

PUMPIN BLOOD: Artist: NONONO

Chore: Todd Harry & Darolyn Pchajek

Level: Beginner Plus

Lead: Left foot

Wait: 16 count

Part A 1 Vine (4)
1 Basketball Basic (1/2 L) (4)
2 Sway Basic (4)
1 Double Rock Chug (4)

REPEAT

Part B 1 Rooster Run (4)
1 Side Rock Double (4)
1 Rocking Chair (1/4 L) (4)
2 Drag Basic (4)

REPEAT all to back

1 Cowboy (1/2 L) (8)
2 Basic (4)
1 Fancy Double (4)
2 Push (L & R) (8)
2 Drag Basic (4)
1 Over the 'BIG' Log (4)

Part C 1 Stomp Double (diag) (4)
1 Triple Brush (fwd) (4)
2 Flea Flicker (bkwd) (4)
1 Walk the Dog (4)

REPEAT

Part A 1 Vine (4)
1 Basketball Basic (1/2 L) (4)
2 Sway Basic (4)
1 Double Rock Chug (4)

REPEAT

Part B 1 Rooster Run (4)
1 Side Rock Double (4)
1 Rocking Chair (1/4 L) (4)
2 Drag Basic (4)

REPEAT all to back

1 Cowboy (1/2 L) (8)
2 Basic (4)
1 Fancy Double (4)
2 Push (L & R) (8)
2 Drag Basic (4)
1 Over the 'BIG' Log (4)

Part C 1 Stomp Double (diag) (4)
1 Triple Brush (fwd) (4)
2 Flea Flicker (bkwd) (4)
1 Walk the Dog (4)

REPEAT

Part A* 1 Vine (4)
1 Basketball Basic (1/2 L) (4)
2 Sway Basic (4)
1 Double Rock Chug (1/2 L) (4)

Part D 1 Time Step (4)
1 Stomp Double (4)

REPEAT

Part B* 1 Rooster Run (4)
1 Side Rock Double (4)
1 Rocking Chair (1/2 L) (4)
2 Drag Basic (4)

REPEAT all to front

4 Steps (4)

Part C 1 Stomp Double (diag) (4)
1 Triple Brush (fwd) (4)
2 Flea Flicker (bkwd) (4)
1 Walk the Dog (4)

REPEAT

Part A 1 Vine (4)
1 Basketball Basic (1/2 L) (4)
2 Sway Basic (4)
1 Double Rock Chug (4)

REPEAT

Pumpin Blood – Step Breakdown

VINE (4)

DS	DS(xib)	DS(ots)	RS
L	R	L	R/L
&1	&2	&3	&4

BASKETBALL TURN BASIC (4)

LIFT	BALL(fwd)	PIVOT (1/2 R)	CLICK	DS	BS
L	L	BOTH	R	L	R/L
&	1	&	2	&3	&4

SWAY BASIC (2)

DT	STEP(xib)	BALL(ots)	STEP(ots)
L	L	R	L
&	1	&	2

DOUBLE ROCK CHUG (4)

DS	DS	ROCK	STEP	CHUG	L/C
L	R	L	R	L	L/R
&1	&2	&	3	&	4

ROOSTER RUN (4) (moving left) (aka Vine Over Jog)

DS	DS(xif)	BALL(os)	BALL(xib)	BALL(os)	STEP(xif)
L	R	L	R	L	R
&1	&2	&	3	&	4

SIDE ROCK DOUBLE (2)

RS(ots)	DS	DS	RS
L/R	R	L	L/R
&1	&2	&3	&4

ROCKING CHAIR (4)

DS	BRUSH	L/C	DS	BS
L	R	R/L	R	L/R
&1	&	2	&3	&4

DRAG BASIC (2)

DRAG	STEP	BALL	STEP
L	R	L	R
&	1	&	2

COWBOY (8)

DS(f)	DS(f)	DS(f)	BR(xif)	L/C	DS(xif)	RS(b)	RS(b)	RS(b)
L	R	L	R	R/L	R	L/R	L/R	L/R
&1	&2	&3	&	4	&5	&6	&7	&8

BASIC (2)

DT	STEP	BALL	STEP
L	L	R	L
&	1	&	2

FANCY DOUBLE (4)

DS	DS	RS	RS
L	R	L/R	L/R
&1	&2	&3	&4

PUSH (4) (aka Push Off)

DS(ots)	RS(ots)	RS(ots)	RS(ots)
L/R	R/L	R/L	R/L
&1	&2	&3	&4

OVER THE 'BIG' LOG (4)

DS(fwd)	DS(fwd)	STEP(b)	STEP(b)
L	R	L	R
&1	&2	&3	&4

STOMP DOUBLE (4)

LIFT	STO	DS	DS	BS
L	L	R	L	R/L
&	1	&2	&3	&4

TRIPLE BRUSH (4)

DS	DS	DS	BRUSH(f)	L/C
L	R	L	R	R/L
&1	&2	&3	&	4

FLEA FLICKER (2)

DT(os)	L/C	DT(b)	STEP(xib)
L	L/R	L	L
&	1	&	2

WALK THE DOG (4) (aka Double Crab Walk)

DS	DS	*HEEL(f)	*HEEL(f)	BS
L	R	L	R	L/R
&1	&2	&	3	&4

*Weight on back edge of heel

TIME STEP (4) (aka Syncopation or Syncopated Rock)

LIFT	STOMP(xif)	BALL	STEP	STOMP(xif)	BALL	STEP	STOMP
L	L	R	L	R	L	R	L
&	1	&	2	&	3	&	4

STEP (1)

STEP
L
&1