

Pump It

拍数: 32 墙数: 4 级数: Beginner
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音乐: Pump Up the Jam - Technotronic



BUMP HIP FORWARD, BUMP HIP FORWARD, ½ TURN LEFT, STEP ON SPOT, STEP ON SPOT

1-2 Touch right forward and bump hip right, step right in place
3-4 Touch left forward and bump hip left, step left in place
5-6 Step right forward, turn ½ left (weight to left)
7-8 Step right in place (left arm forward), step left in place (right arm forward)

BUMP HIP FORWARD, BUMP HIP FORWARD, ½ TURN LEFT, ¼ TURN LEFT

1-2 Touch right forward and bump hip right, step right in place
3-4 Touch left forward and bump hip left, step left in place
5-6 Step right forward, turn ½ left (weight to left)
7-8 Step right forward, turn ¼ left (weight to left)

KNEE IN AND OUT, SAILOR STEP, SAILOR STEP, POINT FORWARD, POINT TO THE SIDE

1&2 Hold
On counts 1&2, swivel knees in, out, in. Also, put your right arm in the air and wave right, left, right
3&4 Step right back, step left together, step right to side
5&6 Step left back, step right together, step left to side
7-8 Touch right forward, touch right to side

½ TURN RIGHT, COASTER STEP, ROCK STEP LEFT, ROCK STEP RIGHT, ½ TURN LEFT

1&2 Turn ½ right and step right back, step left together, step right forward
3-4 Step left to side (swing left arm forward), touch right together
5-6 Step right to side (swing right arm forward), step left together
7-8 Step right forward, turn ½ left (weight to left)

REPEAT
