

Pumped Up Kicks

Phrased, 160 Count, 2 Wall, Intermediate
Choreographer: Sandy Goodman (USA) Nov 2011
Choreographed to: 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 ¼ 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 ¼ 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 ½ 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 ½ 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 - 6 Push Left knee out side left (5), Bring Left knee back in (6),
7 - 8 Kick/Clap Left foot forward - twice (7- 8)

B2 Slow Coaster Step, Hold, Step Forward, Pivot ¼ 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 ¼ 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 ½ turn instead of the Pivot ¼ 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 - 6 Push Left knee out side left (5), Bring Left knee back in (6),
7 - 8 Kick/Clap Left foot forward - twice (7- 8)

C2 Slow Coaster Step, Hold, Step Forward, Pivot ½ 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 ½ 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 - 6 Push Left knee out side left (5), Bring Left knee back in (6),
7 - 8 Kick/Clap Left foot forward - twice (7- 8)

C4 Slow Coaster Step, Hold, Step Forward, Pivot ½ 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 ½ left- weight on Left (6), Step Right (7), Step Left (8)

Good Luck!!