

PUMPING IRON

Dance By: Dawn Mee, 2626 E. Norm Place, Anaheim, CA 92806, (951) 206-1746, Dawnadele@aol.com
CD Music: "Pumping Iron (from 'Starlight Express') by Dancelife
MP3 Download: Available through Casa Musica
Rhythm/Phase: Jive. ROUNDALAB Phase III+2 [Pretzel Turn, Windmill] +1 Unph [Shuffling Door]
Difficulty: Above Average **Released:** March 2019
Footwork: Opposite, directions for M (except where noted) **Time:** 3:17 @ 100% Download Speed
Sequence: Intro, A, B, A, C, D, C, B[1-16], End **Recommended Speed:** 44 RPM in Dance Master
 A very special thank you to Bev Oren for her help with the cue sheet ☺

INTRO

[FCG WALL] WAIT; SD TAP BEHIND w/SNAPS; SLOW CIRCLE 4 w/SNAPS to FC;; JUMP APT & TOG to LOP FCG;

- 1 Wait 1 measure fcg ptr & wall lead ft free crossed behind trail ft with trail hnd on hip & lead hand down at side;
- 2 1234 Sd L, tap R behind L as raise L arm up and out on diag & snap fingers looking at hand, sd R, tap L behind R as lower L arm down & across body & snap fingers looking to RLOD;
- 3-4 1-3- Circ away LF (*W RF*) fwd L snap L fingers (*W snap R fingers*), -, fwd R snap L fingers, -; Circ tog LF (*W RF*) fwd R snap L fingers, -, fwd L snap L fingers, -;
- 5 1-3- Jump apt, -, jump tog to LOP FCG, -;

PART A

[LOP FCG WALL] CHG HNDS BHD BK ~ LINK RK to CP COH;; SCP DBL RK;

- 1-3 {**Chg Hnds bhd Bk**} Rk apt L, rec R, fwd L starting 1/4 LF trn and placing right hnd over W's right hnd/cl R, fwd L releasing left hnd and completing 1/4 LF trn to TANDEM LOD in front of W; Sd & bk R starting 1/4 LF trn and placing left hnd behind M's back/cl L transferring W's right hnd to M's left hnd behind his back, sd & bk R completing 1/4 LF trn (*W rk apt R, rec L, fwd R starting 1/4 RF trn/cl L, fwd R completing 1/4 RF trn to TANDEM LOD behind M; Sd & bk L starting 1/4 RF trn/cl R, sd & bk L completing 1/4 RF trn*) to LOP FCG WALL,
 {**Link Rk**} Rk apt L, rec R; Small triple fwd L/cl R, fwd L to CP COH, sd R/cl L, sd R (*W rk apt, rec L; Small triple fwd R/cl L, fwd R to CP COH, sd L/cl R sd L*);
- 4 1234 {**Dbk Rk**} Rk bk L to SCP RLOD, rec R, rk bk L, rec R;

[SCP RLOD] THROWAWAY; CHG HNDS BHD BK ~ CHG PLCS L to R to CP WALL;;

- 5 {**Thrw**} Fwd & sd L/cl R, fwd & sd L leading W to trn 1/2 LF, sd & fwd R/cl L, sd & fwd R to fc RLOD (*W fwd R/fwd L, fwd R trng 1/2 LF, sd & bk L/cl R, sd & bk L fc LOD*);
- 6-8 {**Chg Hnds bhd Bk**} Repeat Meas 1-1.5 PART A to LOP FCG LOD;;
 {**Chg Plcs L-R**} Rk apt L, rec R; Sd L/cl R, sd L comm 1/4 RF trn, sd R/cl L, sd R (*W rk apt R, rec L; Fwd R/cl L, fwd R comm up to 3/4 LF trn under joined lead hnds, sd L/cl R, sd L complete LF trn*) to CP WALL;

[CP WALL] PRETZEL TURN;; SCP DBL RK;

