

# Pumping Iron

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RECORD: Pumping Iron (from 'Starlight Express') (JI 33) Artist: Richard Kleinmaier  
CD: Musicals I Track: 2  
Download from casa-musica-shop.de Time: 3:21 (As Downloaded)  
Music Modifications: None

FOOTWORK: Woman Opposite unless noted (Women's footwork in Parentheses)

RHYTHM: Roundalab Two Step Phase: 2

SEQUENCE: Intro, A, B, Int, A, C, B, End

DIFFICULTY: Easy  
Released: March 2, 2019

New Dancer Series from Shawn and Wendy Cavness Dance 6  
This is a dance that we teach our beginning Two Step students after about 9 lessons.

## Intro

1-4 **Wait 2 Measures ; ; Apart Point ; Together Touch to SCP ;**  
(1-2) OP FC WALL wait 2 meas ; ;  
(3-4) apt L , pt R twd ptr , - , - ; tog R, tch L to SCP LOD , - , - ;

## Part A

1-4 **2 Forward Two Steps ; ; Cut Backs ; Rock Back and Recover ;**  
(1-2) fwd L , cl R , fwd L , - ; fwd R , cl L , fwd R , - ;  
(3-4) XLif , bk R , XLif , bk R ; rk bk L , - , rcv R , - ;

5-8 **2 Forward Two Steps ; ; Cut Backs ; Rock Back and Recover ;**  
(5-6) fwd L , cl R , fwd L , - ; fwd R , cl L , fwd R , - ;  
(7-8) XLif , bk R , XLif , bk R ; rk bk L , - , rcv R , - ;

9-12 **Circle Away 2 Two Steps ; ; Strut Together 4 to BFLY WALL ; ;**  
(9-10) trn away from ptr twd COH (WALL) fwd L , cl R , fwd L , - ; fwd R , cl L , fwd R to fc ptr , - ;  
(11-12) fwd L , - , fwd R , - ; fwd L , - , fwd R to BFLY WALL , - ;

13-16 **2 Quick Side Closes ; Side and Through to SCP LOD ; Hitch 6 to CP WALL [2<sup>nd</sup> time to OP LOD] ; ;**  
(13-14) sd L , cl R , sd L , cl R ; sd L , - , XRif (XLif) , - to SCP LOD ;  
(15-16) fwd L , cl R , bk L , - ; bk R , cl L , fwd R to CP WALL [2<sup>nd</sup> time to OP LOD] , - ;

## **Part B**

### **1-4 Broken Box ; ; ; ;**

(1-2) sd L, cl R, fwd L, - ; rk fwd R, - , rcv L, - ;  
(3-4) sd R, cl L, bk R, - ; rk bk L, - , rcv R, - ;

### **5-8 Face to Face and Back to Back ; ; Basketball Turn ; ;**

(5-6) sd L, cl R, sd L releasing ld hands trn LF 1/2 (trn RF 1/2) to BACK TO BACK position, - ; sd R, cl L, sd R trn RF 1/2 (trn LF 1/2) to BFLY WALL, - ;  
(7-8) releasing hands fwd L chk trn 1/4 RF, - , recover on R cont RF trn to BACK TO BACK position, - ; fwd L and chk trn 1/4 RF, - , recover on R cont RF trn to BFLY WALL, - ;

### **9-12 Broken Box ; ; ; ;**

(9-10) sd L, cl R, fwd L, - ; rk fwd R, - , rcv L, - ;  
(11-12) sd R, cl L, bk R, - ; rk bk L, - , rcv R, - ;

### **13-16 Face to Face and Back to Back ; ; Basketball Turn ; ;**

(13-14) sd L, cl R, sd L releasing ld hands trn LF 1/2 (trn RF 1/2) to BACK TO BACK position, - ; sd R, cl L, sd R trn RF 1/2 (trn LF 1/2) to BFLY WALL, - ;  
(15-16) releasing hands fwd L chk trn 1/4 RF, - , recover on R cont RF trn to BACK TO BACK position, - ; fwd L and chk trn 1/4 RF, - , recover on R cont RF trn to BFLY WALL, - ;

## **Interlude**

### **1-4 Limp 4 ; Side and Through to Butterfly ; Vine 8 ; ;**

(1-2) sd L, XRib, sd L, XRib ; sd L, - , XRif (XLif), - to BFLY WALL ;  
(3-4) sd L, XRib, sd L, XRif ; sd L, XRib, sd L, XRif ;

## **Part C**

### **1-4 2 Forward Two Steps ; ; Charleston ; ;**

(1-2) fwd L, cl R, fwd L, - ; fwd R, cl L, fwd R, - ;  
(3-4) fwd L, - , point R fwd, - ; bk R, - , point L bk, - ;

