

PUSH IT!

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Count: 32

Wall: 4

Level: advanced hip hop

Choreographer: Claire Pulpher

Music: Unknown

SLIDE, JUMP KICK, TOUCH $\frac{1}{4}$ SIDE, PUSH DOWN

- 1-2** Take big step forward on right foot to right diagonal, step left in place while bending both knees slightly
- 3-4** Jump forward on right foot while kicking the left foot back, jump back on right foot while kicking the left foot forward
- 5-6** Touch left toe back, transfer weight onto left foot while making $\frac{1}{4}$ 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 $\frac{1}{4}$, DIP, PADDLE TURNS

- 1&2** Cross left foot behind right making $\frac{1}{4}$ 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 $\frac{1}{4}$ 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 $\frac{1}{4}$ turn right, step left in place making $\frac{1}{4}$ turn left to face 6:00 again
- 7-8** Make $\frac{1}{4}$ left on ball of left foot touching right toe back, step right in place (3:00)

SYNCOATED 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