly
- 6-8 Hold

Middle:

- 5 Hold
- 6 Pop straddle, L arm butterfly, R arm pressed forward shoot
- 7-8 Hold

Back:

- 5-6 Hold
- 7 Step L foot to side, pop R toe, R arm butterfly, L arm upper V
- 8 Hold

Walk to Kickline

- 1-4 Walk shaking in shelf
- 5-6 Walk rustling in shelf

CONNECTION:**Two groups: (Odd and Even):****Odd:**

- 1 L arm butterfly, R arm pressed upper shoot, lean back
- 2 Hold

Even:

- 1 L arm pressed lower shoot, R arm butterfly, hinge forward
- 2 Hold

Everyone:

- 3 Slice or clean arms
- 4 Connect

KICKLINE:

- 5-6 R high
- 7-8 L high

- 1-2 R angle, focus to angle on 1
- 3-4 R angle, focus to front on 4
- 5-6 L waist, disconnect R arm on 6
- 7 Step R foot out to diagonal, R arm open shelf, pop chest
- 8 Pop chest

- 1 Step R foot back to L, slice or clean R arm
- 2 Connect
- 3-4 R low
- 5-6 L waist
- 7-8 R high

- 1-2 L high
- 3-4 L high
- 5-6 R high
- 7-8 R high, disconnect arms on 8

Walk Back to First:

Everyone:

- 1-4 Walk shaking in shelf
- 5 L arm karate, R arm outer shelf, R shoulder back
- 6 Slide L arm up to outer shelf, slide R arm down to karate, L shoulder back
- 7 Slide L arm down to karate, slide R arm up to outer shelf, R shoulder back
- 8 Slide L arm up to outer shelf, slide R arm down to karate, L shoulder back

- 1 Hop on L leg, R leg sailor, L arm butterfly, swing R arm across chest to pressed lower shoot, focus L corner
- 2 Hold
- 3 Step R foot out, arms shifted W to the R, focus and body forward
- & Arms break across body to shifted W to the L
- 4 Arms break across body to shifted W to R sit in R hip, focus to R wall

Two Groups: (Right and Left):

Left Group:

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- 6 L upper V, pop R toe

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8 Pop chest

Left Half:

7 Step L foot out to face inside diagonal, R arm butterfly, L arm outer shelf, pop chest

8 Pop chest

Everyone:

1 Pop feet together, L arm pressed forward shoot, R arm butterfly, focus front

2 Hold

3 Step R foot forward, L arm butterfly, swing R arm through lower V

4 Step feet together, L arm butterfly, R arm shelf

Two Groups: (Front and Back Diagonals):

Front Diagonal:

5-6 Hold

7 Step L foot to back diagonal, L arm face replace, R arm butterfly, focus follows

8 Pop R toe, sit in L hip, slide L arm across chest to L airplane

Back Diagonal:

5 Step L foot to back diagonal, L arm face replace, R arm butterfly, focus follows

6 Pop R toe, sit in L hip, slide L arm across chest to L airplane, focus to back diagonal

7-8 Hold

Everyone:

1 R foot step through to back diagonal, L arm butterfly, R arm shelf

2 Step to R foot, turn body to front R diagonal, focus follows

3 Arms shelf, body turns to front, focus follows

4 Prep for girly kick, shake arms in shelf

5 Girly kick R leg, Arms upper V

6 Feet pop together, arms shelf

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8 Pony R leg up, L arm butterfly, R arm lower V

1 R foot slide to back diagonal, L arm pressed upper V, R arm butterfly, focus R

- 2 Hold
- 3 Step feet together to R foot, arms in butterfly, focus front
- 4 Hold

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- 7 L arm butterfly, R arm shelf, straighten body
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Even Group:

- 5 L arm butterfly, R arm shelf
- 6 Pulse R arm in shelf, slightly bounce
- 7 L arm shelf, R arm butterfly, hinge forward
- 8 Pulse L arm in shelf, slightly bounce

- 1 Hold
- 2 Pop feet together, arms in lower shoot, focus down

Three Groups: (Right, Middle, Left):

Right:

- 3 Pop to straddle facing inside diagonal, arms in tabletop, focus up

Middle:

- 3 Pop to straddle facing front, arms in tabletop, focus up

Left:

- 3 Pop to straddle facing inside diagonal, arms in tabletop, focus up