



PUMPIN BLOOD



Artist: NONONO

Album: Pumpin Blood - EP

Available for download on iTunes

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Wait 16 beats

Level: **Beginner's Plus**

PART A

Vine Left

Basketball Basic (*turn $\frac{1}{2}$ left*)

2 Sway Basics

Double Rock Chug

Repeat all steps to front

PART B

Rooster Run

Side Rock Double

Rocking Chair (*turn $\frac{1}{4}$ left*)

2 Drag Basics

Repeat all to back

Cowboy (*turn $\frac{1}{2}$ left*)

2 Basics

Fancy Double

Push Left & Right

2 Drag Basics

Over the Big Log

PART C

Stomp Double (*moving diagonally left*)

Triple Brush Forward

2 Flea Flickers (*moving back*)

Walk the Dog

Repeat with same footwork but diagonally right

PART A

Vine Left

Basketball Basic (*turn $\frac{1}{2}$ left*)

2 Sway Basics

Double Rock Chug

Repeat all steps to front

PART B

Rooster Run

Side Rock Double

Rocking Chair (*turn $\frac{1}{4}$ left*)

2 Drag Basics

Repeat all to back

Cowboy (*turn $\frac{1}{2}$ left*)

2 Basics

Fancy Double

Push Left & Right

2 Drag Basics

Over the Big Log

PART C

Stomp Double (*moving diagonally left*)

Triple Brush Forward

2 Flea Flickers (*moving back*)

Walk the Dog

Repeat with same footwork but diagonally right

PART A*

Vine Left

Basketball Basic (*turn $\frac{1}{2}$ left*)

2 Sway Basics

Double Rock Chug (*turn $\frac{1}{2}$ left*)

PART D

Time Step

Stomp Double

Repeat both steps

PART B

Rooster Run

Side Rock Double

Rocking Chair (*turn $\frac{1}{2}$ left*)

2 Drag Basics

Repeat all to front

4 Steps

PART C

Stomp Doubles (*moving diagonally left*)

Triple Brush Forward

2 Flea Flickers (*moving back*)

Walk the Dog

Repeat with same footwork but diagonally right

PART A

Vine Left

Basketball Basic (*turn $\frac{1}{2}$ left*)

2 Sway Basics

Double Rock Chug

Repeat all steps to front

STEPS TO "Pumpin Blood"

Vine Left

DS DS(xb) DS RS
L R L RL

Basketball Basic

Pivot (turn $\frac{1}{2}$ left) Step DS RS
R L R LR

2 Sway Basics

DS(xb) RS DS(xb) RS
L RL R LR

Double Rock Chug

DS DS RS Kick
L R LR L

Rooster Run

DS DS(xf) Ball(os) Ball(xb) Ball(os) Ball(xf)
L R L R L R

Side Rock Double

RS(os) DS DS RS
LR L R LR

Rocking Chair

DS Brush Up (turn $\frac{1}{4}$ left) DS RS
L R R LR

2 Drag Basics

Drag Step RS Drag Step RS
R L RL L R LR

Cowboy

DS DS DS Brush Up (turn $\frac{1}{2}$ left) DS RS RS RS
L R L R R LR LR LR

2 Basics

DS RS DS RS
L RL R LR

Fancy Double

DS DS RS RS
L R LR LR

Push Left & Right

DS RS RS RS DS RS RS RS
L RL RL RL R LR LR LR

Over the Big Log

DS(fwd) DS(fwd) Step(b) Step(b)
L R L R

Stomp Double

Stomp DS DS RS
L R L RL

Triple Brush Forward

DS DS DS Brush Up
R L R L

2 Flea Flickers

DT DS(xb) DT DS(xb)
L L R R

Walk the Dog

DS DS Heel Heel RS
L R L R LR

Time Step

Stomp(xf) Ball Ball Stomp(xf) Ball Ball Step
L R L R L R L

4 Steps

Step Step Step Step
L R L R