

Push & Pull Me Away

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Peter Davenport (ES) - September 2014
音乐: Pull Me Back - Leah Turner : (Album: Leah Turner, EP)



#16 Count Intro, Start on Vocals Approx 15 seconds

S1: Side Behind & Cross Step, Behind Hold & Cross & Cross, Rock, Recover

1,2& Step L to L 1, Cross R behind L 2, Step L to L & □□□□□12
3,4 Cross R over L 3, Step L to L 4, □□□□□□□12
5,6 Cross R behind L 5, HOLD 6, (Lean & angle body R weight on R) □□□12
&7& Cross L over R &, Step R to R 7, Cross L over R &, □□□□12
8&1 Step R to R 8, Rock L over R & Recover on R 1, □□□□□12

S2: Recover, ¼ L, Step ½ Step L, Step ½ Step R, Chasse ¼ L

2 ¼ L step forward on L □□□□□□□9
3&4 Step forward on R, Pivot ½ L, Step on R □□□□□□3
5&6 Step forward on L, Pivot ½ R, Step on L □□□□□□9
7&8 ¼ L step R to R, Bring L to R, Step R to R * R/W2 □□□□6

S3: Lunge, Recover, Syncopated Weave, Rock Replace Sailor ¼ R, Step

1,2& Lunge L across R 1, Recover on R 2, Step L to L &, □□□□6
3&4& Cross R over L 3, Step L to L &, Cross R behind L 4, Step L to L &, □□6
5,6 Cross rock R over L, Recover on L □□□□□□6
7&8& Sailor ¼ R, Step L to L on & □□□□□□9

S4: Rock Back ½ L, Rock Back ½ R, Shuffle ½ R, Step ½ Step R

1&2 Rock back on R, Recover on L, ½ L step back on R □□□□3
3&4 Rock back on L, Recover on R, ½ R step back on L □□□□9
5&6 Shuffle ½ R, R.L.R □□□□□□□3
7&8 Step on L, Pivot ½ R, Step on L (step turn step) □□□□□9

S5: Syncopated Rock Steps R&L Chasse ¼ R, Cross Rock Side

1,2& Rock forward on R 1, Recover on L 2, Bring R to L & □□□□9
3,4& Rock forward on L 3, Recover on R 4, Step back on L &, □□□□9
5&6 Chasse ¼ R, stepping R.L.R □□□□□□□12
7&8 Cross rock L over R, Recover on R, Step L to L □□□□□12

S6: Cross Hold, Turn ¼ R, Turn ¼ L, Kick Ball Change

1,2& Cross R over L 1, HOLD 2, ¼ R step back on L &, □□□□3
3,4& Step R to R 3, Cross L over R 4, ¼ L step back on R &, □□□□12
5,6& Step L to L 5, Cross R over L 6, Step L to L &, □□□□□12
7&8 R kick ball cross, Kick R over L, Step down on R, Step L to L **R/CS/W4 □12

S7: Cross Rock ¼ L, Extended Lock Step Back, ¼ Side Rock, Sailor ½ R

1,2 ¼ L cross rock R over L, Recover on L □□□□□□9
3&4& Step back on R 3, Lock L over R &, Step back on R 4, Lock L over R &, □□9
5,6 ¼ R rock R out to R, Recover on L □□□□□□12
7&8 Sailor ½ R □□□□□□□□6

S8: Syncopated Rock Steps L&R, Coaters Step, Shuffle Forward, Touch

1,2& Rock forward on L 1, Recover on R 2, Bring L to R &, □ □□□6

3,4& Rock forward on R 3, Recover on L 4, Bring R to L &, □□□□6
5&6 L coaster step, Step L back, Bring R to L, Step L forward □□□□6
7&8& R shuffle forward, step R.L.R, Touch L to R on & □□□□6

***Restart on Wall 2**

Dance up to and including count 8 on section 2, restart the dance from count 1

**** Restart & CS on wall 4**

Dance up to and including count 8 on section 6, + an & count by bringing R foot to L, restart the dance from count 1

Hope you enjoy the dance & music.

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