

# PUSH IT

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**Count:** 32      **Wall:** 4      **Level:** Advanced level

**Choreographer:** Claire Pulpher (UK) Apr 07

**Music:** Push It To The Limit by Corbin Bleu, CD: Jump In! (124 bpm)

## 48 count intro - start when he sings "I realise" SLIDE, JUMP KICK, TOUCH ¼ SIDE, PUSH DOWN

- 1-2** Take big step forwards on right foot to right diagonal, step left in place while bending both knees slightly
- 3-4** Jump forwards on right foot while kicking the left foot back, jump back on right foot while kicking the left foot forwards
- 5-6** Touch left toe back, transfer weight onto left foot while making ¼ left
- 7&8** Lunge down over right knee, come back up, lunge back down Arms: as you are dipping down, push down with both arms Weight ends on right foot (9:00)

## SAILOR ¼, DIP, PADDLE TURNS

- 1&2** Cross left foot behind right making ¼ turn left, step right in place, cross left in front of right
- 3-4** Take big step to right side on right foot, dip your body down and then back up as you bring the left foot next to right (weight ending on left)
- 5-8** Making a full turn in total; make ¼ turn left on ball of left foot touching right toe to side, repeat 3 times to end up facing 6:00 wall again with weight on left foot

## CROSS KICKS TWICE, BACK TOUCHES TWICE

- 1-2** Kick right foot across left (a low kick keeping a flexed foot for styling), touch right toe to right side (swinging arms in opposite directions)
- 3-4** Repeat 1-2
- &5-6** Step right in place, touch left toe back making ¼ turn right, step left in place making ¼ turn left to face 6:00 again
- 7-8** Make ¼ left on ball of left foot touching right toe back, step right in place (3:00)

## SYNCOPATED ROCKS, CROSS UNWIND

- 1&2** Rock left to left side, recover onto right, cross left in front
- &3** Rock right to right side, recover onto left

**4&5** Cross right over left, rock left to left side, recover onto right

**&6** Cross left over right, step right to right side

**7-8 Cross right behind left, unwind  $\frac{1}{2}$  turn left (9:00) REPEAT EMail / Website**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=67420](https://www.linedance.com/index.php?f=dance_view&id=67420)