

Don't Push Me

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Maggie Gallagher (UK) - September 2007
音乐: Don't Push Me - Sweetbox : (from the Greatest Hits album available from Ebay)



Intro: Classical Music 16 counts (9 sec) - (Total Song Duration 3m 16s)

Sweetbox - Best of 1995 - 2005 [European Cd] available - [Website](#)

(Please note :- Some versions of the albums do not contain this song.)

The dance moves in an Anticlockwise direction.

TOUCH, STEP, HEEL TAP, 1/4 RIGHT, BALL-STEP, WALKS FORWARD

1&2 Touch right toe next to left, Step back on right, Tap left heel forwards [12]
3&4 Make 1/4 turn right (transferring the weight onto the left, Step back on ball of right, Step forward on left [3]

(Restart here during wall 7 - whilst facing the 12 O'clock wall)

5,6 Walk forward right, Walk forward left
7&8 Rock forward on right, Recover onto left, Step back on right and lift left toe (keeping left heel on ground)

BACKWARD WALKS WITH HEEL GRINDS, BALL-STEP, TOUCH, BALL-STEP, RIGHT STOMPS

1,2 Walk back on left whilst fanning right toes with right heel on floor, Walk back on right whilst fanning left toes with left heel on floor
3&4 Walk back on left whilst fanning right toes with right heel on floor, Walk back on right whilst fanning left toes with left heel on floor, Walk back on left whilst fanning right toes with right heel on floor
&5 Step back on the ball of the right, Walk forward left
6& Touch right toe next to left, Step back on ball of right
7&8 Walk forward left, Stomp right next to left, Stomp right next to left

RIGHT FOOT TRAVELLING SWIVELS, DRAG, BALL-CROSS, 1/4 RIGHT, 1/4 RIGHT WITH SIDE ROCK, RECOVER

1&2 Fan right toe to right side, Swivel right heel to right side, Fan right toe to right side
3&4 Drag right toe to meet left, Cross back on right, Cross left over right
5&6 Hitch right knee, Step right to right side, Cross left over right
7&8 Make 1/4 turn right stepping onto right, Make 1/4 turn right rocking left to left side, Recover onto right side [9]

LEFT CROSS ROCK, RECOVER, RIGHT CROSS ROCK, RECOVER, STEP LEFT, FULL PADDLE LEFT

1,2& (Moving forwards slightly) Cross left over right, Rock out to right side, Recover onto left
3,4& (Moving forwards slightly) Cross right over left, Rock out to left side, Recover onto right
5 Step forward on left
&6&7&8 Make full paddle turn left ending on a point out to right side [9]

Start again

TAG: Start this 8 count tag at the end of wall 2 - facing the back wall.

**RIGHT CROSS, BACK LEFT, SIDE RIGHT, CROSS LEFT, BACK RIGHT, BACK LEFT, RIGHT JAZZ WITH
1/4 TURN RIGHT**

1,2 Cross right over left, Step back on left
&3,4 Step right to right side, Cross left over right, Step back on right
&5,6 Step back on left, Cross right over left, Make 1/4 turn right stepping back on left
7,8 Step right to right side, Step forward on left

(You will end up facing the 9 O'clock wall)

Ending ? Facing the front wall

1&2 Touch right toe next to left, Step right next to left, Tap left heel forward
&3,4 Step left next to right, Cross right over left, Unwind full turn left
5 Push both palms forward
