

Push Up On Me

COPPER **KNOB**
BY STEPHEN TSE

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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