

# Push N' Pull

Count: 32

Wand: 4

Ebene:

Choreograf/in: David Kopczyk (USA)

Musik: Livin' La Vida Loca (Scissorhands Remix) - Ricky Martin



## SHUFFLE, STEP TURN, SHUFFLE, SHUFFLE

- 1 Step right forward
- & Step left beside right
- 2 Step right forward
- 3 Step left forward
- 4 Pivot ½ turn right
- 5 Step left forward
- & Step right beside left
- 6 Step left forward
- 7 Step right forward
- & Step left beside right
- 8 Step right forward

## HEEL TOE, HEEL SWITCHED, TOUCH, ½ PIVOT W/HITCH, KICKS W/ ½ TURN

- 9 Touch left heel forward
- & Step left home
- 10 Touch right toe back
- & Step right home
- 11 Touch left heel forward
- & Step left home
- 12 Touch right heel forward
- & Step right home
- 13 Touch left toe back
- & Unwind ½ turn left
- 14 Hitch left knee
- 15 Kick left forward
- & Kick left back
- 16 Pivot ½ turn left ending with left kicked forward

## RUNNING MAN, STEP, HOLD, SWIVEL TURNS

- 17 Step left foot forward
- & Scoot left foot back and lift right foot up and beside left calf at the same time
- 18 Step right foot forward
- & Scoot right foot back and lift left foot up and beside right calf at the same time
- 19 Step left foot forward
- & Scoot left foot back and lift right foot up and beside left calf at the same time
- 20 Step right foot forward
- & Scoot right foot back and lift left foot up and beside right calf at the same time
- 21 Step left foot forward
- 22 Hold
- 23 Swivel heels left turning ¼ turn left
- & Swivel heels right
- 24 Swivel heels left turning ¼ turn left

## STEP TURN, COASTER STEP, PUSH-PULL, TOUCH, PUSH DOWN

- 25 Step left foot forward

- 26 Pivot  $\frac{1}{4}$  turn right leaving weight on right
- 27 Step back on left
- & Step back on right
- 28 Step left forward
- 29 Hop forward on both feet thrusting hands forward at chest level to give the illusion of pushing something away
- 30 Hop back on both feet clenching fists and drawing them towards the chest as if pulling an object to you
- 31 Touch left toe back
- 32 Pivot  $\frac{1}{2}$  turn left while pushing hands towards the ground and pulling them back up

**REPEAT**

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