

Push It

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Beginner
編舞者: Amy Christian (USA) - October 2023
音樂: Push It - Salt-N-Pepa



No tags or restarts.

Intro: 32 counts.

¼ JAZZ BOX, HEEL SWITCHES X 2, OUT - OUT, CLAP, DOUBLE BUMPS X 2,

1-4 Cross R over L, ¼ right step L back, Step R to right side, Step L next to R, [3:00]
5&6 Place R heel forward, Replace R next to L, Place L heel forward,
&7-8 Step L out to left side, Step R out to right side, Clap(8),

DOUBLE BUMP R, DOUBLE BUMP L, CCW HIP ROLL X 2,

1&2 Double bump to right side twice R-L-R,
3&4 Double bump L to left side twice L-R-L,
5-8 Roll hips around twice counter clockwise (weight ending on L),

WEAVE, ROCK FORWARD, RECOVER, ROCK FORWARD, RECOVER,

1-4 Step R across L, Step L to left side, Step R behind L, Step L to left side,
5-8 Rock R forward, Recover back on L, Rock R forward, Recover back on L,

PIVOT ½ with HITCH, ¼ with HITCH, TOUCH R OUT, HOLD, SWITCHES,

1-2 Step R forward, ½ Turn left hitch L [9:00],
3-4 ¼ turn left Step L out to left side [6:00], Hitch R,
5-6 Touch R out to right side, Hold,
&7&8 Replace R next to L, Touch L out to left side, Replace L next to R, Touch R out to right side,

Start over!

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