

Pampoen [Pumpkin].

64 Counts, 4 Wall, Improver level linedance.

Choreographer- Martie Papendorf. South Africa. October 2014.

Music- Pampoen. Steve Hofmeyr. Toeka Ma Local. 4.07

120 bpm

Search for music-   

<https://itunes.apple.com/za/album/toeka-ma-local/id325057730>

<http://www.amazon.co.uk/Pampoen/dp/B002M3ZFR6>

1 tag

Intro.: 16 counts [+/- 8 sec.] to start on vocals.

1 Rock back, Recover, R fwd shuffle, L cross shuffle, Step, Pivot ¼ left

- 1,2 Rock R back, Recover L fwd,
- 3&4 Step R fwd, Step L next to R, Step R fwd,
- 5&6 Step L across R, Step R behind L, Step L across R,
- 7,8 Step R fwd, Make a pivot turn ¼ left [weight to L] [9.00]

2 Behind, Side, Cross, Chasse ¼ left, Step, Pivot ¼ left, Fwd shuffle

- 1&2 Cross R behind L, Step L to left side, Step R across L,
- 3&4 Step L to left side, Close R to L, Step L fwd making a ¼ turn left, [6.00]
- 5,6 Step R fwd, Make a pivot turn ¼ left [weight to L] [3.00]
- 7&8 Step R fwd, Step L next to R, Step R fwd [3.00]

3 Rocking chair, Step, Pivot ½ right, Shuffle ½ right

- 1,2,3,4 Rock L fwd, Recover back onto R, Rock L back, Recover R fwd,
- 5,6 Step L fwd, Pivot ½ right [weight to R],[9.00]
- 7&8 Step L back making a ½ turn right, Step R across L, Step L back [3.00]

4 Shuffle diagonal back R, L, Rock back, Recover fwd, Fwd shuffle

- 1&2 Step R back to right diagonal, Step L next to R, Step R back to right diagonal
- 3&4 Step L back to left diagonal, Step R next to L, Step L back to left diagonal,
- 5,6 Rock R back, Recover L fwd,
- 7&8 Step R fwd, Step L next to R, Step R fwd [3.00]

5 Cross strut, Side strut, Cross, Side, Coaster ¼ left

- 1,2 Touch L across R, Step L across R,
- 3,4 Touch R to right side, Step R to right side,
- 5,6 Step L across R, Step R to right side,
- 7&8 Step L behind R making a ¼ turn left, Rock R to right side, [12.00]
Recover L to left side [12.00]

6 Cross strut, Side strut, Cross shuffle, Side together fwd

- 1,2 Touch R across L, Step R across L,
- 3,4 Touch L to left side, Step L across R,
- 5&6 Step R across L, Step L to left side, Step R across L,
- 7&8 Step L to left side, Step R next to L, Step L fwd [12.00]

7 Fwd, 3 swivels ¼ left, Side, Behind, Chasse ¼ left

- 1,2,3,4 Step R fwd, Swivel R 3x making a ¼ turn left [weight to R], [9.00]
- 5,6 Step L to left side, Cross R behind L,
- 7&8 Step L to left side, Step R next to L, Step L fwd making a ¼ turn left [6.00]

8 Side ¼ left, Behind, Chasse right, Rock across, Recover back, Sailor ½ left

Dance-in-Line

WorX.

- 1,2 Step R to right side making a ¼ turn left, Cross L behind R, [3.00]
3&4 Step R to right side, Step L next to R, Step R to right side, [3.00]
5,6 Rock L across R, Recover R back,
7&8 Swing and step L behind R making a ¼ turn left, Rock R to right side making a ¼ turn left,
Recover L to left side [9.00]

Tag:

At end of wall 3 facing 3.00-

Fwd, Touch, Back, Touch, Back, Touch, Back, Touch

1,2,3,4 Step R fwd to right diagonal, Touch L to R, Step L back to left diagonal, Touch R to L,

5,6,7,8 Step R back to right diagonal, Touch L to R, Step L back to left diagonal, Touch R to L

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