

# Pumped Up Kicks

COPPER KNOB  
STEPSHEETS

拍数: 64      墙数: 4      级数: Phrased Intermediate  
编舞者: Nicky Tan (MY) - February 2012  
音乐: Pumped Up Kicks - Foster the People



Dance starts after the first 8 counts - Sequence : AAAA BB AA BB AA BBBB

## PART A

### Section 1 : Vine Right, Vine Left , ¼ Turn

1-4            Step R to side, Step L behind R, step R to side, touch L together  
5-8            Step L to side, Step R behind L, Turn ¼ L and step L forward, Scuff R [9:00]

### Section 2 : Forward Touch, Back Touch, Toe Switches Back

1-4            Step R forward, Touch L toe together, Step L back, Touch R toe together  
&5&6        Step R back, touch L toe forward, Step L back, touch R toe forward  
&7&8        Step R back, touch L toe forward, Step L back, touch R toe forward

### Section 3 : Rock Back, Recover, Step, ½ Turn, Kick, Step, Knee Swivel 2x

1-2            Rock R back, Recover on L  
3-4            Step R forward, Turn ½ L stepping L beside R [3:00]  
5-6            Kick R forward, Step R beside L  
&7&8        Swivel both knees apart, Close knees together, Swivel both knees apart, Close knees together

### Section 4 : ¼ Turn Rock, Recover, Cross Point 2x, Behind Side, ¼ Turn , Scuff

1-2            Turn ¼ R and Rock R to side, Recover on L [12:00]  
3-4            Cross R over L, Touch L toe to side  
5-6            Cross L over R, Touch R toe to side  
7&8        Step R behind L, Turn ¼ L and step L to L, Scuff R beside L [9:00]

## PART B : CHORUS

### Section 5 : Press Step, Press Step, Point Hitch

1-2            Press ball of R to side, step R beside L  
3-4            Press ball of L to side, step L beside R  
5-6            Point R to side, Hitch R knee up  
7&8        Point R to side, Hitch R knee up, Point R to side

### Section 6 : R Sailor Step, ¼ L Sailor Step, ¼ Turn Paddle Twice

1&2        Step R behind left, step L beside R, step R to side  
3&4        Turn ¼ L step L behind right, step R beside L, step L to side  
5-8        Step R forward, Turn ¼ L, Step R forward, turn ¼ L

### Section 7 : Right & Left Forward Diagonal Lock Steps

1-2            Step R forward to R diagonal , lock L behind R  
3&4        Step R forward to R diagonal, lock L behind R, step R forward to R diagonal  
5-6            Step L forward to L diagonal, lock R behind L  
7&8        Step L forward to L diagonal, lock R behind L, Step L forward to L diagonal

### Section 8 : Jazz Box Cross, Step Touch Diagonally Back

1-4            Cross R over L, Step L back, Step R to side, Cross L over R  
5-6            Step R diagonally back to R, Touch L toe beside R  
7-8        Step L diagonally back to L, Touch R toe beside L

Contact: [nickyty@gmail.com](mailto:nickyty@gmail.com)

---