

Pumped Up Kicks

32 Count, 4 Wall, Beginner

Choreographer: Valentine Duret (FR) Nov 2011
Choreographed to: Pumped Up Kicks by Foster the People, Album: Torches

Start : Right foot –32 counts after pré-intro (18 sec.)

Vine –Touch –Heel touch –Clap –Toe Touch -Clap

- 1 -2 Step Right to Right –Cross Left behind Right
- 3 -4 Step Right to Right –Touch Left beside Right
- 5 -8 Touch Left heel forward –Clap
- 7 -8 Touch Left toe back -Clap

Vine ¼ Turn –Brush –Pivot ¼ turn x2

- 1 -2 Step Left to Left –Cross Right behind Left
 - 3 -4 Step Left to Left with ¼ turn Left –Brush Right forward
 - 5 -8 Step forward Right –Pivot ¼ turn Left x2
- Note: Add a Hip roll as you do ¼ turn

Shuffle fd –Rock fd –Shuffle back. –Rock back

- 1 &2 Step forward Right –Step Left next to Right –Step forward Right
- 3 -4 Rock forward Left -Recover
- 5 &6 Step back Left –Step Right next to Left –Step back Left
- 7 -8 Rock back Right -Recover

Toe touch / Cross x2 –Shimmy -Hold

- 1 -2 Touch Right toe to Right –Cross Right over Left
 - 3 -4 Touch Left toe to Left –Cross Left over Right
 - 5 -6 Step Right to Right –Shimmy
 - 7 -8 Step Left next to Right -Hold (transfer weight on left foot)
- Option: As you hold on count 8, add Hip roll

End of dance, enjoy and keep smiling !!!
