

# Push N' Pull

拍数: 32      墙数: 4      级数:  
编舞者: David Kopczyk (USA)  
音乐: Livin' La Vida Loca (Scissorhands Remix) - Ricky Martin



## SHUFFLE, STEP TURN, SHUFFLE, SHUFFLE

1            Step right forward  
&            Step left beside right  
2            Step right forward  
3            Step left forward  
4            Pivot ½ turn right  
5            Step left forward  
&            Step right beside left  
6            Step left forward  
7            Step right forward  
&            Step left beside right  
8            Step right forward

## HEEL TOE, HEEL SWITCHED, TOUCH, ½ PIVOT W/HITCH, KICKS W/ ½ TURN

9            Touch left heel forward  
&            Step left home  
10           Touch right toe back  
&            Step right home  
11           Touch left heel forward  
&            Step left home  
12           Touch right heel forward  
&            Step right home  
13           Touch left toe back  
&            Unwind ½ turn left  
14           Hitch left knee  
15           Kick left forward  
&            Kick left back  
16           Pivot ½ turn left ending with left kicked forward

## RUNNING MAN, STEP, HOLD, SWIVEL TURNS

17           Step left foot forward  
&            Scoot left foot back and lift right foot up and beside left calf at the same time  
18           Step right foot forward  
&            Scoot right foot back and lift left foot up and beside right calf at the same time  
19           Step left foot forward  
&            Scoot left foot back and lift right foot up and beside left calf at the same time  
20           Step right foot forward  
&            Scoot right foot back and lift left foot up and beside right calf at the same time  
21           Step left foot forward  
22           Hold  
23           Swivel heels left turning ¼ turn left  
&            Swivel heels right  
24           Swivel heels left turning ¼ turn left

## STEP TURN, COASTER STEP, PUSH-PULL, TOUCH, PUSH DOWN

25           Step left foot forward

- 26 Pivot  $\frac{1}{4}$  turn right leaving weight on right
- 27 Step back on left
- & Step back on right
- 28 Step left forward
- 29 Hop forward on both feet thrusting hands forward at chest level to give the illusion of pushing something away
- 30 Hop back on both feet clenching fists and drawing them towards the chest as if pulling an object to you
- 31 Touch left toe back
- 32 Pivot  $\frac{1}{2}$  turn left while pushing hands towards the ground and pulling them back up

**REPEAT**

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