ROUTINE NAME: Int Field Pom
SONG TITLE: Land of a Thousand Dances
ARTIST/ARRANGER: Arrangers Publishing Company
CHOREOGRAPHER NAME: Kayla Rasmussen and Marc Creado

Beginning Position: Triangle clean head down

8 hold 1-4, ripple front to back step right foot back left pop arms low V 5-8

8 cross right over left 1 unwind over left shoulder 2-4 ripple front to back same position arms in high V

8 2 groups starting on 1&5, step on right foot drag left arms rocket 1-2 clean 3 h hold 4

8 transition to 3 lines staggered poms at chest 1-8

8 drag opposite directions L arms 1-2 close to chest and dig 3-4 right RLR or LRL broken T arms 567 hold 8

8 1st and 3rd lines face right 2nd face left arms clean 1-2, 1st line windmill 3-4 2nd line 5-6 3rd line 7-8

8 step forward on back foot front arm punches straight 1-2 switch L arms to the back 3-4 rocket look up 5-6 clean 7-8

8 right pivot to face the front 1-2 run 3-4 leap 5 land left knee tucked 6-8

8 line 1 low knees 2nd high knees 3rd standing arms at chest 1-2, 1st line hit low V 3 2nd line T 4 3rd line high V 5 hold 6 chest 7 1st and 3rd high rocket 8 2nd low rocket 8

8 everyone switch rockets clockwise 1-2 switch clockwise 3-4 switch clockwise 5-6 chest 7-8

8 roll left to stand 1-4 right 3 step turn 567 clean 8

8 transition shaking arms in circle to rocket 1-8

8 transition shaking at chest 1-7 feet close and arms punch straight out 8

8 wave right to left

8 hollow corners switch ever 2 counts

8 stagger every other cross arms 1-2 battement 3 down 4 clean 5-6 arms half T 7 ttouch-down 8

8 b/c cc arms 1-2 pencil turn 3 clean 4 transition poms shaking at chest 5-8

8 transitioning back to staggers poms at chest 1-4 turn to outside 5 walk 6-8

8 step front foot out back arm punches forward 1-2 turn to back L arms 3-4rocket look up 5-6 clean 7-8

8 right pivot 1-2 run 3-4 leap 5 land on 6 head nod 7-8

8 3 groups staring 1,3, or 5 step left 1 pencil turn 2 prep front 3 stationary leap 4 land 5 or 7 or 1

8 hold 2 roll to stand to back 3-8

8 either high chaine 1-2 low chaine 3-4 calypso 5 roll to stand 6-2 or slow chaine 1-4 drag and flower arms open 5-8

8 clean 1-2 or tendu right back 1-2 right arm up swing down sit in right hip 3-4 repeat left 5-6 b/c right leg back to right front corner pushing arms straight out 7-8

8 walk facing back transitioning to triangle left arm wrap and right in a T 1-2 switch to left 3-4 high V 5-6 low V 7-8

8 4 groups 1,3,5 or 7 step left look over right shoulder left arm wrap right in a low V

8 2 groups 1 or 3 drag left foot right arm up roll to knee or standing by 6 hit arm level 7 left arm wrapped right in a low diagonal or high diagonal