

# Pumped Up Kicks

COPPER KNOB  
STEPSHEETS

拍数: 64      墙数: 4      级数: Intermediate - Hustle Rhythm  
编舞者: Dave Morgan (UK) - April 2012  
音乐: Pumped Up Kicks (All The Other Kids Mix) - DJ Hipst3r : (iTunes)



**Intro: 32 Counts. No Tags or Restarts.**

## **CROSS, SIDE, BALL STEP, STEP, SIDE ROCK, BALL SIDE, BALL SIDE.**

1-2            Cross left over right. Step right to right side.  
&3,4          Step ball of left slightly back. Step right forward. Step left forward.  
5-6            Rock right out to right side. Recover on left.  
&7             Step ball of right beside left. Step left to left side.  
&8             Step ball of right beside left. Step left to left side.

## **CROSS, ¼ TURN, RUN X3, ROCK RECOVER, FULL TURN.**

9-10          Cross right over left. Make ¼ turn right stepping back on left.  
11&12        Run back Right, Left, Right.  
13-14        Rock back on left. Recover on right.  
15-16        Make ½ turn right stepping back on left. Make ½ turn right stepping forward on right. (OR WALK L,R)

## **STEP, SAILOR STEP, SAILOR STEP, CROSS ROCK. ¼ TURN**

17            Step left to left side.  
18&19        Step right slightly behind left. Step left to left side, Step right in place.  
20&21        Step left slightly behind right. Step right to right side. Step left in place.  
22,23,24     Cross rock right over left. Recover on left. Make ¼ turn right.

## **WALK L,R ENGLISH CROSS, WALK L,R,L ENGLISH CROSS, UNWIND.**

25-26        Walk forward left. Walk forward right.  
&27          Make ¼ turn to right, step left to left side. Cross right over left.  
28,29,30     Make ¼ turn left stepping forward on left. Walk forward right, left.  
&31          Make ¼ turn to left, step right to right side. Cross left over right.  
32            Unwind ¾ turn right. (Weight on left)

## **& CROSS SIDE, & CROSS SIDE, SAILOR STEP, BEHIND SIDE CROSS.**

&33,34        Step right slightly back. Cross left over right. Step right to right side.  
&35,36        Step left slightly back. Cross right over left. Step left to left side.  
37&38        Step right slightly behind left. Step left to left side. Step right in place.  
39&40        Step left behind right. Step right to right side. Cross left over right.

## **¾ MONTEREY TURN, KICK & CROSS. BACK, SIDE, SHUFFLE.**

41-42        Point right to right side. Pivot on ball of left ¾ turn right. (Weight on right)  
43&44        Kick left diagonally across right. Step left in place. Cross right over left,  
45-46        Step back on left. Step right to right side.  
47&48        Step forward on left. Step right beside left. Step left forward.

## **ROCK RECOVER, 1/2 , 1/4 , BACK & SIDE, BACK & SIDE.**

49-50        Rock forward on right. Recover on left.  
51-52        Make ½ turn right stepping forward on right. Make ¼ turn right stepping left to left side.  
53&54        Rock right behind left. Recover on left. Step right to right side.  
55&56        Rock left behind right . Recover on right. Step left to left side.

## **COASTER STEP, WALK L,R, STEP ½ PIVOT, ½, ¼.**

57&58 Step right back. Step left beside right. Step right forward.  
59-60 Walk forward left. Walk forward right.  
61-62 Step forward on left. Pivot  $\frac{1}{2}$  turn right.  
63-64 Make  $\frac{1}{2}$  turn right stepping back on left. Make  $\frac{1}{4}$  turn right stepping right to right side.

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