

# Pump Up The Jam

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**Count:** 64

**Wall:** 2

**Level:** Intermediate

**Choreographer:** Nathan Gardiner (Scotland-Nov 2014)

**Music:** Pump Up The Jam by Bodybangers

## **Intro: 2 counts start on vocals**

### **WALK, WALK, CROSS & HEEL, & CROSS, SIDE, SAILOR 1/4 LEFT**

- 1-2** Walk forward on right, Walk forward on left
- 3&4&** Cross step right over left, Step left slightly to left side, Touch right heel in right diagonal, Step right next to left
- 5-6** Cross step left over right, Step right to right side
- 7&8** Step left behind right, Turn 1/4 left stepping right to right side, Step left to left side

### **SIDE ROCK, RECOVER, BEHIND, SIDE, CROSS, SIDE ROCK, RECOVER, SAILOR 1/4 LEFT**

- 1-2** Rock out to right side, Recover on left
- 3&4** Step right behind left, Step left to left side, Cross step right over left
- 5-6** Rock out to left side, Recover on right
- 7&8** Step left behind right, Turn 1/4 left stepping right to right side, Step left to left side

### **CROSS SAMBA RIGHT & LEFT, TOE SWITCHES, HEEL SWITCHES**

- 1&2** Cross step right over left, Rock out to left side, Step slightly forward on right
- 3&4** Cross step left over right, Rock out to right side, Step slightly forward on left
- 5&6&** Touch right toes to right side, Step back in place, Touch left toes out to left side, Step back in place
- 7&8&** Touch right heel forward, Step back in place, Touch left heel forward, Step back in place

### **ROCK FORWARD, RECOVER, 1/2 SHUFFLE, 1/2 SHUFFLE, ROCK BACK, RECOVER**

- 1-2** Rock forward on right, Recover on left
- 3&4 1/2 Turn shuffle right stepping Right, Left, Right**
- 5&6 1/2 Turn shuffle right stepping Right, Left, Right**
- 7-8** Rock back on right, Recover on left

## **CHASSE RIGHT, CROSS ROCK, RECOVER, CHASSE 1/4 LEFT, ROCK FORWARD, RECOVER**

- 1&2** Step right to right side, Step left next to right, Step right to right side
- 3-4** Cross rock left over right, Recover on right
- 5&6** Step left to left side, Step right next to left, Turn 1/4 left stepping forward on left
- 7-8** Rock forward on right, Recover on left

## **SAILOR 1/2 RIGHT, ROCK FORWARD, RECOVER, SLIDE BACK WITH KNEE POPS LEFT & RIGHT, COASTER STEP**

- 1&2** Step right behind left, Turn 1/2 right stepping left to left side, Step right to right side
- 3-4** Rock forward on left, Recover on right
- 5-6** Slide back on left popping right knee forward, Slide back on right popping left knee forward
- 7&8** Step back on left, Step right next to left, Step forward on right

## **STEP 1/4 LEFT, CROSS, SIDE, SAILOR STEP, CROSS, SIDE**

- 1-2** Step forward on right, Turn 1/4 left
- 3-4** Cross side right over left, Step left to left side
- 5&6** Step right behind left, Step left to left side, Step right to right side
- 7-8** Cross side left over right, Step right over right side

## **SAILOR 1/4 LEFT, ROCK FORWARD, RECOVER, 1/4 RIGHT WITH SIDE ROCK, RECOVER, BACK ROCK, RECOVER**

- 1&2** Step left behind right, Turn 1/4 left stepping right to right side, Step left to left side
- 3-4** Rock forward on right, Recover on left
- 5-6** Turn 1/4 right and rock out to right side, Recover on left
- 7-8** Rock back on right, Recover on left

**Start Again.....Happy Dancing**

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