

Push It!

拍數: 32 牆數: 4
編舞者: Claire Pulpher (UK)
音樂: Unknown

級數: Advanced hip hop



SLIDE, JUMP KICK, TOUCH ¼ SIDE, PUSH DOWN

- 1-2 Take big step forward on right foot to right diagonal, step left in place while bending both knees slightly
- 3-4 Jump forward on right foot while kicking the left foot back, jump back on right foot while kicking the left foot forward
- 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
