

Push Up

Count: 32

Wall: 2

Level: Intermediate

Choreographer: Paul Foxall (UK)

Music: Push Up - Freestylers



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|------|---|
| 1-2 | Stomp left to left side, hold |
| &3-4 | Step right next to left, step left to left side, step right behind left as you turn to face the right diagonal |
| 5-6 | Walk back to the left diagonal, left, right |
| &7-8 | Step left back to the left diagonal, walk forward to the right diagonal right, left |
| 1-2 | Rock right to right side as you turn $\frac{1}{4}$ turn to the left, sway body right, recover |
| &3-4 | Step right next to left, rock left to left side, sway body left, recover (syncopated side rocks) |
| 5-6 | Step left into $\frac{1}{4}$ turn left, step right to right side completing another $\frac{1}{4}$ of a turn left |
| &7-8 | Step left next to right, step right across left, step left to left side |
| 1-2 | Step right behind left, step left to left side |
| &3-4 | Step right in place, step left across right, step right to right side |
| 5-6 | Touch left behind right, unwind $\frac{3}{4}$ of a turn left |
| 7&8 | Rock right to right side, recover, cross right over left |
| 1-4 | Step left to left side, rock right behind left, recover, step right back turning $\frac{1}{4}$ of a turn left (3:00) |
| 5-8 | Step left to left side turning $\frac{1}{4}$ of a turn left (12:00), step right to right side turning $\frac{1}{2}$ a turn left (6:00), skate forward left, right |

REPEAT
