

# Pump Up The Jam

COPPERKNOB  
BY STEPHENETS

拍數: 32      牆數: 4      級數: High Improver  
編舞者: Kristin Clove (USA) - March 2024  
音樂: Pump Up the Jam - Swingrowers



No Tags No restarts

## Section 1: Press, Recover w/Hitch, R pony back, Side, Heel, Ball cross, 1/4 Paddle turn

1,2            1,2:Press R forward, Recover on L while hitching R knee  
3&4            RF pony back  
&5            Step LF SIDE L Flex RF side R  
&6            Ball change RF crossing LF over R  
7-8            RF paddle 2xs 1/4 turn L

## Section 2: Step, Lock w/ hitch, Shuffle, Rock, Recover, 1/4 turning Jumps x2

1,2            RF step forward, lock LF into RF hitching up RF, RF Shuffle forward,  
3&4            Step R back while hitching L knee, ball of L next to R, Step R back while hitching L Knee  
5,6,7,8,      LF rock forward, Recover RF, 1/2 turn jump 2xs over Left shoulder

## Section 3: Wizard step, Side rock, Recover, Sailor step, Weave

1,2&3,4      RF wizard step, rock side L, recover side R,  
5&6,            LF sailor step,  
7&8            RF weave back, LF step side, RF cross forward

## Section 4: Stomp, 1/4 sit w/ knee pop, Hip push, Walk RL, 3/4 pivot

1,2,3,4      stomp LF side L, 1/4 turn right planting Toes lifting heels off floor, push hips forward, push  
                  hips back  
5,6,7,8      Step forward RF, step forward LF, step forward RF 3/4 pivot turn weight changes to LF

Last Update: 25 Apr 2024