

Kat DeLuna - Push Push

COPPER KNOB
STEPSHEETS

拍数: 112 墙数: 1 级数: Phrased Easy Intermediate
编舞者: Kevin Winn (USA) - July 2010
音乐: Push Push (feat. Akon) - Kat DeLuna



Sequence: ABC – ABC – ABBC (This dance is a lot easier than it looks)

Start on Vocals:

Part A:

(1-8) R walk fwd, L walk fwd, R point fwd, R point back, In place RLR w/ ½ turn R, L kick ball touch,

1-4 Walk fwd R, Walk fwd L, Point or kick R fwd, Point or kick R back,

5&6 Triple in place RLR while turning ½ R,

7&8 Kick L fwd, Step L next to R, Touch R next to L, (6:00)

(9-16) Hop fwd at R angle, Hop fwd at L angle, Hop out, Sway Hips R L,

&1-2 Hop fwd at R angle stepping R, touch L next to R, Hold,

&3-4 Hop fwd at L angle stepping L, touch R next to L, Hold,

&5-6 Hop out stepping R out to R side, Stepping L out to L side, Hold,

7-8 Sway Hips R, L, (6:00)

(17-24) Lindy R, Lindy L,

1-4 Shuffle to the R, back rock L, recover R,

5-8 Shuffle to the L, back rock R, recover L, (6:00)

(25-32) Point, Fwd, Point, Fwd, Step, Pivot ½ L, Turn ½ L, Hold,

1-4 Point R to R side, Step R fwd, Point L to L side, Step L fwd,

5-8 Step fwd R, Pivot ½ L, Turn ½ L while sitting back on R, Hold, (6:00)

(33-40) Jazz Box, Point R & L, & R w/ ¼ turn L,

&1-2 Step L next to R, Cross R over L, Step L to L side,

3-4 Step R to R side, Step L next to R,

5&6 Point R to R side, Step R next to L, Point L to L side,

&7-8 Step L next to R while turning ¼ L, Point R to R side, (3:00)

(41-48) Sailor Step, Sailor ¼ turn L, Paddle turn full turn L,

1&2 Step R behind L, Step L to L side, Step R to R side,

3&4 Sailor Step ¼ L,

5-8 Paddle turn a full turn L, (12:00)

Part B (Push Push)

(1-8) (With attitude) Hip bumps fwd at R angle, Hip bumps fwd at L angle, Out, Out, In, In,

1&2 Step fwd R at R angle while bumping hips hard R,L,R,

3&4 Step fwd L at L angle while bumping hips hard L,R,L,

5-8 With a small skate motion step out on R, step out on L, Step in on R, Step in on L, (12:00)

(9-16) Monterey ½ R, R kick ball change, Point R, Touch R next to L,

1-4 Point R to R side, Step R next to L while turning ½ R, Point L to L side, Step L next to R,

5&6 Kick R, Step R next to L, Step L next to R,

7-8 Point R to R side, Touch R next to L (almost with a pop) (6:00)

(17-32) Repeat counts 1-16 (12:00)

Part C:

(1-8) Vine R with Dbl clap, Vine L with ¼ turn L with Dbl clap,

1-4 Step Side R, Step L behind R, Step Side R, Hitch L with Dbl clap,

5-8 Step Side L, Step R behind L, Step Side L w/ ¼ turn L, Hitch R with Dbl clap, (9:00)

(9-16) Repeat cnts 1-8 (6:00)

(17-24) Shuffle fwd R, Pivot ½ R, Hop fwd X 2,

1&2 Shuffle fwd R,L,R,

3-4 Step fwd L, Pivot ½ R, (12:00)

&5-6 Hop fwd L, R, Hold,

&7-8 Hop fwd R, R, Hold,

(25-32) Step Side L, Together, Step Side L, Together (with attitude) Moving fast to the R, Heels, Toes, Heels, Toes, Heels, Toes, Heels, (twist with your hips)

1-4 Step L to L side, Step together with R, Step L to L side, Step together with R,

5&6& Swivel Heels to R, Swivel Toes to R, Swivel Heels to R, Swivel Toes to R,

7&8 Swivel Heels to R, Swivel Toes to R, Swivel Heels to Center, (12:00)

Start over facing front wall.

**I taught this at my Eagles Dance and they picked it up without any trouble. So don't be scared !
This dance is much easier then it looks on paper.**
