

# PUMP-N-STUFF

LINEDANCE.COM

**Count:** 64

**Wall:** 4

**Level:** beginner/intermediate

**Choreographer:** Vicki E. Rader

**Music:** Flowers After The Fact by Terri Clark

## HEEL SPLITS, RIGHT HEEL TOUCHES

- 1-2 Turn both heels out; return heels to center
- 3-4 Turn both heels out; return heels to center
- 5-6 Touch right heel forward at a 45 degree angle; return right foot home
- 7-8 Touch right heel forward at a 45 degree angle; return right foot home

## HEEL SPLITS, LEFT HEEL TOUCHES

- 9-10 Turn both heels out; return heels to center
- 11-12 Turn both heels out; return heels to center
- 13-14 Touch left heel forward at a 45 degree angle; return left foot home
- 15-16 Touch left heel forward at a 45 degree angle; return left foot home

## LEFT AND RIGHT DIAGONAL STEP-DRAGS

- 17-18 Step left foot forward at a 45 degree angle (to left); drag right instep to left heel
- 19-20 Step left foot forward at a 45 degree angle (to left); drag right instep to left heel
- 21-22 Step right foot forward at a 45 degree angle (to right); drag left instep to right heel
- 23-24 Step right foot forward at a 45 degree angle (to right); drag left instep to right heel

## BACKWARD DIAGONAL STEP-TOUCHES WITH CLAPS, KNEE PUMPS

- 25-26 Step left foot back at a 45 degree angle (to left); touch right toe next to left instep and clap
- 27-28 Step right foot back at a 45 degree angle (to right); touch left toe next to right instep and clap
- 29-30 Step left foot back at a 45 degree angle (to left); step right foot next to left and clap
- 31-32 Pump knees forward and straighten; pump knees forward and straighten

## RIGHT AND LEFT STEP-SLIDE-STEP-TOUCHES

- 33-34 Step right foot to the right; slide left foot next to right foot
- 35-36 Step right foot to the right; touch left foot next to right foot

**37-38** Step left foot to the left; slide right foot next to left foot

**39-40** Step left foot to the left; touch right foot next to left foot

### **LONG STEP RIGHT, SLIDE, HOLD, KICKS (PUMPS) WITH ¼ TURN LEFT**

**41-42** Take a very long step to the right on right foot; begin sliding left foot toward the right

**43-44** Finish the slide and bring left foot together with the right; hold the count

**45** Kick (as if pumping the brake pedal in your car) right foot forward

**&** Raise to the ball of left foot and pivot 1/8 turn left

**46** Set left heel down on the floor and kick (pump) again

**&** Raise to the ball of left foot and pivot 1/8 turn left

**47-48** Set left heel down on the floor and kick (pump) again; touch right foot in place

### **GRAPEVINE RIGHT WITH KNEE-HITCH & SLAP; GRAPEVINE LEFT WITH KNEE-HITCH & SLAP**

**49-50** Step right foot to the right; step left foot behind right

**51-52** Step right foot to the right; hitch up left knee and slap the inside of knee with right hand

**53-54** Step left foot to the left; step right foot behind left

**55-56** Step left foot to the left; hitch up right knee and slap the inside of knee with left hand

### **ROCK FORWARD AND BACK, STOMPS**

**57-58** Rock forward on right foot; rock back on left foot

**59-60** Step back on right foot; rock forward on left foot

**61-62** Stomp right foot slightly forward; stomp right foot slightly to the right

**63-64** Stomp right foot next to left foot; hold the count.

### **REPEAT**