

Push Up

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Adrian Lefebour (AUS)
音樂: Push Up - Freestylers



RIGHT FORWARD COASTER, LEFT COASTER, ½ PIVOT LEFT, FULL TURN

1&2 Right forward coaster (step right forward, step left next to right, step right back)
3&4 Left coaster (step left back, step left next to right, step left forward)
5-6 Step right forward, ½ pivot turn left
7-8 Full turn over left shoulder

SIDE ROCK & CROSS, SIDE ROCK & CROSS, ROCK/REPLACE, 1 ½ TRIPLE TURN

1&2 Rock right to right, replace weight on left, cross step right over left
3&4 Rock left to left, replace weight on right, cross step left over right
5-6 Rock forward on right, replace weight back on left
7&81 ½ turn over right shoulder to front wall or ½ shuffle stepping right-left-right

LEFT SIDE SHUFFLE, ROCK BACK/REPLACE, RIGHT SIDE SHUFFLE, ROCK BACK REPLACE

1&2 Left side shuffle (step left to left, step right next to left, step left to left)
3-4 Rock back on right, replace weight back on left (when you rock back click fingers beside your legs)
5&6 Right side shuffle (step right to right, step left next to right, step right to right)
7-8 Rock back on left, replace weight back on right (when you rock back click fingers beside you legs)

KICK LEFT TOUCH RIGHT UNWIND ¾ CLAP, SIDE TOGETHER SIDE TOGETHER, SIDE TOUCH

1&2 Kick left to the 45 degrees angle, step left down, touch right toe behind left
3&4 Unwind for ¾ to 9:00 wall, double clap for &4 (end weight on right)
5&6& Step left to left, step right next to left, step left to left, step right next to left
7-8 Step left to left, touch right to right side

KICK RIGHT STEP RIGHT CROSS STEP LEFT OVER RIGHT, LIFT BOTH HEELS & STEP DOWN - REPEAT ON OPPOSITE FOOT. (THESE ARE CALLED PUSH UPS)

1&2 Kick right across left, step right to right, cross left over right (weight is even)
3-4 Lift both heels off ground, replace right heel to ground (end weight on right)
5&6 Kick left across right, step left to left, cross right over left (weight is even)
7-8 Lift both heels off ground, replace left heel to ground (end weight on left)

RIGHT SIDE SHUFFLE, TOUCH LEFT BEHIND UNWIND ½, KICK & TOUCH, KICK TOUCH

1&2 Right side shuffle (step right to right, step left next to right, step right to right)
3-4 Touch left toe behind right, unwind for ½ (end weight on right) 3:00 wall
5&6 Kick left forward, step left next to right, touch right to right side
7&8 Kick right forward, step right next to left, touch left to left side

CROSS LEFT OVER STEP RIGHT ½ BACK, STEP LEFT BACK FOR ½ TURN, SWAY HIPS RIGHT-LEFT- RIGHT-LEFT

1-2 Cross left over right, step right back into a ¼ turn left (turning over left shoulder)
3-4 Keep going in the same direction - step left for ½ turn, step right to right side
5-6 Sway hips right, sway hips left
7-8 Sway hips right, sway hips left

KICK RIGHT TOUCH LEFT, KICK LEFT TOUCH RIGHT, SIDE ROCK & CROSS, SIDE ROCK & CROSS

- 1&2 Kick right forward, step right next to left (take weight on right) touch left beside right
3&4 Kick left forward, step left next to right (take weight on left) touch right beside left
5&6 Rock right to right, replace weight on left, cross step right over left
7&8 Rock left to left, replace weight on right, cross step left over right

REPEAT
