

# Pump Up The Jam

**COPPER** KNOB  
STEPSHEETS

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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