Push Ya Body

Count: 64 **Wall:** 2 **Level:** Phrased Intermediate / Advanced
Choreographer: Fred Whitehouse (IRE) & Shane McKeever (N.IRE) - May 2021
Music: Those Kinda Nights (feat. Ed Sheeran) - Eminem

Intro: 16 counts from start of track (app. 9 secs into track). Start with weight on L foot
Sequence: AAB, AAB, AAB.
Ending: Finish last B part and do counts &1 from the A part to finish at 12:00 ☐

A Part: 32 counts/2 walls (the A part always happens facing 12:00 or 6:00)
[1 - 8] Side heel ball cross, side rock cross, ¼ L together, knee pop, toes-heels-toes out

&1&2	Step R to R side (&), touch L heel to L diagonal (1), step L next to R (&), cross R over L (2) 12:00
3&4	Rock L to L side (3), recover on R (&), cross L over R (4) 12:00
&5&6	Turn ¼ L stepping back on R (&), step L next to R (5), pop knees fwd (&), step feet down again (6) 9:00
7&8	Move both toes out to sides (7), move heels out to sides (&), move toes out to sides (8) 9:00

[9 - 16] Scoopies RL ¼ L, ball step, cross rock, ball cross, 1/8 R, tic tac swivels with ½ R

1&2	Scoop R knee towards L (1), recover on R (&), scoop L knee towards R (2) 9:00
3&4	Recover on L turning ¼ L (3), step R next to L (&), step L fwd (4) 6:00
5 - 6	Cross rock R over L (5), recover on L (6) 6:00
&7&8	Step R to R side (&), cross L over R opening body up with a 1/8 R (7), swivel R heel ½ L turning body a ½ R (&), swivel L heel ½ L turning body a ½ R (8) ... weight on L 1:30

[17 - 24] Back R body roll, tap, ball cross, 1/8 fwd, ball touch behind, unwind 5/8 L, LR hitches

1 - 2	Step R back starting a body roll from head to toe (1), finish body roll tapping L toes fwd with body opened up to 3 o'clock (2) 3:00
&3 - 4	Step down on L (&), cross R over L (3), turn 1/8 L stepping L fwd (4) 1:30
&5 - 6	Turn ¼ L stepping R to R side (&), touch L behind R (5), unwind 3/8 L stepping L to L side 10:30
7 - 8	Change weight to R hitching L knee to L diagonal and rolling in upper-body (7), change weight to L hitching R knee to R diagonal and rolling in upper-body (8) 6:00

[25 - 32] Ball cross, side rock cross, side, 'Missionary' knee pops

&1 - 2	Step down on R (&), cross L over R (1), rock R to R side (2) 6:00
&3 - 4	Recover on L (&), cross R over L (3), step L out to L side (4) 6:00
5&6&	Pop R knee in flicking R heel fwd (5), recover on R (&), pop L knee in flicking L heel fwd (6), recover on L (&) 6:00
7&8	Pop R knee in flicking R heel fwd (7), recover on R (&), pop R knee in flicking R heel fwd (8) 6:00

B Part: 32 counts/1 wall (the B part always starts and ends facing 12:00)
[1 - 8] Side behind sweep, behind, L chasse, cross rock side rock, & point, roll and finger points (aka 'the boy band moves')

&1 - 2	Recover on R (&), cross L behind R sweeping R out to R side (1), cross R behind L (2) 12:00
3&4	Step L to L side (3), step R next to L (&), step L to L side (4) 12:00
5&a6	Cross rock R over L (5), recover on L (&), rock R to R side (a), recover on L (6) 12:00
&7	Step R next to L (&), point L to L side (7) 12:00
&8&	Start body roll from head (&) continue roll into L hip changing weight to L (8), push hips to L side (&) ...

Styling: point R index finger fwd (&), drop R arm pointing L index finger fwd (8), drop L arm pointing R index finger fwd and finish move stretching R arm fwd (&) 12:00

[9 - 16] Repeat counts 1 - 8, but with L

1 - 2	Cross R behind L sweeping L out to L side (1), cross L behind R (2) 12:00
3&4	Step R to R side (3), step L next to R (&), step R to R side (4) 12:00
5&a6	Cross rock L over R (5), recover on R (&), rock L to L side (a), recover on R (6) 12:00
&7	Step L next to R (&), point R to R side (7) 12:00
&8&	Start body roll from head (&) continue roll into R hip changing weight to R (8), push hips to R side (&) ...

Styling: point L index finger fwd (&), drop L arm pointing R index finger fwd (8), drop R arm pointing L index finger fwd and finish move stretching L arm fwd (&) 12:00

[17 - 24] Behind, point R, HOLD, together, point L, HOLD, behind & heel fwd, fwd together X 2

1 - 2	Cross L behind R (1), point R to R side (2) 12:00
3&4	HOLD (3), step R next to L (&), point L to L side (4) 12:00
5&6	HOLD (5), step L behind R (&), touch R toes fwd (6) ... Styling: body opened to L diagonal 12:00
7&8&	Step R small step fwd (7), step L behind R (&), step R small step fwd (8), step L behind R (&) 12:00

[25 - 32] Rock R fwd, back R, full turn box, syncopated step touches

1 - 3	Rock R fwd (1), recover back on L (2), step back on R (3) 12:00
4 - 6	Turn ¼ L stepping L to L side (4), turn ¼ L stepping R to R side (5), turn ¼ L stepping L to L side (6) 3:00
&7&8	Turn ¼ L stepping R to R side (&), touch L next to R (7), step L to L side (&), touch R next to L (8) 12:00

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