

# Push Up

拍数: 32      墙数: 2  
编舞者: Paul Foxall (UK)  
音乐: Push Up - Freestylers

级数: Intermediate



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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**

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