

Pump Up The Jam

64 Count, 2 Wall, Intermediate

Choreographer: Nathan Gardiner (Scotland) Nov 2014

Choreographed to: Pump Up The Jam by Bodybangers

Intro: 2 counts start on vocals

1 WALK, WALK, CROSS & HEEL, & CROSS, SIDE, SAILOR 1/4 LEFT

- 1-2 Walk forward on right, Walk forward on left
- 3& Cross step right over left, Step left slightly to left side,
- 4& Touch right heel in right diagonal, Step right next to left
- 5-6 Cross step left over right, Step right to right side
- 7&8 Step left behind right, Turn 1/4 left stepping right to right side, Step left to left side

2 SIDE ROCK, RECOVER, BEHIND, SIDE, CROSS, SIDE ROCK, RECOVER, SAILOR 1/4 LEFT

- 1-2 Rock out to right side, Recover on left
- 3&4 Step right behind left, Step left to left side, Cross step right over left
- 5-6 Rock out to left side, Recover on right
- 7&8 Step left behind right, Turn 1/4 left stepping right to right side, Step left to left side

3 CROSS SAMBA RIGHT & LEFT, TOE SWITCHES, HEEL SWITCHES

- 1&2 Cross step right over left, Rock out to left side, Step slightly forward on right
- 3&4 Cross step left over right, Rock out to right side, Step slightly forward on left
- 5&6& Touch right toes to right side, Step back in place, Touch left toes out to left side, Step back in place
- 7&8& Touch right heel forward, Step back in place, Touch left heel forward, Step back in place

4 ROCK FORWARD, RECOVER, 1/2 SHUFFLE, 1/2 SHUFFLE, ROCK BACK, RECOVER

- 1-2 Rock forward on right, Recover on left
- 3&4 1/2 Turn shuffle right stepping Right, Left, Right
- 5&6 1/2 Turn shuffle right stepping Right, Left, Right
- 7-8 Rock back on right, Recover on left

5 CHASSE RIGHT, CROSS ROCK, RECOVER, CHASSE 1/4 LEFT, ROCK FORWARD, RECOVER

- 1&2 Step right to right side, Step left next to right, Step right to right side
- 3-4 Cross rock left over right, Recover on right
- 5&6 Step left to left side, Step right next to left, Turn 1/4 left stepping forward on left
- 7-8 Rock forward on right, Recover on left

6 SAILOR 1/2 RIGHT, ROCK FORWARD, RECOVER, SLIDE BACK WITH KNEE POPS LEFT & RIGHT, COASTER STEP

- 1&2 Step right behind left, Turn 1/2 right stepping left to left side, Step right to right side
- 3-4 Rock forward on left, Recover on right
- 5-6 Slide back on left popping right knee forward, Slide back on right popping left knee forward
- 7&8 Step back on left, Step right next to left, Step forward on right

7 STEP 1/4 LEFT, CROSS, SIDE, SAILOR STEP, CROSS, SIDE

- 1-2 Step forward on right, Turn 1/4 left
- 3-4 Cross side right over left, Step left to left side
- 5&6 Step right behind left, Step left to left side, Step right to right side
- 7-8 Cross side left over right, Step right over right side

8 SAILOR 1/4 LEFT, ROCK FORWARD, RECOVER, 1/4 RIGHT WITH SIDE ROCK, RECOVER, BACK ROCK, RECOVER

- 1&2 Step left behind right, Turn 1/4 left stepping right to right side, Step left to left side
- 3-4 Rock forward on right, Recover on left
- 5-6 Turn 1/4 right and rock out to right side, Recover on left
- 7-8 Rock back on right, Recover on left

Start Again.....Happy Dancing