

拍数: 48      墙数: 4      级数: Intermediate  
编舞者: Boots & The Country Dream  
音乐: Pump Up the Jam - Technotronic



## TOE GRINDS (SQUASH THE BUG)

- &      Lift left heel off floor & fan outward
- 1      Fan left heel inward to instep of right
- &      Fan left heel outward
- 2      Fan left heel inward to instep of right
- &      Fan left heel outward
- 3      Fan left heel inward to instep of right
- &      Fan left heel outward
- 4      Fan left heel inward to instep of right

## BACKWARD TRAVELING MASHED POTATOES

- &      Lift left foot slightly off floor & turn both heels outward with weight on ball of right
- 5      Step back on left, with weight on balls of both feet turn both heels inward
- &      Lift right foot slightly off floor & turn both heels outward with weight on ball of left
- 6      Step back on right, with weight on balls of left, turn heels inward
- &      Lift left slightly off floor & turn both heels outward with weight on ball of right
- 7      Step back on left, with weight on balls of both feet turn both heels inward
- &      Lift right slightly off floor & turn both heels outward with weight on ball of left
- 8      Step back on right, with weight on balls of both feet, turn heels inward

## DIAGONAL STEPS FORWARD

- 9      Step forward-left (45 degrees) with left
- 10      Slide right toe next to left
- 11      Step forward-right (45 degrees) with right
- 12      Slide left next to right

## HORSESHOE ROLL

- 13      Roll hips outward to the right
- 14      Roll hips back & around to the left
- 15      Roll hips outward to the left
- 16      Roll hips back & around to the right

## SYNCOPATED ROMPS

### Left side, behind & side/tap, together-in front

- 17      Step to left side with left
- 18      Step across behind left with right
- &      Step to left side with left
- 19      Tap right heel forward-right (45 degrees)
- &      Place right foot next to left
- 20      Step across in front of right with left

### Right side, behind, & side/tap, together-in front

- 21      Step to right with right
- 22      Step across behind right with left
- &      Step to right with right
- 23      Tap left heel forward left (45 degrees)
- &      Place left foot next to right

24 Step across in front of left with right

### **SHUFFLES IN SQUARE (MAKE A BOX)**

& Pivot  $\frac{1}{4}$  turn right on ball or right (3:00)  
25 Step forward with left  
& Step together with right  
26 Step forward with left  
& Pivot  $\frac{1}{4}$  turn right on ball of left (6:00)  
27 Step forward with right  
& Step together with left  
28 Step forward with right  
& Pivot  $\frac{1}{4}$  turn right on ball of right (9:00)  
29 Step forward with left  
& Step together with right  
30 Step forward with left  
& Pivot  $\frac{1}{4}$  turn right on ball of left (12:00)  
31 Step forward with right  
& Step together with left  
32 Step forward with right

### **HEEL GRIND-TOE DROP**

33 Step forward on left heel  
34 Fan left toe outward then drop left toe  
35 Step forward on right heel  
36 Fan right toe outward then drop right toe

### **CROSS $\frac{1}{2}$ TURNS**

37 Step across in front of right leg with left  
38 Pivot  $\frac{1}{2}$  turn right on balls of both feet  
39 Step across in front of left leg with right  
40 Pivot  $\frac{1}{2}$  turn left on balls of both feet

### **SIDE SHUFFLE, $\frac{3}{4}$ TURN**

41 Step to the left with left  
& Step together with right next to left  
42 Step to left side with left  
43 Step across behind left leg with right  
44 Pivot  $\frac{3}{4}$  turn on balls of both feet

### **SIDE POINTS**

45 Point left toe to left side  
46 Place left foot next to right  
47 Point right toe to right side  
48 Place right foot next to left

**Variation: Full Monterey turns for counts 45-48**

**REPEAT**

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