

# Push Up

**COPPERKNOB**  
STEPSHEETS

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Tripple xXx (UK)  
音乐: Push Up - Freestylers



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## STEPS OUT, ARM MOVEMENTS, TWO SNAKE ROLLS LEFT

- 1-2      Step out with right foot, step out with left foot (with arms doing the same)
- 3-4      Punch right arm directly out to right side, twist right arm up from the elbow (90 degrees)
- 5-6      Step left foot to left side, close right foot next to left foot (making body roll left over two counts)
- 7-8      Step left foot to left side, hitch right knee (making body roll left over two counts)

## STEP HITCHES WITH ¼ TURNS LEFT

- 1-2      Step right foot to the right side, hitch left knee
- 3-4      Step left foot to the left side making a ¼ turn left, hitch right knee
- 5-6      Step right foot to the right side making a ¼ turn left, hitch left knee
- 7-8      Step left foot to the left side making a ¼ turn left, hitch right knee

## JUMP OUT, CROSS, UNWIND, TOUCH, STEP SIDE, SHAKE YOUR ASS

- 1-2      Jump out with both feet, jump in with both feet crossing right over left
- 3-4      Unwind ½ turn left over 2 counts (weight ends on left foot)
- 5-6      Touch right foot forward, step right foot to right side
- 7-8      Bump hips to right twice, (weight ends on left foot)

## STEP, HOLD, STEP, HOLD, UP, DOWN, SHOULDERS RIGHT, SHOULDERS LEFT

- 1-2      Step forward on right foot, hold
- 3-4      Step forward on left foot hold
- 5-6      Raise up on balls of feet, drop down spreading feet shoulder width apart
- 7-8      Push shoulders to the right, push shoulders to the left hitch knee at the same time

## REPEAT

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