

# Pump It Up

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Markus Raus (DE)  
音樂: Get Yer Party On - The Baha Men



## SLIDE RIGHT, SLIDE LEFT, KICK, KICK, SIDE STEP, SHOULDER MOVEMENTS

1&2      Slide right foot to right, diagonal rock step back with left foot  
3&4      Slide left foot to left, diagonal rock step back with right foot  
5&      Kick right foot forward, back to center (weight on right)  
6&      Kick left foot forward, back to center (weight on left)  
7      Step right with right foot, weight on both feet  
&      Right shoulder up left shoulder down  
8      Left shoulder up right shoulder down

## ¾ TURN RIGHT, WALK, WALK, SHOULDER MOVEMENT RIGHT, LEFT, BODY ROLL

9-10      Cross right foot behind left foot, ¾ turn over right shoulder  
11-12      Walk right foot, walk left foot  
13      Step to right with right foot with pushing shoulders to right  
14      Push shoulders to left  
15-16      Body roll from up to down

## RUNNING MEN, HEEL SWIVELS, BODY ROLL

17&      Right foot forward left foot back, hitch left foot  
18      Left foot forward right foot back  
19      Swivel right heel to left (¼ turn) facing diagonal to the front  
&      Swivel left heel to left (¼ turn) facing front  
20      Swivel right heel to left (¼ turn) facing diagonal to the right side  
21      Swivel right heel to right (¼ turn) facing front  
&      Swivel left heel to right (¼ turn) diagonal to the left side  
22      Swivel right heel to right (¼ turn) facing left  
23&24      Body roll from up to down

## HALF TURN TO LEFT, WALK, WALK, SHOULDER MOVEMENT, BODY ROLL

25-26      Touch left foot back, turn half turn to left  
27-32      Repeat steps 11-16

**REPEAT**

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