

# Pump Up

**COPPER KNOB**  
BY STEPHEN METZ

拍數: 32      牆數: 2      級數: Intermediate hip hop  
編舞者: Paul Foxall (UK)  
音樂: Push Up - Freestylers



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- 1-2&3-4      Stomp left to left side, hold, step right next to left, step left to left side, step right behind left as you turn to face the right diagonal
- 5-6&7-8      Walk back to the left diagonal, left, right, step left back to the left diagonal, walk forward to the right diagonal right, left
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- 1-2&      Sway body right, recover, step right next to left
- 3-4      Rock left to left side, sway body left, recover
- 5-6      Syncopated side rocks step left into  $\frac{1}{4}$  of a turn left, step right to right side completing another  $\frac{1}{4}$  of a turn left
- &7-8      Step left next to right, step right across left, step left to left side
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- 1-2&      Step right behind left, step left to left side, step right in place
- 3-4      Step left across right, step right to right side
- 5-6      Touch left behind right, unwind  $\frac{3}{4}$  of a turn left
- 7&8      Rock right to right side, recover, cross right over left (3:00)
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- 1-2-3-4      Step left to left side, rock right behind left, recover, step right back turning  $\frac{1}{4}$  of a turn left (end up facing 3:00)
- 5-6      Step left to left side turning  $\frac{1}{4}$  of a turn left (end up facing 12:00), step right to right side turning  $\frac{1}{2}$  a turn left (end up facing 6:00)
- 7-8      Skate forward left, right

**REPEAT**

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