

Pump It

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Beginner
编舞者: Ira Barie (INA) - April 2020
音乐: Pump It - Black Eyed Peas : (3:34)



Start dancing after 16 count

SEC 1. R SIDE STEP TOGETHER WITH SHIMMY SHOULDER

1-4 Step RF to side, hold, Step LF next beside RF, hold
5-8 Repeat 1-4

SEC 2. L SIDE STEP TOGETHER WITH SHIMMY SHOULDER

1-4 Step LF to side, hold, Step RF next beside LF, hold
5-8 Repeat 1-4

SEC 3. MODIFIED COASTER STEP, ¼ TURN RIGHT **

1-2-3-4 Step RF forward, Step LF next beside RF, Step RF backward, Step LF next beside RF
5-6-7-8 ¼ turn R RF step forward, LF next beside RF, RF step backward, LF next beside RF (3.00)

SEC 4. MODIFIED MONTEREY, ½ TURN *

1-2 Touch RF to side, make ½ turn right step RF in place (9.00)
3-4 Touch LF to side, make ½ turn left step LF in place (3.00)
5-6 Touch RF to side, make ½ turn right step RF in place (9.00)
7-8 Touch LF to side, Step LF next beside RF (9.00)

SEC 5. OUT-OUT, IN-IN (V STEP) TWICE

1-2 Step RF diagonal forward, Step LF diagonal forward
3-4 Step RF backward to center, Step LF next beside RF
5-8 Repeat 1-4

SEC 6. TOUCH FORWARD WITH HIP BUMPS

1-4 Touch RF forward, Step RF next beside LF, Touch LF forward, Step LF next beside RF
5-8 Repeat 1-4

Tag 1 : After wall 1, Forward and Back Mambo

1-4 Step RF forward, LF in place, Step RF close beside LF, hold
5-8 Step LF backward, RF in place, Step LF close beside RF, hold

Tag 2 : After wall 7 & ending wall 11, BASIC MAMBO

1-4 Step RF forward, LF in place, Step RF close beside LF, hold
5-8 Step LF backward, RF in place, Step LF close beside RF, hold
9-12 Step RF to R side, LF in place, Step Rf close beside LF, hold
13-16 Step LF to L side, LF in place, Step LF close beside RF, hold

*Restart wall 6 (6.00) after 32 Count

**Restart wall 8 (6.00) after 18 Count

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