

Push Push

拍数: 32 墙数: 4 级数: Improver
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音乐: Push - Enrique Iglesias



(1-8) Step out, step out, knee out, knee in, knee out, slide back ¼ turn, kick and out.

- 1 RF step out to right, while doing this give elbow with right to right.
- 2 LF step out to left, while doing this give elbow with left to left.
- 3 Right knee out to right.
- & Right knee in.
- 4 Left knee out to left, while doing this look left.
- 5 LF slide back, while doing this roll left shoulder back and turn ¼ over left.
- 6 LF next RF, while doing this roll right shoulder back.
- 7 RF kick forward.
- & RF next to LF.
- 8 LF step out to left, [facing 21:00]

(9-16) 1/8 turn left, 1/8 turn left, look right back, look left back, ¾ flick turn right, slide to left.

- 1 Turn 1/8 over left, while doing this RF step forward and push right shoulder forward.
- & Push right shoulder backwards.
- 2 Turn 1/8 over left, while doing this RF step forward and push right shoulder forward.
- 3 Look over right shoulder.
- 4 Look over left shoulder.
- 5 RF flick backwards, while doing this turn ¾ over right.
- 6 RF next to LF.
- 7 LF slide to left.
- 8 RF touch next to LF, [facing 3 o'clock].

(17-24) Step out, step out, arm movements, RF next to LF, step forward, ¼ turn left.

- 1 RF step out to right, while doing this bring right arm front of your body.
- 2 LF step out to left, while doing this bring left arm front of your body.
- 3 Bring right hand above left hand in front of your body, but keep fingers down of right hand, left hand keep fingers up.
- & Put both wrist together but keep right hand up.
- 4 Cross both arms in front of your body like a figure x.
- 5 Bring both arms in side of your body.
- 6 Bring both arms above your head, while doing this RF next to LF.
- 7 RF step forward.
- 8 ¼ over left, [facing 12 o'clock].

(25-32) Knees in, knees out, knees normal, sailor step, cross behind, ¾ turn left, kickball change.

- 1 Put both knees in, while doing this give a elbow with right in front of your body down into the floor.
- & Put both knees out, while doing this right arm goes to left and look right.
- 2 Put knees normal and look forward.
- 3 RF cross backward LF.
- & LF next to RF.
- 4 RF step out to right.
- 5 Lock LF behind RF.
- 6 Turn ¾ over left.
- 7 RF kick forward.
- & RF next to LF.

8 LF step forward, [facing 3 o'clock].

Start again have fun
