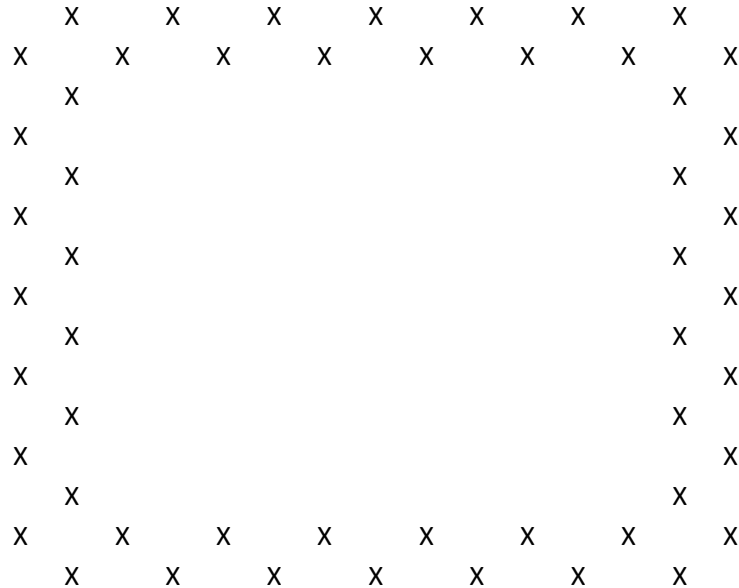


CLEAR BROOK POM DANCE NOTES

“Dynamite”

Arrangers 2009

Beginning Position: Everyone facing outside in levels, outside box=low knees, inside box=high knees, head down, poms at chest

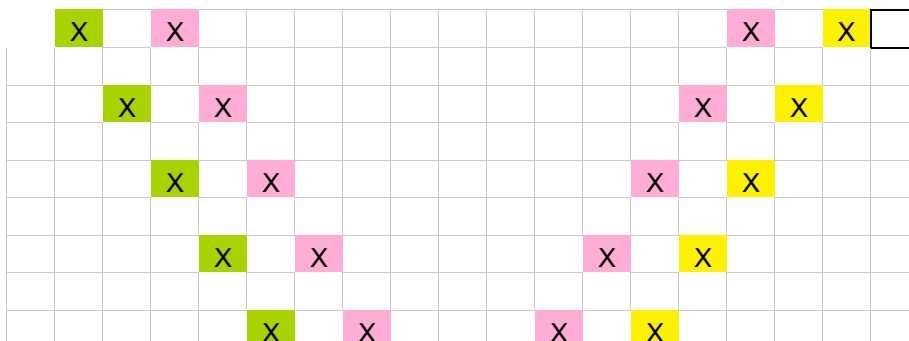


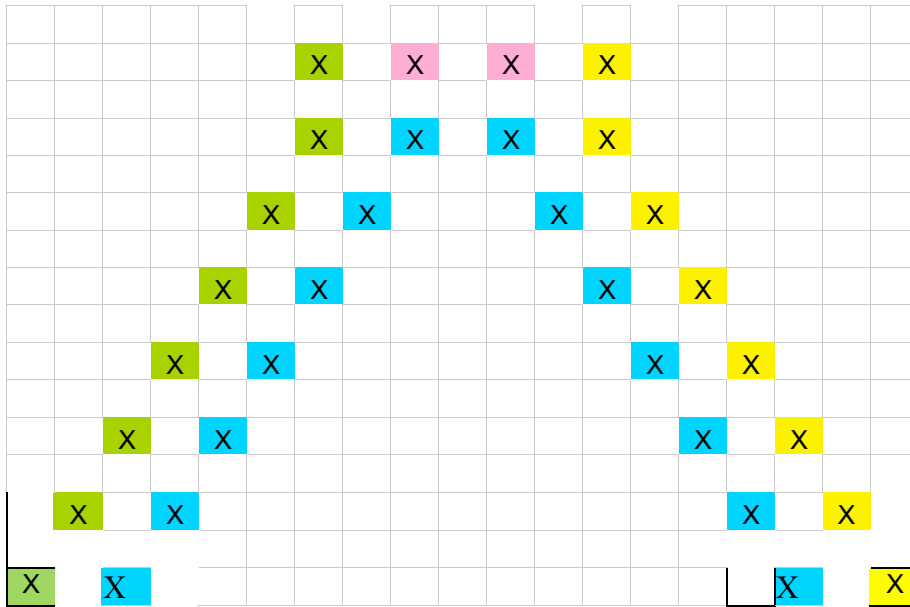
8 hold 1-4, PU (inside square 1st, outside square 2nd, every 4): R arm up, L arm down, look L 5, switch 6, T 7, R arm up, L arm down, look front 8

