Push For The Stride A Bit

拍数: 32   **墙数:** 2   **级数:** Absolute Beginner

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音乐: 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)