

# Push Up

拍数: 32      墙数: 2      级数: Intermediate  
编舞者: Paul Foxall (UK)  
音乐: Push Up - Freestylers



- 1-2            Stomp left to left side, hold  
&3-4        Step right next to left, step left to left side, step right behind left as you turn to face the right diagonal  
5-6            Walk back to the left diagonal, left, right  
&7-8        Step left back to the left diagonal, walk forward to the right diagonal right, left
- 1-2            Rock right to right side as you turn  $\frac{1}{4}$  turn to the left, sway body right, recover  
&3-4        Step right next to left, rock left to left side, sway body left, recover (syncopated side rocks)  
5-6            Step left into  $\frac{1}{4}$  turn left, step right to right side completing another  $\frac{1}{4}$  of a turn left  
&7-8        Step left next to right, step right across left, step left to left side
- 1-2            Step right behind left, step left to left side  
&3-4        Step right in place, step left across right, step right to right side  
5-6            Touch left behind right, unwind  $\frac{3}{4}$  of a turn left  
7&8        Rock right to right side, recover, cross right over left
- 1-4            Step left to left side, rock right behind left, recover, step right back turning  $\frac{1}{4}$  of a turn left (3:00)  
5-8            Step left to left side turning  $\frac{1}{4}$  of a turn left (12:00), step right to right side turning  $\frac{1}{2}$  a turn left (6:00), skate forward left, right

**REPEAT**

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