

Push It (Some More)

COPPER KNOB
BY STEPHEN

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Geri Morrison (UK)
音樂: Sweat (A La La La La Long) - Inner Circle



SIDE TOGETHER FORWARD, SIDE ROCK TOUCH, SIDE ROCK CROSS, 2 X ¼ TURNS LEFT, CROSS

1&2 Step right to right side, bring left beside right, step forward on right
3&4 Rock left to left side, recover weight on right, touch left across right
5&6 Rock left to left side, recover weight on right, cross left over right
7&8 Turn ¼ turn left stepping back on right, turn ¼ turn left stepping left to left side, cross step right over left (6:00)

SIDE TOGETHER FORWARD, SIDE ROCK TOUCH, SIDE ROCK CROSS, 2 X ¼ TURNS RIGHT

1&2 Step left to left side, bring right beside left, step forward on left
3&4 Rock right to right side, recover weight on left, touch right across left
5&6 Rock right to right side, recover weight on left, cross right over left
7&8 Turn ¼ turn right stepping back on left, turn ¼ turn right stepping right to right side, step forward on left (12:00)

HIP BUMPS, CROSS ¼ TURN, CROSS BEHIND ¼ TURN

1&2 Step forward on right bumping hips right, left, right
3&4 Step forward on left bumping hips left, right, left
5&6 Cross right over left, step back on left turning ¼ turn right, step right to right side
7&8 Cross left behind right, turn ¼ turn right stepping right forward, step left next to right

ROCK BACK FULL TURN, SHUFFLE FORWARD, ROCK STEPS

1&2 Rock back on right, recover weight on left, make a full turn left on ball of right hitching left knee
3&4 (Shuffle forward) left, right, left
5-6 Rock forward on right, recover onto left (pushing hips forward)
& Step right beside left
7-8 Rock forward on left, recover on right (pushing hips forward)

LOCK STEP BACK, SWAY ¼ TURN, CROSS ROCK, SIDE ROCK, SAILOR TURN

1&2 (Lock step back) step back on left, cross right over left, step back on left
3-4 Step right ¼ turn right swaying right recover on left, swaying left
5&6 Cross right over left, recover weight on left, step right to right side
& Recover weight on left
7&8 (Sailor ¼ turn) sweep right behind left, step left ¼ turn right, step right to right side

HEEL JACK, CROSS KICK, KICK STEP, ¾ TURN HITCH TOUCH HITCH STOMP

1&2 Cross left over right, step back on right, touch left heel diagonally forward
& Step back on left
3&4 Cross right over left, step back on left, kick right forward
&5 Bring right beside left, kick left forward
&6 Bring left beside right, step forward on right
&7 Hitch left knee making ¼ turn right, touch left to left side
&8 Hitch left knee making ½ turn right, stomp left next to right (facing 9:00)

REPEAT