

# Push Up On Me

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**Count:** 32      **Wall:** 2      **Level:** Ultra Beginner

**Choreographer:** Irene Tang (Hong Kong) June 2011

**Music:** Push Up On Me by 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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