

Double Push

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Don't Push Me - Sweetbox



DOUBLE BUMP & BODY SWAY

1 - 2 R Bump fwd x 2
3 - 4 L bump back x 2
5 - 8 Body Sway (lean body fwd,back,fwd,back)

KICK BALL POINT X 3 (R, L, R), BALL TWIST, ¼ TURN LEFT

1 & 2 Kick Ball point R (toe left to L)
3 & 4 Kick Ball point L (" R to R)
5 & 6 Kick Ball point R (" L to L)
7&8& Twist Heel L (in- recover- center on toe L), pivot ¼ to L with left ,, Hook L

LEFT SHUFFLE, STEP, SPIRAL TURN, LEFT SHUFFLE, RIGHT MAMBO

1 & 2 L Shuffle fwd
3 - 4 Right step fwd, , full turn on RF L side (end R leg cross over L)
5 & 6 L Shuffle fwd
7 & 8 Right Mambo fwd (end RF back)

STEP BACK, PIVOT REVERSE, HITCH, SWITCHES, LEFT ½ PIVOT TURN

1 - 2 Left step back,, point R back
3 & 4 Pivot reverse ½ T on R, Hitch R, R point fwd
& 5 Touch R next to left, point L to L
& 6 Touch L next to R, point R fwd
& 7 Hitch R, point Right fwd D
8 Pivot ½ T to Left

TAG 1 : fin 2è mur : 8 Temps

1 - 2 Step R fwd with ¼ T to L , touch L
3 - 4 LF to L ¼ Turn to L, touch L
5 - 6 Step R fwd with ¼ T to L , touch L
7 - 8 LF to L ¼ Turn to L, touch L

Tour complet

TAG 2 : On 6ième wall make 32 counts but make slowly steps – End tag 4 counts

1 R step fwd (Without weight body)
2 3 4 bounce right heel x 3