

Pumped Up

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Hiroko Carlsson (AUS) - December 2017
音乐: Pumped Up - Klingande : (iTunes)



(16 count intro / Start on vocals)

[S1] Run Fwd, Run Back, 2x Side Run (Side-Cross-Side)

1&2 Run forward R-L-R
3&4 Run back L-R-L
5&6 Run to the right side (Step R to right side, cross L over R, step R to right side)
7&8 Run to the left side (Step L to left side, cross R over L, step L to left side) (12:00)

[S2] Rocking Chair, 1/2R Running Roll R-L-R, 3/4R Running Roll L-R-L

1 2 Rock forward on R, Recover on L
3 4 Rock back on R, Recover on L
5&6 Run R(5)-L(&)-R(6) Make a 1/2 turn right (6:00)
7&8 Run L(7)-R(&)-L(8) Make a 3/4 turn right (3:00)

[S3] Cross Rock-Recover-Side, Cross Shuffle, 1/4L Back, 1/4L Side, Cross Shuffle

1&2 Rock/Cross R over L, Recover weight on L, Step R to right side
3&4 Cross L over R, Step R close to L, Cross L over R
5 6 Make a 1/4 turn left stepping back on R, Make a 1/4 turn left stepping L to left side
7&8 Cross R over L, Step L close to R, Cross R over L (9:00)

[S4] 1/4R Back, Side, Anchor Step, Back, Back, Back, Together

1 2 Make a 1/4 turn right stepping back on L, Step R to right side
3&4 Step L forward and slightly hook R behind L, Step R behind L, Step L forward
5 6 Step R back, Step L back
7 8 Step R back, Step L together weight on L (12:00)

[S5] Fwd w/ Drag, &, Back, Back, Back w/ Drag, &, Fwd, Fwd

1 2& Big step forward on R over 2 counts (Drag L towards R), weight switch step L next to R (&)
3 4 Step R back, Step L back
5 6& Big step back on R over 2 counts (Drag L towards R), weight switch step L next to R (&)
7 8 Step R forward, Step L forward (12:00)

[S6] Rock Fwd-Recover w/ Sweep, 1/4R Back-Lock-Back, Touch Back-1/2L, Back-Lock-Back

1 2 Rock/step R forward, Step back on L sweeping R around
3&4 Make a 1/4 turn right stepping back on R, Lock/step L over R, Step R back (3:00)
5 6 Step/touch L back, Make a 1/4 turn left weight ends on R
7&8 Step L back, Lock/step R over L, Step L back (9:00)

[S7] Back w/ Drag, &, Fwd, Fwd, Fwd w/ Drag, &, Back, Back

1 2& Big step back on R over 2 counts (Drag L towards R), weight switch step L next to R (&)
3 4 Step R forward, Step L forward
5 6& Big step forward on R over 2 counts (Drag L towards R), weight switch step L next to R (&)
7 8 Step R back, Step L back (9:00)

[S8] 2x Jump Back-Bounce, 1/8L R Coaster Step, 1/8L L Coaster Step

&1 2 Step/jump diagonally back on R (&), Step L together (1), Bounce heels (2)
&3 4 Step/jump diagonally back on L (&), Step R together (3), Bounce heels (4)

5&6 Make a 1/8 turn left stepping back on R, step L next to R, Step R forward
7&8 Make a 1/8 turn left stepping back on L, step R next to L, Step L forward (6:00)

Tag (4 counts): End of Wall 2 (12:00) 2x 1/2L Pivot

1 2 Step forward on R, Make a 1/2 turn left weight recover on L
3 4 Step forward on R, Make a 1/2 turn left weight recover on L

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