

Count: 48

Wand: 4

Ebene: Intermediate

Choreograf/in: Boots & The Country Dream

Musik: Pump Up the Jam - Technotronic



TOE GRINDS (SQUASH THE BUG)

- & Lift left heel off floor & fan outward
- 1 Fan left heel inward to instep of right
- & Fan left heel outward
- 2 Fan left heel inward to instep of right
- & Fan left heel outward
- 3 Fan left heel inward to instep of right
- & Fan left heel outward
- 4 Fan left heel inward to instep of right

BACKWARD TRAVELING MASHED POTATOES

- & Lift left foot slightly off floor & turn both heels outward with weight on ball of right
- 5 Step back on left, with weight on balls of both feet turn both heels inward
- & Lift right foot slightly off floor & turn both heels outward with weight on ball of left
- 6 Step back on right, with weight on balls of left, turn heels inward
- & Lift left slightly off floor & turn both heels outward with weight on ball of right
- 7 Step back on left, with weight on balls of both feet turn both heels inward
- & Lift right slightly off floor & turn both heels outward with weight on ball of left
- 8 Step back on right, with weight on balls of both feet, turn heels inward

DIAGONAL STEPS FORWARD

- 9 Step forward-left (45 degrees) with left
- 10 Slide right toe next to left
- 11 Step forward-right (45 degrees) with right
- 12 Slide left next to right

HORSESHOE ROLL

- 13 Roll hips outward to the right
- 14 Roll hips back & around to the left
- 15 Roll hips outward to the left
- 16 Roll hips back & around to the right

SYNCOPATED ROMPS

Left side, behind & side/tap, together-in front

- 17 Step to left side with left
- 18 Step across behind left with right
- & Step to left side with left
- 19 Tap right heel forward-right (45 degrees)
- & Place right foot next to left
- 20 Step across in front of right with left

Right side, behind, & side/tap, together-in front

- 21 Step to right with right
- 22 Step across behind right with left
- & Step to right with right
- 23 Tap left heel forward left (45 degrees)
- & Place left foot next to right

24 Step across in front of left with right

SHUFFLES IN SQUARE (MAKE A BOX)

& Pivot $\frac{1}{4}$ turn right on ball or right (3:00)
25 Step forward with left
& Step together with right
26 Step forward with left
& Pivot $\frac{1}{4}$ turn right on ball of left (6:00)
27 Step forward with right
& Step together with left
28 Step forward with right
& Pivot $\frac{1}{4}$ turn right on ball of right (9:00)
29 Step forward with left
& Step together with right
30 Step forward with left
& Pivot $\frac{1}{4}$ turn right on ball of left (12:00)
31 Step forward with right
& Step together with left
32 Step forward with right

HEEL GRIND-TOE DROP

33 Step forward on left heel
34 Fan left toe outward then drop left toe
35 Step forward on right heel
36 Fan right toe outward then drop right toe

CROSS $\frac{1}{2}$ TURNS

37 Step across in front of right leg with left
38 Pivot $\frac{1}{2}$ turn right on balls of both feet
39 Step across in front of left leg with right
40 Pivot $\frac{1}{2}$ turn left on balls of both feet

SIDE SHUFFLE, $\frac{3}{4}$ TURN

41 Step to the left with left
& Step together with right next to left
42 Step to left side with left
43 Step across behind left leg with right
44 Pivot $\frac{3}{4}$ turn on balls of both feet

SIDE POINTS

45 Point left toe to left side
46 Place left foot next to right
47 Point right toe to right side
48 Place right foot next to left

Variation: Full Monterey turns for counts 45-48

REPEAT
