

Pumped Up Kicks

Count: 32

Wall: 4

Level: Ultra Beginner

Choreographer: Irene Groundwater (CAN) - November 2011

Music: Pumped Up Kicks - Foster the People : (CD: Torches)



Dance Pattern: 16 count intro, (1 - 32) x 16, Dance ends facing front wall

Note: All options below may be added after the dance is learnt.

Special Note: This music is actually for a phrased dance with Parts A, B & C.

However, I thought the Beginners might enjoy the music.

[1-8] STOMP-TOE - OUT-IN-OUT-IN, FWD, FWD, FWD, KICK

1-2-3-4 Stomp R forward with weight on Heel - Toe-out-in-out-in

5-6-7-8 R forward, L forward, R forward, Kick Left Foot forward

[9-16] STOMP-TOE - OUT-IN-OUT-IN, BACK, BACK, BACK, KICK

1-2-3-4 Stomp L forward with weight on Heel - Toe-out-in-out-in

5-6-7-8 L back, R back L back, Kick Right Foot forward

[17-24] SIDE, TOG, SIDE, KICK, SIDE, TOG, SIDE, KICK

1-2-3-4 Side step R, Step L beside R, Side step R, Kick L Foot over R

5-6-7-8 Side step L, Step R beside L, Side step L, Kick R Foot over L

(Beg Option - Count 4 - Face body to left - Count 5 - straighten body)

(Beg Option - Count 8 - Face body to right - then straighten body for next step)

(Option - Int. dancers - On counts 1 and 3 - Extend R Toe to right)

(Option - Int. dancers - On counts 2 and 4 - Straighten R Heel behind R Toe)

(Option - Int. dancers - On counts 5 to 8 - Use opposite movements going left)

(Other Int. Option - R full turning vine - right, L full turning vine - left)

[25-32] SIDE, KICK, SIDE, KICK, FWD, HOLD, 1/4 TURN L, HOLD

1-2-3-4 Side R, Kick L Foot across R, Side L, Kick R Foot across L

5-6 R Small step fwd, Hold

7-8 Pivot ¼ turn left on R Ball as L steps fwd, Hold

(Option - Cts 1 to 4 - Shimmy right for 2 counts, Shimmy left for 2 counts)

(Option - Beg. On counts 5-7 - Bend slightly fwd extending R hand)

(Option - Beg. On counts 6-8 - Straighten body & touch imaginary Hat Brim)

(Option - Int. On counts 1 to 4 - Shimmy right - 2 cts, Shimmy left - 2 cts)

(Option - Int. Counts 5 to 8. (R fwd, 1/8th turn L) x 2 - circling hips)

END OF DANCE