

“Hits Mix” - by: Various Artists
Intermediate Pom – Time 1:59

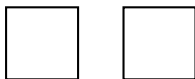


Start in 2 grps facing out, arms rocket from chest

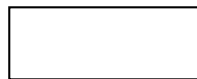
- 8 hold 1-2 pull frt arm back 3 out 4 circle front arm back 5 over 6 snake in 7-8
- 8 by grps: relevé, punch down 1 step back pose looking in 2 or 3-4 step touch in with punches facing center 5-6, 7-8
- 8 slow walk fwd R w/T 1-2 walk fwd arms down 3-4 step out R swinging R arm up/down/up/down 5-6-7-8
- 8 checks and throw head RL 1-2 step together w/ R up 3-4 push bk w/R arm frt 5-6 push back switching arms 7-8
- 8 jump close to R w/T 1 step out L 2 touch turn 3-4 step kick R 5-6 step R close L with L shoulder up 7-8
- 8 walk LR hands to L hip then R hip 1-2 circle over head and pop 3-4 skater turn L leg out 5-6 punch R arm out 7 hold 8
- 8 triplets meshing through each other to form 1 block, arms swing over 1&2, 3&4, 5&6, 7&8
- 8 continue to make block: walking punches 1-2-3 jump front w/T 4 pose by grps: L over hd, L pop out 5-6-7-8
- 8 contagion R-L windmill close to face L 1-4 circle R hip, arms low V 5-6, again 7-8
- 8 pop out R, arms in front of face, snake R 1-2 snake L 3-4 close L to R with ½ T 5 push arms out 6 circle arms back and contract 7-8
- 8 “poker face” peeks (open/close by files): 1-4 walk back with touchdown swings or low swings 5-6 switch 7-8
- 8 tuck 1-2 slide out R or L 3-4 roll in to knees 5-6 diagonal R or L 7 wrap shoulders 8
- 8 (3 grps L to R 1-3-5-) broken muscles up to knees 1 switch 2 open Indian 3 close Indian and sit 4 continue 5-8
- 8 tuck 1-2 levels F to B 3-4 L arm out low V & 5 R arm out low V & 6 both out low V & 7 contract & 8
- 8 R arm slides around, followed by L arm 1-2 shoulder roll 3-4 rocket and tuck by halves 5-6 or 7-8
- 8 pop legs out 1 roll up with rolling arms 2-3 arms over head 4 twist 5-6 snap out with L 7-8
- 8 face back 1 step out and peek over R shoulder 2 over L shoulder 3 head nod & 4 contagion R to L, R arm up/down punch L up and step out R 5-8
- 88 move to chevron block: slow step L together L wrap L over head 1-4 slow walk with shoulder 5-6, 7-8, walk side with rib cage roll 1-4 throw RL up/down with step touches 5-6, 7-8
- 8 pop out, low arms 1 hammer & 2 lean R, arms over head 3 body and arms back center 4 circle back 5-6 kick R leg back, arms back 7 contract over L 8
- 8 F to B contagion: cross R over, turn and push arms up to rocket 1-4 arms fwd, shake with head back 5-6 chest 7-8
- 88 (parts L to R 1-3-5) bounce out R and close 1-2 turn over L shoulder bounce out R and in 3-4 turn and bounce out R and in 5-6 rocket 7 tuck 8 continue groups 1-4 slide to knees with R up by ear 7 tuck 8
- 8 shimmy parts up or down by lines 1-2, 3-4, 5-6, 7-8
- 8 2nd group finishes shimmy parts 1-2 roll over to L, legs up 3-6 check F/B 7-8
- 8 push bk R leg out L leg out 1-2 head 3-4 roll to stand 5-8.
- 88 move to triangle: low V 2xs 12 chest 3 R up 4 chest 5 L up 6 T 7 clean 8 repeat 1-8
- 8 step R jump together 1-2 prep 3 turn 4-5 ball change back with “L” arm 6-7 clean 8
- 8 step out R with/T 1 hi or low clap 2 T 3 switch clap 4 continue 5-8
- 8 R heel 1 hold 2 L heel/R heel 3-4 grp 1 circle over to L knee 5-6 grp 2 circle over to L knee 7-8
- 88 pick up starts with group on left: grp 1-kick R step out 1-2 step R passé L 3-4 grp 2 pick up-pop bk R/L 5-6 ball change back 7-8 grp 3 pick up- chasse leap R 1-6 wrap R/L 78
- 81 jump together 1 flick R 2 walk to face bk 3-4 kick ball change R to face frt 5&6 contract over 2x’s 7-8, look up 1.

Formations:

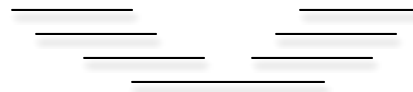
#1 – 2 Groups



#2 – Staggered Block



#3 – Chevron Block



#4 - Triangle