8 cont. (1st group repeats, 2nd group joins) 1-4, high knees,(1st group) poms at chest 5-6, stand, high V 7, clean, switch Vs 8 (2nd group) stand, Low V 5, switch V's 6, poms at chest 7-8.

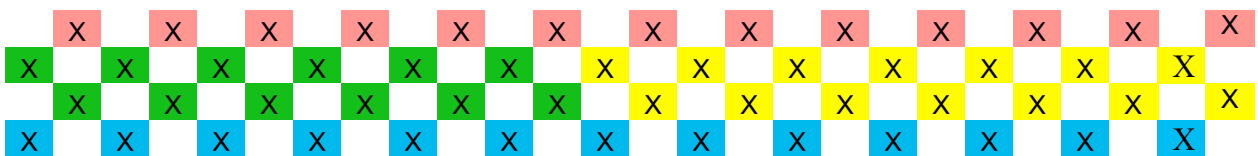
8 TRANSITION: shake 1-2, R arm out, L arm in 3, switch &, switch back 4, high rocket 5, L arm out, R arm in 6, low rocket 7, chest 8

8 TRANSITION: cross front 1, break to T 2, windmill w/ R on top 3-4, windmill with L on top 5-6, T 7, chest 8





- 8 ripple (center-out): step out, pop inside leg, outside arm high V, inside arm wrap 1-8
- 8 cross outside leg in front, turn around, rocket, head release 1-4, PU (stage R to stage L): R arm in T, L arm across belly 5, low V (front V), high V (back V) 6, L arm T, R arm across belly 7, poms at chest 8
- 8 PU (outside X to inside X every 2 counts): in opposition: side w/ inside leg, break arms to T facing inside 1, punch arm to switch body direction outside, and flick downstage foot 2, step on flicked foot, swing arm up 3, DIVA SNAP down 4, cont 5-8
- 8 (inside X) step outside w/ upstage leg, clean arms 1, posse, arms in half T to Front 2, rocket arms circle down to up, w/ plié 3-4, (outside X) repeat 5-8.
- 8 TRANSITION: walk, arms sunshine down: high V 1, T 2, low V 3, clean 4, roll 5-6, T 7, half T &, T 8
- 8 TRANSITION: check with L arm up 1, switch 2, circle R arm around and up to high rocket 3-4, switch to low rocket 5-6, switch high rocket 7, chest 8



- 8 step out with R foot, punch R arm across low 1, dig L foot, R arm high V, L arm clean 2, repeat on L 3-4, step on R foot w/ clean arms 5, prep arms, step L 6, Double turn 7-8.
- 8 Jump to second, break arms into low V 1, hold 2, pivot over L shoulder, wrap arms with R in front 3, pivot back over R shoulder, sit in L hip, break arms low V 4, PU (left to right, every 2 counts) rocket arms up & lift hip 5, sit back into hip

w/ low V 6, repeat 7-8.

8 PU (front to back, every 2 counts): chasse forward w/ clean arms 1-2, step L 3, R leap to the right 4, land in tuck 5, cont PU 6-8.

8 cont PU 1-4. ripple windmill arms 5-8.

