

Pump Up The Jam

Phrased, improver level

Choreographer: Mark Furnell (UK) Feb 2007

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

Sequence: AAB AAB AB AB AAA

Be sure to use the version of the music that is 3 minutes 24 long, not the 5 minutes 34 version

PART A

STEP TOGETHER STEP TOUCH, STEP HOLD, STOMP STOMP

1-2-3-4 Step side on right, close left to right, step side on right and touch left to right

5-6-7-8 Step side on left and hold, stomp right foot down, step left foot down

ROCK BACK, KICK, KICK, ROCK BACK, POINT HITCH POINT ¼ TURN

1-2-3-4 Rock back on right, forward on left, dig the right heel forward for 2 counts (pump the heel)

5-6-7-8 Rock back on right, forward on left,
point right toe out to side hitch the right knee making ¼ turn left, point right toe out to side

ROLLING GRAPEVINE, STEP HOLD, STEP HOLD

1-2-3-4 Step right to right making ¼ turn right, step left making ½ turn right,
step right to right side making ¼ turn right, touch left to right

5-6-7-8 Step left to side and hold for one beat, bring right to left and hold for one beat

CROSS ROCK, CHASSE ¼ TURN, STEP ½ TURN, SHUFFLE

1-2-3&4 Cross rock right over left, back on left, step side on right, close left to right,
step side on right making ¼ turn right

5-6-7&8 Step forward on left, pivot ½ turn right, shuffle forward left right left

PART B

SHIMMY SHAKE, ¼ TURN SHIMMY SHAKE

1-2-3-4 Step right foot to side and shimmy shoulders to the right making ¼ turn left on count 4
and touching left to right

5-6-7-8 Step left foot to side and shimmy shoulder to the left and touch right to left on count 4

STEP HOLD AND STEP TOUCH, STEP HOLD AND STEP TOUCH

1-2&3-4 Step forward on right and hold, bring left to right and step forward on right, touch left to right

5-6&7-8 Step back on left and hold, bring left to right and step back on left, touch right to left

SHIMMY SHAKE, ¼ TURN SHIMMY SHAKE

1-2-3-4 Step right foot to side and shimmy shoulders to the right making ¼ turn left on count 4
and touching left to right

5-6-7-8 Step left foot to side and shimmy shoulder to the left and touch right to left on count 4

STEP OUT, OUT, IN, IN, ROCK BACK, PUMP HEEL TWICE

1-2-3-4 Step right foot out to right side, step left foot out to left side, step right foot back to center,
step left foot back to center

5-6-7&8 Rock back on right, forward on left, dig right foot forward, hitch right knee, dig right heel forward