

拍數: 48      牆數: 4      級數: Intermediate  
編舞者: Boots & The Country Dream  
音樂: Pump Up the Jam - Technotronic



## TOE GRINDS (SQUASH THE BUG)

- & Lift left heel off floor & fan outward
- 1 Fan left heel inward to instep of right
- & Fan left heel outward
- 2 Fan left heel inward to instep of right
- & Fan left heel outward
- 3 Fan left heel inward to instep of right
- & Fan left heel outward
- 4 Fan left heel inward to instep of right

## BACKWARD TRAVELING MASHED POTATOES

- & Lift left foot slightly off floor & turn both heels outward with weight on ball of right
- 5 Step back on left, with weight on balls of both feet turn both heels inward
- & Lift right foot slightly off floor & turn both heels outward with weight on ball of left
- 6 Step back on right, with weight on balls of left, turn heels inward
- & Lift left slightly off floor & turn both heels outward with weight on ball of right
- 7 Step back on left, with weight on balls of both feet turn both heels inward
- & Lift right slightly off floor & turn both heels outward with weight on ball of left
- 8 Step back on right, with weight on balls of both feet, turn heels inward

## DIAGONAL STEPS FORWARD

- 9 Step forward-left (45 degrees) with left
- 10 Slide right toe next to left
- 11 Step forward-right (45 degrees) with right
- 12 Slide left next to right

## HORSESHOE ROLL

- 13 Roll hips outward to the right
- 14 Roll hips back & around to the left
- 15 Roll hips outward to the left
- 16 Roll hips back & around to the right

## SYNCOPATED ROMPS

### Left side, behind & side/tap, together-in front

- 17 Step to left side with left
- 18 Step across behind left with right
- & Step to left side with left
- 19 Tap right heel forward-right (45 degrees)
- & Place right foot next to left
- 20 Step across in front of right with left

### Right side, behind, & side/tap, together-in front

- 21 Step to right with right
- 22 Step across behind right with left
- & Step to right with right
- 23 Tap left heel forward left (45 degrees)
- & Place left foot next to right

24 Step across in front of left with right

### SHUFFLES IN SQUARE (MAKE A BOX)

& Pivot  $\frac{1}{4}$  turn right on ball or right (3:00)  
25 Step forward with left  
& Step together with right  
26 Step forward with left  
& Pivot  $\frac{1}{4}$  turn right on ball of left (6:00)  
27 Step forward with right  
& Step together with left  
28 Step forward with right  
& Pivot  $\frac{1}{4}$  turn right on ball of right (9:00)  
29 Step forward with left  
& Step together with right  
30 Step forward with left  
& Pivot  $\frac{1}{4}$  turn right on ball of left (12:00)  
31 Step forward with right  
& Step together with left  
32 Step forward with right

### HEEL GRIND-TOE DROP

33 Step forward on left heel  
34 Fan left toe outward then drop left toe  
35 Step forward on right heel  
36 Fan right toe outward then drop right toe

### CROSS $\frac{1}{2}$ TURNS

37 Step across in front of right leg with left  
38 Pivot  $\frac{1}{2}$  turn right on balls of both feet  
39 Step across in front of left leg with right  
40 Pivot  $\frac{1}{2}$  turn left on balls of both feet

### SIDE SHUFFLE, $\frac{3}{4}$ TURN

41 Step to the left with left  
& Step together with right next to left  
42 Step to left side with left  
43 Step across behind left leg with right  
44 Pivot  $\frac{3}{4}$  turn on balls of both feet

### SIDE POINTS

45 Point left toe to left side  
46 Place left foot next to right  
47 Point right toe to right side  
48 Place right foot next to left

**Variation: Full Monterey turns for counts 45-48**

**REPEAT**

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