

Pump Up

Count: 32

Wand: 2

Ebene: Intermediate hip hop

Choreograf/in: Paul Foxall (UK)

Musik: Push Up - Freestylers



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- 1-2&3-4 Stomp left to left side, hold, step right next to left, step left to left side, step right behind left as you turn to face the right diagonal
- 5-6&7-8 Walk back to the left diagonal, left, right, step left back to the left diagonal, walk forward to the right diagonal right, left
- 1-2&
3-4 Sway body right, recover, step right next to left
Rock left to left side, sway body left, recover
- 5-6 Syncopated side rocks step left into $\frac{1}{4}$ of a turn left, step right to right side completing another $\frac{1}{4}$ of a turn left
- &7-8 Step left next to right, step right across left, step left to left side
- 1-2&
3-4 Step right behind left, step left to left side, step right in place
Step left across right, step right to right side
- 5-6 Touch left behind right, unwind $\frac{3}{4}$ of a turn left
- 7&8 Rock right to right side, recover, cross right over left (3:00)
- 1-2-3-4 Step left to left side, rock right behind left, recover, step right back turning $\frac{1}{4}$ of a turn left (end up facing 3:00)
- 5-6 Step left to left side turning $\frac{1}{4}$ of a turn left (end up facing 12:00), step right to right side turning $\frac{1}{2}$ a turn left (end up facing 6:00)
- 7-8 Skate forward left, right

REPEAT
