

Pump Up The Swing

Count: 32

Wall: 2

Level: Beginner

Choreographer: Frank Trace – June 2017

Music: "Pump Up The Jam" by Swingrowers (124 bpm)



No Tags or Restarts

Intro: 32 counts from the beat. Start on vocals, after he says, "Technotronic 1989 pump up the jam".

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

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)

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

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