

Pump Jack

拍数: 52 墙数: 4 级数:
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音乐: Pump Jack - Toby Keith : (CD: Big Dog Daddy)



Intro: 40 counts

Jump back, hold and clap, heel bounce 2x, side rock, cross shuffle.

&1-2 Jump left back, jump right beside left, hold & clap.
3-4 Bounce on both heels 2x (weight ending on left).
5-6 Rock right to right side , recover weight onto left.
7&8 Cross right over left, close left beside right, cross right over left.

Side jump left, touch right, hold, side jump right ¼ turn right, touch left, hold, Side switches R,L,R, ¼ turn right.

&1-2 Jump left to left side, touch right to right side, hold.
&3-4 Jump right to right side with ¼ turn right, touch left to left side, hold (3h00).
&5 Step left beside right, touch right to right side.
&6 Step right beside left, touch left to left side.
&7-8 Step left beside right, touch right to right side, ¼ turn right (6h00).

Shuffle right forward, swivels forward L,R, shuffle left forward, Swivels forward R,L.

1&2 Shuffle right forward R,L,R.
3 Step forward left swivelling towards left diagonal.
4 Step forward right swivelling towards right diagonal.
5&6 Shuffle left forward L,R,L.
7 Step forward right swivelling towards right diagonal.
8 Step forward left swivelling towards left diagonal.

Rock forward, unwind ½ turn right, full turn right, hip bumps.

1-2 Rock right forward, recover weight onto left.
3-4 Touch right behind left, ½ turn right (12h00).
5-6 ½ turn right stepping left back, ½ turn right stepping right forward (12h00).
7&8 Step left diagonal forward & push hip forward, push hip back, push hip forward.

Skates backwards, diagonal shuffle backwards, Skates backwards, diagonal shuffle backwards.

1-2 Skate right back, skate left back.
3&4 Shuffle right diagonal back R,L,R.
5-6 Skate left back, skate right back.
7&8 Shuffle left diagonal back L,R,L.

Rock back, side, hold, cross, unwind ¾ turn right, spin ½ turn right, hold.

1-2 Rock right back, recover weight onto left.
3-4 Step right to right side, hold.
5-6 Cross left over right, ¾ turn right (9h00).
7-8 ½ turn right on right foot, step left beside right, hold (3h00).

Knee pops 4x.

1-2 Pop right knee towards left, pop left knee towards right.
3-4 Pop right knee towards left, pop left knee towards right.

Bridge: In the (instrumental part). At the end of wall 5 you will dance 4 knee pops extra