

Push It

48 count, 4 wall, intermediate level

Choreographer: Kate Sala, Ingemar & Marianne
Kardeskog (UK & Sweden) Jan 2004

Choreographed to: You Rock Me by Enrique Iglesias,
Album 7

Start dance after 16 count intro

Swing Right, Swing Left, Side Step, Slide L In, Cross Rock, Recover, Turn ¼ Left, Hold.

- 1 - 2 Rock on right to right side. Rock on left to left.
- 3 - 4 Step right to right side. Slide in left towards right.
- 5 - 6 Cross rock left over right. Recover on to right.
- 7 - 8 Turn ¼ left stepping forward on left. Hold.

Triple Full Turn, Heel switches x 2, Forward Rock, Back Rock.

- 1 - 4 Triple full turn left travelling forward on right, left, right. Hold.
- 5 & 6 & Heel switches left & right, together.
- 7 - 8 Rock forward on left. Rock back on to right.

Jump Back, Heel Raise, Full Turn ,Side, Slide, Walk Back x 2

- & 1 & 2 Jump back left, right bringing feet together. Raise & lower the heels.
- 3 - 4 Full turn right travelling to right side on right, left.
- 5 - 6 Big step right to right side. slide in left towards right.
- 7 - 8 Walk back on left, right.

Note: On wall 2 and 5. Counts &1&2 raise both arms in front of you and hands like you are pushing something heavy, for phrasing with singing " yeah you push me"

Full Turn Back Over Left, Skate x2, Chasse, Cross Step, Side Step.

- 1 - 2 Turn ½ left stepping forward on left. Turn ½ left stepping back on right.
- 3 - 4 Skate forward on left, right.
- 5 & 6 Step left to left side. Bring right next to left. Step left to left side.
- 7 - 8 Cross step right over left. step left to left side.

Back Rock, ¾ Turn, Forward Lock Step, Side Step.

- 1 - 2 Cross rock right back behind left. Recover on to left.
- 3 - 4 Turn ¼ left stepping back on right. Turn ½ left stepping forward on left.
- 5 6 7 Step forward on right. Lock left behind right. Step forward on right.
- 8 Step left to left side.

Back Rock, ¾ Turn, Forward Lock Step, Side Step.

- 1 - 2 Cross rock right back behind left. Recover on to left.
- 3 - 4 Turn ¼ left stepping back on right. Turn ½ left stepping forward on left.
- 5 6 7 Step forward on right. Lock left behind right. Step forward on right.
- 8 Step left to left side.

Note There is 1 restart

Restart after 16 counts on the second wall (facing front wall) replacing counts 7 - 8 (15 – 16) with Left step forward, drag right to left. (Instead of forward rock step) Start again from the beginning.

Ending for style Rock right behind left. Recover. Turn ¼ left stepping back on right. Turn ¼ left stepping left to left side. Drag in right towards left (facing front wall)
