

Pump It Up

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Markus Raus (DE)

Musik: Get Yer Party On - The Baha Men



SLIDE RIGHT, SLIDE LEFT, KICK, KICK, SIDE STEP, SHOULDER MOVEMENTS

- 1&2 Slide right foot to right, diagonal rock step back with left foot
- 3&4 Slide left foot to left, diagonal rock step back with right foot
- 5& Kick right foot forward, back to center (weight on right)
- 6& Kick left foot forward, back to center (weight on left)
- 7 Step right with right foot, weight on both feet
- & Right shoulder up left shoulder down
- 8 Left shoulder up right shoulder down

¾ TURN RIGHT, WALK, WALK, SHOULDER MOVEMENT RIGHT, LEFT, BODY ROLL

- 9-10 Cross right foot behind left foot, ¾ turn over right shoulder
- 11-12 Walk right foot, walk left foot
- 13 Step to right with right foot with pushing shoulders to right
- 14 Push shoulders to left
- 15-16 Body roll from up to down

RUNNING MEN, HEEL SWIVELS, BODY ROLL

- 17& Right foot forward left foot back, hitch left foot
- 18 Left foot forward right foot back
- 19 Swivel right heel to left (¼ turn) facing diagonal to the front
- & Swivel left heel to left (¼ turn) facing front
- 20 Swivel right heel to left (¼ turn) facing diagonal to the right side
- 21 Swivel right heel to right (¼ turn) facing front
- & Swivel left heel to right (¼ turn) diagonal to the left side
- 22 Swivel right heel to right (¼ turn) facing left
- 23&24 Body roll from up to down

HALF TURN TO LEFT, WALK, WALK, SHOULDER MOVEMENT, BODY ROLL

- 25-26 Touch left foot back, turn half turn to left
- 27-32 Repeat steps 11-16

REPEAT
