

Don't Push Me

拍数: 32 墙数: 4 级数: Absolute Beginner
编舞者: Jiyun Im (KOR) - April 2023
音乐: Don't Push Me - Sweetbox



S1: FORWARD WALKS(R,L,R), TOGETHER, SIDE MAMBO(R,L)

1-2 Step RF forward, Step LF forward
3-4 Step RF forward, Together LF beside RF
(While doing walks, raise both hands up over head and move right and left like wave)
5&6 Step RF to R, Recover on LF, Step RF beside LF
7&8 Step LF to L, Recover on RF, Step LF beside RF

S2: BACK WALKS(R,L,R), TOGETHER, SIDE MAMBO (R,L)

1-2 Step RF back, Step LF back
3-4 Step RF back, Together LF beside RF
(While doing walks, raise both hands up over head and move right and left like wave)
5&6 Step RF to R, Recover on LF, Step RF beside LF
7&8 Step LF to L, Recover on RF, Step LF beside RF

S3: SIDE, TOGETHER ,SHASSE, CROSS, ROCK, RECOVER, ¼TURN L SHUFFLE FORWARD

1-2 Step RF to R, Step LF beside RF
3&4 Step RF to R, Step LF beside RF, Step RF to R
5-6 Cross LF over RF, Recover on RF
7&8 Step LF to L, Step RF beside LF, ¼Turn L Step LF to forward

S4: CROSS POINT, CROSS POINT, ¼TURN L PADDLE TURN (×2)

1-2 Cross RF over LF, Side point LF to L
3-4 Cross LF over RF, Side point RF to R
5-6 Step RF forward, ¼ turn L Hip roll (weight on LF)
7-8 Step RF forward, ¼ turn L Hip roll (weight on LF)

Tag1(8counts): V Step, Jazz Box Together- After Wall 2 (6:00)

1-2 Step RF diagonally forward, Step LF diagonally forward
3-4 Step RF back to center, Together LF beside RF
5-6 Cross RF over LF, Step LF back
7-8 Step RF to R, Step LF beside RF

Tag2(4Counts): V Step -After Wall 6 (6:00)

1-2 Step RF diagonally forward, Step LF diagonally forward
3-4 Step RF back to center, Together LF beside RF

****Enjoy dance**

Last Update: 17 Apr 2023