

PUSH IT (SOME MORE)

LINEDANCE.COM

Count: 48

Wall: 4

Level: intermediate

Choreographer: Geri Morrison

Music: Sweat (A la la la long) by Inner Circle

SIDE TOGETHER FORWARD, SIDE ROCK TOUCH, SIDE ROCK CROSS, 2 X ¼ TURNS LEFT, CROSS

- 1&2** Step right to right side, bring left beside right, step forward on right
- 3&4** Rock left to left side, recover weight on right, touch left across right
- 5&6** Rock left to left side, recover weight on right, cross left over right
- 7&8** Turn ¼ turn left stepping back on right, turn ¼ turn left stepping left to left side, cross step right over left (6:00)

SIDE TOGETHER FORWARD, SIDE ROCK TOUCH, SIDE ROCK CROSS, 2 X ¼ TURNS RIGHT

- 1&2** Step left to left side, bring right beside left, step forward on left
- 3&4** Rock right to right side, recover weight on left, touch right across left
- 5&6** Rock right to right side, recover weight on left, cross right over left
- 7&8** Turn ¼ turn right stepping back on left, turn ¼ turn right stepping right to right side, step forward on left (12:00)

HIP BUMPS, CROSS ¼ TURN, CROSS BEHIND ¼ TURN

- 1&2** Step forward on right bumping hips right, left, right
- 3&4** Step forward on left bumping hips left, right, left
- 5&6** Cross right over left, step back on left turning ¼ turn right, step right to right side
- 7&8** Cross left behind right, turn ¼ turn right stepping right forward, step left next to right

ROCK BACK FULL TURN, SHUFFLE FORWARD, ROCK STEPS

- 1&2** Rock back on right, recover weight on left, make a full turn left on ball of right hitching left knee

3&4(Shuffle forward) left, right, left

- 5-6** Rock forward on right, recover onto left (pushing hips forward)
- &** Step right beside left

7-8 Rock forward on left, recover on right (pushing hips forward)

LOCK STEP BACK, SWAY ¼ TURN, CROSS ROCK, SIDE ROCK, SAILOR TURN

1&2(Lock step back) step back on left, cross right over left, step back on left

3-4 Step right ¼ turn right swaying right recover on left, swaying left

5&6 Cross right over left, recover weight on left, step right to right side

& Recover weight on left

7&8(Sailor ¼ turn) sweep right behind left, step left ¼ turn right, step right to right side

HEEL JACK, CROSS KICK, KICK STEP, ¾ TURN HITCH TOUCH HITCH STOMP

1&2 Cross left over right, step back on right, touch left heel diagonally forward

& Step back on left

3&4 Cross right over left, step back on left, kick right forward

&5 Bring right beside left, kick left forward

&6 Bring left beside right, step forward on right

&7 Hitch left knee making ¼ turn right, touch left to left side

&8 Hitch left knee making ½ turn right, stomp left next to right (facing 9:00)

REPEAT