

Push Up

Count: 32

Wand: 4

Ebene: Intermediate/Advanced

Choreograf/in: Lewis Lee (CAN)

Musik: Push Up - Freestylers



RIGHT POINT, RIGHT SIDE BODY ROLL, LEFT TOGETHER, RIGHT SIDE, LEFT TOUCH, LEFT HITCH, LEFT ROCK BACK, RIGHT RECOVER, ¼ RIGHT POINT LEFT SIDE, HOLD

1-2 Point right toe side right, leading with right shoulder side body roll right as you shift weight on right

Easy option

1-2 Step right side right, hold

&3-4 Step left beside right, step right side right, touch left beside right

&5-6 Hitch left knee up, rock left back, recover right

7-8 ¼ right (3:00) point left toe side left, hold

LEFT TOGETHER, RIGHT POINT, ½ RIGHT MONTEREY, LEFT POINT, HOLD, LEFT HITCH, LEFT CROSS, HOLD, RIGHT SIDE, LEFT CROSS, HOLD

&1-2 Step left beside right, point right toe side right, hold

&3-4 ½ right (9:00) step right beside left, point left toe side left, hold

&5-6 Hitch left knee up, step left across right, hold

7-8 Step right slightly side right, step left across right, hold

HIP BUMPS IN 'C' SHAPE, LEFT HITCH, LEFT ROCK BACK, RIGHT RECOVER, ¼ RIGHT POINT LEFT SIDE WITH BUMP, HOLD

1&-2& (Keep weight on left) bump hips up to side right as you touch right toe side right, return hips center, bump hips down to side right, return hips center

3&-4 Bump hips up to side right, return hips center, bump hips side right and shift weight on right

&5-6 Hitch left knee up, rock left back, recover right

7-8 ¼ right (12:00) point left toe side left with slightly hips bump to left, hold

Optional hand movements: rotating from elbow with right hand in fist, right arm will go up on 1, down on 2, up on 3, down on 4

LEFT HITCH, LEFT BEHIND, RIGHT SIDE, LEFT CROSS, HIP BUMPS IN 'C' SHAPE, RIGHT HITCH, ¼ RIGHT STEP RIGHT BACK, LEFT TOGETHER, RIGHT FORWARD, LEFT FORWARD, RIGHT TOUCH

&1&2 Hitch left knee up, step left behind right, step right side right, step left across right

3&4 Bump hips up to side right as you touch right toe side right, return hips center, bumps hips down to side right

&5&6 Hitch right knee up, ¼ right (3:00) step right back, step left beside right, step right forward

7-8 Step left forward, touch right beside left

REPEAT

TAG

Added at the end of wall 4, 9 & 12

RIGHT POINT, RIGHT SIDE BODY ROLL, LEFT TOGETHER, RIGHT SIDE, LEFT TOUCH, LEFT POINT, LEFT SIDE BODY ROLL, RIGHT TOGETHER, LEFT SIDE, RIGHT TOUCH

1-2 Point right toe side right, leading with right shoulder side body roll right as you shift weight on right

&3-4 Step left beside right, step right side right, touch left beside right

5-6 Point left toe side left, leading with left shoulder side body roll left as you shift weight on left

&7-8 Step right beside left, step left side left, touch right beside left

Easy option:

1-2 Step right side right, hold

- &3-4 Step left beside right, step right side right, touch left beside right
5-6 Step left side left, hold
&7-8 Step right beside left, step left side left, touch right beside left

RIGHT TOUCH, BACK BODY ROLL, LEFT TOGETHER, RIGHT BACK, LEFT TOUCH, LEFT TOUCH, FORWARD BODY ROLL, RIGHT TOGETHER, LEFT FORWARD, RIGHT TOUCH

- 1-2 Touch right toe back, body roll back shift weight on right
&3-4 Step left beside right, step right back, touch left beside right
5-6 Touch left toe in front of right, body roll forward shift weight on left
&7-8 Step right beside left, step left forward, touch right beside left

Easy option

- 1-2 Step right back, hold
&3-4 Step left beside right, step right back, touch left beside right
5-6 Step left forward, hold
&7-8 Step right beside left, step left forward, touch right beside left

- 17-32 Repeat the previous 16 counts to complete the tag
-