



POGO

By **Virginie BARJAUD**

Music " PBR" - The Morrison Brothers Band

Level Advanced

Description Parts : A (64 counts) - B (32 counts) - TAG (52 counts) - BRIDGE (Claps 32 COUNTS)

A - B - B - A - B - B - Tag - A - B- bridge- B-B

PART A (64 counts)

Sequence 1 RIGHT STOMP- RIGHT KICK- RIGHT CROSS- RIGHT KICK- RIGHT CROSS - RIGHT KICK - RIGHT ROCK BACK

- 1 - 2 STOMP RIGHT - KICK RIGHT
- 3 - 4 (Jumping) CROSS RIGHT OVER LEFT (hook left behind) - (back weight on left) KICK RIGHT
- 5 - 6 (Jumping) CROSS RIGHT OVER LEFT (hook left behind) - (back weight on left) KICK RIGHT
- 7 - 8 (Jumping) STEP RIGHT BACK WITH KICK LEFT (weight on right) - STOMP LEFT FORWARD

Sequence 2 RIGHT STEP - LEFT SCUFF - LEFT STEP- RIGHT SCUFF- RIGHT VAUDEVILLE

- 1 - 2 RIGHT STEP FORWARD - LEFT SCUFF
- 3 - 4 LEFT STEP FORWARD - RIGHT SCUFF
- 5 - 6 CROSS RIGHT FOOT OVER LEFT - LEFT STEP BACK
- 7 - 8 HEEL RIGHT TO THE RIGHT - PUT TOE

Sequence 3 (1/4 turn Right) LEFT FLICK with SLAP - LEFT STOMP- LEFT HEELGRIND (1/4 turn left) - RIGHT SCUFF - RIGHT STEP- LEFT HOOK (1/2 turn left) with SLAP - LEFT STEP - RIGHT SCUFF

- 1 - 2 (1/4 turn right) LEFT FLICK with SLAP - LEFT STOMP
- 3 - 4 PIVOT LEFT TOE TO THE LEFT (1/4 turn left) - RIGHT SCUFF
- 5 - 6 RIGHT STEP FORWARD - LEFT HOOK (1/2 turn LEFT) with SLAP
- 7 - 8 LEFT STEP FORWARD - RIGHT SCUFF

Sequence 4 (Pivot 1/2 turn left) LONG RIGHT STEP BACK - HOLD - LEFT STOMP - HOLD- HEEL SWITCHES- RIGHT FLICK- RIGHT STOMP

- 1 - 2 Pivot 1/2 TURN LEFT with LONG RIGHT STEP BACK- HOLD
- 3 - 4 LEFT STOMP BESIDE RIGHT - HOLD
- 5 - 6 HEEL RIGHT FORWARD - HEEL LEFT FORWARD
- 7 - 8 RIGHT FLICK - RIGHT STOMP

Sequence 5 LONG SLIDE BACK - LEFT STOMP - HOLD - RIGHT CROSS ROCK- FLICK- RIGHT CROSS ROCK- FLICK

- 1 - 2 LONG SLIDE RIGHT STEP BACK - HOLD
- 3 - 4 LEFT STOMP - HOLD
- 5 - 6 In diagonal Left (Jumping) RIGHT STEP CROSS OVER LEFT (weight on right) - (back weight on left) RIGHT FLICK
- 7 - 8 In diagonal Left (Jumping) RIGHT STEP CROSS OVER LEFT (weight on right) - (back weight on left) RIGHT FLICK

Sequence 6 RIGHT ROCK STEP- TOE STRUT 1/2 TURN RIGHT- TOE STRUT 1/2 TURN RIGHT - 1/2 TURN RIGHT STEP- LEFT STOMP

- 1 - 2 (Jumping) RIGHT STEP FORWARD (weight on right) - BACK ON LEFT
- 3 - 4 1/2 TURN RIGHT with RIGHT TOE FORWARD - PUT RIGHT HEEL
- 5 - 6 1/2 TURN RIGHT with LEFT TOE BACK - PUT LEFT HEEL
- 7 - 8 1/2TURN RIGHT with RIGHT STEP FORWARD - LEFT STOMP BESIDE RIGHT

Sequence 7 LEFT STOMP - HOLD X3 - RIGHT STOMP - HOLD x3

- 1 - 2 LEFT STOMP TO THE LEFT - HOLD
- 3 - 4 HOLD x 2
- 5 - 6 RIGHT STOMP TO THE RIGHT - HOLD
- 7 - 8 HOLD x 2

Sequence 8 RIGHT SWIVETS - LEFT SWIVETS - (1/2 turn right) LEFT STOMP- HOLD- RIGHT STOMP- HOLD

- 1 - 2 RIGHT TOES TO THE RIGHT - BACK IN THE MIDDLE
- 3 - 4 LEFT TOE THE LEFT - BACK IN THE MIDDLE
- 5 - 6 (1/2 turn right) LEFT STOMP TO THE LEFT - HOLD
- 7 - 8 RIGHT STOMP TO THE RIGHT - HOLD

PART B (32 counts)

Sequence 1 (1/2 turn left) RIGHT CROSS JUMPING (with slap)- RIGHT ROCK BACK - (1/2 turn left) RIGHT CROSS JUMPING (with slap) - RIGHT ROCK BACK

- 1 - 2 (Jumping) 1/2 turn left CROSS RIGHT OVER LEFT with HOOK LEFT BEHIND (Slap the hook)- STEP LEFT BACK
- 3 - 4 (Jumping) RIGHT STEP BACK WITH KICK LEFT (weight on the right) - BACK ON LEFT
- 5 - 6 (Jumping) 1/2 turn left CROSS RIGHT OVER LEFT with HOOK LEFT BEHIND(Slap the hook)- STEP LEFT BACK
- 7 - 8 (Jumping) RIGHT STEP BACK (WITH KICK LEFT (weight on the right) - BACK ON LEFT

