

# Push Up

Count: 64

Wand: 2

Ebene: Intermediate

Choreograf/in: David Cheshire (AUS)

Musik: Push Up - Freestylers



## STEP, BEHIND, SIDE, STEP, BEHIND, SIDE, STEP, BEHIND, SIDE, SHUFFLE

- 1-2 Step forward on right, step left behind right
- &3-4 Step right to right, step forward on left, step right behind left
- &5-6 Step forward on left, step right to right, step left behind right
- &7&8 Step right next to left, shuffle forward left, right, left

## SIDE ROCK CROSS TWICE, DIAGONAL STEP LOCK, MAMBO ROCK ¼ TURN

- 1&2 Rock right to right, recover on left, cross step right over left (traveling forward)
- 3&4 Rock left to left, recover on right, cross step left over right (traveling forward)
- 5&6 Step forward on right, lock left behind right, step forward on right, (to right diagonal)
- 7&8 Rock forward on left, recover on right, turning ¼ turn left step forward on left

## FULL TURN LEFT, FORWARD MAMBO, STEP LOCK STEP, ROCK STEP

- 1-2 Make a full turn left stepping right, left, (option) walk forward right, left
- 3&4 Rock forward on right, recover on left, step back on right
- 5&6 Step back on left, cross step right over left, step back on left
- 7-8 Rock back on right, step forward on left

## STEP, BEHIND, SIDE, STEP, BEHIND, SIDE, STEP BEHIND, SIDE, SHUFFLE

- 1-2 Step forward on right, step left behind right
- &3-4 Step right to right, step forward on left, step right behind left
- &5-6 Step forward on left, step right to right, step left behind right
- &7&8 Step right next to left, shuffle forward left, right, left

## FORWARD MAMBO, BACK MAMBO, STEP PIVOT ¼, STEP, STEP PIVOT ½, STEP

- 1&2 Rock forward on right, recover on left, step back on right
- 3&4 Rock back on left, recover on right, step forward on left
- 5&6 Step forward on right, pivot ¼ turn left, step forward on right
- 7&8 Step forward on left, pivot ½ turn right, step forward on left

## SKATE STEPS, STEP, LOCK, STEP, MAMBO ½ TURN, FULL TURN LEFT

- 1-2 Skate or sweep right foot forward to the right at diagonal, repeat with left foot
- 3&4 Step forward on right foot, lock left behind right, step forward on right
- 5&6 Rock forward on left, recover on right, make ½ turn left stepping forward on left
- 7-8 Make full turn left stepping right, left

## CROSS, SIDE, CROSS, SIDE, ½ TURN PIVOT, STEP, STEP PIVOT ½ TURN

- 1-2 Cross right over left, step left to left, (bend knees for styling)
- 3-4 Cross right over left, step left to left, (bend knees for styling)
- 5-6 On ball of left foot pivot ½ turn right, step right foot forward
- 7-8 Step right foot forward, pivot ½ turn left (weight on left)

## STEP, BODY SWAY X 4

- 1-2 Step forward on right to the right bending knees, straighten knees as you sway right
- 3-4 Step forward on left to left bending knees, straighten knees as you sway left
- 5-6 Step forward on right to the right bending knees, straighten knees as you sway right

7-8

Step forward on left bending knees, straighten knees as you sway left

**REPEAT**

**RESTART**

At the end of the second wall facing front, dance the first 16 steps replacing the turning mambo with a forward mambo & begin again

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