

# Promenade Push (P)

拍数: 40      墙数: 0      级数: Partner  
编舞者: Pearl Pullman & Don Carvin  
音乐: Unknown



**Position: Sweetheart position with mirror footwork.**

- 1-2      **MAN:** Rock forward on left, rock back on right  
**LADY:** Rock forward on right, rock back on left.
- 3-4      **MAN:** Rock backward on left, rock forward on right.  
**LADY:** Rock backward on right, rock forward on left.
- 5-8      **MAN:** Triple step (left-right-left) away from woman, triple step in place (right-left-right).  
**LADY:** Triple step (right-left-right) away from man triple step in place (left-right-left).
- 9-12      **MAN:** Triple step (left-right-left) in towards woman, step (right-left-right) out away from woman.  
**LADY:** Triple step (right-left-right) in towards man, triple step (left-right-left) out away from man.
- 13-16      **MAN:** Triple step (left-right-left) in towards woman, triple step (right-left-right) out away from woman.  
**LADY:** Triple step (right-left-right) in towards man, triple step (left-right-left) out away from man.
- 17-18      **MAN:** Triple step (left-right-left) turning to face outside the circle & pick up both of partners hands  
**LADY:** Triple step (right-left-right) turning to face inside the circle & pick up both of partners hands.
- 19-20      **MAN:** Triple step (right-left-right) turning  $\frac{1}{4}$  to left (bring left hand up while woman triple steps under it ending up facing LOD with left hand over right still holding the woman's hand).  
**LADY:** Triple step (left-right-left) turning  $1\frac{1}{4}$  turn to right (bring right hand up and triple step under it ending up facing reverse LOD with left hand over right still holding the mans hand).
- 21-24      **MAN:** Touch left heel forward, reverse & touch right heel forward, reverse & touch left heel forward, hold for one count.  
**LADY:** Touch right heel forward, reverse & touch left heel forward, reverse & touch right heel forward, hold for one count.

## STARBURST

- 25-26      **MAN:** Triple step (left-right-left) while raising left hand over his own head & woman standing directly behind man.  
**LADY:** Triple step (right-left-right) while raising right hand over man & her left hand over her head--standing directly behind man.
- 27-28      **MAN:** Triple step (right-left-right) while bringing both arms down while woman triple steps behind man -- ending up on the outside of circle facing forward with his left arm behind woman and his right arm behind himself.  
**LADY:** Triple step (left-right-left) while bringing both arms down & continue moving behind man to end up on inside LOD (facing reverse) with her right arm behind her & her left arm behind the man.

- 29-32      **MAN:** 2 triple steps (left-right-left) (right-left-right) to the left ending up facing reverse LOD (still holding hands behind backs).  
**LADY:** 2 triple steps (right-left-right) (left-right-left) to the left ending up facing forward LOD (still holding hands behind backs).
- 33-36      **MAN:** 2 triple steps starting with left (let go of right hand) making a ½ turn to left to end up in starting Sweetheart position.  
**LADY:** 2 triple steps to right starting with right (let go of left hand) making a full turn to end up back in starting Sweetheart position.
- 37-40      **MAN:** Walk forward, left-right-left-right.  
**LADY:** Walk forward right-left-right-left.

**REPEAT**

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