

# Push For The Stride A Bit

**COPPER** KNOB  
STEPSHEETS

Compte: 32

Mur: 2

Niveau: Absolute Beginner

Chorégraphe: Susanne Oates (UK) - February 2017

Musique: Push for the Stride - Ward Thomas



#16 Count introduction. 170BPM.

ALTERNATIVE POP TRACK: "Dance With me Tonight" by Olly Murs

**(STEP, TOGETHER, STEP, TOUCH,) x2**

- 1 2 Step right forward toward right diagonal. Step left beside right.
- 3 4 Step right forward toward right diagonal. Touch left beside right.
- 5 6 Step left forward toward left diagonal. Step right beside left.
- 7 8 Step left forward toward left diagonal. Touch right beside left.

Note: You may wish to add Motown style arms.

**STEP, TOUCH X4.**

- 9 10 Step forward on right. Touch left beside right.
  - 11 12 Step forward on left. Touch right beside left.
  - 13 14 Step forward on right. Touch left beside right.
  - 15 16 Step forward on left. Touch right beside left.
- Note: Finger clicks at shoulder height may be added with each touch.

**WALK BACK X3, HITCH, WALK BACK X3, HITCH.**

- 17 18 Step back on right. Step back on left.
- 19 20 Step back on right. Hitch left knee.
- 21 22 Step back on left. Step back on right.
- 23 24 Step back on left. Hitch right knee.

**HEEL STRUT X2, HEEL STRUT ¼ TURN X2.**

- 25 26 Touch right heel forward. Drop right toe to place taking weight.
  - 27 28 Touch left heel forward. Drop left toe to place taking weight.
  - 29 30 Turn ¼ left, touching right heel forward. Drop right toe to place taking weight.
  - 31 32 Turn ¼ left, touching left heel forward. Drop left toe to place taking weight. (6o'clock)
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