

# PUMP UP THE JAM

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Count: — Wall: — Level: —

Choreographer: Mark Furnell

Music: Pump Up The Jam by Technotronic

Sequence: AAB AAB AB AB AAA

Be sure to use the version of the music that is 3 minutes 24 long, not the 5 minutes 34 version

## PART A

### STEP TOGETHER STEP TOUCH, STEP HOLD, STOMP STOMP

1-2-3-4 Step side on right, close left to right, step side on right and touch left to right

5-6-7-8 Step side on left and hold, stomp right foot down, step left foot down

### ROCK BACK, KICK, KICK, ROCK BACK, POINT HITCH POINT $\frac{1}{4}$ TURN

1-2-3-4 Rock back on right, forward on left, dig the right heel forward for 2 counts (pump the heel)

5-6-7-8 Rock back on right, forward on left, point right toe out to side hitch the right knee making  $\frac{1}{4}$  turn left, point right toe out to side

### ROLLING GRAPEVINE, STEP HOLD, STEP HOLD

1-2-3-4 Step right to right making  $\frac{1}{4}$  turn right, step left making  $\frac{1}{2}$  turn right, step right to right side making  $\frac{1}{4}$  turn right, touch left to right

5-6-7-8- Step left to side and hold for one beat, bring right to left and hold for one beat

### CROSS ROCK, CHASSE $\frac{1}{4}$ TURN, STEP $\frac{1}{2}$ TURN, SHUFFLE

1-2-3&4 Cross rock right over left, back on left, step side on right, close left to right, step side on right making  $\frac{1}{4}$  turn right

5-6-7&8 Step forward on left, pivot  $\frac{1}{2}$  turn right, shuffle forward left right left

## PART B

### SHIMMY SHAKE, $\frac{1}{4}$ TURN SHIMMY SHAKE

1-2-3-4 Step right foot to side and shimmy shoulders to the right making  $\frac{1}{4}$  turn left on count 4 and touching left to right

**5-6-7-8** Step left foot to side and shimmy shoulder to the left and touch right to left on count 4

### **STEP HOLD AND STEP TOUCH, STEP HOLD AND STEP TOUCH**

**1-2&3-4** Step forward on right and hold, bring left to right and step forward on right, touch left to right

**5-6&7-8** Step back on left and hold, bring left to right and step back on left, touch right to left

### **SHIMMY SHAKE, ¼ TURN SHIMMY SHAKE**

**1-2-3-4** Step right foot to side and shimmy shoulders to the right making ¼ turn left on count 4 and touching left to right

**5-6-7-8** Step left foot to side and shimmy shoulder to the left and touch right to left on count 4

### **STEP OUT, OUT, IN, IN, ROCK BACK, PUMP HEEL TWICE**

**1-2-3-4** Step right foot out to right side, step left foot out to left side, step right foot back to center, step left foot back to center

**5-6-7&8** Rock back on right, forward on left, dig right foot forward, hitch right knee, dig right heel forward