

Push The Button

拍数: 64 墙数: 4 级数: Intermediate
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音乐: Push the Button - Sugababes



RIGHT & LEFT SWITCHES, RIGHT HEEL & HOOK, RIGHT FORWARD SHUFFLE, LEFT FORWARD ROCK & RECOVER

1&2& Touch right to side, step right together, touch left to side, step left together
3-4 Touch right heel forward, hook right over left
5&6 Step right forward, step left together, step right forward
7-8 Rock left forward, recover weight on right

LEFT BACK & HOLD, RIGHT TOGETHER, LEFT BACK & HOLD, RIGHT BACK ROCK & RECOVER, RIGHT SHUFFLE FORWARD

1-2& Step left back, hold, step right together (you can add a clap on the hold)
3-4 Step left back, hold (you can add a clap on the hold)
5-6 Rock right back, recover weight on left
7&8 Step right forward, step left together, step right forward

LEFT & RIGHT & LEFT SWITCHES TURNING ¼ RIGHT, LEFT HITCH, LEFT FORWARD SHUFFLE, RIGHT FORWARD, ¼ LEFT PIVOT TURN

1&2& Touch left to side, step left together, step right to side, step right together turning ¼ right
3-4 Touch left to side, hitch left (you can also flick back and click your fingers as an alternative)
5&6 Step left forward, step right together, step left forward
7-8 Step right forward, pivot ¼ left

WEAVE LEFT 2, RIGHT BEHIND-SIDE-CROSS, LEFT SIDE & HOLD, RIGHT BALL-CROSS-SIDE

1-2 Cross step right over left, step left to side
3&4 Cross step right behind left, step left to side, cross step right over left
5-6 Step left to side, hold
&7-8 Step right together, cross step left over right, step right to side

LEFT BACK TOUCH, ½ LEFT PIVOT TURN, RIGHT FORWARD, ¼ LEFT PIVOT TURN, WEAVE LEFT 2, RIGHT SAILOR STEP

1-4 Touch left back, turn ½ left stepping on left, step right forward, pivot ¼ left
5-6 Cross step right over left, step left to side
7&8 Cross step right behind left, step left to side, step right to side

WEAVE RIGHT 2, LEFT BEHIND-SIDE-CROSS, RIGHT SIDE & HOLD, LEFT BALL-CROSS-SIDE

1-2 Cross step left over right, step right to side
3&4 Cross step left behind right, step right to side, cross step left over right
5-6 Step right to side, hold
&7-8 Step left together, cross step right over left, step left to side

RIGHT ROCK BACK & RECOVER, RIGHT TOGETHER, LEFT FORWARD & HOLD (CLAP), ½ RIGHT PIVOT TURN, LEFT FORWARD, RIGHT KICK BALL STEP

1-2& Rock right back, recover weight on left, step right together
3-4 Step left forward, hold (keeping weight on left, optional clap with hold)
5-6 Pivot ½ right, step left forward
7&8 Kick right forward, step right together, step left forward

RIGHT FORWARD, ¼ LEFT PIVOT TURN, WEAVE LEFT 2, RIGHT SAILOR STEP, LEFT CROSS BEHIND & UNWIND ¾ LEFT

- 1-4 Step right forward, pivot ¼ left, cross step right over left, step left to side
5&6 Cross step right behind left, step left to side, step right to side
7-8 Touch left behind right, unwind ¾ left ending with weight on left

REPEAT
