

# Push Up

**COPPER KNOB**  
STEPSHEETS

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: Adrian Lefebour (AUS)  
音乐: Push Up - Freestylers



## **RIGHT FORWARD COASTER, LEFT COASTER, ½ PIVOT LEFT, FULL TURN**

1&2      Right forward coaster (step right forward, step left next to right, step right back)  
3&4      Left coaster (step left back, step left next to right, step left forward)  
5-6      Step right forward, ½ pivot turn left  
7-8      Full turn over left shoulder

## **SIDE ROCK & CROSS, SIDE ROCK & CROSS, ROCK/REPLACE, 1 ½ TRIPLE TURN**

1&2      Rock right to right, replace weight on left, cross step right over left  
3&4      Rock left to left, replace weight on right, cross step left over right  
5-6      Rock forward on right, replace weight back on left  
7&81      ½ turn over right shoulder to front wall or ½ shuffle stepping right-left-right

## **LEFT SIDE SHUFFLE, ROCK BACK/REPLACE, RIGHT SIDE SHUFFLE, ROCK BACK REPLACE**

1&2      Left side shuffle (step left to left, step right next to left, step left to left)  
3-4      Rock back on right, replace weight back on left (when you rock back click fingers beside your legs)  
5&6      Right side shuffle (step right to right, step left next to right, step right to right)  
7-8      Rock back on left, replace weight back on right (when you rock back click fingers beside you legs)

## **KICK LEFT TOUCH RIGHT UNWIND ¾ CLAP, SIDE TOGETHER SIDE TOGETHER, SIDE TOUCH**

1&2      Kick left to the 45 degrees angle, step left down, touch right toe behind left  
3&4      Unwind for ¾ to 9:00 wall, double clap for &4 (end weight on right)  
5&6&      Step left to left, step right next to left, step left to left, step right next to left  
7-8      Step left to left, touch right to right side

## **KICK RIGHT STEP RIGHT CROSS STEP LEFT OVER RIGHT, LIFT BOTH HEELS & STEP DOWN - REPEAT ON OPPOSITE FOOT. (THESE ARE CALLED PUSH UPS)**

1&2      Kick right across left, step right to right, cross left over right (weight is even)  
3-4      Lift both heels off ground, replace right heel to ground (end weight on right)  
5&6      Kick left across right, step left to left, cross right over left (weight is even)  
7-8      Lift both heels off ground, replace left heel to ground (end weight on left)

## **RIGHT SIDE SHUFFLE, TOUCH LEFT BEHIND UNWIND ½, KICK & TOUCH, KICK TOUCH**

1&2      Right side shuffle (step right to right, step left next to right, step right to right)  
3-4      Touch left toe behind right, unwind for ½ (end weight on right) 3:00 wall  
5&6      Kick left forward, step left next to right, touch right to right side  
7&8      Kick right forward, step right next to left, touch left to left side

## **CROSS LEFT OVER STEP RIGHT ½ BACK, STEP LEFT BACK FOR ½ TURN, SWAY HIPS RIGHT-LEFT- RIGHT-LEFT**

1-2      Cross left over right, step right back into a ¼ turn left (turning over left shoulder)  
3-4      Keep going in the same direction - step left for ½ turn, step right to right side  
5-6      Sway hips right, sway hips left  
7-8      Sway hips right, sway hips left

## **KICK RIGHT TOUCH LEFT, KICK LEFT TOUCH RIGHT, SIDE ROCK & CROSS, SIDE ROCK & CROSS**

1&2 Kick right forward, step right next to left (take weight on right) touch left beside right  
3&4 Kick left forward, step left next to right (take weight on left) touch right beside left  
5&6 Rock right to right, replace weight on left, cross step right over left  
7&8 Rock left to left, replace weight on right, cross step left over right

**REPEAT**

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