- 9-11 {**Pretzel Trn**} Rk bk L, rec R trng R to fc ptr, sd L/cl R, sd L trng 1/2 RF keeping M's L and W's R hnds joined [ptrs are in a bk to bk position]; Sd R/cl L, sd R trng up to 1/4 RF [ptrs are in a bk to bk "V" position with M's L & W's R hnds joined behind bk], rk fwd L crossing in front to LOD with R hnd extended fwd, rec R trng up to 1/4 LF; Sd L/cl R, sd L trng 1/2 LF to fc ptr still retaining M's L & W's R hnds, sd R/cl L, sd R (*W rk bk R, rec L trng L to fc ptr, sd R/cl L, sd R trng 1/2 LF keeping M's L and W's R hnds joined [ptrs are in a bk to bk position]; Sd L/cl R, sd L trng up to 1/4 LF [ptrs are in a bk to bk "V" position with M's L & W's R hnds joined behind bk], rk fwd R crossing in front to LOD with L hnd extended fwd, rec L trng up to 1/4 RF; Sd R/cl L, sd R trng 1/2 RF to fc ptr still retaining M's L & W's R hnds, sd L/cl R, sd L*) to CP WALL;
- 12 1234 {**Dbk Rk**} Repeat Meas 4 PART A to SCP LOD;

[SCP LOD] 2 FWD TRIPLES; SWIVEL WALK 4; 2 PT STEPS; KICK BALL CHG - 2X;

- 13 {**Fwd Triples**} Fwd L/cl R, fwd L, fwd R/cl L, fwd R;
- 14 1234 {**Swivel Walk 4**} Fwd L, fwd R, fwd L, fwd R (*W swivel fwd R, swivel fwd L, swivel fwd R, swivel fwd L*);
- 15 1234 {**2 Pt Steps**} Pt fwd L with outside edge of foot in contact with floor, small step fwd L, pt fwd R with outside edge of foot in contact with floor, small step fwd R;
- 16 1a23a4 {**Kick Ball Chg**} Kick L foot fwd/cl L on ball to R, cl R to L in place, kick L foot fwd/cl L on ball to R, cl R to L in place;

PUMPING IRON

Page 2

PART B

[CP WALL] CHASSE L & R; CHG PLCS R to L ~ CHG PLCS L to R;;;

- 1 {Chasse L&R} Sd L/cl R, sd L, sd R/cl L, sd R;
2-4 {Chg Plcs R-L} Rk bk L to SCP LOD, rec R to fc, sd L/cl R, sd L comm ¼ LF trn; Sd & fwd R/cl L, sd R
(W rk bk R to SCP LOD, rec L to fc, sd R/cl L, fwd R comm ¾ RF trn under joined lead hnds; Sd & slightly bk
L/cl R, sd & bk L) to LOP FCG LOD,
{Chg Plcs L-R} Repeat Meas 7.5-8 PART A to LOP FCG WALL,;

[LOP FCG WALL] LINK RK to CP ~ RT TRNG FALLAWAY;;; SCP DBL RK;

- 5-7 {Link Rk} Repeat Meas 2.5-3 PART A to CP WALL,;
{Rt Trng Falwy} Rk bk L to SCP RLOD, rec R to fc; Comm ¼ RF trn sd L/cl R, complete trn sd L, comm ¼
RF trn sd R/cl L, complete trn sd R (W rk bk R to SCP RLOD, rec L to fc; Comm ¼ RF trn sd R/cl L,
complete trn sd R, comm ¼ RF trn sd L/cl R, complete trn sd L) to CP COH;
8 1234 {Dbl Rk} Repeat Meas 4 PART A to CP COH;

[CP COH] CHASSE L & R; CHG PLCS R to L ~ CHG PLCS L to R;;;

- 9 {Chasse L&R} Repeat Meas 1 PART B;
10-12 {Chg Plcs R-L} Repeat Meas 2-4 PART B,;
{Chg Plcs L-R} Repeat Meas 7.5-8 PART A to LOP FCG COH,;

[LOP FCG COH] LINK RK to CP ~ RT TRNG FALLAWAY;;; SCP DBL RK;

- 13-15 {Link Rk} Repeat Meas 2.5-3 PART A to CP COH,;
{Rt Trng Falwy} Repeat Meas 6.5-7 PART B to CP WALL,;
16 1234 {Dbl Rk} Repeat Meas 4 PART A to SCP LOD;

[SCP LOD] QK RK THE BOAT – 2X; PT FWD & HOLD; DBL RK to CP; CHASSE L & R;

- 17 1234 {Rk the Boat} Fwd L with straight knee leaning forward, with rocking motion and relaxed knees cl R
leaning bkwd, fwd L with straight knee leaning forward, with rocking motion and relaxed knees cl R
leaning bkwd;
18 1--- {Pt Fwd & Hold} Pt fwd L with outside edge of foot in contact with floor, -, -, -;
19 1234 {Dbl Rk} Repeat Meas 4 PART A to CP WALL;
20 1a23a4 {Chasse L&R} Repeat Meas 1 PART B;

