

# Push It Up

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Neville Fitzgerald (UK) & Julie Harris (UK) - May 2010  
音乐: Push It Up - Daniela



**Starts After 32 Counts.**

**Out, Out, Hold, & Side, Cross, Back, Side, Cross.**

- 1-2      Step forward & out on Left, step forward & out on Right.
- 3&4      Hold, step Left next to Right, step Right to Right side.
- 5-8      Cross step Left over Right, step back on Right, step Left to Left side, cross step Right over Left.

**Side, 1/4 Hinge, Cross Shuffle, Side, 1/4 Hinge, Rock Step.**

- 1-2      Step Left to Left side, make 1/4 turn to Right stepping Right to Right side.
- 3&4      Cross step Left over Right, step Right to Right side, cross step Left over Right.
- 5-6      Step Right to Right side, make 1/4 turn to Left stepping Left to Left side.
- 7-8      Cross rock Right over Left, recover on Left.

**Side, Hold, & 1/4 Rock Step, Coaster Step, Step, 1/2 Pivot.**

- 1-2      Step Right to Right side, Hold.
- &3-4      Step Left next to Right, make 1/4 turn to Right rocking forward on Right, recover on Left.
- 5&6      Step back on Right, step Left to Right, step forward on Right.
- 7-8      Step forward on Left, pivot 1/2 turn to Right.

**Point, Cross, Point, 1/4, Rock Step, 1/2, 1/2.**

- 1-2      Point Left to Left side, cross step Left over Right.
- 3-4      Point Right to Right side, make 1/4 turn to Right stepping Right next to Left.
- 5-6      Rock forward on Left, recover on Right.
- 7-8      Make 1/2 turn to Left stepping forward on Left, 1/2 turn Left stepping back on Right.

**Stomp, Hold, & Walk, Walk, Brush, Step, Brush, Step.**

- 1-2      Stomp Left behind Right, Hold.
- &3-4      Step Right next to left, walk forward Left-Right.
- 5-6      Brush Left forward, step Left forward & slightly across Right.
- 7-8      Brush Right forward, step Right forward & slightly across Left.

**Step, 1/2 Pivot, Step, 1/2 Turn, 1/4, Rock, Recover, Side.**

- 1-2      Step forward on Left, pivot 1/2 turn to Right.
- 3-4      Step forward on Left, make 1/2 turn to Left stepping back on Right.
- 5-6      1/4 turn to Left stepping Left to left side, cross rock Right over Left
- 7-8      Recover on Left, step Right to Right side. \*\*R\*\*

**Cross, Side, Sailor 1/4, Step, 1/2, 1/2, 1/4 Point.**

- 1-2      Cross step Left over Right, step Right to Right side.
- 3&4      Make 1/4 turn to Left stepping Left behind Right, step Right next to left, step forward on Left.
- 5-6      Step forward on Right, make 1/2 turn to Right stepping back on Left.
- 7-8      1/2 turn to Right stepping forward on Right. 1/4 turn to Right pointing Left to left side.

**& Point, Hold, & Point, Hold, & Rock Step, Coaster Step.**

- &1-2      Step Left next to Right, point Right to Right side, Hold.
- &3-4      Step Right next to Left, point Left to Left side, Hold.
- &5-6      Step Left next to Right, rock forward on Right, recover on Left.

7&8

Step back on Right, step Left next to Right, step forward on Right.

**\*\*R\*\* Restart: Wall 2 & Wall 5**

Dance up to & including Count 8 in Section 6.. (Count 48)

Then Restart dance from beginning... (Count 1)

Ending: Dance ends facing back wall at end of Wall 6.. Right foot is forward. Pivot 1/2 turn Left to face front as you push both hands up above your head.

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