

Push It

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Intermediate
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音樂: You Rock Me - Enrique Iglesias



SWING RIGHT, SWING LEFT, SIDE STEP, SLIDE LEFT IN, CROSS ROCK, RECOVER, TURN ¼ LEFT, HOLD

- 1-2 Rock on right to right side, rock on left to left
- 3-4 Step right to right side, slide in left towards right
- 5-6 Cross rock left over right, recover on to right
- 7-8 Turn ¼ left stepping forward on left, hold

TRIPLE FULL TURN, HEEL SWITCHES TWICE, FORWARD ROCK, BACK ROCK

- 1-4 Triple full turn left traveling forward on right, left right, hold
- 5&6& Heel switches left & right, together
- 7-8 Rock forward on left, rock back on to right

JUMP BACK, HEEL RAISE, FULL TURN, SIDE, SLIDE, WALK BACK TWICE

- &1&2 Jump back left, right bringing feet together, raise & lower the heels
- 3-4 Full turn right traveling to right side on right, left
- 5-6 Big step right to right side, slide in left towards right
- 7-8 Walk back on left, right

On wall 2 and 5, counts &1&2 raise both arms in front of you and hands like you are pushing something heavy, for phrasing with singing " yeah you push me"

FULL TURN BACK OVER LEFT, SKATE TWICE, CHASSE, CROSS STEP SIDE STEP

- 1-2 Turn ½ left stepping forward on left, turn ½ left stepping back on right
- 3-4 Skate forward on left, right
- 5&6 Step left to left side, bring right next to left, step left to left side
- 7-8 Cross step right over left, step left to left side

BACK ROCK, ¾ TURN, FORWARD LOCK STEP, SIDE STEP

- 1-2 Cross rock right back behind left, recover on to left
- 3-4 Turn ¼ left stepping back on right, turn ½ left stepping forward on left
- 5-6-7 Step forward on right, lock left behind right, step forward on right
- 8 Step left to left side

BACK ROCK, ¾ TURN, FORWARD LOCK STEP, SIDE STEP

- 1-2 Cross rock right back behind left, recover on to left
- 3-4 Turn ¼ left stepping back on right, turn ½ left stepping forward on left
- 5-6-7 Step forward on right, lock left behind right, step forward on right
- 8 Step left to left side

REPEAT

RESTART

Restart after 16 counts on the second wall (facing front wall) replacing counts 7-8 (15-16) with left step forward, drag right to left, (instead of forward rock step)

ENDING

For style rock right behind left, recover, turn ¼ left stepping back on right, turn ¼ left stepping left to left side, drag in right towards left (facing front wall)

