

# Push Up

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Tripple xXx (UK)  
音樂: Push Up - Freestylers



## STEPS OUT, ARM MOVEMENTS, TWO SNAKE ROLLS LEFT

- 1-2 Step out with right foot, step out with left foot (with arms doing the same)
- 3-4 Punch right arm directly out to right side, twist right arm up from the elbow (90 degrees)
- 5-6 Step left foot to left side, close right foot next to left foot (making body roll left over two counts)
- 7-8 Step left foot to left side, hitch right knee (making body roll left over two counts)

## STEP HITCHES WITH ¼ TURNS LEFT

- 1-2 Step right foot to the right side, hitch left knee
- 3-4 Step left foot to the left side making a ¼ turn left, hitch right knee
- 5-6 Step right foot to the right side making a ¼ turn left, hitch left knee
- 7-8 Step left foot to the left side making a ¼ turn left, hitch right knee

## JUMP OUT, CROSS, UNWIND, TOUCH, STEP SIDE, SHAKE YOUR ASS

- 1-2 Jump out with both feet, jump in with both feet crossing right over left
- 3-4 Unwind ½ turn left over 2 counts (weight ends on left foot)
- 5-6 Touch right foot forward, step right foot to right side
- 7-8 Bump hips to right twice, (weight ends on left foot)

## STEP, HOLD, STEP, HOLD, UP, DOWN, SHOULDERS RIGHT, SHOULDERS LEFT

- 1-2 Step forward on right foot, hold
- 3-4 Step forward on left foot hold
- 5-6 Raise up on balls of feet, drop down spreading feet shoulder width apart
- 7-8 Push shoulders to the right, push shoulders to the left hitch knee at the same time

**REPEAT**

---