

Pump It Up, Pump It Up

COPPER KNOB
STEPPERS

拍數: 48 牆數: 2 級數: Improver
編舞者: Val Saari (CAN) - June 2018
音樂: Pump It Up - Elvis Costello & The Attractions : (iTunes)



ROCKING CHAIR X 2

1-2 Rock Rf forward, Recover LF
3-4 Rock RF back, Recover LF
5-6 Rock RF forward, Recover LF
7-8 Rock RF back, Recover LF

CROSS-ROCK & CHASSE R, L, PIVOT 1/4 L

1-2 Cross RF over L, Recover LF
3&4 Step RF right, Step LF beside R, Step RF right
5-6 Cross LF over R, Recover RF
7&8 Step LF left, Step RF beside L, Step LF 1/4 Pivot L

ROCKING CHAIR X 2

1-2 Rock Rf forward, Recover LF
3-4 Rock RF back, Recover LF
5-6 Rock RF forward, Recover LF
7-8 Rock RF back, Recover LF

CROSS-ROCK & CHASSE R, L, PIVOT 1/4 L

1-2 Cross RF over L, Recover LF
3&4 Step RF right, Step LF beside R, Step RF right
5-6 Cross LF over R, Recover RF
7&8 Step LF left, Step RF beside L, Step LF 1/4 Pivot L

WALK FORWARD R,L,R, KICK L, WALK BACK L,R,L, TOUCH

1-2 Walk forward, RF, LF
3-4 Walk forward RF, Kick LF forward
5-6 Step back, LF, RF
7-8 Step back LF, Touch RF beside L

SIDE TOGETHER TO THE RIGHT, TOUCH, SIDE TOGETHER TO THE LEFT, TOUCH

1-4 Step RF right, Step LF together, Step RF right, Touch LF beside R
5-8 Step LF left, Step RF together, Step LF left, Touch RF beside L

REPEAT - No Tags, No Restarts

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