

# Push It

拍数: 32      墙数: 4      级数: Advanced  
编舞者: Claire Pulpher (UK) - April 2007  
音乐: Push It To The Limit - Corbin Bleu : (CD: Jump In!)



## 48 count intro - start when he sings "I realise"

### SLIDE, JUMP KICK, TOUCH ¼ SIDE, PUSH DOWN

- 1-2      Take big step forwards on right foot to right diagonal, step left in place while bending both knees slightly  
3-4      Jump forwards on right foot while kicking the left foot back, jump back on right foot while kicking the left foot forwards  
5-6      Touch left toe back, transfer weight onto left foot while making ¼ left  
7&8      Lunge down over right knee, come back up, lunge back down

Arms: as you are dipping down, push down with both arms

Weight ends on right foot (9:00)

### SAILOR ¼, DIP, PADDLE TURNS

- 1&2      Cross left foot behind right making ¼ turn left, step right in place, cross left in front of right  
3-4      Take big step to right side on right foot, dip your body down and then back up as you bring the left foot next to right (weight ending on left)  
5-8      Making a full turn in total; make ¼ turn left on ball of left foot touching right toe to side, repeat 3 times to end up facing 6:00 wall again with weight on left foot

### CROSS KICKS TWICE, BACK TOUCHES TWICE

- 1-2      Kick right foot across left (a low kick keeping a flexed foot for styling), touch right toe to right side (swinging arms in opposite directions)  
3-4      Repeat 1-2  
&5-6      Step right in place, touch left toe back making ¼ turn right, step left in place making ¼ turn left to face 6:00 again  
7-8      Make ¼ left on ball of left foot touching right toe back, step right in place (3:00)

### SYNCOPATED ROCKS, CROSS UNWIND

- 1&2      Rock left to left side, recover onto right, cross left in front  
&3      Rock right to right side, recover onto left  
4&5      Cross right over left, rock left to left side, recover onto right  
&6      Cross left over right, step right to right side  
7-8      Cross right behind left, unwind ½ turn left (9:00)

### REPEAT

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