

# Pump It Up

**COPPER KNOB**  
STEPSHEETS

Count: 32

Wall: 4

Level: Improver

Choreographer: Markus Raus (DE)

Music: 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**

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