

PUMP UP

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Count: 32 **Wall:** 2 **Level:** intermediate hip hop

Choreographer: Paul Foxall

Music: Push Up by The Freestylers

- 1-2&3-4** Stomp left to left side, hold, step right next to left, step left to left side, step right behind left as you turn to face the right diagonal
- 5-6&7-8** Walk back to the left diagonal, left, right, step left back to the left diagonal, walk forward to the right diagonal right, left

- 1-2&** Sway body right, recover, step right next to left
- 3-4** Rock left to left side, sway body left, recover
- 5-6** Syncopated side rocks step left into $\frac{1}{4}$ of a turn left, step right to right side completing another $\frac{1}{4}$ of a turn left
- &7-8** Step left next to right, step right across left, step left to left side

- 1-2&** Step right behind left, step left to left side, step right in place
- 3-4** Step left across right, step right to right side
- 5-6** Touch left behind right, unwind $\frac{3}{4}$ of a turn left
- 7&8** Rock right to right side, recover, cross right over left (3:00)

- 1-2-3-4** Step left to left side, rock right behind left, recover, step right back turning $\frac{1}{4}$ of a turn left (end up facing 3:00)
- 5-6** Step left to left side turning $\frac{1}{4}$ of a turn left (end up facing 12:00), step right to right side turning $\frac{1}{2}$ a turn left (end up facing 6:00)
- 7-8** Skate forward left, right

REPEAT