ROUTINE NAME: TTC Beg Pom
SONG TITLE: "Werk Out"
ARTIST/ARRANGER: Toddrick Hall
Choreographer NAME: Melanie Mouton

8 Hold (1-2) break through half T, look up (3-4) step side R, mickey R close feet (5-6) step side L, mickey L close feet (7-8)
8 rocket, releve (1) sit in R hip, poms behind head [or] on hip (2) rocket (3) [switch groups] sit in hip poms on hip or behind head (4) windmill ripple to tuck L (5-8)
8 [Groups 1,3,5] jump out (1-2) Left K (3) high V (4) walk back RL (5-6) cross L low diagonal, half T, cross R low diagonal (7&8)
8 groups finish (1-4) two chugs R foot, break R pom in low V (5-6) open box to the back (7-8) close elbows (8)
8 poms under hips (1) R high snap (2) wrap head (3-4) half T (5) full T (6) high V (7) W arms (8)
8 ronde jambe Left with L arms, clip turn L over R (1-4) pops in half T- low V (5-6) pops elbows together-low V (7-8)
8 L chaine (1-2) jump out high V [or] low V (3) jump together (4) wack RL (5-6) open R cheerio (7) close elbow, turn to L (8)
8 prepare (1-2) double pirouette (3-4) rainbow (5-6) place hand on ground (7) sit [or hold in flat back standing] (8)
8 bring chest up (1-2) RL mickey hips (3-4) sprinkler arms RL (5-6) circle arms down to mickey (7-8)
8 rock in R hip (1-2) press down (3-4) [if siting] jump to feet (5) snake up (6-7) snap in low V (8)
8 box side step R (1-2) box side step (3-4) circle hips (5-6) pop with R arm across body (7-8)
8 switch to L arm across body (1) look front (2) pose (3-4) three step turn R (5-7) close (8)
8 [Groups 1,3,5] R ball change, R cross low V (1-2) turn to back (3-4) T to open R mickey (5-6) T to hips (7-8)
8 step RL to face front (1-2) jump out, collapse (3-4) pop in R high V (5-6) R ball change (7-8)
8 R battement (1-2) T to R touchdown (3-4) [groups finish] (5-8)
8 roll R, W arms (1-2) roll L, poms on hips (3-4) pop, lower to ground (5-6) switch knees (7-8)
1 look up, L pom behind head (1)