

\*\*\*Official WCDF competition dance description 2008\*\*\*

# Pump It Up

Raymond Sarlemijn

Type : 32 Count, 4 Wall Funky  
Level : Newcomer  
Music : "Pump Up The Jam" by Technotronic (BPM 124)

## TOE STRUT, TOE STRUT, STEP, ½ TURN, STEP, STEP

- 1 RF step forward on right toe  
bumping right hip forward  
2 RF heel down  
3 LF step forward on left toe  
bumping left hip forward  
4 LF heel down  
5 RF step forward  
6 LF ½ turn left (6:00)  
7 RF step slightly side right, left arm  
straight forward, right arm bend  
in front of the chest  
8 LF step slightly side left, right arm  
straight forward, left arm bend  
in front of the chest

## TOE STRUT, TOE STRUT, STEP, ½ TURN, STEP, ¼ TURN

- 9 RF step forward on right toe  
bumping right hip forward  
10 RF heel down  
11 LF step forward on left toe  
bumping left hip forward  
12 LF heel down  
13 RF step forward  
14 LF ½ turn left (12:00)  
15 RF step forward  
16 LF ¼ turn left (9:00)

## KNEES IN & IN, SAILOR STEP, SAILOR STEP, TOUCH, TOUCH

- 17 both knees in, wave right hand  
over head to the left  
& both knees forward, wave right  
hand over head to the right  
18 both knees in, wave right hand  
over head to the left  
(weight on LF)  
19 RF cross behind LF  
& LF step side left  
20 RF step side right & slightly forward  
21 LF cross behind RF  
& RF step side right  
22 LF step side left & slightly forward  
23 RF touch forward  
24 RF touch side right

## ½ TURN COASTER STEP, ROCK, STEP, ROCK, STEP, STEP, ½ TURN

- 25 RF ½ turn right step back (3:00)  
& LF step next to RF  
26 RF step forward  
27 LF rock side left, swing left arm  
up in front of chest  
(recover weight to RF)  
28 LF step next to RF, swing left arm  
down to left side  
29 RF rock side right, swing right arm  
up in front of chest  
(recover weight to LF)  
30 RF touch next to LF, swing right  
arm down to right side  
31 RF step forward  
32 LF ½ turn left (9:00)