AB Push the Button

拍数: 32	墙数: 4	级数: Absolute Beginner

编舞者: Janice Kim (KOR) - December 2023

音乐: Push The Button (Jason Parker 2023 Remix) - Sugababes

No Tag. No Restart - Intro: 32 Counts

#1 Vine R, Touch, Vine L, Touch
1 2 3 4	Step RF to right side, step LF behind RF, step RF to right side, touch LF next to RF
5 6 7 8	Step LF to left side, step RF behind LF, step LF to left side, touch RF next to LF

#2 V-Step, Fwd Walk x3, Kick
1 2	Step RF diagonal right forward, step LF diagonal left
3 4	Step RF diagonal back to center, step LF next to RF
5 6 7 8	Walk forward RF-LF-RF, kick LF forward

#3 Back Walk x3, Touch, Rocking Chair
1 2 3 4	Step back LF-RF-LF, touch RF next to LF
5 6 7 8	Rock RF forward, recover weight on LF, rock RF back, recover weight on LF

#4 Jazz Box, Fwd, 1/4R Jazz Box, Fwd
1 2 3 4	Cross RF over LF, step LF back, step RF to right side, step LF forward
5 6	Cross RF over LF, step LF back
7 8	Turn 1/4 right stepping RF to right side, step LF forward

****You can teach basic steps, such as vine step, v-step, kick, rockingchair, and jazz box in this choreography.
I made it for the warming-up before main dancing. I hope it is useful for all absolute beginners. Good luck!!!
Janice6205@empas.com