

Pump Up

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 2

Level: Intermediate hip hop

Choreographer: Paul Foxall (UK)

Music: 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 |
| | |
| 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 ¼ of a turn left, step right to right side completing another ¼ of a turn left |
| &7-8 | Step left next to right, step right across left, step left to left side |
| | |
| 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 ¾ of a turn left |
| 7&8 | Rock right to right side, recover, cross right over left (3:00) |
| | |
| 1-2-3-4 | Step left to left side, rock right behind left, recover, step right back turning ¼ of a turn left (end up facing 3:00) |
| 5-6 | Step left to left side turning ¼ of a turn left (end up facing 12:00), step right to right side turning ½ a turn left(end up facing 6:00) |
| 7-8 | Skate forward left, right |

REPEAT
