

# Push It (Some More)

**COPPER** **KNOB**  
BY STEPHEN

拍数: 48      墙数: 4      级数: Intermediate  
编舞者: Geri Morrison (UK)  
音乐: Sweat (A La La La La Long) - Inner Circle



## **SIDE TOGETHER FORWARD, SIDE ROCK TOUCH, SIDE ROCK CROSS, 2 X ¼ TURNS LEFT, CROSS**

1&2      Step right to right side, bring left beside right, step forward on right  
3&4      Rock left to left side, recover weight on right, touch left across right  
5&6      Rock left to left side, recover weight on right, cross left over right  
7&8      Turn ¼ turn left stepping back on right, turn ¼ turn left stepping left to left side, cross step right over left (6:00)

## **SIDE TOGETHER FORWARD, SIDE ROCK TOUCH, SIDE ROCK CROSS, 2 X ¼ TURNS RIGHT**

1&2      Step left to left side, bring right beside left, step forward on left  
3&4      Rock right to right side, recover weight on left, touch right across left  
5&6      Rock right to right side, recover weight on left, cross right over left  
7&8      Turn ¼ turn right stepping back on left, turn ¼ turn right stepping right to right side, step forward on left (12:00)

## **HIP BUMPS, CROSS ¼ TURN, CROSS BEHIND ¼ TURN**

1&2      Step forward on right bumping hips right, left, right  
3&4      Step forward on left bumping hips left, right, left  
5&6      Cross right over left, step back on left turning ¼ turn right, step right to right side  
7&8      Cross left behind right, turn ¼ turn right stepping right forward, step left next to right

## **ROCK BACK FULL TURN, SHUFFLE FORWARD, ROCK STEPS**

1&2      Rock back on right, recover weight on left, make a full turn left on ball of right hitching left knee  
3&4      (Shuffle forward) left, right, left  
5-6      Rock forward on right, recover onto left (pushing hips forward)  
&      Step right beside left  
7-8      Rock forward on left, recover on right (pushing hips forward)

## **LOCK STEP BACK, SWAY ¼ TURN, CROSS ROCK, SIDE ROCK, SAILOR TURN**

1&2      (Lock step back) step back on left, cross right over left, step back on left  
3-4      Step right ¼ turn right swaying right recover on left, swaying left  
5&6      Cross right over left, recover weight on left, step right to right side  
&      Recover weight on left  
7&8      (Sailor ¼ turn) sweep right behind left, step left ¼ turn right, step right to right side

## **HEEL JACK, CROSS KICK, KICK STEP, ¾ TURN HITCH TOUCH HITCH STOMP**

1&2      Cross left over right, step back on right, touch left heel diagonally forward  
&      Step back on left  
3&4      Cross right over left, step back on left, kick right forward  
&5      Bring right beside left, kick left forward  
&6      Bring left beside right, step forward on right  
&7      Hitch left knee making ¼ turn right, touch left to left side  
&8      Hitch left knee making ½ turn right, stomp left next to right (facing 9:00)

**REPEAT**