

# Pump Up The Swing

COPPERKNOB  
STEPSHEETS

拍数: 32      墙数: 2      级数: Beginner  
编舞者: Frank Trace (USA) - June 2017  
音乐: Pump Up the Jam - Swingrowers



## No Tags or Restarts

Intro: 32 counts from the beat. Start on vocals, after he says, "Technotronic 1989 pump up the jam".

### WALK FORWARD, KICK, STEP BACK, TOUCH, STEP, KICK

1-4            Walk R, L, R, kick L  
5-8            Step L back, touch R back, step R forward, kick L

### ZIG ZAG STEPS, VINE LEFT ¼ TURN

1-2            Step L back diagonally left, touch R next to L  
3-4            Step R back diagonally right, touch L next to R  
5-8            Step L to side, step R behind L, turn ¼ left and step L forward, touch R next to L (9:00)

### STEP TOUCHES RIGHT & LEFT, VINE RIGHT

1-4            Step R to side, touch L next to R, step L to side, touch R next to L  
5-8            Step R to side, step L behind R, step R to side, touch L next to R

### VINE LEFT ¼, HIPS BUMPS RIGHT & LEFT

1-4            Step L to side, step R behind L, turn ¼ left and step L forward, step R next to L (6:00)

### Styling Option for counts 1-4: Rolling Vine left turning 1 ¼ left

5-8            Bump hips twice right, bump hips twice left

## START OVER

---