

Push Up

Count: 32

Wall: 4

Level: Improver

Choreographer: Joachim Armbruster (DE) - October 2023

Music: Push Up - F4ST



No tags, no restarts, no nothing :)

Start: You can either start after 32 or 64 counts, depending on fast you make it onto the dance floor.

[1-8] 2 x (Kick, Kick, Triple Step)

- 1, 2 Kick L FW (1), Kick L diagonal L FW (2)
- 3&4 Close L next to R (3), Step R in place (&), Step L in place (4)
- 5, 6 Kick R FW (5), Kick R diagonal R FW (6)
- 7&8 Close R next to L (7), Step L in place (&), Step R in place (8)

[9-16] Side, Touch, Side Touch, Turn, Touch, Side, Touch

- 9, 10 Step L to L (9), Touch R next to L (10)
- 11, 12 Step R to R (11), Touch L next to R (12)
- 13, 14 $\frac{1}{4}$ turn R then step L to L (13), Touch R next to L (14)
- 15, 16 Step R to R (15), Touch L next to R (16)

[17-24] 2 x (Diagonal walks, Point)

- 17, 18 Step L diagonal R FW (17), Step R diagonal R FW (18)
- 19, 20 Step L diagonal R FW (19), Point R to R (20)
- 21, 22 Step R diagonal L FW (21), Step L diagonal L FW (22)
- 23, 24 Step R diagonal L FW (23), Point L to L (24)

[25-32] 2 x (Jazzbox with Touch)

- 25, 26 Cross L in front of R (25), Step R BW (26)
- 27, 28 Step L to L (27), Touch R next to L (28)
- 29, 30 Cross R in front of L (29), Step L BW (30)
- 31, 32 Step R to R (31), Touch L next to R (32)

Repeat

Styling option:

On counts 17, 19, 21, 23 you can slightly bend your knees to accent the beats.

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