Push Up

1&2

3&4

5-6

7-8

5-6

3-4

7-8

7-8

3-4

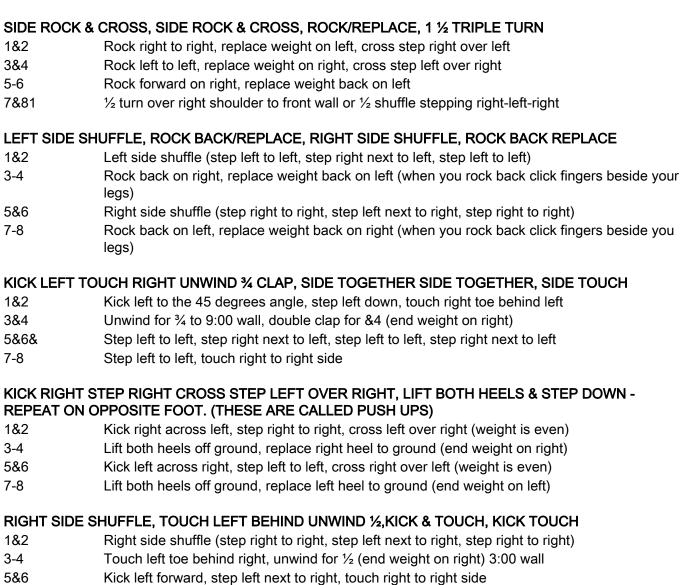
7-8

3-4

Level: Intermediate

Choreographer: Adrian Lefebour (AUS)

Music: Push Up - Freestylers



Right forward coaster (step right forward, step left next to right, step right back)

Left coaster (step left back, step left next to right, step left forward)

7&8 Kick right forward, step right next to left, touch left to left side

CROSS LEFT OVER STEP RIGHT ½ BACK, STEP LEFT BACK FOR ½ TURN, SWAY HIPS RIGHT-LEFT-**RIGHT-LEFT**

- 1-2 Cross left over right, step right back into a 1/4 turn left (turning over left shoulder)
- 3-4 Keep going in the same direction - step left for 1/2 turn, step right to right side
- 5-6 Sway hips right, sway hips left
- 7-8 Sway hips right, sway hips left

KICK RIGHT TOUCH LEFT, KICK LEFT TOUCH RIGHT, SIDE ROCK & CROSS, SIDE ROCK & CROSS



Wall: 2

RIGHT FORWARD COASTER, LEFT COASTER, ½ PIVOT LEFT, FULL TURN

Step right forward, 1/2 pivot turn left

Full turn over left shoulder

Count: 64

- 1&2 Kick right forward, step right next to left (take weight on right) touch left beside right
- 3&4 Kick left forward, step left next to right (take weight on left) touch right beside left
- 5&6Rock right to right, replace weight on left, cross step right over left
- 7&8 Rock left to left, replace weight on right, cross step left over right

REPEAT