

# Pump It (Louder)

Count: 32

Wall: 4

Level: High Intermediate

Choreographer: Leia Muranaka (USA) - July 2025

Music: Pump It - Black Eyed Peas



**\*\*1 tag that restarts and one restart after 24 counts at 2 minutes and 30 seconds into song**

**#40 count intro, Start at 16 seconds in**

## **[1-8] Pump x2, Right Sailor Step, Pump x2, Left Sailor Step**

- 1,2 Pump chest and arms forward twice (weight stays centered)
- 3&4 Step L behind right (3), step R to side (&), step L slightly forward (4)
- 5,6 Pump chest and arms forward twice (again)
- 7&8 Step R behind L (7), step L to side, (&) step R slightly forward (8)

## **[9-16] Grapevine Right, ¼ Turn Left with Heel Taps, Step Forward Left, ½ Turn Sweep, Syncopated steps**

- 1, 2 Step R to right side (1), step L behind Right (2)
- &3 Step R in place (&), Turn ¼ left and touch Left heel forward (3)
- &4 Step Left in place (&), touch Right heel forward (4)
- &5& Step R foot next to L (&) Step forward on L (5), Step forward on R (&)
- 6-7 Sweep L foot around from front to back while turning ½ left (weight remains on R)
- &8 Step L in place (&), step R slightly in front of L (8)

## **[17-24] Pony Right, Pony Left, Hop Back, Hitch Left with Knee Slap, Hop Back, Hitch Right with Knee Slap**

- 1&2 Step R to right side (1), step L next to R on ball of foot (&), step R to right side (2)
- 3&4 Step L to left side (3), step R next to L on ball of foot (&), step L to left side (4)
- 5 Hop with R step back
- 6 Hitch L slapping knee with R hand
- 7 Hop with L step back
- 8 Hitch R slapping knee with L hand

## **[25-32] Pop Right Knee, Syncopated Hip Bumps Right; Pop Left Knee, Syncopated Hip Bumps Left**

- 1 Pop R knee forward sharply (hold/stylized hit)
- 2, 3 & 4 Bump R hip up (2), bump R hip down (3), Bump R hip up (&), Bump R hip down (4)
- 5 Pop L knee forward sharply
- 6, 7 & 8 Bump L hip up (6), bump L hip down (7), Bump L hip up (&), Bump L hip down (8)

**Tag: Occurs after walls 3 and 7 on lyrics "cause we gonna turn it up"**

## **[1-8] Hold, Body Roll, Press and Pivot Turn x2**

- 1-2 Hold with arms to shoulders with palms facing forwards
- 3-4 Slow body roll
- 5-6 Step fwd on R, ¼ turn over left shoulder on R (\*optional arms rotate with movement)
- 7-8 Step fwd on R, ¼ turn over left shoulder on R (\*optional arms rotate with movement)

## **[9-16] Hold, Body Roll, Press and Pivot Turn x2**

- 1-2 Step fwd on R, ¼ turn over left shoulder on R (\*optional arms rotate with movement)
- 3-4 Step fwd on R, ¼ turn over left shoulder on R (\*optional arms rotate with movement)
- 5, 6 Stomp R (5), Stomp L (6)
- 7, 8 Hold and make a "come on" gesture with both hands twice

**For any questions feel free to email [leiamuranaka333@gmail.com](mailto:leiamuranaka333@gmail.com)**

**Last Update: 7 Jul 2025**

