

# Push Up On Me

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 2      級數: Ultra Beginner  
編舞者: Irene Tang (HK) - June 2011  
音樂: Push Up On Me - Rihanna



Count In: After 32 counts (approx. 18 sec), start dancing on lyrics

## SEC 1: SIDE, CLOSE, SIDE, CLOSE, ROCK, RECOVER, HIP BUMPS

1 – 4      Step R to R, close L to R, step R to R, close L to R  
5 – 6      Rock R to R, recover on L  
7&8      Bump hips twice on R

## SEC 2: SIDE, CLOSE, SIDE, CLOSE, ROCK, RECOVER, HIP BUMPS

1 – 4      Step L to L, close R to L, step L to L, close R to L  
5 – 6      Rock L to L, recover on R  
7&8      Bump hips twice on L

## SEC 3: ROCKING CHAIR, ROCK, RECOVER, R COASTER

1 – 4      Rock R forward, recover on L, rock R back, recover on L  
5 – 6      Rock R forward, recover on L  
7&8      Step R back, close L to R, step R forward

## SEC 4: SLOW PIVOT 1/2 TURN, STEP, LOCK, FORWARD SHUFFLE

1 – 4      Step L forward, pivot 1/2 R on L, step R forward, hold  
5 – 6      Step L forward, lock R behind L  
7&8      Step L forward, lock R behind L, step L forward

Notes: I use this choreography as the third dance of my introductory course for ultra beginners.  
I hope newcomers could feel "pushing " the floor while doing weight transfer, especially on the rock steps

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