

# Pump It Up!

**COPPER KNOB**  
STEPSHEETS

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Zandra Varnham (SCO)  
音乐: Pump It Up - Danzel



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## WALK FORWARD X3, KICK, WALK BACK X3, TOUCH

1-2      Walk forward right, walk forward left  
3-4      Walk forward right, kick left forward  
5-6      Walk back left, walk back right  
7-8      Walk back left, touch right next to left (no weight on right)

## STEP KICK X4

1-2      Step right to right side, kick left across right  
3-4      Step left to left side, kick right across left  
5-6      Step right to right side, kick left across right  
7-8      Step left to left side, kick right across left

## RIGHT GRAPEVINE ¼ TURN RIGHT, LEFT GRAPEVINE, TOUCH

1-2      Step right to right side, cross step left behind right  
3-4      ¼ turn right stepping down on right, touch left next to right  
5-6      Step left to left side, cross step right behind left  
7-8      Step left to left side, touch right next to left

## STEP, TOUCH X4

1-2      Step forward on right, touch left next to right (no weight)  
3-4      Step back on left, touch right next to left (no weight)  
5-6      Step back on right, touch left next to right (no weight)  
7-8      Step forward on left, touch right next to left (no weight)

**On last 8 counts try adding claps onto steps 2,4,6,8**

**REPEAT**

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