

# Pump It



**Description:** 48 counts. 2 Walls. Advanced  
**Choreographer:** Masters In Line (Rachael & Paul) (March 2006)  
**Music:** "Pump It" – Black Eyed Peas (154 bpm)  
**Count in:** 72 counts from start of track at approx 29secs  
**Note:**

**Email:** mail@mastersinline.com

## 1 – 8 WALK WALK, BALL CHANGE, HITCH, SLIDE BACK, BALL CHANGE, STEP FORWARD

- 1 – 2 Step forward on right (1), step forward on left (2)  
& 3 Rock back on ball of right (&), recover weight forward onto left (3)  
4 Hitch right knee  
5 – 6 Take big step back on right (5), slide left to right (no weight change) (6)  
& 7 Step left next to right (&), step forward on right (7)  
8 Step forward on left

## 9 – 16 3 TOUCH TURNS LEFT, SHOULDERS TURN, 2 TOUCH TURNS BACK RIGHT, SWIVET

- Note: The touch turns are done as more of a strong step, like a chug round almost a dragging action*  
1 – 2 Make ¼ turn left stepping right out to right side (1), make ¼ turn left stepping right to right side (2)  
3 – 4 Make ¼ turn left stepping right out to right side (3), shoulder lift and turn upper body to face front (4)  
5 – 6 Make 1/8 turn right stepping right out to right side (5), make 1/8 turn right stepping right out to right side (6)  
7 With weight on right heel & left toe, twist right toes to right & left heels to left  
8 Return feet back to centre

## 17 – 24 HITCH, DOWN, HITCH WITH KNEE ROLL, TOUCH STEP BACK, TOUCH STEP BACK

- 1 & 2 Hitch right knee beside left (1), straighten right knee next to left (&), swing right leg out to right side bending left knee (2) *Note: Weight remains on left through these 2 counts*  
& 3 Bring right leg back in towards left (&), hitch right knee as it circles clockwise from hip  
4 Step right to right side  
5 - 6 Touch left next to right (5), step diagonally back on left (6)  
7 – 8 Touch right next to left (7), step diagonally back on right (8)

## 25 – 32 3 WALKS BACK, HOLD (or shoulder shrug), 2 BALL CHANGES, HITCH, SWING LEG BACK

- 1 – 2 Step diagonally back on left (1), step diagonally back on right (2)  
3 – 4 Step diagonally back on left (3), hold on count 4 or shrug shoulders up then down,  
*Note: These 3 walks are strong funky steps, for styling angle shoulders towards diagonals (left, right left)*  
& 5 Rock back on ball of right (&), recover weight forward onto left (5)  
& 6 Rock back on ball of right (&), recover weight forward onto left (6)  
*Note: For styling on ball changes bend knees a little, keep upper body weight forward*  
7 – 8 Hitch right knee (7), swing right leg back behind you keeping weight on left (8)

## 33 – 40 HOP WITH SCOOT, CROSS, KICK HOOK, STEP LEFT, SHOULDER DIPS, FULL TURN LEFT

- 1 – 2 Hop on left scooting slightly back as right leg swings around to front (1), Cross right over left (2)  
3 – 4 Kick left to left diagonal (3), hook left in front of right shin (4)  
5 Step left to left side with bent knee – hands are in fists in front of chest with elbows out to sides, drop left elbow down as right goes up  
6 Feet remain in place, drop right elbow as left elbow raises up  
7 - 8 Make ½ turn left stepping right to right side (7), make ½ turn left stepping left to left side (8)  
*Note: Counts 7 – 8 is a 2 count full turn like a rolling grapevine*  
*Alternate: As an easy alternative to the fast turn on 7 – 8 ~ 7 – Cross right over left, 8 – Step left to left side*

## 41 – 48 HEEL GRIND, BALL CROSS, TOUCH, BACK, SWEEP, BALL CHANGE, WALK

- 1 – 2 Cross right heel over left grinding into floor (1), step left to left side (2)  
& 3 - 4 Step in place with right (&), Cross left over right (3), Touch right to right side (4)  
5 – 6 Cross right behind left (5), sweep left foot around to back (weight stays on right) (6)  
& 7 Rock back on ball of left (&), Recover weight forward onto right (7)  
8 Step forward on left

**START AGAIN ~ HAVE FUN**