

Push Da Button

拍数: 56 墙数: 4 级数: Intermediate
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音乐: Push Da Button - Taraji P. Henson



Intro: 16 counts, start approx 14 secs

SEC 1 Step, Touch Forward, Step, ½ Touch Forward, Step, Touch Forward, Step, ¼ Touch

1-2 Step right forward, touch left forward
3-4 Step left forward, turn ½ right touch right forward (6:00)
5-6 Step right forward, touch left forward
7-8 Step left forward, turn ¼ right touch right beside left (9:00)

Restart here on wall 7 > turn ¼ right to restart

SEC 2 Kick Ball Weave, Side, Hold, Ball Cross, ½ Unwind

1&2 Kick right forward to right diagonal, step right beside left, cross left over right
&3&4 Step right to right, step left behind right, step right to right, cross left over right
5-6 Step right to right, hold
&7-8 Step left beside right, cross right over left, unwind ½ left transferring weight on to left (3:00)

SEC 3 Dorothy Step, Dorothy Step, Touch Side x3, Touch

1-2& Step right forward to right diagonal, lock left behind right, step right forward
3-4& Step left forward to left diagonal, lock right behind left, step left forward
5&6& Touch right beside left, step right to right, touch left beside right, step left to left
7&8 Touch right beside left, step right to right, touch left beside right

SEC 4 1¼ Rolling Vine Shuffle, ½ Syncopated Jumps

1-2 Turn ¼ left step left forward, turn ½ left step right back (6:00)
3&4 Turn ½ left step left forward, step right beside left, step left forward (12:00)
&5 Step right forward to right diagonal, step left to left
&6 Turn ¼ right step right back, step left back (3:00)
&7 Step right forward to right diagonal, step left to left
&8 Turn ¼ right step right back, step left back (6:00)

SEC 5 Step, Kick, Step, Kick, Step, Kick, ¼ Side, Touch

1-2 Step right forward, kick left forward
3-4 Step left forward, kick right forward
5-6 Step right forward, kick left forward

Styling: Turn body to right diagonal during counts 1-6

7-8 Turn ¼ right step left to left, touch right beside left (9:00)

SEC 6 Step, Point, ¼ Cross, Point, Hitch, Hold, Sweep

1-2 Step right forward, point left to left
3-4 Turn ¼ left cross left over right, point right to right (6:00)
5-6 Hitch right knee, hold
7-8 Sweep right from back to front over 2 counts

SEC 7 Back x4, ¾ Run Around

1-2 Step right back, step left back
3-4 Step right back, step left back

Restart: Here on walls 3 and 5, add the following then restart the dance on wall 3 and dance the tag on wall 5

5& Turn 1/4 right step right beside left, turn 1/4 right step left beside right
6& Turn 1/4 right step right beside left, step left beside right

- 5& Turn $\frac{1}{8}$ right step right beside left, turn $\frac{1}{8}$ right step left beside right (9:00)
6& Turn $\frac{1}{8}$ right step right beside left, turn $\frac{1}{8}$ right step left beside right (12:00)
7& Turn $\frac{1}{8}$ right step right beside left, turn $\frac{1}{8}$ right step left beside right (3:00)
8& Step right beside left, step left beside right

Tag - After the restart on wall 5

Hold, $\frac{1}{4}$ Side, Hold

- 1-4 Hold over 4 counts
5-8 Turn $\frac{1}{4}$ right step right to right, hold over 3 counts (12:00)

Side, Hold, Arm, Hold

- 1-4 Step left to left, hold over 3 counts
5-8 Take right arm diagonally up to right side palm forward, hold over 3 counts

Arm, Hold, Sway Body, Sway Body

- 1-4 Take left arm diagonally up to left side palm forward, hold over 3 counts
5-6 Sway body right over 2 counts
7-8 Sway body left over 2 counts

Sway Body, Sway Body, Cross, Hitch, Cross, Hitch

- 1-2 Sway body right over 2 counts
3-4 Sway body left over 2 counts
5-6 Cross right over left, hitch left knee
7-8 Cross left over right, hitch right knee

Have fun,

x
