Push It Up (往上推) (zh)

Count: 64 **Wall:** 4 **Level:** Intermediate
Choreographer: Neville Fitzgerald (UK) & Julie Harris (UK) - 2010年05月
Music: Push It Up - Daniela

前奏： Starts After 32 Counts. 32拍後起跳

第一段 **Out, Out, Hold, & Side, Cross, Back, Side, Cross.**
大, 大, 候, 併 側, 爵士方塊交叉

1-2 Step forward & out on Left, step forward & out on Right.
左足左前踏, 右足右前踏

3&4 Hold, step Left next to Right, step Right to Right side.
候, 左足併踏, 右足右踏

5-8 Cross step Left over Right, step back on Right, step Left to Left side, cross step Right over Left.
左足於右足前交叉踏, 右足後踏, 左足左踏, 右足於左足前交叉踏

第二段 **Side, 1/4 Hinge, Cross Shuffle, Side, 1/4 Hinge, Rock Step.**
側, 1/4轉, 交叉交換, 側, 1/4轉, 下沉 回復

1-2 Step Left to Left side, make 1/4 turn to Right stepping Right to Right side. 左足左踏, 右轉90度右足右踏

3&4 Cross step Left over Right, step Right to Right side, cross step Left over Right. 左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏

5-6 Step Right to Right side, make 1/4 turn to Left stepping Left to Left side. 右足右踏, 左轉90度左足左踏

7-8 Cross rock Right over Left, recover on Left.
右足於左足前交叉下沉, 左足回復

第三段 **Side, Hold, & 1/4 Rock Step, Coaster Step, Step, 1/2 Pivot.**
側, 候, 併 1/4下沉 回復, 海岸步, 踏 轉

1-2 Step Right to Right side, Hold. 右足右踏, 候

&3-4 Step Left next to Right, make 1/4 turn to Right rocking forward on Right, recover on Left. 左足併踏, 右轉90度右足前下沉, 左足回復

5&6 Step back on Right, step Left to Right, step forward on Right.
右足後踏, 左足併踏, 右足前踏

7-8 Step forward on Left, pivot 1/2 turn to Right.
左足前踏, 右軸轉180度

第四段 **Point, Cross, Point, 1/4, Rock Step, 1/2, 1/2.**
點, 交叉, 點, 1/4, 下沉 回復, 1/2 1/2

1-2 Point Left to Left side, cross step Left over Right.
左足左點, 左足於右足前交叉踏

3-4 Point Right to Right side, make 1/4 turn to Right stepping Right next to Left. 右足右點, 右轉90度右足併踏

5-6 Rock forward on Left, recover on Right. 左足前下沉, 右足回復

7-8 Make 1/2 turn to Left stepping forward on Left, 1/2 turn Left stepping back on Right. 左轉180度左足前踏, 左轉180度右足後踏

第五段 **Stomp, Hold, & Walk, Walk, Brush, Step, Brush, Step.**
重踏, 候, 併 走 走, 刷, 踏, 刷, 踏

1-2 Stomp Left behind Right, Hold. 左足於右足後重踏, 候

&3-4 Step Right next to left, walk forward Left-Right.
右足併踏, 左足前走, 右足前走

5-6 Brush Left forward, step Left forward & slightly across Right.
左足前刷, 左足於右足前交叉踏

7-8 Brush Right forward, step Right forward & slightly across Left.
右足前刷, 右足於左足前交叉踏

第六段 Step, 1/2 Pivot, Step, 1/2 Turn, 1/4, Rock, Recover, Side.
踏, 轉, 踏, 轉, 1/4, 下沉 回復, 側

1-2 Step forward on Left, pivot 1/2 turn to Right.
左足前踏, 右軸轉180度

3-4 Step forward on Left, make 1/2 turn to Left stepping back on Right.
左足前踏, 左轉180度右足後踏

5-6 1/4 turn to Left stepping Left to left side, cross rock Right over Left 左轉90度左足左踏, 右足於左足前交叉下沉

7-8 Recover on Left, step Right to Right side. 左足回復, 右足右踏

****R** RESTART**: Wall 2 & Wall 5, Dance up to & including Count 8 in Section 6.. (Count 48), Then Restart dance from beginning… (Count 1)
第二面牆及第五面牆跳至此, 從頭起跳

第七段 Cross, Side, Sailor 1/4, Step, 1/2, 1/2, 1/4 Point.
交叉, 側, 1/4轉水手, 踏, 1/2 1/2 1/4點

1-2 Cross step Left over Right, step Right to Right side.
左足於右足前交叉踏, 右足右踏

3&4 Make 1/4 turn to Left stepping Left behind Right, step Right next to left, step forward on Left.
左轉90度左足於右足後踏, 右足併踏, 左足前踏

5-6 Step forward on Right, make 1/2 turn to Right stepping back on Left.
右足前踏, 右轉180度左足後踏

7-8 1/2 turn to Right stepping forward on Right. 1/4 turn to Right pointing Left to left side. 右轉180度右足前踏, 右轉90度左足左點

第八段 & Point, Hold, & Point, Hold, & Rock Step, Coaster Step.
併 點, 候, 併 點, 候, 併 下沉 回復, 海岸步

&1-2 Step Left next to Right, point Right to Right side, Hold.
左足併踏, 右足右點, 候

&3-4 Step Right next to Left, point Left to Left side, Hold.
右足併踏, 左足左點, 候

&5-6 Step Left next to Right, rock forward on Right, recover on Left.
左足併踏, 右足前下沉, 左足回復

7&8 Step back on Right, step Left next to Right, step forward on Right.
右足後踏, 左足併踏, 右足前踏