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Pump Up The Swing

32 Count, 2 Wall, Beginner

Choreographer: Frank Trace (USA) June 2017

Choreographed to: Pump Up The Jam by Swingrowers

No Tags or Restarts

- Intro:** 32 counts from the beat.
Start on vocals, after he says, "Technotronic 1989 pump up the jam".
- Section 1** **WALK FORWARD, KICK, STEP BACK, TOUCH, STEP, KICK**
1-4 Walk R, L, R, kick L
5-8 Step L back, touch R back, step R forward, kick L
- Section2** **ZIG ZAG STEPS, VINE LEFT ¼ TURN**
1-2 Step L back diagonally left, touch R next to L
3-4 Step R back diagonally right, touch L next to R
5-8 Step L to side, step R behind L, turn ¼ left and step L forward, touch R next to L (9:00)
- Section 3** **STEP TOUCHES RIGHT & LEFT, VINE RIGHT**
1-4 Step R to side, touch L next to R, step L to side, touch R next to L
5-8 Step R to side, step L behind R, step R to side, touch L next to R
- Section4** **VINE LEFT ¼, HIPS BUMPS RIGHT & LEFT**
1-4 Step L to side, step R behind L, turn ¼ left and step L forward, step R next to L (6:00)
Styling Option for counts 1-4: Rolling Vine left turning 1 ¼ left
5-8 Bump hips twice right, bump hips twice left

START OVER