

# Pump It

COPPER KNOB  
BY STEPHEN

拍数: 48      墙数: 2      级数: Advanced  
编舞者: Masters In Line (UK)  
音乐: Pump It - Black Eyed Peas



## WALK WALK, BALL CHANGE, HITCH, SLIDE BACK, BALL CHANGE, STEP FORWARD

1-2      Step forward on right, step forward on left  
&3      Rock back on ball of right, recover weight forward onto left  
4      Hitch right knee  
5-6      Take big step back on right, slide left to right (no weight change)  
&7      Step left next to right, step forward on right  
8      Step forward on left

## 3 TOUCH TURNS LEFT, SHOULDERS TURN, 2 TOUCH TURNS BACK RIGHT, SWIVET

The touch turns are done as more of a strong step, like a chug round almost a dragging action

1-2      Make ¼ turn left stepping right out to right side, make ¼ turn left stepping right to right side  
3-4      Make ¼ turn left stepping right out to right side, shoulder lift and turn upper body to face front  
5-6      Make 1/8 turn right stepping right out to right side, make 1/8 turn right stepping right out to right side  
7      With weight on right heel & left toe, twist right toes to right & left heels to left  
8      Return feet back to center

## HITCH, DOWN, HITCH WITH KNEE ROLL, TOUCH STEP BACK, TOUCH STEP BACK

1&2      Hitch right knee beside left, straighten right knee next to left, swing right leg out to right side bending left knee

Weight remains on left through these 2 counts

&3      Bring right leg back in towards left, hitch right knee as it circles to the right from hip  
4      Step right to right side  
5-6      Touch left next to right, step diagonally back on left  
7-8      Touch right next to left, step diagonally back on right

## 3 WALKS BACK, HOLD (OR SHOULDER SHRUG), 2 BALL CHANGES, HITCH, SWING LEG BACK

1-2      Step diagonally back on left, step diagonally back on right  
3-4      Step diagonally back on left, hold on count 4 or shrug shoulders up then down

These 3 walks are strong funky steps, for styling angle shoulders towards diagonals (left, right left)

&5      Rock back on ball of right, recover weight forward onto left  
&6      Rock back on ball of right, recover weight forward onto left

For styling on ball changes bend knees a little, keep upper body weight forward

7-8      Hitch right knee, swing right leg back behind you keeping weight on left

## HOP WITH SCOOT, CROSS, KICK HOOK, STEP LEFT, SHOULDER DIPS, FULL TURN LEFT

1-2      Hop on left scooting slightly back as right leg swings around to front, cross right over left  
3-4      Kick left to left diagonal, hook left in front of right shin  
5      Step left to left side with bent knee - hands are in fists in front of chest with elbows out to sides, drop left elbow down as right goes up  
6      Feet remain in place, drop right elbow as left elbow raises up  
7-8      Make ½ turn left stepping right to right side, make ½ turn left stepping left to left side

Counts 7-8 is a 2 count full turn like a rolling grapevine

Alternate: as an easy alternative to the fast turn on 7-8:

7      Cross right over left  
8      Step left to left side

**HEEL GRIND, BALL CROSS, TOUCH, BACK, SWEEP, BALL CHANGE, WALK**

- 1-2 Cross right heel over left grinding into floor, step left to left side
- &3-4 Step in place with right, cross left over right, touch right to right side
- 5-6 Cross right behind left, sweep left foot around to back (weight stays on right)
- &7 Rock back on ball of left, recover weight forward onto right
- 8 Step forward on left

**REPEAT**

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