

Push The Button

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Push the Button - Sugababes



HEEL SWITCHES, SCUFF & STEP, SAILOR STEP ¼ TURN, ROCK & ROCK

1&2& Touch right heel forward, touch right beside left, touch left heel forward
3&4 Step left in place, scuff forward with right foot, step right foot out to right side
5&6 Cross left behind right, step right to right side, make ¼ turn left stepping forward onto left
7&8& Rock forward on right, recover onto left, rock back on right, recover weight forward onto left

¼ TURN TOUCH, TOE SWITCHES, CROSS UNWIND, COASTER STEP

1-2 Step right to right side making a ¼ turn left, touch left next to right
3&4 Touch left toe to left side, step left in place, touch right toe to right side
5-6 Cross right over left, unwind ½ turn left keeping weight on right foot
7&8 Step back left, step right beside left, step left forward

WEAVE, SAILOR STEP, ¾ TURN, SWEEP ½ TURN

1-2 Cross right over left, step left to left side
3&4 Step right behind left, step left to left side, step right in place
5-6 Cross left behind right, unwind ¾ turn over left shoulder keeping weight on left foot
7-8 Make ½ turn left sweeping right foot round in front of left, touching right foot next to left

JUMP OUT & IN, ½ TURN TOUCHES TWICE, LEFT SHUFFLE

&1&2 Jump out right and left, jump in right left touching left toe next to right
3-4 Step forward on left making a ½ turn right, touch right toe next to left
5-6 Step forward on right making a ½ turn left, touch left toe next to right
7&8 Step forward left, step right next to left, step forward left

REPEAT