

Pump It

COPPER KNOB
BY SHEETS

拍數: 48 牆數: 2 級數: Advanced
編舞者: Masters In Line (UK)
音樂: Pump It - Black Eyed Peas



WALK WALK, BALL CHANGE, HITCH, SLIDE BACK, BALL CHANGE, STEP FORWARD

- 1-2 Step forward on right, step forward on left
&3 Rock back on ball of right, recover weight forward onto left
4 Hitch right knee
5-6 Take big step back on right, slide left to right (no weight change)
&7 Step left next to right, step forward on right
8 Step forward on left

3 TOUCH TURNS LEFT, SHOULDERS TURN, 2 TOUCH TURNS BACK RIGHT, SWIVET

The touch turns are done as more of a strong step, like a chug round almost a dragging action

- 1-2 Make ¼ turn left stepping right out to right side, make ¼ turn left stepping right to right side
3-4 Make ¼ turn left stepping right out to right side, shoulder lift and turn upper body to face front
5-6 Make 1/8 turn right stepping right out to right side, make 1/8 turn right stepping right out to right side
7 With weight on right heel & left toe, twist right toes to right & left heels to left
8 Return feet back to center

HITCH, DOWN, HITCH WITH KNEE ROLL, TOUCH STEP BACK, TOUCH STEP BACK

- 1&2 Hitch right knee beside left, straighten right knee next to left, swing right leg out to right side bending left knee

Weight remains on left through these 2 counts

- &3 Bring right leg back in towards left, hitch right knee as it circles to the right from hip
4 Step right to right side
5-6 Touch left next to right, step diagonally back on left
7-8 Touch right next to left, step diagonally back on right

3 WALKS BACK, HOLD (OR SHOULDER SHRUG), 2 BALL CHANGES, HITCH, SWING LEG BACK

- 1-2 Step diagonally back on left, step diagonally back on right
3-4 Step diagonally back on left, hold on count 4 or shrug shoulders up then down

These 3 walks are strong funky steps, for styling angle shoulders towards diagonals (left, right left)

- &5 Rock back on ball of right, recover weight forward onto left
&6 Rock back on ball of right, recover weight forward onto left

For styling on ball changes bend knees a little, keep upper body weight forward

- 7-8 Hitch right knee, swing right leg back behind you keeping weight on left

HOP WITH SCOOT, CROSS, KICK HOOK, STEP LEFT, SHOULDER DIPS, FULL TURN LEFT

- 1-2 Hop on left scooting slightly back as right leg swings around to front, cross right over left
3-4 Kick left to left diagonal, hook left in front of right shin
5 Step left to left side with bent knee - hands are in fists in front of chest with elbows out to sides, drop left elbow down as right goes up
6 Feet remain in place, drop right elbow as left elbow raises up
7-8 Make ½ turn left stepping right to right side, make ½ turn left stepping left to left side

Counts 7-8 is a 2 count full turn like a rolling grapevine

Alternate: as an easy alternative to the fast turn on 7-8:

- 7 Cross right over left
8 Step left to left side

HEEL GRIND, BALL CROSS, TOUCH, BACK, SWEEP, BALL CHANGE, WALK

- 1-2 Cross right heel over left grinding into floor, step left to left side
- &3-4 Step in place with right, cross left over right, touch right to right side
- 5-6 Cross right behind left, sweep left foot around to back (weight stays on right)
- &7 Rock back on ball of left, recover weight forward onto right
- 8 Step forward on left

REPEAT
