

Pumped Up Kicks

Count: 32

Wand: 2

Ebene: Newcomer - ECS

Choreograf/in: Yonne Emalda - March 2012

Musik: Pumped Up Kicks - Foster the People



Intro: 64 counts in

Side Chasse, Back Rock, Touch In & Out, Kick Ball Cross

- 1&2 Step R foot to R side, step L foot beside R foot, step R foot to R side
- 3-4 Cross rock L foot behind R foot, recover weight on R foot
- 5-6 Touch L toes out to L side, touch L toes next to R foot
- 7&8 Kick L foot diagonally to L, step L foot in place, cross R foot over L foot

Side Chasse, Back Rock, Toe Strut, Cross Toe Strut

- 1&2 Step L foot to L side, step R foot beside L foot, step L foot to L side
- 3-4 Cross rock R foot behind L foot, recover weight on L foot
- 5-8 Touch R toes to R side, drop R heel in place, cross touch L toes over R foot, drop L heel and cross L foot over R foot

¼ Turn, Forward Shuffle, Pivot ½ Turn, Forward Shuffle, Pivot ½ Turn

- 1&2 Turning ¼ R stepping R foot forward, lock L foot behind R foot, step R foot forward
- 3-4 Step L foot forward, turn ½ R
- 5&6 Step L foot forward, lock R foot behind L foot, step L foot forward
- 7-8 Step R foot forward, turn ½ L

Hip Thrust Forward, Jazz Box ¼ Turn

- 1&2 Point R toes forward and pushing hips forward, back, forward
 - 3&4 Point L toes forward and pushing hips forward, back, forward
 - 5-8 Cross R foot over L foot, turn ¼ R stepping L foot back, step R foot to R side, step L foot beside R foot
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