

# Pump It Up

**COPPER KNOB**  
STEPPERS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Markus Raus (DE)  
音樂: Get Yer Party On - The Baha Men



## SLIDE RIGHT, SLIDE LEFT, KICK, KICK, SIDE STEP, SHOULDER MOVEMENTS

- 1&2      Slide right foot to right, diagonal rock step back with left foot
- 3&4      Slide left foot to left, diagonal rock step back with right foot
- 5&      Kick right foot forward, back to center (weight on right)
- 6&      Kick left foot forward, back to center (weight on left)
- 7      Step right with right foot, weight on both feet
- &      Right shoulder up left shoulder down
- 8      Left shoulder up right shoulder down

## ¾ TURN RIGHT, WALK, WALK, SHOULDER MOVEMENT RIGHT, LEFT, BODY ROLL

- 9-10      Cross right foot behind left foot, ¾ turn over right shoulder
- 11-12      Walk right foot, walk left foot
- 13      Step to right with right foot with pushing shoulders to right
- 14      Push shoulders to left
- 15-16      Body roll from up to down

## RUNNING MEN, HEEL SWIVELS, BODY ROLL

- 17&      Right foot forward left foot back, hitch left foot
- 18      Left foot forward right foot back
- 19      Swivel right heel to left (¼ turn) facing diagonal to the front
- &      Swivel left heel to left (¼ turn) facing front
- 20      Swivel right heel to left (¼ turn) facing diagonal to the right side
- 21      Swivel right heel to right (¼ turn) facing front
- &      Swivel left heel to right (¼ turn) diagonal to the left side
- 22      Swivel right heel to right (¼ turn) facing left
- 23&24      Body roll from up to down

## HALF TURN TO LEFT, WALK, WALK, SHOULDER MOVEMENT, BODY ROLL

- 25-26      Touch left foot back, turn half turn to left
- 27-32      Repeat steps 11-16

## REPEAT