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Push It (Some More)

48 count, 4 wall, intermediate level

Choreographer: Geri Morrison (UK) April 2005
Choreographed to: Sweat by Inner Circle, Best Of
Inner Circle (88 bpm); Don't Play Nice by Verbalicious
(preferred) On Now 60

16 count intro, on vocals

Don't Play Nice is not perfectly Phrased, CD Single or Now 60

Section 1 Side Together Forward, Side Rock Touch, Side Rock Cross, 2 x 1/4 Turns Left, Cross.

- 1&2 Step Right To Right Side, Bring Left beside Right, Step Forward on Right,
- 3&4 Rock Left To Left Side, Recover Weight on Right, Touch Left across Right,
- 5&6 Rock Left To Left Side, Recover Weight on Right, Cross Left over Right,
- 7&8 Turn 1/4 Turn Left Stepping Back on Right, Turn 1/4 Turn Left Stepping Left To Left Side,
Cross Step Right over Left. (6 o'clock)

Section 2 Side Together Forward, Side Rock Touch, Side Rock Cross, 2 x 1/4 Turns Right

- 1&2 Step Left To Left Side, Bring Right beside Left, Step Forward on Left,
- 3&4 Rock Right To Right Side, Recover Weight on Left, Touch Right across Left,
- 5&6 Rock Right over Left, Step Back on Left Turning 1/4 Turn Right, Cross Right over Left,
- 7&8 Turn 1/4 Turn Right Stepping Back on Left, Turn 1/4 Turn Right Stepping Right To Right Side,
Step Forward on Left, (12 o'clock)

Section 3 Hip Bumps, Cross 1/4 Turn, Cross Behind 1/4 Turn.

- 1&2 Step Forward on Right Bumping Hips Right, Left, Right,
- 3&4 Step Forward On Left Bumping Hips Left, Right, Left,
- 5&6 Cross Right over Left, Step Back on Left Turning 1/4 Turn Right, Step Right To Right Side,
- 7&8 Cross Left Behind Right, Turn 1/4 Turn Right Stepping Right Forward, Step Left Next To Right.

Section 4 Rock Back Full Turn, Shuffle Forward, Rock Steps.

- 1&2 Rock Back on Right, Recover Weight on Left, Make a Full Turn Left on ball of right Hitching
Left Knee,
- 3&4 (Shuffle Forward) Left, Right, Left.
- 5-6 Rock Forward on Right, Recover onto Left, (Pushing Hips Forward)
- & Step Right Beside Left,
- 7-8 Rock Forward on Left, Recover on Right (Pushing Hips Forward)

Section 5 Lock Step Back, Sway 1/4 Turn, Cross Rock, Side Rock, Sailor Turn.

- 1&2 (Lock Step Back) Step Back On Left, Cross Right over Left, Step Back on Left,
- 3-4 Step Right 1/4 Turn Right Swaying Right Recover on Left, Swaying Left.
- 5&6 Cross Right Over Left, Recover Weight On Left, Step Right To Right Side.
- & Recover Weight on Left,
- 7&8 (Sailor 1/4 Turn) Sweep Right Behind Left, Step Left 1/4 Turn Right, Step Right to Right Side.

Section 6 Heel Jack, Cross Kick, Kick Step, 3/4 Turn Hitch Touch Hitch Stomp.

- 1&2 Cross Left Over Right, Step Back on Right, Touch Left Heel Diagonally Forward,
- & Step Back On Left,
- 3&4 Cross Right over Left, Step Back on Left, Kick Right Forward,
- &5 Bring Right beside Left, Kick Left Forward,
- &6 Bring Left beside Right, Step Forward on Right,
- &7 Hitch Left Knee Making 1/4 Turn Right, Touch Left to Left Side,
- &8 Hitch Left Knee Making 1/2 Turn Right, Stomp Left Next to Right, (Facing 9 o'clock)