

# Push Up

Count: 32

Wall: 4

Level: Intermediate/Advanced

Choreographer: Lewis Lee (CAN)

Music: 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

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