

Pump It Up

Count: 0

Wand: 1

Ebene: Improver

Choreograf/in: Sussie Maersk

Musik: Pump It Up - Danzel



Sequence: A B B* A B B A A B B A A B B

SECTION A

WALK FORWARD RIGHT, LEFT, RIGHT, LEFT. WALK BACK, TOUCH BACK BODY ROLL WITH ½ TURN LEFT

- 1-2 Walk forward right foot (bend your knee and pump arms up), walk forward left foot (rise and arms down)
- 3-4 Walk forward right foot (bend your knee and pump arms up), walk forward left foot (rise and arms down)
- 5-6 Step back on right foot, touch back on left foot
- 7-8 Body roll with ½ turn left

OUT, OUT, ARMS UP AND DOWN, HIP ROLL

- 1-2 Step right foot to right side and rise right arm up, step left foot to left side and rise left arm up
- 3-4 Right hand behind your neck, left hand behind your neck
- 5-6 Hip roll to the left
- 7-8 Repeat, weight on left foot

KICK-STEP-CLOSE TWICE, STEP TURN, WALK

- 1&2 Kick right foot across left, right foot to right side, close left foot next to right foot
- 3&4 Kick right foot across left, right foot to right side, close left foot next to right foot
- 5-6 Walk on right foot, turn ½ left weight on left foot
- 7-8 Walk right foot, walk left foot

STEP POINT TWICE, TOUCH AND TURN

- 1-2 Step right foot to right side, point left foot across right foot
- 3-4 Step left foot to left side, point right foot across left foot
- 5-6 Step right foot to right, touch left foot behind right foot
- 7-8 Turn ½ left, weight on left foot

SECTION B

TOE STRUTS DIAGONALLY FORWARD, ROCK AND CROSS SHUFFLE

- 1-2 Step right toe diagonally forward right. Drop right heel taking weight
- 3-4 Step left toe diagonally forward right. Drop left heel taking weight
- 5-6 Rock right foot to right, recover on left foot
- 7&8 Step right foot across left foot, left foot beside right foot, right foot across left foot

TOE STRUTS DIAGONALLY FORWARD, ROCK AND CROSS SHUFFLE

- 1-2 Step left toe diagonally forward left. Drop left heel taking weight
- 3-4 Step right toe diagonally forward left. Drop right heel taking weight
- 5-6 Rock left foot to left, recover on right foot
- 7&8 Step left foot across right foot, right foot beside left foot, left foot across right foot

URNS WITH HOLD

- 1-2 Step right foot to right (crossing left fist to right shoulder & right fist to left shoulder), hold
- 3-4 Turn ½ left step left foot to left (both fist down beside your body), hold

- 5-6 Turn $\frac{1}{2}$ left step right foot to right (crossing left fist to right shoulder & right fist to left shoulder), hold
- 7-8 Turn $\frac{1}{2}$ left step left foot to left (both fist down beside your body), hold

WALK WITH TURNS (BIG STEPS WITH ATTITUDE)

- 1-2 Walk forward right foot and left foot
- 3-4 $\frac{1}{4}$ turn right walk forward right foot, hold
- 5-6 Walk forward left foot, $\frac{1}{4}$ turn right walk forward right foot
- 7-8 Walk forward left foot, hold

SECTION B*

- 1-24 Do counts 1-24 of Section B
- 25-26 Walk right foot, walk left foot
- 27-28 Turn $\frac{1}{2}$ right weight on right foot, walk left foot
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