

PUMP Me Up

拍数: 128 墙数: 2 级数: Intermediate
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音乐: Pump Me Up - Krosfyah



Intro: 12 Counts

S:1- □Rock Right Diag. Fwd, Rec, Right Step Lock Step Fwd, Rock Left Diag. Fwd, Rec. Step Left Lock Step Fwd

1-2 Rock 1/8 Turn Right right forward (1:30) , Recover on Left
3&4 Step Right forward , LF Step cross behind RF, Step Right forward
3-4 Rock ¼ turn to Left forward (10:30) , Recover on Right
7&8 Step forward , Step Right crossed behind Left , Step Left forward

S:2- □Rock Right Diag. Fwd, Rec. 3/8 Turn Chassé to Right , Rock Left Fwd, Rec. Left Coaster Step

1-2 Rock Right forward , Recover on Left
3&4 Step Right 3/8 Turn Right side (3:00) , Step LF next to RF , Step to the Right side
5-6 Rock Left forward , Recover on Right
7&8 Step Left back , Step RF beside LF , Step Left forward

S:3- □Rock Right Diag. Fwd, Rec. Right Step Lock Step Fwd, Rock Left Diag. Fwd, Rec. Left Step Lock Step Fwd

1-2 Rock 1/8 Turn Right Forward (4:30) , Recover on Left
3&4 Step Right forward , LF Step cross behind RF , Step Right forward
5-6 Rock ¼ Turn Left Forward (1:30) , Recover on Right
7&8 Step Left forward , Step right crossed behind left , Step Left forward

S:4- □Rock Right Diag. Fwd, Rec. 3/8 Turn Chassé to Right, Left Rock Fwd, Rec. Left Coaster Step

1-2 Rock Right forward , Recover on Left
3&4 Step 3/8 Turn Right side (6:00) , LF next to Right , Step to the Right side
5-6 Rock Left forward , Recover on Right
7&8 Step Left back , Step Right beside Left , Step Left forward

S:5- □Step Right, Together, Right Chasse, Step ¼ Turn Left Back, Together, Chasse Left

1-2 Step Right to Right side , Step Left next to Right
3&4 Step Right to Right side , LF next to RF, Step to the Right side
5-6 LF Step ¼ turn Left back to (9:00) , RF Step together
7&8 Step left side , Close Right next to Left , Step to Left side

S:6- □¼ Turn Left , Together, Right Chasse, Step ½ Turn Left , Together, Left Chasse

1-2 Step ¼ turn to Right side (12:00), LF Step next to Right
3&4 Step to Right side, LF next to Right , Step to the Right side
5-6 LF Step ½ Turn Left side (6:00) , Step Right next to Left
7&8 Step Left side , Close Right next to LF , Step to left side

S:7- □Walk Right & Left Fwd , Right Mambo Step, Walk Left & Right Back, Back Touch, Unwind ½ Turn Left

1-2 RF Walk diagonally forward to (4:30) , LF Walk forward
3&4 Rock Right forward , Recover onto Left , Step Right back
5-6 Walk Left back , Walk Right back
7-8 Touch Back , Turn ½ Turn Left (10:30)

S:8- □Walk Left & Right Fwd, Left Mambo Step, Walk Right & Left Back, Back Touch, Unwind 3/8 Turn Left

1-2 Walk Left forward , Walk Right forward

3&4 Rock Left forward , Recover on Right , Step Left Back
5-6 Walk Right back , Walk Left back
7-8 Touch behind , Turn 3/8 Turn Left (6:00)

S:9- □ Scissor Right Cross, Left Scissor Cross, 1/8 Turn Left, Touch Right 4x

1&2 Step to Right side , Step Left next to Right , Step Right over Left
3&4 Step to Left side , Step Right beside Left , Step Left over Right
5&6& Turn on LF 1/8 Turn Right (4:30) , Touch to Right side , Turn on LF 1/8 Turn Right (3:00) ,
Touch to Right side
7&8& Turn on LF 1/8 Turn Right (1:30) , Touch to Right side , Turn on LF 1/8 Turn Right (12:00) ,
Touch to Right side