### **5-8 2 Forward Two Steps ; ; Charleston ; ;**

(5-6) fwd L, cl R, fwd L, - ; fwd R, cl L, fwd R, - ;  
(7-8) fwd L, - , point R fwd, - ; bk R, - , point L bk, - ;

### **9-12 Hitch 6 to Face CP WALL ; ; Box ; ;**

(9-10) fwd L, cl R, bk L, - ; bk R, cl L, fwd R to CP WALL, - ;  
(11-12) sd L, cl R, fwd L, - ; sd R, cl L, bk R, - ;

### **13-16 Back Away 3 and Clap ; Back Away 3 More and Clap ; Strut Together 4 to BFLY WALL ; ;**

(13-14) bk away frm ptr bk L, bk R, bk L, - ; bk R, bk L, bk R, - ;  
(15-16) fwd L, - , fwd R, - ; fwd L, - , fwd R BFLY WALL, - ;

**17-20 Limp 4 ; Side and Through to BFLY WALL ; Limp 4 ; Side and Through to BFLY WALL ;**

(13-14) sd L, XRib, sd L, XRib ; sd L, -, XRif (XLif), - to BFLY WALL ;

(15-16) sd L, XRib, sd L, XRib ; sd L, -, XRif (XLif), - to BFLY WALL ;

**21-24 Box ; ; Reverse Box to CP WALL ; ;**

(13-14) sd L, cl R, fwd L, - ; sd R, cl L, bk R, - ;

(15-16) sd L, cl R, bk L, - ; sd R, cl L, fwd R, - ;

**End**

**1-4 Limp 4 ; Side Draw Close ; Limp 4 ; Side Draw Close ;**

(1-2) sd L, XRib, sd L, XRib ; sd L, draw R to L, cl R, - ;

(3-4) sd L, XRib, sd L, XRib ; sd L, draw R to L, cl R, - ;

**5-8 Face to Face and Back to Back ; ; Basketball Turn to BFLY WALL ; ;**

(5-6) sd L, cl R, sd L releasing ld hands trn LF 1/2 (trn RF 1/2) to BACK TO BACK position, - ; sd R, cl L, sd R trn RF 1/2 (trn LF 1/2) to BFLY WALL, - ;

(7-8) releasing hands fwd L chk trn 1/4 RF, -, recover on R cont RF trn to BACK TO BACK position, - ; fwd L and chk trn 1/4 RF, -, recover on R cont RF trn to BFLY WALL, - ;

**9-11 Limp 4 ; Side and Through ; Apart Point ;**

(9-10) sd L, XRib, sd L, XRib ; sd L, -, XRif (XLif), - to BFLY WALL ;

(11) apt L, pt R twd ptr, -, - ;

## **Pumping Iron (Head Cues)**

### Two Step Phase 2

Intro (4) Open Facing WALL – Wait 2 Measures;; Apart Point; Together Touch to SCP LOD ;

A (16) 2 Forward Two Steps;; Cut Backs; Rock Back and Recover; 2 Forward Two Steps;; Cut Backs; Rock Back and Recover; Circle Away 2 Two Steps;; Strut Together 4;; 2 Quick Side Closes; Side and Through to SCP LOD; Hitch 6 to CP WALL;;

B (16) Broken Box;;; Face to Face and Back to Back;; Basketball Turn to CP WALL;; Broken Box;;; Face to Face and Back to Back;; Basketball Turn to BFLY WALL;;

I (4) Limp 4; Side and Through to BFLY WALL; Vine 8;;

A (16) 2 Forward Two Steps;; Cut Backs; Rock Back and Recover; 2 Forward Two Steps;; Cut Backs; Rock Back and Recover; Circle Away 2 Two Steps;; Strut Together 4;; 2 Quick Side Closes; Side and Through to SCP LOD; Hitch 6;;

C (24) 2 Forward Two Steps;; Charleston;; 2 Forward Two Steps;; Charleston;; Hitch 6 to face BFLY WALL;; Box;; Back Away 3 and Clap; Back Away 3 More and Clap; Strut Together 4 to BFLY WALL;; Limp 4; Side and Through to BFLY WALL; Limp 4; Side and Through to BFLY WALL; Box;; Reverse Box;;

B (16) Broken Box;;; Face to Face and Back to Back;; Basketball Turn to CP WALL;; Broken Box;;; Face to Face and Back to Back;; Basketball Turn to BFLY WALL;;

End (11) Limp 4; Side Draw Close; Limp 4; Side Draw Close; Face to Face and Back to Back;; Basketball Turn to BFLY WALL;; Limp 4; Side and Through to BFLY WALL; Apart Point;