

Pushin Me

COPPER KNOB
BY STEPHEN HETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Ryan Wareing (UK)
音乐: Pushin' Me Out - D-SIDE



POINT, ¼, LEFT SHUFFLE, ROCK FORWARD RECOVER, 2 STEPS BACK

1 Point right to right side
2 Turn ¼ over right shoulder stepping right foot next left (3:00)
3&4 Step left foot forward, step right next to left, step left foot forward
5 Rock forward on the right foot
6 Recover weight back on left foot
7-8 Step right foot back, step left foot back

ROCK BACK, RECOVER, KICK BALL POINT, CROSS ½ UNWIND, CROSS SHUFFLE

9 Rock right foot back
10 Recover weight back on left foot
11&12 Kick right foot forward, step right next to left, point left foot to left side
13 Cross left foot over right
14 Unwind ½ over right shoulder (9:00)
15&16 Cross left foot over right, step right foot to right side, cross left foot over right

STEP ¼, STEP ¼, BUMP LEFT, RIGHT, LEFT, SIDE ROCK, RECOVER, SAILOR STEP

17 Step ¼ over right shoulder stepping forward on the right (12:00)
18 Step ¼ over right shoulder stepping left foot to left side (3:00)
19&20 Hip bump left, right, left
21-22 Rock right foot to right side, recover weight on to left foot
23 Right foot behind
& Make ½ turn over right shoulder stepping left to left side (6:00)
24 Step right foot to right side

KICK, BACK, TOUCH, BODY ROLLS, KICK AND CROSS, SIDE TOUCH

25&26 Kick left foot, step back on left foot, touch right foot forward
27-28 Body roll down, body roll up and putting weight on right foot
29&30 Kick left foot forward, step left foot next to right, cross left foot over right
31-32 Step left foot to left side, touch right foot next to left

REPEAT

Arms movements for walls 3, 6, 7, 9, 10, 11, 12 (chorus)

1 Right arm forward, palm of hand facing forward
2 Continue the right arm while turning ¼
3&4 Shoulder bumps right, left, right
7 ½ turn over right shoulder, stepping right forward (6:00)
8 ½ turn over right shoulder, stepping back on left (3:00)
17 Raise both arms up
18 (Gently) slap your bottom cheeks
19&20 Keep hands on cheeks
25&26 Raise arms to the "I don't know" posture
27-28 Keep arms raised to the "I don't know" posture