

Pump-N-Stuff

Count: 64

Wand: 4

Ebene: Improver

Choreograf/in: Vicki E. Rader (USA)

Musik: Flowers after the Fact - Terri Clark



HEEL SPLITS, RIGHT HEEL TOUCHES

- 1-2 Turn both heels out; return heels to center
- 3-4 Turn both heels out; return heels to center
- 5-6 Touch right heel forward at a 45 degree angle; return right foot home
- 7-8 Touch right heel forward at a 45 degree angle; return right foot home

HEEL SPLITS, LEFT HEEL TOUCHES

- 9-10 Turn both heels out; return heels to center
- 11-12 Turn both heels out; return heels to center
- 13-14 Touch left heel forward at a 45 degree angle; return left foot home
- 15-16 Touch left heel forward at a 45 degree angle; return left foot home

LEFT AND RIGHT DIAGONAL STEP-DRAGS

- 17-18 Step left foot forward at a 45 degree angle (to left); drag right instep to left heel
- 19-20 Step left foot forward at a 45 degree angle (to left); drag right instep to left heel
- 21-22 Step right foot forward at a 45 degree angle (to right); drag left instep to right heel
- 23-24 Step right foot forward at a 45 degree angle (to right); drag left instep to right heel

BACKWARD DIAGONAL STEP-TOUCHES WITH CLAPS, KNEE PUMPS

- 25-26 Step left foot back at a 45 degree angle (to left); touch right toe next to left instep and clap
- 27-28 Step right foot back at a 45 degree angle (to right); touch left toe next to right instep and clap
- 29-30 Step left foot back at a 45 degree angle (to left); step right foot next to left and clap
- 31-32 Pump knees forward and straighten; pump knees forward and straighten

RIGHT AND LEFT STEP-SLIDE-STEP-TOUCHES

- 33-34 Step right foot to the right; slide left foot next to right foot
- 35-36 Step right foot to the right; touch left foot next to right foot
- 37-38 Step left foot to the left; slide right foot next to left foot
- 39-40 Step left foot to the left; touch right foot next to left foot

LONG STEP RIGHT, SLIDE, HOLD, KICKS (PUMPS) WITH ¼ TURN LEFT

- 41-42 Take a very long step to the right on right foot; begin sliding left foot toward the right
- 43-44 Finish the slide and bring left foot together with the right; hold the count
- 45 Kick (as if pumping the brake pedal in your car) right foot forward
- & Raise to the ball of left foot and pivot 1/8 turn left
- 46 Set left heel down on the floor and kick (pump) again
- & Raise to the ball of left foot and pivot 1/8 turn left
- 47-48 Set left heel down on the floor and kick (pump) again; touch right foot in place

GRAPEVINE RIGHT WITH KNEE-HITCH & SLAP; GRAPEVINE LEFT WITH KNEE-HITCH & SLAP

- 49-50 Step right foot to the right; step left foot behind right
- 51-52 Step right foot to the right; hitch up left knee and slap the inside of knee with right hand
- 53-54 Step left foot to the left; step right foot behind left
- 55-56 Step left foot to the left; hitch up right knee and slap the inside of knee with left hand

ROCK FORWARD AND BACK, STOMPS

57-58 Rock forward on right foot; rock back on left foot
59-60 Step back on right foot; rock forward on left foot
61-62 Stomp right foot slightly forward; stomp right foot slightly to the right
63-64 Stomp right foot next to left foot; hold the count.

REPEAT