8 Cont ripple 1-4, high knees, swing L arm around to high V 5-6, half T &, cross low 7, low V 8,

8 wrap arms above head, step w/ L leg 1-2, clean arms, stand up w/ R leg 3-4, (in opposition, every other line) check arms R, L, R, while continually squatting 5,&,6, step out with R leg, touchdown arms and sit/shake hips to R 7-8.

8 step front with inside leg, cross low 1, replace to passe inside leg "Rockette Leg", T arms 2, step outside with passe leg, wrap shoulders 3, step, low V 4, step, replace so front leg is in passe, arms circle around to low V 5-6, step down, punch inside arm up 7, switch 8

8 turn over outside shoulder, dig inside foot, hit low, Mermaid pose V 1, walk in, circle arms in and around 2-3, step on L 4, sit into inside hip, inside arm low V, outside arm wrap 5, switch to L low V 6, switch to R high V 7, clean, poms at chest 8

8 TRANSITION: shake poms at chest 1-8

8 TRANSITION: punch R to low diag 1, R break to high V 2, punch L to low diag 3, high V 4, military man, space man arms 5-8

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X      X      X      X                      X      X      X      X
X      X      X      X                      X      X      X      X
X      X      X      X                      X      X      X      X
X      X      X      X                      X      X      X      X
      X      X      X      X      X      X
      X      X      X      X      X
      X      X      X      X
      X      X
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8 ripple (front group, front to back): rocket, dynamite around, tuck 1-4, ripple (back groups, inside to outside): rocket, dynamite around, tuck 5-8

8 hit levels (middle front=low knees, middle sides =high knees, back groups =standing) 1, punch R across, L MICKEY MOUSE 2, swing R arm to T 3, double mickey mouse 4, high V 5, punch L K 6, switch to R K 7, cross low 8

8 break to T &1, break to front rocket &2, R arm T, L half T 3, high rocket 4, L arm T, R half T 5, front rocket 6, middle group hit high V 7, sides hit high V 8

8 parts:

Side groups (PU odd lines then even lines, every 2 counts): R pivot, low V 1, face back, poms chest 2, right pivot, high V 3, face front 4, high cheerio L diag,

Step R 5, dig L foot, low cheerio R diag 6, high cheerio R diag, step L 7, dig R foot, low cheerio L 8.

Middle Group: (high knees) step L, low cheerio 1, stand up R, high cheerio 2, Hold 3-4, (low knees) clean arms, go to high knees 1-2, step L, low cheerio 3, High cheerio, stand up 4, step R clean arms 5, step L and prep 6, chaine 7-8

8 parts:

Side groups: step R 1, fist pump, jump 2,3, repeat on L 4-6, step out R, high rocket 7, T 8.

Middle Group: calypso, and turn out of it 1-4, chug arms/clap, step together 5-6, Face the back and chug/clap 7-8

8 parts:

Side groups: check w/ outside arm, inside arm T, twist foot in ELVIS 1, switch to opposite side ELVIS 2, chug forward, mini party arms, half circle up then down 3-4, rocket up, step to the inside 5, slice down to low V 6, hold 7-8

Middle Group: step L to back 1, kick R to front 2, step R 3, flat back 4, diva snap up 5, diva snap down 6, repeat 7-8

8 TRANSITION: shake poms at chest 1-8

8 TRANSITION: check with R arm low V 1, switch 2, low V 3, high V 4, check with R arm high V 5, switch 6, high V 7, low V 8

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X      X      X                               X      X      X
X      X      X                               X      X      X
      X      X      X                               X      X      X
          X      X      X                       X      X      X
              X      X      X                   X      X      X
                  X      X      X               X      X      X
                      X      X      X           X      X      X
                          X      X      X       X      X      X
                              X      X      X   X      X      X
                                  X      X      X
  
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8 (outside to inside V PU every 4 counts) step on L 1, inside single pirouette w/ touchdown arms 2, slice arms to low V, step on R 3, tuck 4, cont' PU 5-8

5 cont PU 1-4 hit poses 5 (outside K)