

Push It!

32 count, 4 wall, Advanced level

Choreographer Claire Pulpher (UK) Apr 07

Choreographed to Push It To The Limit by Corbin

Bleu, CD: Jump In! (124 bpm)

48 count intro - start when he sings "I realise"

Slide, Jump Kick, Touch 1/4 Turn Side, Push Down

- 1 Take big step on right foot forwards to right diagonal,
- 2 Step left in place whilst bending both knees slightly
- 3 Jump forwards on right foot whilst kicking the left foot back on 3,
- 4 Jump back on right foot whilst kicking the left foot forwards on 4
- 5-6 Touch left toe back, transfer weight onto left foot whilst making 1/4 turn left
- 7&8 Lunge down over right knee on 7, come back up on &, lunge back down on 8
Arms: as you are dipping down, 'push' down with both arms – think hip-hop!!
Weight ends on right foot (9)

Sailor With 1/4 Turn, Dip, Paddle Turns

- 1&2 Cross left foot behind right making 1/4 turn left, step right in place, cross left in front of right
- 3-4 Take big step to right side on right foot, 'dip' your body down and then back up as you bring the left foot next to right (weight ending on left)
- 5-8 Making a full turn in total; make 1/4 turn left on ball of left foot touching right toe to side, repeat 3 times to end up facing 600 wall again with weight on left foot

Cross Kicks X 2, Back Touches X 2

- 1 Kick right foot across left (a low kick keeping a flexed foot for styling),
- 2 touch right toe to right side (swinging arms in opposite directions)
- 3-4 Repeat 1-2
- &5-6 Step right in place on &, touch left toe back making 1/4 turn right, step left in place making 1/4 turn left to face 600 again
- 7-8 Make 1/4 left on ball of left foot touching right toe back, step right in place (3)

Syncopated Rocks, Cross Unwind

- 1&2 Rock left to left side, recover onto right, cross left in front
- &3 Rock right to right side, recover onto left
- 4&5 Cross right over left, rock left to left side, recover onto right
- &6 Cross left over right, step right to right side
- 7-8 Cross right behind left, unwind half turn left (9)

Music download available from iTunes
