

Pushin' Pals (P)

COPPER KNOB
STEPSHEETS

拍数: 40 墙数: 2 级数: partner/contra dance
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音乐: No News - Lonestar



HOP SWITCHES, PIVOT, HOP SWITCHES

1& Touch right heel forward, step right foot to home
2& Touch left heel forward, step left foot to home
3-4 Touch right heel forward, pivot ½ turn left on ball of left foot
5-8 Repeat 1-4

HEEL SWIVELS, HIP BUMPS, HIP ROLLS

9-10 Swivel heels to the left, swivel heels to the right
11-12 Swivel heels to the left, hold and clap your hands
13-16 Bump hips to the right twice, bump hips to the left twice
17-18 Bend knees and roll hips to the right one full revolution brushing hips with partner
19-20 Repeat 17-18

CHA-CHA-CHA FORWARD, ROCK STEPS, CAH-CHA-CHA BACK, ROCK STEPS WITH "HIGH FIVE"

21&22 Cha-cha-cha forward (right, left, right)
23-24 Step forward on left foot, rock back on right foot
25&26 Cha-cha-cha backward (left, right, left)
27-28 Step back on right foot, rock forward onto left foot and slap partner's right palm with your right palm

CHA-CHA-CHA FORWARD, PIVOT TURN RIGHT, CHA-CHA-CHA FORWARD

29&30 Cha-cha-cha forward (right, left, right)
31-32 Step forward on left foot, pivot ½ turn right on ball of left foot and shift weight to right foot

Partners now face each other about 6 feet apart

33&34 Cha-cha-cha forward (left, right, left) at a slight left diagonal towards partner

Partners now face to face and join hands in a crossed Double Hand Hold position, left hand over right

CHANGE SIDES AS LADY PIVOTS LEFT (MAN CHA-CHA-CHA IN PLACE, LADY PIVOT)

Raise joined left hands and pass them over lady's head as she pivots

35&36 **MAN:** Step right foot in place, step left foot next to right, step right foot next to left
 LADY: Step forward on right foot, pivot ½ turn left on ball of right foot, shift weight to left foot

Partners are briefly side by side with man's right shoulder next to lady's left shoulder. Both are facing the lady's starting direction. Release left hands. Raise joined right hands and pass them over lady's head as she turns

37&38 **MAN:** Step left foot in place, step right foot next to left, step left foot next to right
 LADY: Step forward on right foot, pivot ½ turn left on ball of right foot, shift weight to left foot

Release right hands and bring hands down to waist

39-40 **MAN:** Stomp right foot next to left, hold and clap hands
 LADY: Stomp right foot next to left, hold and clap hands

Partners have reversed sides and facing directions and will do so at each repetition

REPEAT

While not so obvious to an observer, the lady's footwork, etc. is pure "Tush Push" following beat #20, except for the full (vs. ¾) total turns at the end