

PUSH UP

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Count: 64

Wall: 2

Level: intermediate

Choreographer: Adrian Lefebour

Music: Push Up by The Freestylers

RIGHT FORWARD COASTER, LEFT COASTER, ½ PIVOT LEFT, FULL TURN

- 1&2** Right forward coaster (step right forward, step left next to right, step right back)
- 3&4** Left coaster (step left back, step left next to right, step left forward)
- 5-6** Step right forward, ½ pivot turn left
- 7-8** Full turn over left shoulder

SIDE ROCK & CROSS, SIDE ROCK & CROSS, ROCK/REPLACE, 1 ½ TRIPLE TURN

- 1&2** Rock right to right, replace weight on left, cross step right over left
- 3&4** Rock left to left, replace weight on right, cross step left over right
- 5-6** Rock forward on right, replace weight back on left

7&8 1½ turn over right shoulder to front wall or ½ shuffle stepping right-left-right

LEFT SIDE SHUFFLE, ROCK BACK/REPLACE, RIGHT SIDE SHUFFLE, ROCK BACK REPLACE

- 1&2** Left side shuffle (step left to left, step right next to left, step left to left)
- 3-4** Rock back on right, replace weight back on left (when you rock back click fingers beside your legs)
- 5&6** Right side shuffle (step right to right, step left next to right, step right to right)
- 7-8** Rock back on left, replace weight back on right (when you rock back click fingers beside you legs)

KICK LEFT TOUCH RIGHT UNWIND ¾ CLAP, SIDE TOGETHER SIDE TOGETHER, SIDE TOUCH

- 1&2** Kick left to the 45 degrees angle, step left down, touch right toe behind left
- 3&4** Unwind for ¾ to 9:00 wall, double clap for &4 (end weight on right)
- 5&6&** Step left to left, step right next to left, step left to left, step right next to left
- 7-8** Step left to left, touch right to right side

KICK RIGHT STEP RIGHT CROSS STEP LEFT OVER RIGHT, LIFT BOTH HEELS & STEP DOWN - REPEAT ON OPPOSITE FOOT. (THESE ARE CALLED PUSH UPS)

- 1&2** Kick right across left, step right to right, cross left over right (weight is even)
3-4 Lift both heels off ground, replace right heel to ground (end weight on right)
5&6 Kick left across right, step left to left, cross right over left (weight is even)
7-8 Lift both heels off ground, replace left heel to ground (end weight on left)

RIGHT SIDE SHUFFLE, TOUCH LEFT BEHIND UNWIND $\frac{1}{2}$, KICK & TOUCH, KICK TOUCH

- 1&2** Right side shuffle (step right to right, step left next to right, step right to right)
3-4 Touch left toe behind right, unwind for $\frac{1}{2}$ (end weight on right) 3:00 wall
5&6 Kick left forward, step left next to right, touch right to right side
7&8 Kick right forward, step right next to left, touch left to left side

CROSS LEFT OVER STEP RIGHT $\frac{1}{2}$ BACK, STEP LEFT BACK FOR $\frac{1}{2}$ TURN, SWAY HIPS RIGHT-LEFT-RIGHT-LEFT

- 1-2** Cross left over right, step right back into a $\frac{1}{4}$ turn left (turning over left shoulder)
3-4 Keep going in the same direction - step left for $\frac{1}{2}$ turn, step right to right side
5-6 Sway hips right, sway hips left
7-8 Sway hips right, sway hips left

KICK RIGHT TOUCH LEFT, KICK LEFT TOUCH RIGHT, SIDE ROCK & CROSS, SIDE ROCK & CROSS

- 1&2** Kick right forward, step right next to left (take weight on right) touch left beside right
3&4 Kick left forward, step left next to right (take weight on left) touch right beside left
5&6 Rock right to right, replace weight on left, cross step right over left
7&8 Rock left to left, replace weight on right, cross step left over right

REPEAT