

# Push It

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 2      級數: Beginner  
編舞者: Amy Christian (USA) - October 2023  
音樂: Push It - Salt-N-Pepa



No tags or restarts.

Intro: 32 counts.

## **¼ JAZZ BOX, HEEL SWITCHES X 2, OUT - OUT, CLAP, DOUBLE BUMPS X 2,**

1-4      Cross R over L, ¼ right step L back, Step R to right side, Step L next to R, [3:00]  
5&6      Place R heel forward, Replace R next to L, Place L heel forward,  
&7-8      Step L out to left side, Step R out to right side, Clap(8),

## **DOUBLE BUMP R, DOUBLE BUMP L, CCW HIP ROLL X 2,**

1&2      Double bump to right side twice R-L-R,  
3&4      Double bump L to left side twice L-R-L,  
5-8      Roll hips around twice counter clockwise (weight ending on L),

## **WEAVE, ROCK FORWARD, RECOVER, ROCK FORWARD, RECOVER,**

1-4      Step R across L, Step L to left side, Step R behind L, Step L to left side,  
5-8      Rock R forward, Recover back on L, Rock R forward, Recover back on L,

## **PIVOT ½ with HITCH, ¼ with HITCH, TOUCH R OUT, HOLD, SWITCHES,**

1-2      Step R forward, ½ Turn left hitch L [9:00],  
3-4      ¼ turn left Step L out to left side [6:00], Hitch R,  
5-6      Touch R out to right side, Hold,  
&7&8      Replace R next to L, Touch L out to left side, Replace L next to R, Touch R out to right side,

Start over!

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