

# Push

拍数: 32      墙数: 4      级数: Improver  
编舞者: Michelle Risley (UK) - August 2014  
音乐: Push for the Stride - Ward Thomas : (iTunes & Amazon)



## Stomp, Fan, Stomp Fan, Back Clap, Back Clap, Back Lock Step

1                    Stomp Right Forward (Angled Slightly To Left Diagonal),  
&2&                Fan Toe Out, In, Out, weight on Right (Finish Angled Slightly To Right Diagonal)  
3                    Stomp Left Forward (Angled Slightly To Right Diagonal),  
&4&                Fan Toe, Out, In, Out weight on Left (Finish Angled Slightly To Left Diagonal)  
5&6&              Step Back Right, Touch Left & Clap, Step Back Left, Touch Right & Clap (12 o/c)  
7&8                Step Back Right, Lock Left Over Left, Step Back Right

**Restart: □ Wall 4 (9o/c) Add (&) Count – Step Down On Left, Restart Dance Facing 9o/c**

## Left Rhumba Box Forward, Side Shuffle Left, Sailor ¼ Right

1&2&              Step Left To Side, Together, L Forward, Touch R,  
3&4&              Right Side, Together, R Back, Touch L,  
5&6                Left Side, Right Together, Left Side  
7&8                Turn ¼ Right – Sailor Step (3 o/c)

## Point, Out In Out, Weave, Point Out, In Out, Weave, (&)

1&2&              Point Left To Side, Touch In Place, Point To Side, Small Kick To Left Diagonal  
3&4                Step Left Behind, Side, Cross  
5&6&              Point Right To Side, Touch In Place, Point To Side, Small Kick To Right Diagonal  
7&8&              Step Right Behind, Side, Cross, Step Left Beside Right (3 o/c)

## Mambo Step, Coaster Step, Kick, Cross, Back Rock, Kick, Cross, Back Rock

1&2                Right Mambo Step Forward  
3&4                Left Coaster Back  
5&                Kick Right Forward, Cross Over Left,  
6&                Rock Back Left, Recover (Angle To Right Diagonal)  
7&                Kick Left Forward, Cross Over Right,  
8&                Rock Back Right, Recover (Angle To Left Diagonal)

**You Should Be Turned Slightly To Left Diagonal To Start The Dance Again.**

**Enjoy And Push On!!**

**Restart Wall 4, After 8 Counts**

**Michelle Xx**

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