

Pump It Up!

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Zandra Varnham (SCO)
音樂: Pump It Up - Danzel



WALK FORWARD X3, KICK, WALK BACK X3, TOUCH

1-2 Walk forward right, walk forward left
3-4 Walk forward right, kick left forward
5-6 Walk back left, walk back right
7-8 Walk back left, touch right next to left (no weight on right)

STEP KICK X4

1-2 Step right to right side, kick left across right
3-4 Step left to left side, kick right across left
5-6 Step right to right side, kick left across right
7-8 Step left to left side, kick right across left

RIGHT GRAPEVINE ¼ TURN RIGHT, LEFT GRAPEVINE, TOUCH

1-2 Step right to right side, cross step left behind right
3-4 ¼ turn right stepping down on right, touch left next to right
5-6 Step left to left side, cross step right behind left
7-8 Step left to left side, touch right next to left

STEP, TOUCH X4

1-2 Step forward on right, touch left next to right (no weight)
3-4 Step back on left, touch right next to left (no weight)
5-6 Step back on right, touch left next to right (no weight)
7-8 Step forward on left, touch right next to left (no weight)

On last 8 counts try adding claps onto steps 2,4,6,8

REPEAT
