

## Pump It

32 count, 4 wall, beginner level

Choreographer: Raymond Sarlemijn (Norway)

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Choreographed to: Pump Up The Jam by  
Technotronic, CD Single

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### **BUMP HIP FORWARD, BUMP HIP FORWARD, ½ TURN LEFT, STEP ON SPOT, STEP ON SPOT**

- 1 Touch right foot forward (While doing this bump right hip forward)
- 2 Put weight on right foot
- 3 Touch left foot forward (While doing this bump left hip forward)
- 4 Put weight on left foot
- 5 Right foot step forward
- 6 Turn ½ over left
- 7 Step right foot on spot (While doing this stomp left arm forward)
- 8 Step left foot on spot (While doing this stomp right arm forward)

### **BUMP HIP FORWARD, BUMP HIP FORWARD, ½ TURN LEFT, ¼ TURN LEFT**

- 1 Touch right foot forward (While doing this bump right hip forward)
- 2 Put weight on right foot
- 3 Touch left foot forward (While doing this bump left hip forward)
- 4 Put weight on left foot
- 5 Right foot step forward
- 6 Turn ½ over left
- 7 Right foot step forward
- 8 Turn ¼ over left, and put weight on left foot

### **KNEE IN AND OUT, SAILOR STEP, SAILOR STEP, POINT FORWARD, POINT TO THE SIDE**

- 1 Bend both knees in (While doing this put your right arm in the air and to left wave)
- & Put both knees normal again (While doing this wave arm to the right)
- 2 Bend both knees in (While doing this put your right arm in the air and to left wave)
- 3 Right foot backwards
- & Left foot next to right foot
- 4 Right foot step out to right
- 5 Left foot backwards
- & Right foot next to left foot
- 6 Left foot step out to left
- 7 Right foot point forward
- 8 Right foot point to right

### **½ TURN RIGHT, COASTER STEP, ROCK STEP LEFT, ROCK STEP RIGHT, ½ TURN LEFT**

- 1 Turn ½ over right and step right foot backwards
  - & Left foot next to right foot
  - 2 Right foot step forward
  - 3 Left foot step out to left (While doing this swing left arm forward)
  - 4 Left foot next to right foot
  - 5 Right foot step out to right (While doing this swing right arm forward)
  - 6 Right foot touch next to left foot
  - 7 Right foot step forward
  - 8 Turn ½ over left
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