

PUSH UP

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Count: 32

Wall: 2

Level: intermediate

Choreographer: Paul Foxall

Music: Push Up by The Freestylers

- 1-2** Stomp left to left side, hold
- &3-4** Step right next to left, step left to left side, step right behind left as you turn to face the right diagonal
- 5-6** Walk back to the left diagonal, left, right
- &7-8** Step left back to the left diagonal, walk forward to the right diagonal right, left
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- 1-2** Rock right to right side as you turn $\frac{1}{4}$ turn to the left, sway body right, recover
- &3-4** Step right next to left, rock left to left side, sway body left, recover (syncopated side rocks)
- 5-6** Step left into $\frac{1}{4}$ 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
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- 1-2** Step right behind left, step left to left side
- &3-4** Step right in place, 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
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- 1-4** Step left to left side, rock right behind left, recover, step right back turning $\frac{1}{4}$ of a turn left (3:00)
- 5-8** Step left to left side turning $\frac{1}{4}$ of a turn left (12:00), step right to right side turning $\frac{1}{2}$ a turn left (6:00), skate forward left, right

REPEAT