

Pumped Up Kicks

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Count: 160

Wall: 2

Level: Phrased Intermediate

Choreographer: Sandy Goodman (Nov 2011)

Music: Pumped Up Kicks by Foster The People

Intro after 8 counts. - Sequence: A, A, B, A, A, B, A, A, B, A, A, B, C

Part A (A - 64 counts total)

[A1] Kick-Ball-Side Touch, & Touch, Turn $\frac{1}{4}$ Right, Kick Right, Rock Back-Recover, Stomp-Stomp

- 1 & 2** Kick Right forward (1), Step Right together (&), Point Left side left (2)
- &3- 4** Step Left together (&), Point Right side right (3), Turn $\frac{1}{4}$ right- kick Right forward (4) 3:00
- 5 - 8** Rock Right back (5), Recover onto Left (6), Stomp Right (7), Stomp Left (8)

[A2] 2 Count Shimmy Right, Step Together, Clap; 2 Count Shimmy Left, Step Together, Clap

- 1 - 4** Step Right side right- shimmy for 2 counts (1-2), Step Left together (3), Clap (4)
- 5 - 8** Step Left side left- shimmy for 2 counts (3-4), Step Right together (7), Clap (8)

[A3] Walk Forward (x3), Kick Left, Coaster Step, Pivot $\frac{1}{2}$ Right

- 1 - 4** Walk forward - Right (1), Left (2), Right (3), Kick Left forward (4)
- 5 & 6** Step Left back (5), Step Right beside left (&), Step Left forward (6)
- 7 - 8** Step Right forward (7), Pivot $\frac{1}{2}$ turn left - weight on Left (8) 9:00

[A4] Step Side, Behind, Ball-Cross-Side, Rock Back-Recover, Side Shuffle

- 1 - 2** Step Right side right (1), Step Left behind right (2)
- &3- 4** Step ball of Right slightly back (&), Cross Left over right (3), Step Right side right (4)
- 5 - 6** Rock Left behind right (5), Recover onto Right (6)
- 7 & 8** Step Left side left (7), Step Right beside left (&), Step Left side left (8)

[1-32] REPEAT ABOVE 32 COUNTS = (A)= 64 counts total.

Part B: Chorus (B = 64 counts total)

[B1] Walk Forward (x3), Touch Left, Left Knee Out-In, Kick/Clap Left Forward (x2)

- 1 - 4 Walk forward Right (1), Left (2), Right (3), Touch Left beside right (4)
- 5 - 8 Push Left knee out side left (5), Bring Left knee back in (6), Kick/Clap Left foot forward - twice (7- 8)

[B2] Slow Coaster Step, Hold, Step Forward, Pivot $\frac{1}{4}$ Left, Touch, Hold

- 1 - 4 Step Left back (1), Step Right back (2), Step Left forward (3), Hold (4)
- 5 - 8 Step Right forward (5), Pivot $\frac{1}{4}$ left- weight on Left (6), Touch Right beside left (7), Hold (8)

[B3-B8] 17-64: Do the above 16 counts 3 more times, making a total of 4 walls.

Part C - 32 Counts - Part C is almost identical to (half of) part B except for the Pivot $\frac{1}{2}$ turn instead of the Pivot $\frac{1}{4}$ turn.

[C1] Walk Forward (x3), Touch Left, Left Knee Out-In, Kick/Clap Left Forward (x2)

- 1 - 4 Walk forward Right (1), Left (2), Right (3), Touch Left beside right (4)
- 5 - 8 Push Left knee out side left (5), Bring Left knee back in (6), Kick/Clap Left foot forward - twice (7- 8)

[C2] Slow Coaster Step, Hold, Step Forward, Pivot $\frac{1}{2}$ Left, Touch, Hold

- 1 - 4 Step Left back (1), Step Right back (2), Step Left forward (3), Hold (4)
- 5 - 8 Step Right forward (5), Pivot $\frac{1}{2}$ left- weight on Left (6), Touch Right beside left (7), Hold (8)

[C3] Walk Forward (x3), Touch Left, Left Knee Out-In, Kick/Clap Left Forward (x2)

- 1 - 4 Walk forward Right (1), Left (2), Right (3), Touch Left beside right (4)
- 5 - 8 Push Left knee out side left (5), Bring Left knee back in (6), Kick/Clap Left foot forward - twice (7- 8)

[C4] Slow Coaster Step, Hold, Step Forward, Pivot $\frac{1}{2}$ Left, Step Right-Left

- 1 - 4 Step Left back (1), Step Right back (2), Step Left forward (3), Hold (4)
- 5 - 8 Step Right forward (5), Pivot $\frac{1}{2}$ left- weight on Left (6), Step Right (7), Step Left (8)

Good Luck!!