Pump Up The Jam

Count: 32 **Wand:** 4 **Ebene:** High Improver
Choreograf/in: Kristin Clove (USA) - March 2024
Musik: Pump Up the Jam - Swingrowers

No Tags No restarts

Section 1: Press, Recover w/Hitch, R pony back, Side, Heel, Ball cross, 1/4 Paddle turn

1,2	1,2:Press R forward, Recover on L while hitching R knee
3&4	RF pony back
&5	Step LF SIDE L Flex RF side R
&6	Ball change RF crossing LF over R
7-8	RF paddle 2xs 1/4 turn L

Section 2: Step, Lock w/ hitch, Shuffle, Rock, Recover, ¼ turning Jumps x2

1,2	RF step forward, lock LF into RF hitching up RF, RF Shuffle forward,
3&4	Step R back while hitching L knee, ball of L next to R, Step R back while hitching L Knee
5,6,7,8,	LF rock forward, Recover RF, 1/2 turn jump 2xs over Left shoulder

Section 3: Wizard step, Side rock, Recover, Sailor step, Weave

1,2&3,4	RF wizard step, rock side L, recover side R,
5&6,	LF sailor step,
7&8	RF weave back, LF step side, RF cross forward

Section 4: Stomp, ¼ sit w/ knee pop, Hip push, Walk RL, ¾ pivot

1,2,3,4	stomp LF side L, 1/4 turn right planting Toes lifting heels off floor, push hips forward, push hips back
5,6,7,8	Step forward RF, step forward LF, step forward RF 3/4 pivot turn weight changes to LF

Last Update: 25 Apr 2024