Pump-N-Stuff

拍數: 64 **牆數:** 4 **級數:** Improver

編舞者: Vicki E. Rader (USA)

音樂: Flowers after the Fact - Terri Clark

HEEL SPLITS, RIGHT HEEL TOUCHES

1-2	Turn both heels out; return heels to center
3-4	Turn both heels out; return heels to center
5-6	Touch right heel forward at a 45 degree angle; return right foot home
7-8	Touch right heel forward at a 45 degree angle; return right foot home

HEEL SPLITS, LEFT HEEL TOUCHES

9-10	Turn both heels out; return heels to center
11-12	Turn both heels out; return heels to center
13-14	Touch left heel forward at a 45 degree angle; return left foot home
15-16	Touch left heel forward at a 45 degree angle; return left foot home

LEFT AND RIGHT DIAGONAL STEP-DRAGS

17-18	Step left foot forward at a 45 degree angle (to left); drag right instep to left heel
19-20	Step left foot forward at a 45 degree angle (to left); drag right instep to left heel
21-22	Step right foot forward at a 45 degree angle (to right); drag left instep to right heel
23-24	Step right foot forward at a 45 degree angle (to right); drag left instep to right heel

BACKWARD DIAGONAL STEP-TOUCHES WITH CLAPS, KNEE PUMPS

25-26	Step left foot back at a 45 degree angle (to left); touch right toe next to left instep and clap
27-28	Step right foot back at a 45 degree angle (to right); touch left toe next to right instep and clap
29-30	Step left foot back at a 45 degree angle (to left); step right foot next to left and clap
31-32	Pump knees forward and straighten; pump knees forward and straighten

RIGHT AND LEFT STEP-SLIDE-STEP-TOUCHES

33-34	Step right foot to the right; slide left foot next to right foot
35-36	Step right foot to the right; touch left foot next to right foot
37-38	Step left foot to the left; slide right foot next to left foot
39-40	Step left foot to the left; touch right foot next to left foot

LONG STEP RIGHT, SLIDE, HOLD, KICKS (PUMPS) WITH ¼ TURN LEFT

41-42	Take a very long step to the right on right foot; begin sliding left foot toward the right
43-44	Finish the slide and bring left foot together with the right; hold the count
45	Kick (as if pumping the brake pedal in your car) right foot forward
&	Raise to the ball of left foot and pivot 1/8 turn left
46	Set left heel down on the floor and kick (pump) again
&	Raise to the ball of left foot and pivot 1/8 turn left
47-48	Set left heel down on the floor and kick (pump) again; touch right foot in place

GRAPEVINE RIGHT WITH KNEE-HITCH & SLAP; GRAPEVINE LEFT WITH KNEE-HITCH & SLAP

49-50	Step right foot to the right; step left foot behind right
51-52	Step right foot to the right; hitch up left knee and slap the inside of knee with right hand
53-54	Step left foot to the left; step right foot behind left
55-56	Step left foot to the left; hitch up right knee and slap the inside of knee with left hand

ROCK FORWARD AND BACK, STOMPS

57-58	Rock forward on right foot; rock back on left foot
59-60	Step back on right foot; rock forward on left foot
61-62	Stomp right foot slightly forward; stomp right foot slightly to the right
63-64	Stomp right foot next to left foot; hold the count.

REPEAT