

# Push Up

Choreographed By: Tripple xXx  
Level: Beginner 32 counts 4 wall  
Music: Push up (Freestylers)

## Steps Out, Arm movements, Two Snake rolls L

- 1-2 Step out with Rf, Step out with Lf (with arms doing the same)
- 3-4 Punch R arm directly out to R side, Twist R arm up from the elbow (90 degrees)
- 5-6 Step Lf to L side, Close Rf next to Lf (Making body roll L over two counts)
- 7-8 Step Lf to L side, Hitch R knee (Making body roll L over two counts)

## Step hitches with turns L

- 1-2 Step Rf to the R side, Hitch L knee
- 3-4 Step Lf to the L side making a \_ turn L, hitch R knee
- 5-6 Step Rf to the R side making a \_ turn L, hitch L knee
- 7-8 Step Lf to the L side making a \_ turn L, hitch R knee

## Jump out, cross, unwind, touch, step side, shake your Ass

- 1-2 Jump out with both feet, jump in with both feet crossing R over L
- 3-4 Unwind \_ turn L over 2 counts (weight ends on Lf)
- 5-6 Touch Rf forward, step Rf to R side
- 7-8 Bump hips to R x2, (weight ends on Lf)

## Step, hold, Step , hold Up, down, shoulders R, shoulders L

- 1-2 Step forward on Rf, hold
- 3-4 Step forward on Lf hold
- 5-6 Raise up on balls of feet, drop down spreading feet shoulder width apart
- 7-8 Push shoulders to the R, push shoulders to the L hitch knee at the same time

Enjoy the dance.....