

# Push For The Stride

COPPER KNOB  
BY SHEETS

拍数: 48                      墙数: 2                      级数: Improver  
编舞者: Caroline Cooper (UK) - July 2014  
音乐: Push for the Stride - Ward Thomas : (iTunes And Other Music Sites)



Thanks To Ron Spence For Music Advice

INTRO 8 COUNTS, (START ON VOCALS)

**Sec 1: □ KICK R FORWARD, STEP OUT R&L, R SAILOR, ¼ TURN LEFT SAILOR, R STEP, ¼ PIVOT LEFT, CROSS R OVER L**

1&2                      kick right forward, step right to right side, step left to left side  
3&4                      step right behind left, step left to left side, step right to right side  
5&6                      ¼ left stepping left behind right, step right to right side, step left to left side (9)  
7&8                      step forward right, ¼ pivot left, cross right over left (6)

**Sec 2: □ SIDE ROCK CROSS, SIDE ROCK CROSS, SIDE BEHIND ¼ TURN, STEP ½ TURN STEP**

1&2                      rock left to left side, recover, cross left over right  
3&4                      rock right to right side, recover, cross right over left  
5&6                      step left to left side, cross right behind left, ¼ left stepping left forward (3)  
7&8                      step forward right, ½ left , step forward right (9)

**Sec 3: □ TRIPLE FULL TURN, RIGHT MAMBO, HITCH BACK, HITCH BACK, HITCH LEFT COASTER STEP**

1&2                      triple full turn over right (LRL) ½ turn right stepping back left, ½ turn right stepping forward right, step forward left  
3&4                      rock right forward, recover left, step right next to left (9)  
&5&6                      hitch left, step back left, hitch right, step back right,  
&7&8                      hitch left, step back, step right next to left, step forward left (9)

**Sec 4: □ R HEEL TOE, HEEL TOE, HEEL TOE STOMP STOMP , L HEEL TOE, HEEL TOE, HEEL TOE STOMP STOMP**

1&                      tap right heel forward on diagonal, tap right toe across in front of left foot (9)  
2&                      tap right heel forward on diagonal, tap right toe across in front of left foot  
3&                      tap right heel forward, touch right toe next to left in step  
4&                      drop the right heel twice

Repeat above steps starting on left heel (5&6&7&8&) (9)

**Sec 5: □ JAZZ BOX ¼ TURN RIGHT, JAZZ BOX ½ TURN LEFT, ROCK FORWARD, SIDE, BEHIND, SIDE, CROSS**

1&2                      cross right over left, step back left, ¼ turn right (12)  
3&4                      cross left over right, ½ left stepping back right, step left to left side (6)  
5&6&                      rock forward right, recover, rock right to right side, recover  
7&8                      step right behind left, step left to left side, cross right over left (6)

**Sec 6: □ RHUMBA BOX, BACK TOUCH, FORWARD BRUSH, L LOCK STEP (6)**

1&2                      step left to left side, close right next to left, step forward left  
3&4                      step right to right side, close left next to right, step back right  
5&6&                      step back left, touch right in front of left, step forward right, brush left forward  
7&8                      step forward left, lock right behind left, step forward left

End of wall 2 facing 12 o'clock 8 count Tag

1&2&3&4 right forward rock, recover, right back rock recover, step forward right, lock left behind, step forward right

5&6&7&8 left forward rock, recover, left back rock recover, step forward left, lock right behind, step forward left

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