

Pumps and a Bump

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Improver
编舞者: Youn Kyung Kim (KOR) & Young Kim (KOR) - September 2021
音乐: Pumps and a Bump - MC Hammer



Intro - 32count /

** Notice

Original song was long. If you need a sound source, send an e-mail.

[1-8] Forward Walk (R,L,R) , LF Together , Body Roll , Shoulder Pops (R,L,R)

1234 Walk RF(1) LF(2) RF(3) Together LF(4)
5 6 Starting with Knees(5) complete body roll ending with upper body(6)
7&8 R to R side with Shoulder pop R(7) L shoulder pop(&) R shoulder pop(8) (weight RF)

[9-16] Backward Walk (L,R,L) , RF Together, Body Roll , Shoulder Pop (L,R,L)

1234 Backward Walk LF(1) RF(2) LF(3) Together RF(4)
5 6 Starting with Knees(5) complete body roll ending with upper body(6)
7&8 L to L side with Shoulder pop L(7) R shoulder pop(&) L shoulder pop(8) (weight LF)

[17-24] Switch R/L , Out /In/Out (with hopping) , Knee Roll In /Out /In

1234 R to R touch (with bend L Knee) (1) step R beside L (2) L to L touch (with bend R Knee) (3)
step L beside R (4)
5&6 Both feet together Out /In /Out (with hopping) (5&6)
7&8 Both Knees roll In/ Out/ In (7&8) (weight LF)

[25-32] R Step , L touch L , L step , R touch beside L (with body movement), Out/ Cross*2 , Hitch with hopping 1/2 turn , Kick

1234 Step R side R (1) Touch L side L (2) Step L side L (3) Touch R beside L (4) with body movement
5&6& Both feet together Out(with hopping)(5) Cross forward Rf (with hopping)(&) Both feet together Out(with hopping)(6) Cross forward Lf (with hopping)(&) (weight LF)
7&8 Hitch R (7) 1/2 R turn (weight LF) (&) Kick forward R (like a Taekwondo kick) 6:00

Option

You can hopping, when you 1/2 turn with your knees

Contacts: yo8266@naver.com

I Hope you Enjoy This Dance