

Pump It (a.k.a. Pump It Up)

Choreographed by Raymond Sarlemijn

Description: 32 count, 4 wall, beginner line dance

Music: Pump Up The Jam by Technotronic [CD Single]

Start dancing on lyrics

BUMP HIP FORWARD, BUMP HIP FORWARD, ½ TURN LEFT, STEP ON SPOT, STEP ON SPOT

- 1-2 Touch right forward and bump hip right, step right in place
- 3-4 Touch left forward and bump hip left, step left in place
- 5-6 Step right forward, turn ½ left (weight to left)
- 7-8 Step right in place (left arm forward), step left in place (right arm forward)

BUMP HIP FORWARD, BUMP HIP FORWARD, ½ TURN LEFT, ¼ TURN LEFT

- 1-2 Touch right forward and bump hip right, step right in place
- 3-4 Touch left forward and bump hip left, step left in place
- 5-6 Step right forward, turn ½ left (weight to left)
- 7-8 Step right forward, turn ¼ left (weight to left)

KNEE IN AND OUT, SAILOR STEP, SAILOR STEP, POINT FORWARD, POINT TO THE SIDE

1&2 Hold

On counts 1&2, swivel knees in, out, in. Also, put your right arm in the air and wave right, left, right

- 3&4 Step right back, step left together, step right to side
- 5&6 Step left back, step right together, step left to side
- 7-8 Touch right forward, touch right to side

½ TURN RIGHT, COASTER STEP, ROCK STEP LEFT, ROCK STEP RIGHT, ½ TURN LEFT

- 1&2 Turn ½ right and step right back, step left together, step right forward
- 3-4 Step left to side (swing left arm forward), touch right together
- 5-6 Step right to side (swing right arm forward), step left together
- 7-8 Step right forward, turn ½ left (weight to left)

REPEAT