PART C

[CP WALL] THROWAWAY- BOTH fc WALL; SHUFFLING DOOR to FC;;

- 1 1a23a4 {Thrwy} Fwd & sd L/cl R, fwd & sd L leading W to trn ½ LF, sd & fwd R/cl L, sd & fwd R trng ¼ to fc
WALL (W fwd R/fwd L, fwd R trng 1/2 LF, sd & bk L/cl R, sd & bk L trng 1/4 fc WALL);
2-3 {Shuffling Dr} XLIB, rec R, traveling beh W sd L/cl R, sd L to OP WALL; XRIB, rec L, traveling in front of
W sd R/cl L, sd R trng to fc ptr LOP FCG LOD;

[LOP FCG WALL] CHG PLCS L to R ~ CHG HNDS BEH BK;;; CHG HNDS BEH BK ~ RK, REC to CP;;

- 4-6 {Chg Plcs L-R} Repeat Meas 7.5-8 PART A to LOP FCG WALL,;
{Chg Hnds bhd Bk} Repeat Meas 1-3 PART A to LOP FCG COH,;
7-8 {Chg Hnds bhd Bk} Repeat Meas 1-3 PART A to LOP FCG WALL;
12 {Rk Rec to CP} Rk bk L, rec R to CP WALL;

PART D

[CP WALL] CHASSE L & R; PRETZEL TURN to BFLY;;;

- 1 {Chasse L&R} Repeat Meas 1 PART B;
2-4 {Pretzel Trn} Repeat Meas 9-11 PART A to BFLY;;;;

PUMPING IRON

Page 3

PART D, cont.

[BFLY WALL] WINDMILL – 2X;; PROG RK 4:

- 5-7 {Windmill – 2X} Rk bk L, rec R starting ¼ LF trn, fwd L in front/cl R, fwd L completing ¼ LF trn; Sd R starting ¼ LF trn/cl L, sd R completing ¼ LF trn, rk bk L, rec R starting ¼ LF trn; Fwd L in front/cl R, fwd L completing ¼ LF trn, sd R starting ¼ LF trn/cl L, sd R completing ¼ LF trn (*W rk bk R, rec L starting ¼ RF trn, fwd R in front/cl L, fwd R completing ¼ RF trn; Sd L starting ¼ RF trn/cl R, sd L completing ¼ RF trn, rk bk R, rec L starting ¼ RF trn; fwd R in front/cl L, fwd R completing ¼ RF trn, sd L starting ¼ RF trn/cl R, sd L completing ¼ RF trn*) to BFLY WALL;
- 8 1234 {Prog Rk} Rk bk L, XRIF, rk bk L, XRIF;

END

[SCP LOD] 2 FWD TRIPLES; SWIVEL WALK 4; 2 FWD TRIPLES; QK RK THE BOAT – 2X;

- 1 {Fwd Triples} Repeat Meas 13 PART A;
- 2 1234 {Swivel Walk 4} Repeat Meas 14 PART A;
- 3 {Fwd Triples} Repeat Meas 13 PART A;
- 4 1234 {Rk the Boat} Repeat Meas 13 PART B;

[SCP LOD] THROWAWAY; KICK BALL CHG – 2X; LINK RK ~ SCP RK REC;;

- 5 {Thrwy} Repeat Meas 5 PART A;
- 6 1a23a4 {Kick Ball Chg} Repeat Meas 16 PART A;
- 7-8 {Link Rk} Repeat Meas 2.5-3 PART A to CP WALL;
- 12 {Rk, Rec} Rk bk L to SCP LOD, rec R;

[SCP LOD] 2 PT STEPS; STEP FWD & HOLD; LUNGE R to BFLY & HOLD ~ EXPLODE APT;

- 9 1234 {2 Pt Steps} Repeat Meas 15 PART A;
- 10 1--- {Rk Fwd & Hold} Rk fwd L, -, -, -;
- 11 1--4 {R Lunge to Bfly ~ Explode Apt} Swivel on left foot to BFLY lunge R twds RLOD bending right knee ckg, -, -, swivel on right foot step sd L trng LF to OP LOD while raising lead hnds up and out parallel to floor;