Push It

Count: 32	**Wand:** 4	**Ebene:** Advanced

Choreograf/in: Claire Pulpher (UK) - April 2007

Musik: Push It To The Limit - Corbin Bleu : (CD: Jump In!)

48 count intro - start when he sings "I realise"

SLIDE, JUMP KICK, TOUCH ¼ SIDE, PUSH DOWN

1-2	Take big step forwards on right foot to right diagonal, step left in place while bending both knees slightly
3-4	Jump forwards on right foot while kicking the left foot back, jump back on right foot while kicking the left foot forwards
5-6	Touch left toe back, transfer weight onto left foot while making ¼ left
7&8	Lunge down over right knee, come back up, lunge back down

Arms: as you are dipping down, push down with both arms

Weight ends on right foot (9:00)

SAILOR ¼, DIP, PADDLE TURNS

1&2	Cross left foot behind right making ¼ turn left, step right in place, cross left in front of right
3-4	Take big step to right side on right foot, dip your body down and then back up as you bring the left foot next to right (weight ending on left)
5-8	Making a full turn in total; make ¼ turn left on ball of left foot touching right toe to side, repeat 3 times to end up facing 6:00 wall again with weight on left foot

CROSS KICKS TWICE, BACK TOUCHES TWICE

1-2	Kick right foot across left (a low kick keeping a flexed foot for styling), touch right toe to right side (swinging arms in opposite directions)
3-4	Repeat 1-2
&5-6	Step right in place, touch left toe back making ¼ turn right, step left in place making ¼ turn left to face 6:00 again
7-8	Make ¼ left on ball of left foot touching right toe back, step right in place (3:00)

SYNCOPATED ROCKS, CROSS UNWIND

1&2	Rock left to left side, recover onto right, cross left in front
&3	Rock right to right side, recover onto left
4&5	Cross right over left, rock left to left side, recover onto right
&6	Cross left over right, step right to right side
7-8	Cross right behind left, unwind ½ turn left (9:00)

REPEAT

EMail / Website