

# Push Up

**COPPER** **KNOB**  
BY STEPHENETS

拍數: 32      牆數: 4  
編舞者: Lewis Lee (CAN)  
音樂: Push Up - Freestylers



**RIGHT POINT, RIGHT SIDE BODY ROLL, LEFT TOGETHER, RIGHT SIDE, LEFT TOUCH, LEFT HITCH, LEFT ROCK BACK, RIGHT RECOVER, ¼ RIGHT POINT LEFT SIDE, HOLD**

1-2      Point right toe side right, leading with right shoulder side body roll right as you shift weight on right

## Easy option

1-2      Step right side right, hold

&3-4      Step left beside right, step right side right, touch left beside right

&5-6      Hitch left knee up, rock left back, recover right

7-8      ¼ right (3:00) point left toe side left, hold

**LEFT TOGETHER, RIGHT POINT, ½ RIGHT MONTEREY, LEFT POINT, HOLD, LEFT HITCH, LEFT CROSS, HOLD, RIGHT SIDE, LEFT CROSS, HOLD**

&1-2      Step left beside right, point right toe side right, hold

&3-4      ½ right (9:00) step right beside left, point left toe side left, hold

&5-6      Hitch left knee up, step left across right, hold

7-8      Step right slightly side right, step left across right, hold

**HIP BUMPS IN 'C' SHAPE, LEFT HITCH, LEFT ROCK BACK, RIGHT RECOVER, ¼ RIGHT POINT LEFT SIDE WITH BUMP, HOLD**

1&-2&      (Keep weight on left) bump hips up to side right as you touch right toe side right, return hips center, bump hips down to side right, return hips center

3&-4      Bump hips up to side right, return hips center, bump hips side right and shift weight on right

&5-6      Hitch left knee up, rock left back, recover right

7-8      ¼ right (12:00) point left toe side left with slightly hips bump to left, hold

**Optional hand movements: rotating from elbow with right hand in fist, right arm will go up on 1, down on 2, up on 3, down on 4**

**LEFT HITCH, LEFT BEHIND, RIGHT SIDE, LEFT CROSS, HIP BUMPS IN 'C' SHAPE, RIGHT HITCH, ¼ RIGHT STEP RIGHT BACK, LEFT TOGETHER, RIGHT FORWARD, LEFT FORWARD, RIGHT TOUCH**

&1&2      Hitch left knee up, step left behind right, step right side right, step left across right

3&4      Bump hips up to side right as you touch right toe side right, return hips center, bumps hips down to side right

&5&6      Hitch right knee up, ¼ right (3:00) step right back, step left beside right, step right forward

7-8      Step left forward, touch right beside left

## REPEAT

## TAG

**Added at the end of wall 4, 9 & 12**

**RIGHT POINT, RIGHT SIDE BODY ROLL, LEFT TOGETHER, RIGHT SIDE, LEFT TOUCH, LEFT POINT, LEFT SIDE BODY ROLL, RIGHT TOGETHER, LEFT SIDE, RIGHT TOUCH**

1-2      Point right toe side right, leading with right shoulder side body roll right as you shift weight on right

&3-4      Step left beside right, step right side right, touch left beside right

5-6      Point left toe side left, leading with left shoulder side body roll left as you shift weight on left

&7-8      Step right beside left, step left side left, touch right beside left

## Easy option:

1-2      Step right side right, hold

- &3-4 Step left beside right, step right side right, touch left beside right  
5-6 Step left side left, hold  
&7-8 Step right beside left, step left side left, touch right beside left

**RIGHT TOUCH, BACK BODY ROLL, LEFT TOGETHER, RIGHT BACK, LEFT TOUCH, LEFT TOUCH,  
FORWARD BODY ROLL, RIGHT TOGETHER, LEFT FORWARD, RIGHT TOUCH**

- 1-2 Touch right toe back, body roll back shift weight on right  
&3-4 Step left beside right, step right back, touch left beside right  
5-6 Touch left toe in front of right, body roll forward shift weight on left  
&7-8 Step right beside left, step left forward, touch right beside left

**Easy option**

- 1-2 Step right back, hold  
&3-4 Step left beside right, step right back, touch left beside right  
5-6 Step left forward, hold  
&7-8 Step right beside left, step left forward, touch right beside left

- 17-32 Repeat the previous 16 counts to complete the tag
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