

# Push Up On Me

**COPPER** KNOB  
STEPSHEETS

**Compte:** 32

**Mur:** 2

**Niveau:** Ultra Beginner

**Chorégraphe:** Irene Tang (HK) - June 2011

**Musique:** Push Up On Me - Rihanna



**Count In:** After 32 counts (approx. 18 sec), start dancing on lyrics

## **SEC 1: SIDE, CLOSE, SIDE, CLOSE, ROCK, RECOVER, HIP BUMPS**

- 1 – 4 Step R to R, close L to R, step R to R, close L to R
- 5 – 6 Rock R to R, recover on L
- 7&8 Bump hips twice on R

## **SEC 2: SIDE, CLOSE, SIDE, CLOSE, ROCK, RECOVER, HIP BUMPS**

- 1 – 4 Step L to L, close R to L, step L to L, close R to L
- 5 – 6 Rock L to L, recover on R
- 7&8 Bump hips twice on L

## **SEC 3: ROCKING CHAIR, ROCK, RECOVER, R COASTER**

- 1 – 4 Rock R forward, recover on L, rock R back, recover on L
- 5 – 6 Rock R forward, recover on L
- 7&8 Step R back, close L to R, step R forward

## **SEC 4: SLOW PIVOT 1/2 TURN, STEP, LOCK, FORWARD SHUFFLE**

- 1 – 4 Step L forward, pivot 1/2 R on L, step R forward, hold
- 5 – 6 Step L forward, lock R behind L
- 7&8 Step L forward, lock R behind L, step L forward

**Notes:** I use this choreography as the third dance of my introductory course for ultra beginners.

I hope newcomers could feel “pushing “ the floor while doing weight transfer, especially on the rock steps

**Contact:** Website: [www.linedancehk.com](http://www.linedancehk.com) - Email: [crazylinedancer@yahoo.com.hk](mailto:crazylinedancer@yahoo.com.hk)