Sequence 2 RIGHT GRAPEVINE - LEFT STOMP - LEFT TWISTER KICK - LEFT STOMP

- 1 - 2 RIGHT STEP TO THE RIGHT - CROSS LEFT BEHIND RIGHT
- 3 - 4 RIGHT STEP TO THE RIGHT - STOMP LEFT BESIDE RIGHT
- 5 - 6 (Jumping) RIGHT KICK - 1/2 turn left LEFT HOOK BEHIND
- 7 - 8 (Jumping) 1/2 turn left LEFT KICK - LEFT STOMP FORWARD

Sequence 3 RIGHT CROSS JUMPING (with touch left toe behind) - RIGHT KICK- (1/4 turn right) LEFT KICK- LEFT CROSS - RIGHT GRAPEVINE - LEFT CROSS

- 1 - 2 (Jumping) CROSS RIGHT OVER LEFT with TOUCH LEFT TOE BEHIND right (weight on right) - (Back weight on left) RIGHT KICK
- 3 - 4 (Jumping) 1/4 turn right LEFT KICK - CROSS LEFT OVER RIGHT
- 5 - 6 STEP RIGHT TO THE RIGHT - CROSS LEFT BEHIND RIGHT
- 7 - 8 STEP LEFT TO THE RIGHT - CROSS LEFT OVER RIGHT

Sequence 4 (1/4 turn right) JUMPING ROCK STEP - JUMPING JAZZ BOX 1/2 turn right - HOLD

- 1 - 2 (Jumping forward) (1/4 turn right) RIGHT STEP FORWARD (weight on right) - (weight back on left) RIGHT KICK
- 3 - 4 (Jumping) LEFT KICK 1/4 turn right - CROSS LEFT OVER RIGHT
- 5 - 6 (Jumping) 1/4 turn right RIGHT STEP BACK (weight on right with kick left) - LEFT STEP FORWARD with RIGHT FLICK
- 7 - 8 RIGHT STOMP - HOLD

TAG

Sequence 1 RIGHT GRAPEVINE BACK 1/2 turn right - HOLD - RIGHT FULL TURN - RIGHT STOMP UP

- 1 - 2 1/4 turn right RIGHT STEP TO THE RIGHT - LEFT CROSS BEHIND RIGHT
- 3 - 4 1/4 turn right RIGHT STEP FORWARD - HOLD
- 5 - 6 1/2 turn to the right LEFT STEP BACK - 1/2 turn right RIGHT STEP FORWARD
- 7 - 8 LEFT STEP BESIDE RIGHT - RIGHT STOMP UP

Sequence 2 RIGHT ROCK BACK - STOMP X2 - HOLD - RIGHT ROCK BACK - RIGHT STOMP - HOLD

- 1 - 2 (Jumping) RIGHT STEP BACK (weight on right) - LEFT STEP FORWARD
- 3 - 4 RIGHT STOMP X2
- 5 - 6 (Jumping) RIGHT STEP BACK (weight on right) - LEFT STEP FORWARD
- 7 - 8 RIGHT STOMP - HOLD

Sequence 3 RIGHT GRAPEVINE BACK 1/2 turn right - HOLD - RIGHT FULL TURN - RIGHT STOMP UP

- 1 - 2 1/4 turn right RIGHT STEP TO THE RIGHT - LEFT CROSS BEHIND RIGHT
- 3 - 4 1/4 turn right RIGHT STEP FORWARD - HOLD
- 5 - 6 1/2 turn to the right LEFT STEP BACK - 1/2 turn right RIGHT STEP FORWARD
- 7 - 8 LEFT STEP BESIDE RIGHT - RIGHT STOMP UP

Sequence 4 RIGHT ROCK BACK - STOMP X2 - HOLD - RIGHT ROCK BACK - RIGHT STOMP - HOLD

- 1 - 2 (Jumping) RIGHT STEP BACK (weight on right) - LEFT STEP FORWARD
- 3 - 4 RIGHT STOMP X2
- 5 - 6 (Jumping) RIGHT STEP BACK (weight on right) - LEFT STEP FORWARD
- 7 - 8 RIGHT STOMP - HOLD

Sequence 5 RIGHT STEP SIDE - LEFT SCUFF- LEFT STEP SIDE - RIGHT STOMP - RIGHT SWIVELS- LEFT STOMP

- 1 - 2 STEP RIGHT TO THE RIGHT - LEFT SCUFF
- 3 - 4 STEP LEFT TO THE LEFT - RIGHT STOMP
- 5 - 6 TOE RIGHT TO THE RIGHT- HEEL RIGHT TO THE RIGHT
- 7 - 8 TOE RIGHT TO THE RIGHT- LEFT STOMP BESIDE RIGHT

Sequence 6 LEFT SWIVELS - RIGHT STOMP UP- RIGHT HEEL FORWARD -RIGHT TOE BACK - RIGHT HEEL FORWARD X2

- 1 - 2 TOE LEFT TO THE LEFT - HEEL LEFT TO THE LEFT
- 3 - 4 TOE LEFT TO THE LEFT - RIGHT STOMP UP
- 5 - 6 RIGHT HEEL FORWARD (cross over left) - RIGHT TOE BACK
- 7 - 8 RIGHT HEEL FORWARD (cross over left) X 2

Sequence 7 HEEL SWITCHES

- 1 - 2 LEFT HEEL FORWARD (cross over right) - RIGHT HEEL FORWARD -(cross over left)
- 3 - 4 LEFT HEEL FORWARD (cross over right) - RIGHT HEEL FORWARD -(cross over left)

BRIDGE

32 Counts Free style , claps & fun