

Pump Up The Jam

COPPER KNOB
STEP SHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Nathan Gardiner (SCO) - November 2014
音樂: Pump Up The Jam by Bodybangers



Intro: 2 counts start on vocals

WALK, WALK, CROSS & HEEL, & CROSS, SIDE, SAILOR 1/4 LEFT

1-2 Walk forward on right, Walk forward on left
3&4& Cross step right over left, Step left slightly to left side, Touch right heel in right diagonal, Step right next to left
5-6 Cross step left over right, Step right to right side
7&8 Step left behind right, Turn 1/4 left stepping right to right side, Step left to left side

SIDE ROCK, RECOVER, BEHIND, SIDE, CROSS, SIDE ROCK, RECOVER, SAILOR 1/4 LEFT

1-2 Rock out to right side, Recover on left
3&4 Step right behind left, Step left to left side, Cross step right over left
5-6 Rock out to left side, Recover on right
7&8 Step left behind right, Turn 1/4 left stepping right to right side, Step left to left side

CROSS SAMBA RIGHT & LEFT, TOE SWITCHES, HEEL SWITCHES

1&2 Cross step right over left, Rock out to left side, Step slightly forward on right
3&4 Cross step left over right, Rock out to right side, Step slightly forward on left
5&6& Touch right toes to right side, Step back in place, Touch left toes out to left side, Step back in place
7&8& Touch right heel forward, Step back in place, Touch left heel forward, Step back in place

ROCK FORWARD, RECOVER, 1/2 SHUFFLE, 1/2 SHUFFLE, ROCK BACK, RECOVER

1-2 Rock forward on right, Recover on left
3&4 1/2 Turn shuffle right stepping Right, Left, Right
5&6 1/2 Turn shuffle right stepping Right, Left, Right
7-8 Rock back on right, Recover on left

CHASSE RIGHT, CROSS ROCK, RECOVER, CHASSE 1/4 LEFT, ROCK FORWARD, RECOVER

1&2 Step right to right side, Step left next to right, Step right to right side
3-4 Cross rock left over right, Recover on right
5&6 Step left to left side, Step right next to left, Turn 1/4 left stepping forward on left
7-8 Rock forward on right, Recover on left

SAILOR 1/2 RIGHT, ROCK FORWARD, RECOVER, SLIDE BACK WITH KNEE POPS LEFT & RIGHT, COASTER STEP

1&2 Step right behind left, Turn 1/2 right stepping left to left side, Step right to right side
3-4 Rock forward on left, Recover on right
5-6 Slide back on left popping right knee forward, Slide back on right popping left knee forward
7&8 Step back on left, Step right next to left, Step forward on right

STEP 1/4 LEFT, CROSS, SIDE, SAILOR STEP, CROSS, SIDE

1-2 Step forward on right, Turn 1/4 left
3-4 Cross side right over left, Step left to left side
5&6 Step right behind left, Step left to left side, Step right to right side
7-8 Cross side left over right, Step right over right side

SAILOR 1/4 LEFT, ROCK FORWARD, RECOVER, 1/4 RIGHT WITH SIDE ROCK, RECOVER, BACK

ROCK, RECOVER

- 1&2 Step left behind right, Turn 1/4 left stepping right to right side, Step left to left side
3-4 Rock forward on right, Recover on left
5-6 Turn 1/4 right and rock out to right side, Recover on left
7-8 Rock back on right, Recover on left

Start Again.....Happy Dancing

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