

# Pumped Up Kicks

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**Count:** 32                      **Wall:** 4                      **Level:** Ultra Beginner

**Choreographer:** Irene Groundwater (Canada) Nov. 2011

**Music:** Pumped Up Kicks by Foster the People, CD: Torches

**Dance Pattern: 16 count intro, (1 - 32) x 16, Dance ends facing front wall**

**Note: All options below may be added after the dance is learnt.**

**Special Note: This music is actually for a phrased dance with Parts A, B & C.**

**However, I thought the Beginners might enjoy the music.**

**[1-8] STOMP-TOE - OUT-IN-OUT-IN, FWD, FWD, FWD, KICK**

**1-2-3-4** Stomp R forward with weight on Heel - Toe-out-in-out-in

**5-6-7-8R forward, L forward, R forward, Kick Left Foot forward**

**[9-16] STOMP-TOE - OUT-IN-OUT-IN, BACK, BACK, BACK, KICK**

**1-2-3-4** Stomp L forward with weight on Heel - Toe-out-in-out-in

**5-6-7-8L back, R back L back, Kick Right Foot forward**

**[17-24] SIDE, TOG, SIDE, KICK, SIDE, TOG, SIDE, KICK**

**1-2-3-4** Side step R, Step L beside R, Side step R, Kick L Foot over R

**5-6-7-8** Side step L, Step R beside L, Side step L, Kick R Foot over L

**(Beg Option - Count 4 - Face body to left - Count 5 - straighten body)**

**(Beg Option - Count 8 - Face body to right - then straighten body for next step )**

**(Option - Int. dancers - On counts 1 and 3 - Extend R Toe to right)**

**(Option - Int. dancers - On counts 2 and 4 - Straighten R Heel behind R Toe)**

**(Option - Int. dancers - On counts 5 to 8 - Use opposite movements going left)**

**(Other Int. Option - R full turning vine - right, L full turning vine - left)**

**[25-32] SIDE, KICK, SIDE, KICK, FWD, HOLD, 1/4 TURN L, HOLD**

**1-2-3-4** Side R, Kick L Foot across R, Side L, Kick R Foot across L

## **5-6R Small step fwd, Hold**

**7-8** Pivot ¼ turn left on R Ball as L steps fwd, Hold

**(Option - Cts 1 to 4 - Shimmy right for 2 counts, Shimmy left for 2 counts)**

**(Option - Beg. On counts 5-7 - Bend slightly fwd extending R hand)**

**(Option - Beg. On counts 6-8 - Straighten body & touch imaginary Hat Brim)**

**(Option - Int. On counts 1 to 4 - Shimmy right - 2 cts, Shimmy left - 2 cts)**

**(Option - Int. Counts 5 to 8. (R fwd, 1/8th turn L) x 2 - circling hips)**

**END OF DANCE**