

Push N' Pull

拍数: 32 墙数: 4 级数:
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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