S:10- □ Right Scissor Cross, Left Scissor Cross, 1/8 Turn Left, Touch Right 4x

1&2 Step to Right side , Step Left next to Right , Step Right over Left
3&4 Step to Left side , Step Right beside Left , Step Left over Right
5&6& Turn on LF 1/8 Turn Right (10:30) , Touch to Right side , Turn on LF 1/8 Turn Right (9:00) ,
Touch to Right side
7&8& Turn on LF 1/8 Turn Right (7:30) , Touch to Right side , Turn on LF 1/8 Turn Right (6:00) ,
Touch to Right side

S:11- □ Walk Right & Left Fwd, Right Shuffle Fwd, Fwd Left Out, Right Out Fwd, Left Back In, Right Back In with Sway's

1-2 Walk Right forward , Walk Left forward
3&4 Step Right forward , LF next to RF, Step Right forward
5-6 Step a little Left forward (out) , Step a little Right forward (out)
7-8 Step back in place (in) , Step Right next to Left (in)

S:12- □ Walk Left & Right Back, Shuffle Left Back, Right Back Out, Right Out Back, Right In Fwd, Fwd to Left with Sway's

1-2 Walk Left back , Walk Right back
3&4 Step Left back , Close Right next to Left, Step Left back
5-6 Step a little Right back (out), Step a little Left back (out)
7-8 Step RF back on place (in), Step Left next to Right (in)

S:13- □ Touch Right Fwd, Touch Right, Left Coaster Step, Touch Left Fwd, Touch Left, Coaster Step ¼ Turn Left

1-2 Touch Right forward , Touch Right side
3&4 Step Right back , Step Left beside Right , Step Right forward
5-6 Touch Left forward , Touch to Left side
7&8 Step ¼ turn to Left side (3:00) , Step Right next to Left , Step Left forward

S:14- □ Touch Right Fwd, Touch Right, Left Coaster Step, Touch Left Fwd, Touch Left, Coaster Step ½ Turn Left

1-2 Touch Right forward , Touch to Right side
3&4 Step Right back , Step Left beside Right , Step Right forward
5-6 Touch Left forward , Touch to Left side
7&8 Step ½ Turn Left (9:00) , Step Right next to Left , Step Left forward

S:15- □ Right Side Rock, Rec. &, Left Side Rock, Rec. & Step ¼ Turn Right , Touch, Step Right Lock Step Fwd

1-2& Rock to Right side , Recover on Left , Step to Right side
3-4& Rock to Left side , Recover on Right , Step to Left side
5-6& Step ¼ Turn Right forward (12:00) , Touch Left behind Right , Step Left on place
7 &8 Step Left forward , LF Step cross behind Right , Step Right forward

S:16- □ Left Side Rock, Rec. &, Right Side Rock, Rec. & Rock Right Fwd, Rec. Shuffle ½ Turn Left Fwd

1-2& Rock to Right side , Recover on Left , Step to Right side

3-4& Rock to Left side , Recover on Right , Step to Left side
5-6& Rock Right forward , Recover on Left
7&8 Step ¼ Turn Right , Step beside Right , Step ¼ Turn Right forward (6:00)

Tag: 16 count after 2nd Wall at (12:00)

TS1: Walk Right & Left Fwd, Right Mambo Step, Walk Left & Right Back, Left Coaster Cross

1-2 Walk Right forward , Walk Left forward
3&4 Rock Right forward , Recover on Left , Step Right back
5-6 Walk Left back , Walk Right back
7&8 Step Left back , Step Right beside Left , Step Left over Right

TS2: Step Right, Together, Right Chasse, Step Left, Together, Left Chassé

1-2 Step to Right side , Step Left next to Right
3&4 Step to Right side , Step Left next to Right , Step to Right side
5-6 Step to Left side , Step Right next to Left
7&8 Step to Left side , Step Right next to Left , Step to Left side

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