

Push Up

拍数: 64 墙数: 2 级数: Intermediate
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音乐: Push Up - Freestylers



STEP, BEHIND, SIDE, STEP, BEHIND, SIDE, STEP, BEHIND, SIDE, SHUFFLE

1-2 Step forward on right, step left behind right
&3-4 Step right to right, step forward on left, step right behind left
&5-6 Step forward on left, step right to right, step left behind right
&7&8 Step right next to left, shuffle forward left, right, left

SIDE ROCK CROSS TWICE, DIAGONAL STEP LOCK, MAMBO ROCK ¼ TURN

1&2 Rock right to right, recover on left, cross step right over left (traveling forward)
3&4 Rock left to left, recover on right, cross step left over right (traveling forward)
5&6 Step forward on right, lock left behind right, step forward on right, (to right diagonal)
7&8 Rock forward on left, recover on right, turning ¼ turn left step forward on left

FULL TURN LEFT, FORWARD MAMBO, STEP LOCK STEP, ROCK STEP

1-2 Make a full turn left stepping right, left, (option) walk forward right, left
3&4 Rock forward on right, recover on left, step back on right
5&6 Step back on left, cross step right over left, step back on left
7-8 Rock back on right, step forward on left

STEP, BEHIND, SIDE, STEP, BEHIND, SIDE, STEP BEHIND, SIDE, SHUFFLE

1-2 Step forward on right, step left behind right
&3-4 Step right to right, step forward on left, step right behind left
&5-6 Step forward on left, step right to right, step left behind right
&7&8 Step right next to left, shuffle forward left, right, left

FORWARD MAMBO, BACK MAMBO, STEP PIVOT ¼, STEP, STEP PIVOT ½, STEP

1&2 Rock forward on right, recover on left, step back on right
3&4 Rock back on left, recover on right, step forward on left
5&6 Step forward on right, pivot ¼ turn left, step forward on right
7&8 Step forward on left, pivot ½ turn right, step forward on left

SKATE STEPS, STEP, LOCK, STEP, MAMBO ½ TURN, FULL TURN LEFT

1-2 Skate or sweep right foot forward to the right at diagonal, repeat with left foot
3&4 Step forward on right foot, lock left behind right, step forward on right
5&6 Rock forward on left, recover on right, make ½ turn left stepping forward on left
7-8 Make full turn left stepping right, left

CROSS, SIDE, CROSS, SIDE, ½ TURN PIVOT, STEP, STEP PIVOT ½ TURN

1-2 Cross right over left, step left to left, (bend knees for styling)
3-4 Cross right over left, step left to left, (bend knees for styling)
5-6 On ball of left foot pivot ½ turn right, step right foot forward
7-8 Step right foot forward, pivot ½ turn left (weight on left)

STEP, BODY SWAY X 4

1-2 Step forward on right to the right bending knees, straighten knees as you sway right
3-4 Step forward on left to left bending knees, straighten knees as you sway left
5-6 Step forward on right to the right bending knees, straighten knees as you sway right

7-8

Step forward on left bending knees, straighten knees as you sway left

REPEAT

RESTART

At the end of the second wall facing front, dance the first 16 steps replacing the turning mambo with a forward mambo & begin again
