

Push Up

拍数: 64 墙数: 2
编舞者: Adrian Lefebour (AUS)
音乐: Push Up - Freestylers

级数: Intermediate



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

- 1&2 Right forward coaster (step right forward, step left next to right, step right back)
- 3&4 Left coaster (step left back, step left next to right, step left forward)
- 5-6 Step right forward, ½ pivot turn left
- 7-8 Full turn over left shoulder

SIDE ROCK & CROSS, SIDE ROCK & CROSS, ROCK/REPLACE, 1 ½ TRIPLE TURN

- 1&2 Rock right to right, replace weight on left, cross step right over left
- 3&4 Rock left to left, replace weight on right, cross step left over right
- 5-6 Rock forward on right, replace weight back on left
- 7&8 ½ turn over right shoulder to front wall or ½ shuffle stepping right-left-right

LEFT SIDE SHUFFLE, ROCK BACK/REPLACE, RIGHT SIDE SHUFFLE, ROCK BACK REPLACE

- 1&2 Left side shuffle (step left to left, step right next to left, step left to left)
- 3-4 Rock back on right, replace weight back on left (when you rock back click fingers beside your legs)
- 5&6 Right side shuffle (step right to right, step left next to right, step right to right)
- 7-8 Rock back on left, replace weight back on right (when you rock back click fingers beside you legs)

KICK LEFT TOUCH RIGHT UNWIND ¾ CLAP, SIDE TOGETHER SIDE TOGETHER, SIDE TOUCH

- 1&2 Kick left to the 45 degrees angle, step left down, touch right toe behind left
- 3&4 Unwind for ¾ to 9:00 wall, double clap for &4 (end weight on right)
- 5&6& Step left to left, step right next to left, step left to left, step right next to left
- 7-8 Step left to left, touch right to right side

KICK RIGHT STEP RIGHT CROSS STEP LEFT OVER RIGHT, LIFT BOTH HEELS & STEP DOWN - REPEAT ON OPPOSITE FOOT. (THESE ARE CALLED PUSH UPS)

- 1&2 Kick right across left, step right to right, cross left over right (weight is even)
- 3-4 Lift both heels off ground, replace right heel to ground (end weight on right)
- 5&6 Kick left across right, step left to left, cross right over left (weight is even)
- 7-8 Lift both heels off ground, replace left heel to ground (end weight on left)

RIGHT SIDE SHUFFLE, TOUCH LEFT BEHIND UNWIND ½, KICK & TOUCH, KICK TOUCH

- 1&2 Right side shuffle (step right to right, step left next to right, step right to right)
- 3-4 Touch left toe behind right, unwind for ½ (end weight on right) 3:00 wall
- 5&6 Kick left forward, step left next to right, touch right to right side
- 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 ¼ turn left (turning over left shoulder)
- 3-4 Keep going in the same direction - step left for ½ 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

- | | |
|-----|--|
| 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&6 | Rock 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
