

Push Up

COPPER KNOB
BY STEPHENETS

拍数: 32 墙数: 4
编舞者: Lewis Lee (CAN)
音乐: 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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