

Pump Jack

拍數: 52 牆數: 4 級數: Intermediate
編舞者: Ole Jacobson (DE) & Nina K. (DE) - September 2018
音樂: Pump Jack - Toby Keith



Beginn nach 40 Counts ca. 20 Sekunden

[1-8] Out, out, in, in, heel grind turning 1/4 R, back, recover

1,2 Step right diagonal to the front - step left to the left (feet shoulder width)
3,4 Step back to the starting position - step left beside right
5 Step right on heel forward
6 1/4 turn R and step left back
7,8 Step right back - weight recover on LF

[9-16] Shuffle fwd 1/2 turn L, back, recover, Shuffle fwd with 1/2 turn R, back, recover

1&2 1/4 turn L, step right to right - step left beside right - 1/4 turn R, step back
3,4 LF step back - weight before on RF
5&6 1/4 turn R, step left to the left - step right beside left - 1/4 turn L, step left back
7,8 Step right back - weight recover on left

[17-24] Point, cross R+L, chasse R, 1/4 turn L chasse, L,

1,2 Right tap right - cross right over left
3,4 Left tap left - cross left over right
5&6 Step right to the right - step left beside right - step right to the right
7&8 1/4 turn L, left step to the left - step right beside left - left step to the left

[25-32] 1/4 turn L, chasse R, toe, strut with 1/4 turn L, cross - recover, toe strut to the left

1&2 1/4 turn L, right step to the right - step left beside right - step right to the right
3,4 Tap left behind right - 1/4 turn L, set down left heel
(in the last wall (music blended out), 1/2 L-turn and in the last section the heel toes & 3 do not turn)
5,6 Cross right over left - weight recover to left
7,8 Tap right to the right - set down right heel
(in the 6th wall here on count 7,8 replace by RF step back - weight before on LF -> restart)

[33-40] Toe strut a cross, back, recover, shuffle fwd R+L

1,2 Touch left in front of right - set down left heel
3,4 Step right back - weight recover on left
(in the 2nd wall insert 2 steps forward (R + L) and continue dancing)
(in the 4th & 5th wall after the 2 additional steps (R + L) -> Restart)
5&6 Step right forward - step left beside right - step right forward
7&8 Step left forward - step right beside left - left step forward

[41-48] Heel, Toe, Heel Toe with 1/4 turn R, coaster step, pivot turn 1/2 L

1&2 Right heel on the front - step right beside left - touch left back
& 1/4 turn right, step left beside right
(at the finish, without turning and a coaster step at the back and stomp right forward)
3&4 Right heel on the front - step right beside left - touch left back (weight on right)
5&6 Step left back - right beside left - left step forward
7,8 Step right forward - 1/2 turn left (weight on left)

[49-52] Jazz box

1,2 Cross right over left - left step back
3,4 Right step to the right - step left beside right (weight on LF)

..and from the beginning

TAG :

(in the 2nd wall in the 5th section after Count 3,4 insert 2 steps forward (R + L) and continue dancing)

(In the 4th & 5th wall in the 5th section, count down 3.4 2 steps forward (R + L) and make a restart

(in the 6th wall in the 4th section on 7,8 a back, recover with RF dance -> restart)

Last Update - 30th Oct. 2018
