Count: 32
Wall: 2
Level: Intermediate
Choreographer: Paul Foxall (UK)
Music: Push Up - Freestylers

1-2
\&3-4
5-6
\& 7 -8
1-2
\&3-4
5-6
\&7-8
1-2
\&3-4
5-6
7\&8
1-4 Step left to left side, rock right behind left, recover, step right back turning $1 / 4$ of a turn left (3:00)
5-8
Stomp left to left side, hold
Step right next to left, step left to left side, step right behind left as you turn to face the right diagonal
Walk back to the left diagonal, left, right
Step left back to the left diagonal, walk forward to the right diagonal right, left
Rock right to right side as you turn $1 / 4$ turn to the left, sway body right, recover Step right next to left, rock left to left side, sway body left, recover (syncopated side rocks)
Step left into $1 / 4$ turn left, step right to right side completing another $1 / 4$ of a turn left
Step left next to right, step right across left, step left to left side
Step right behind left, step left to left side
Step right in place, step left across right, step right to right side
Touch left behind right, unwind $3 / 4$ of a turn left
Rock right to right side, recover, cross right over left

Step left to left side turning $1 / 4$ of a turn left (12:00), step right to right side turning $1 / 2$ a turn left (6:00), skate forward left, right

REPEAT

