

Pumped Up Kicks

LINEDANCE.COM

Count: 64

Wall: 4

Level: Phrased Intermediate

Choreographer: Kickkick Line Dance - Nicky Tan (Feb 2012)

Music: Pumped Up Kicks by Foster The People

Dance starts after the first 8 counts - Sequence : AAAA BB AA BB AA BBBB

PART A

Section 1 : Vine Right, Vine Left , ¼ Turn

1-4 Step R to side, Step L behind R, step R to side, touch L together

5-8 Step L to side, Step R behind L, Turn ¼ L and step L forward, Scuff R [9:00]

Section 2 : Forward Touch, Back Touch, Toe Switches Back

1-4 Step R forward, Touch L toe together, Step L back, Touch R toe together

&5&6 Step R back, touch L toe forward, Step L back, touch R toe forward

&7&8 Step R back, touch L toe forward, Step L back, touch R toe forward

Section 3 : Rock Back, Recover, Step, ½ Turn, Kick, Step, Knee Swivel 2x

1-2 Rock R back, Recover on L

3-4 Step R forward, Turn ½ L stepping L beside R [3:00]

5-6 Kick R forward, Step R beside L

&7&8 Swivel both knees apart, Close knees together, Swivel both knees apart, Close knees together

Section 4 : ¼ Turn Rock, Recover, Cross Point 2x, Behind Side, ¼ Turn , Scuff

1-2 Turn ¼ R and Rock R to side, Recover on L [12:00]

3-4 Cross R over L, Touch L toe to side

5-6 Cross L over R, Touch R toe to side

7&8 Step R behind L, Turn ¼ L and step L to L, Scuff R beside L [9:00]

PART B : CHORUS

Section 5 : Press Step, Press Step, Point Hitch

1-2 Press ball of R to side, step R beside L

- 3-4** Press ball of L to side, step L beside R
- 5-6** Point R to side, Hitch R knee up
- 7&8** Point R to side, Hitch R knee up, Point R to side

Section 6 : R Sailor Step, ¼ L Sailor Step, ¼ Turn Paddle Twice

- 1&2** Step R behind left, step L beside R, step R to side
- 3&4** Turn ¼ L step L behind right, step R beside L, step L to side
- 5-8** Step R forward, Turn ¼ L, Step R forward, turn ¼ L

Section 7 : Right & Left Forward Diagonal Lock Steps

- 1-2** Step R forward to R diagonal , lock L behind R
- 3&4** Step R forward to R diagonal, lock L behind R, step R forward to R diagonal
- 5-6** Step L forward to L diagonal, lock R behind L
- 7&8** Step L forward to L diagonal, lock R behind L, Step L forward to L diagonal

Section 8 : Jazz Box Cross, Step Touch Diagonally Back

- 1-4** Cross R over L, Step L back, Step R to side, Cross L over R
- 5-6** Step R diagonally back to R, Touch L toe beside R
- 7-8** Step L diagonally back to L, Touch R toe beside L

Contact: nickyty@gmail.com