

# Pumped Up Kicks

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**Count:** 32

**Wall:** 2

**Level:** Newcomer - ECS

**Choreographer:** Yonne Emalda

**Music:** Pumped Up Kicks by Foster The People

## Intro: 64 counts in

### Side Chasse, Back Rock, Touch In & Out, Kick Ball Cross

- 1&2** Step R foot to R side, step L foot beside R foot, step R foot to R side
- 3-4** Cross rock L foot behind R foot, recover weight on R foot
- 5-6** Touch L toes out to L side, touch L toes next to R foot
- 7&8** Kick L foot diagonally to L, step L foot in place, cross R foot over L foot

### Side Chasse, Back Rock, Toe Strut, Cross Toe Strut

- 1&2** Step L foot to L side, step R foot beside L foot, step L foot to L side
- 3-4** Cross rock R foot behind L foot, recover weight on L foot
- 5-8** Touch R toes to R side, drop R heel in place, cross touch L toes over R foot, drop L heel and cross L foot over R foot

### ¼ Turn, Forward Shuffle, Pivot ½ Turn, Forward Shuffle, Pivot ½ Turn

- 1&2** Turning ¼ R stepping R foot forward, lock L foot behind R foot, step R foot forward
- 3-4** Step L foot forward, turn ½ R
- 5&6** Step L foot forward, lock R foot behind L foot, step L foot forward
- 7-8** Step R foot forward, turn ½ L

### Hip Thrust Forward, Jazz Box ¼ Turn

- 1&2** Point R toes forward and pushing hips forward, back, forward
- 3&4** Point L toes forward and pushing hips forward, back, forward
- 5-8** Cross R foot over L foot, turn ¼ R stepping L foot back, step R foot to R side, step L foot beside R foot