

# Push Back

Choreographer:  
Rebecca Lee 

Count: 64 Wall : 2

Level : Intermediate

Music: **Push Back** by **Neyo ft Bebe Rexha & Stefflon Don** (track length 3:50)

Intro : 16 counts from start of track

Counts	Part A	End facing
<b>1 – 8</b>	<b>Fwd, Fwd, Back Back, Out Out, In In, Step Back, Back, Press R, Heel Tap, Hitch</b>	
&1&2	Step R forward (&) Step L next to R (1) Step R back (&) Step R next to L (2)	12:00
&3&4	Step R to R side (&) Step L to L side (3) Step R to center (&) Step L to center (4)	12:00
5-6	Step R to R diagonal back (5) Step L to diagonal L back (6)	12:00
7&8	Press R to R diagonal back (7) Touch R heel down (&) Touch R heel down and hitch R knee (8)	12:00
<b>9 – 16</b>	<b>Cross, Side, Behind Side ¼ Turn L Forward, ½ Turn Pivot, ¾ Turn L, Heel Tap</b>	
1-2	Cross R over L (1) Step L to L side (2)	12:00
3&4	Step R behind L (3) Step L to L side (&) ¼ turn L Step R forward (4)	9:00
5-6	¼ turn L Step L forward 3:00 (5) ¼ turn L Step R forward (6)	12:00
7&8	½ turn L Step L to L side (7) Lift both heel up and down x2 (&8)	6:00
<b>17 – 24</b>	<b>Cross, Back Side, Cross , Back Together, Walk, Walk, Out Out, Shimmy</b>	
12&	Cross R over L (1) Step L back (2) Step R to R side (&)	6:00
3&4	Cross L over R (3) Step R back (&) Step L next to R (4)	6:00
5- 6	Walk R forward (5) Walk L forward (6)	6:00
&7&8&	Step R to R side (&) Step L to L side (7) Shimmy L shoulder (&) Shimmy R Shoulder (8) Shimmy L Shoulder (&)	6:00
<b>25 – 32</b>	<b>¼ Turn L Step, Runs Forward, Side Cross, ¾ Turn Curving Runs</b>	
1-2	Push R arm to 9:00 – chest level, Step R in place with L up angling body to 9:00 making ¼ turn L (1) Step L down (2)	3:00
3&4	Run R forward (3) Run L forward (&) Run R forward (4) ** Shuffle R forward**	3:00
5-6	Step L to L side (5) Cross R over L (6)	3:00
7&8	¼ turn L Step L forward 12:00 (7) ¼ turn L Step R forward 9:00 (&), ¼ turn L Step L forward (8)	6:00
<b>1 – 8</b>	<b>2 Touching Hip Rolls Forward, ¼ Turn L Step Touch, Hold, Drop</b>	
1-2	Touch R toe to R side, as you touch roll hip front to R (1) Recover hip roll to L and back while step R next to L (2)	6:00
3-4	Touch L toe to L side, as you touch roll hip front to L (1) Recover hip roll to R and back while step L next to R (2)	6:00
5- 6	¼ turn L Step R to R side (5) Touch L in place while your head will look R with your weight on R (6)	3:00
7&8	Hold (7) Drop hip downward as you bend knee lower x2 (&8)	3:00
<b>9 – 16</b>	<b>Side Together, Side Together Side, Rock, Recover, Touch BodyRoll</b>	
1- 2	Step L to L side (1) Step R next to L (2)	3:00
3- 4	Step L to L side (3) Step R next to L (&) Step L to L side (4)	3:00
5- 6	Rock R over L (5) Recover L (6)	3:00
7- 8	Touch R back while do a body roll (7) Step R heel down (8)	1:30
	*** ( Wall 5, replace counts &7&8 with ¼ turn R Walk R forward (7) Walk L forward (8) ***	
<b>17 – 24</b>	<b>Walk, Walk, Step , Knees , Walk , Walk, Step , Knees Clap, Bounce</b>	
1- 2	Walk L back (1) Walk R back (2)	1:30
3&4	Step L next to R while square it up to (3) Split both knees apart to sides (&) bring both knees together as you turning to 1/8 L (weight end on your L foot) (4)	10:30
5- 6	Walk R forward (5) Walk L forward (6)	10:30
7&8&	Step R next to L (7) Clap Both Knees X2 (&8) Lift both heel as you holding your weight on your ball (&)	10:30
<b>25 – 32</b>	<b>Press R, Press L, 3/8 Turn L Walk</b>	
1- 2	Drop the weight as you press R forward (1) Recover R next to L (2)	10:30
3- 4	Press L forward (3) Recover L next to R (4)	10:30
5- 8	Making 3/8 turn L Walk R (5) Walk L (6) Walk R (7) Walk L (8) ( style: As you walk you may roll your knee outward like doing a boogie walk)	6:00

