

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.
