

# PUMP IT UP

LINEDANCE.COM

**Count:** 32

**Wall:** 4

**Level:** beginner/intermediate

**Choreographer:** Markus Raus

**Music:** Get Yer Party On by 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

## $\frac{3}{4}$ TURN RIGHT, WALK, WALK, SHOULDER MOVEMENT RIGHT, LEFT, BODY ROLL

- 9-10 Cross right foot behind left foot,  $\frac{3}{4}$  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 ( $\frac{1}{4}$  turn) facing diagonal to the front
- & Swivel left heel to left ( $\frac{1}{4}$  turn) facing front
- 20 Swivel right heel to left ( $\frac{1}{4}$  turn) facing diagonal to the right side
- 21 Swivel right heel to right ( $\frac{1}{4}$  turn) facing front
- & Swivel left heel to right ( $\frac{1}{4}$  turn) diagonal to the left side
- 22 Swivel right heel to right ( $\frac{1}{4}$  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**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=34987](https://www.linedance.com/index.php?f=dance_view&id=34987)