

ROUTINE NAME:OTC Advanced Pom Mix
INSTRUCTOR NAME: Brandon Fierro
Beginning Position: Looking over your L shoulder with both hands on L hip; R foot in dig
7-8 look to your R on 7 or 8
4 1-4 fan your arms to face the front in a ball position
8 jump out in low V 1,3, or 5, prep to the front on 7-8
8 1-6 execute 3 a la second turns into a double pirouette on 7-8
8 step R 1, tour 2, low chaine 3-4, calypso 5-6, R leap out 7-8 or roll 7-8
8 roll to stand up 1-4, punch R arm across 5-6, roll forearms 7, look over L shoulder in low v 8
8 poms shake at chest 1-2, L pom to head with slight tilt 3, switch R 4, cross arms 5-6, slide to L 7-8 with R arm extended and L broken T
8 windmill ripple to look R 1-4, look front 5-6, hold 7, and 8 cross arms facing L side, pose to front
8 flick L leg back while arms are in broken T 1-2, poms to head and head roll 3-4, R arm extended up with L in dagger 5, switch and, X arms in front of face 6, chaine with arms clean 7, R passe to front with T arms 8
8 chasse 1-2, 3-4 switch tilt or tilt, rest over and hold 5-6, break R arm and snake up 7-8
8 R arm broken T 1, L in pocket, circle R arm 2, arch to touch floor 3-4, snake up R side 5-6, L arm extended to side with R in broken T 7, switch and, R pom to head and L on L hip on 8
8 while L ponying, cross arms 1, low v 2, daggers to face 3, poms to hips 4, shimmy front 5-6, back 7-8
8 chest roll 1-2, prep 3-4, double toe touch 5-8
8 in ball 1-2, on knees 3-4, arms T 5, broken T and, K to the L 6, switch to other side 7, R pom to head and L pom on ribs 8
8 lean on L hand 1, R leg kick 2, roll to stand 3-6, chaine around self 7, prep 8
8 and 1 L 90 degree arms in leap with R leg extended and L bent, land 2, jump out to low V 3, hold 4, L arm to high V 5, put L arm down while R goes up and, R broken T touching L shoulder, R arm forward and around 7-8
8 Low v 1, cross heart and, low v 2 while replacing step, low chaine 3-4, fan R leg 5-6, low chaine 7-8
8 renverse with L arms 1-2, down to floor with R leg extended 3-4, roll around self 5-8
8 floor leap 1-4, rocket arms while turning around self 5-6, down to heart 7-8
8 waterfall arms 1-2, wrap around head 3-4, low v and hip pop 5-6, prep 7-8
5 triple coupe 1-3, jump out 4 with either low V or high V, face side and hold 5