

Pump Jack

拍數: 54 牆數: 4 級數: Intermediate
編舞者: Karen Grave (UK) - August 2007
音樂: Pump Jack - Toby Keith : (Album: Big Dog Daddy)



BRONCO X2, QUARTER TURN, SIDE ROCK, DOUBLE KICK

1,2, Hitch Left knee up and across Right knee, touch Left foot down next to Right
3,4, Hitch Left knee up and across Right knee, touch Left foot down next to Right taking weight
and pivoting on ball of Left, turn quarter turn to Left (facing 9 o'clock)
5,6 Step Right to Right, rocking weight onto R, then rock weight back onto Left
7,8 Kick Right foot across Left leg twice.

SIDE ROCK, SYNCOPATED SIDE STEP, HOLD, SYNCOPATED SIDE STEP X 2, QUARTER TURN LEFT, ROCK FWD, RECOVER

1,2 Step Right to Right, rocking weight onto R, then rock weight back onto Left.
&3,4 Jump Right next to Left and step Left out to Left, hold
&5,&6 Jump Right next to Left and step Left out to Left, Jump Right next to Left and step Left out to
Left, taking weight onto Left
7,8 Quarter turn to Left on ball of Left, rock Right fwd, recover weight onto Left (facing 6 o'clock)

BALL JACK BACK, FWD, HALF PIVOT TURN RIGHT, WALK, WALK, HALF PIVOT TURN RIGHT

&1, &2 Jump Right back and place Left heel fwd, jump Left back and place Right foot fwd
3,4 Step fwd on Left and pivot a half turn to Right (facing 12 o'clock)
5,6 Walk fwd Left, Right
7,8 Step fwd on Left and pivot half turn to Right (facing 6 o'clock)

HALF PIVOT TURN , LEFT SHUFFLE FWD, HALF PIVOT TURN, WALK FWD RIGHT, LEFT

1,2 Step fwd on Left and pivot half turn to Right (facing 12 o'clock)
3 & 4 Shuffle fwd L,R,L
5,6 Step fwd on Right, half pivot turn to Left (facing 6 o'clock)
7,8 Walk fwd R, L

HIP BUMPS, WALK FWD, HIP BUMPS, QUARTER TURN KICK

1,2 Step fwd on R and bump hips twice to the R,
3,4 Walk fwd Left, Right
5,6 Step fwd on L and bump hip twice to L
7,8 Stomp Right next to Left and pivot quarter turn to Left on ball of Right kicking left leg out and
around as you do so (facing 3 o'clock)

LEFT SAILOR, RIGHT SAILOR, LEFT KICK BALL CHANGE, ROCK FWD RECOVER

1 & 2 Step Left behind Right, step R to R, Step Left next to R
3 & 4 Step Right behind Left, step L to L, Step Right next to L
5 & 6 Kick Left foot fwd, step left next to Right taking weight, step right next to Left taking weight
7,8 Rock fwd on Left, recover weight onto R

TRIPLE TURN, SYNCOPATED TOUCHES R, L, HEEL TWIST

1 & 2 Turn a full turn to Left stepping L,R,L (still facing 3 o'clock)
3 & 4 Touch Right out to R, step Right next to Left, step Left out to Left
****RESTART here on walls 1 & 3****
5,6 Twist both heels left, center

Restarts: Wall 1 and Wall 3:- Start dance again straight after syncopated touches

