

Push It Up

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Neville Fitzgerald (UK) & Julie Harris (UK) - May 2010
音樂: Push It Up - Daniela



Starts After 32 Counts.

Out, Out, Hold, & Side, Cross, Back, Side, Cross.

- 1-2 Step forward & out on Left, step forward & out on Right.
- 3&4 Hold, step Left next to Right, step Right to Right side.
- 5-8 Cross step Left over Right, step back on Right, step Left to Left side, cross step Right over Left.

Side, 1/4 Hinge, Cross Shuffle, Side, 1/4 Hinge, Rock Step.

- 1-2 Step Left to Left side, make 1/4 turn to Right stepping Right to Right side.
- 3&4 Cross step Left over Right, step Right to Right side, cross step Left over Right.
- 5-6 Step Right to Right side, make 1/4 turn to Left stepping Left to Left side.
- 7-8 Cross rock Right over Left, recover on Left.

Side, Hold, & 1/4 Rock Step, Coaster Step, Step, 1/2 Pivot.

- 1-2 Step Right to Right side, Hold.
- &3-4 Step Left next to Right, make 1/4 turn to Right rocking forward on Right, recover on Left.
- 5&6 Step back on Right, step Left to Right, step forward on Right.
- 7-8 Step forward on Left, pivot 1/2 turn to Right.

Point, Cross, Point, 1/4, Rock Step, 1/2, 1/2.

- 1-2 Point Left to Left side, cross step Left over Right.
- 3-4 Point Right to Right side, make 1/4 turn to Right stepping Right next to Left.
- 5-6 Rock forward on Left, recover on Right.
- 7-8 Make 1/2 turn to Left stepping forward on Left, 1/2 turn Left stepping back on Right.

Stomp, Hold, & Walk, Walk, Brush, Step, Brush, Step.

- 1-2 Stomp Left behind Right, Hold.
- &3-4 Step Right next to left, walk forward Left-Right.
- 5-6 Brush Left forward, step Left forward & slightly across Right.
- 7-8 Brush Right forward, step Right forward & slightly across Left.

Step, 1/2 Pivot, Step, 1/2 Turn, 1/4, Rock, Recover, Side.

- 1-2 Step forward on Left, pivot 1/2 turn to Right.
- 3-4 Step forward on Left, make 1/2 turn to Left stepping back on Right.
- 5-6 1/4 turn to Left stepping Left to left side, cross rock Right over Left
- 7-8 Recover on Left, step Right to Right side. **R**

Cross, Side, Sailor 1/4, Step, 1/2, 1/2, 1/4 Point.

- 1-2 Cross step Left over Right, step Right to Right side.
- 3&4 Make 1/4 turn to Left stepping Left behind Right, step Right next to left, step forward on Left.
- 5-6 Step forward on Right, make 1/2 turn to Right stepping back on Left.
- 7-8 1/2 turn to Right stepping forward on Right. 1/4 turn to Right pointing Left to left side.

& Point, Hold, & Point, Hold, & Rock Step, Coaster Step.

- &1-2 Step Left next to Right, point Right to Right side, Hold.
- &3-4 Step Right next to Left, point Left to Left side, Hold.
- &5-6 Step Left next to Right, rock forward on Right, recover on Left.

7&8

Step back on Right, step Left next to Right, step forward on Right.

****R** Restart: Wall 2 & Wall 5**

Dance up to & including Count 8 in Section 6.. (Count 48)

Then Restart dance from beginning... (Count 1)

Ending: Dance ends facing back wall at end of Wall 6.. Right foot is forward. Pivot 1/2 turn Left to face front as you push both hands up above your head.
