

Tush Pushin'

拍数: 40 墙数: 0 级数:
编舞者: Adrian Churm (UK)
音乐: Tush Pushin' - Paul Bailey



HEEL AND TOE TAPS, HEEL SWITCHES

- 1-4 Touch right heel forward, touch right foot beside left and touch right heel forward twice
& Switch weight from right foot to left as the right foot steps back in place
5-8 Repeat 1-4 on the opposite foot
& Switch weight from left to right foot as the left foot steps back in place
9&10 Touch right heel forward, step right foot back in place as you touch the left heel forward
&11-12 Step left foot back in place as the right heel touches forward, and leave right heel forward as you clap hands once

HIP BUMPS AND HIP ROLLS

- 13&14 Push hips forward twice
15&16 Push hips back twice
17-20 Roll hips around to the right twice (or just repeat 13-16)

TRIPLE STEPS WITH HALF TURN, STOMP AND CLAP

- 21&22 Triple step forward right, left, right
23-24 Left foot steps forward then replace weight back onto the right foot

Your partner should now be to your left side

- 25&26 Triple step back left, right, left
27-28 Right foot steps back then replace weight forward onto the left foot
29&30 Triple step forward right, left, right, small steps

31&32 TRIPLE STEPS FORWARD LEFT, RIGHT, LEFT, SMALL STEPS

- 33&34 Triple step past your partner making $\frac{1}{2}$ a turn to the left stepping right, left, right
35-36 Triple step back left, right, left
37-38 Step right foot back and replace weight forward onto the left foot
39-40 Stomp right foot next to left and clap hands

REPEAT
