

Pumped Up Kicks

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Phrased Intermediate
編舞者: Nicky Tan (MY) - February 2012
音樂: Pumped Up Kicks - Foster the People



Dance starts after the first 8 counts - Sequence : AAAA BB AA BB AA BBBB

PART A

Section 1 : Vine Right, Vine Left , ¼ Turn

1-4 Step R to side, Step L behind R, step R to side, touch L together
5-8 Step L to side, Step R behind L, Turn ¼ L and step L forward, Scuff R [9:00]

Section 2 : Forward Touch, Back Touch, Toe Switches Back

1-4 Step R forward, Touch L toe together, Step L back, Touch R toe together
&5&6 Step R back, touch L toe forward, Step L back, touch R toe forward
&7&8 Step R back, touch L toe forward, Step L back, touch R toe forward

Section 3 : Rock Back, Recover, Step, ½ Turn, Kick, Step, Knee Swivel 2x

1-2 Rock R back, Recover on L
3-4 Step R forward, Turn ½ L stepping L beside R [3:00]
5-6 Kick R forward, Step R beside L
&7&8 Swivel both knees apart, Close knees together, Swivel both knees apart, Close knees together

Section 4 : ¼ Turn Rock, Recover, Cross Point 2x, Behind Side, ¼ Turn , Scuff

1-2 Turn ¼ R and Rock R to side, Recover on L [12:00]
3-4 Cross R over L, Touch L toe to side
5-6 Cross L over R, Touch R toe to side
7&8 Step R behind L, Turn ¼ L and step L to L, Scuff R beside L [9:00]

PART B : CHORUS

Section 5 : Press Step, Press Step, Point Hitch

1-2 Press ball of R to side, step R beside L
3-4 Press ball of L to side, step L beside R
5-6 Point R to side, Hitch R knee up
7&8 Point R to side, Hitch R knee up, Point R to side

Section 6 : R Sailor Step, ¼ L Sailor Step, ¼ Turn Paddle Twice

1&2 Step R behind left, step L beside R, step R to side
3&4 Turn ¼ L step L behind right, step R beside L, step L to side
5-8 Step R forward, Turn ¼ L, Step R forward, turn ¼ L

Section 7 : Right & Left Forward Diagonal Lock Steps

1-2 Step R forward to R diagonal , lock L behind R
3&4 Step R forward to R diagonal, lock L behind R, step R forward to R diagonal
5-6 Step L forward to L diagonal, lock R behind L
7&8 Step L forward to L diagonal, lock R behind L, Step L forward to L diagonal

Section 8 : Jazz Box Cross, Step Touch Diagonally Back

1-4 Cross R over L, Step L back, Step R to side, Cross L over R
5-6 Step R diagonally back to R, Touch L toe beside R
7-8 Step L diagonally back to L, Touch R toe beside L

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