

"Pump It" Tryout Dance

Part 1

Begin facing back feet together, hands by side, and head down

8- Hold

8- (1-4) Hold (5-6) Jump out to low V (7-8) Turn over right shoulder hands go to right hip.

8- (1-4) Cheerio around (5-6) Punch right across and down (7-8) Punch left across and down

8- (1-2) Ball change, arms cross (3 & 4) Chasse (5-6) Step, right jete (7-8) land down

8- (1-4) Bring right leg out, shake right arm across (5-6) Kick right leg up (7-8) Roll to the back

8- (1-2) Stand facing back (3-4) windmill front (5-6) jump out low V (7-8) check right/left

8- (1-2) Circle right arm around (3-4) step back, left arm out/ right arm out (5&6) punch right across and out (7-8) Cheerio up/ down to plied second.

Part 2

8- (1-2) Prep (3-4) Double pirouette/ hands behind head (5-6) land in low 2nd with low V (7-8) V up and down

8- (1-2) Pull (3-4) Push (5-6) K, K (7-8) Circle cheerio over head to left lunge

8- (1-2) Hold (3-4) Ball change, arms cross on chest (5-6) Right kick, land (8) Jump out to 2nd

8- (1)Cross, (2)up, (3-4)Circle round, (5-6) Right check, Left check (7-8) punch, punch

8- (1-2) Scoop, scoop (3-4) Punch right front, ½ T (5-6) Hurricane arms to the back (7-8) Close to the back

8- (1-2) Snap left arm to front (3-4) walk, walk (5-8) Prep into toe touch

8- (1-2) Land (3-4) Step out right/ left (5-6) Arms pump and down (7-8) Step front left

8- (1-4) Step, Attitude back, Land (5-8) Punch left, right, high V, close

8- (1-2) Prep (3-4) double coupe turn with arms in ½ T (5-6) Land (7-8) Chug back right/left

Part 3

8- (1-2) Hair flip (3&4) Punch right across, left, right (5-6) Cross, close (7-8) Sit into left hip

8- Chug turn (every 2 counts)

8- (1-2) Cabbage patch (3-4) Clean arms (5-6) High V, Cross (7-8) Link Up

8- 4 highs

8- Right Levelled star

8- Low left, medium right, Left touchdown

8- (1) Close (&2) Jump out/in (&4) Step out Right/ Left (5-8) Dip down

8- 2 High, 2 Right Diagonals

8- 2 Left Diagonals, 2 High

8- (1-2) Close (3-4) Walk, Walk (5&6) 2 High V's (7-8) Punch Right arm up, step out right foot

8- (1-4) Begin sliding in straddle (5) Hit preferred split on ground.