**Mid American Pompon**

**High Kick Clinic 2014**

**Intermediate**

**First Formation (Pods of 3- Triangle with point in back)**

**Front left, front right, and back groups**

**Front left group:**

Starting position: R messy squat facing R wall, arms clean, focus down

Hold intro music and “I’ll tell your fortunes to the gypsy”

“I’ll read it in the stars above” Focus stays down, arms come to closed muscleman, with palms pressed upwards

“For in the starry skies are written” Hold

“The mystery of life” Slowly straighten legs and face back person, back person will read your palm

“And love Hold

**Front right group:**

Starting position: R messy squat facing L wall, arms clean, focus down

Hold intro music and “I’ll tell your fortunes to the gypsy”

“I’ll read it in the stars above” Focus stays down, arms come to closed muscleman, with palms pressed upwards

“For in the starry skies are written” Hold

“The mystery of life” Hold

“And love” Slowly straighten legs and face back person, back person will read your palm

**Back group:**

“I’ll tell your fortunes” Focus comes up, L arm clean, R arm swings from box wrap to pressed W, feet in straddle

“To the gypsy” L arm opens from crossed slide to pressed V, R arm clean

“I’ll read it in the stars above” Circle arms in a “crystal ball” motion

“For in the starry skies are written” L arm in pressed laydown shelf, R arm “deals cards”

“The mystery of life” Read palm of person on left

“And love” Read palm of person on right

**Walk to Second Formation (Windows)**

1-4 Freestyle reacting like you just had your fortune read (ex: surprised, happy, sad, etc.)

5 Facing front, clean arms, feet together

6-8 Hold

3 groups right to left

Right group:

1,2 Left arm in muscle man, palm facing up and right arm in peter pan, start walking back with L foot on 1

3,4 Switch arms, right arm in muscle man, palm facing up and left arm in peter pan

Left group:

1,2 Right arm in muscle man, palm facing up and left arm in peter pan, start walking back with L foot on 1

3,4 Switch arms, left arm in muscle man, palm facing up and right arm in peter pan

Middle group:

1-4 Start walking with right foot. Both arms in open muscle man with palms pressed upwards, start walking forward with R foot on 1

**Everyone:**

5 Feet come together. Bring arms up to an upper diamond with palms pressed together.

6 Head nod.

7 Arms clean.

8 Prep and bring arms to a butterfly behind your back.

1-2 R high.

3-4 L high.

5-6 R high.

7-8 L High.

1-2 R low.

3-4 L low

5-6 R knee

7-8 R fan.

1-2 Pop to a straddle, focus to front right corner, arms in closed lay down shelf with left hand over right, palms facing upward.

3 Pivet toes to the front, arms in W with palms up. Focus comes to the front.

4 Repeat 1-2 to the front left corner.

5,6 Step R foot to L facing front L corner, R knee is popped, R arm in pressed kidney, L arm in closed muscleman on your head with palm of hand pressed onto forehead, focus follows

7,8 Step L foot together to R, focus to R wall, L arm laydown triangle, R arm clean

**Front and Back Groups:**

**Front Group**

1,2 Sponge, hinge forward, focus down

3,4 Hold

**Back Group**

1 L arm swings up to shoot, hand in blade, focus front, take a step towards the front person with R foot

2 L arm swings around to clean, step L foot together to R foot

3,4 Move arms in “crystal ball” motion over front group

**Everyone:**

Walk to Third Formation (Everyone shifts clockwise one spot)

5,6 Arms in shifted shelf on L shouder, palms pressed together

7 Arms lower diamond on L hip

8 Bring arms to a church, palms pressed together, bring feet together

1,2 Hold

3,4 Pop out to straddle, arms come to peter pan, hands in fists

**Odd & Even Lines:**

**Odd Lines**

5,6 L arm in closed muscleman on head with palm pressed on forehead, R leg inverts, focus down to front L corner

7 Head circles counterclockwise towards chest, arms and legs stay

8 Straighten legs, focus comes up to the front, L arm in pressed upper V

**Even Lines**

5,6 R arm in closed muscleman on head with palm pressed on forehead, L leg inverts, focus down to front R corner

7 Head circles clockwise towards chest, arms and legs stay

8 Straighten legs, focus comes up to the front, R arm in pressed upper V

Two Groups (front and back halves)

Front Group

1 Hold

2 R foot crosses behind L, knees bend, R arm comes to lower box wrap

3,4 Hold

Back Group

1,2,3 Hold

4 R foot crosses behind L, knees bend, R arm comes to lower box wrap

**3 Groups (back L, back R, and front):**

**Front Group**

5,6 Arms come to butterfly next to eyes with spirit fingers and jazz hands, step feet together

**Back Left Group**

5,6 Point L foot to back L corner, body facing front R corner, R arm in forward shoot, L in slide with spirit fingers and jazz hands, focus follows to front R corner

**Back Right Group**

5,6 Point R foot to back R corner, body facing front L corner, L arm in forward shoot, R in slide with spirit fingers and jazz hands, focus follows to front L corner

**Everyone:**

7 Pop feet together

8 Bring arms to butterfly behind your back and prep

1,2 R high angle

3,4 L high

5,6 R high

7,8 L high angle

**Walk to fourth formation (parallelogram)**

1. Step open with R foot, arms in pressed lower V, shoulder shrug (R comes up)
2. Step L foot closed to R, L shoulder shrug, arms in pressed lower V
3. Step open with R foot, arms in pressed lower V, shoulder shrug (R comes up)
4. Step L foot closed to R, L shoulder shrug, arms in pressed lower V

5,6 Arms come to bear hug

7 Connect

8 Prep

1,2 R high

3,4 L waist

5,6 R waist

7,8 L low

1,2 R fan

3,4 L waist

5,6 R high angle

7,8 R high angle

1,2 Pop into straddle, L arm in butterfly behind your back, R in a salute on your forehead

3,4 Hold

**Odd and Even Groups (staggered lines)**

**Odd Group**

5 Step forward with hands over heart in a sponge with R foot

6 Step L foot to R, close feet

**Even Group**

5 Step back with hands over heart in a sponge with L foot

6 Step R foot to L, close feet

**Everyone:**

7,8 Bring arms to clean and straighten legs

**Front and Back Groups:**

**Front Group**

and1 Ball change L,R with R foot crossing over L in a heel to the front L corner, L arm in pressed kidney, R arm swings over and around to a pressed lower V, focus front

2,3,4 Hold

**Back Group**

1,2 Hold

and3 Ball change L,R with R foot crossing over L in a heel to the front L corner, L arm in pressed kidney, R arm swings over and around to a pressed lower V, focus front

4 Hold

**3 Groups Left to Right:**

**Left Group**

5 Pivot feet to back L corner in a straddle, arms come to crossed lower box wrap, focus follows

6,7 Hold

**Middle Group**

5 Hold

6 Pivot feet to back L corner in a straddle, arms come to crossed lower box wrap, focus follows

7 Hold

**Right Group**

5,6 Hold

7 Pivot feet to back L corner in a straddle, arms come to crossed lower box wrap, focus follows

**Everyone:**

8 Keeping feet where they are, pivot over R shoulder to face front (R should be crossed over L now), L arm in kidney, bend knees, hinge slightly forward, L arm in kidney, and blow a kiss with R