

# Push & Pull Me Away

COPPER KNOB  
STEPSHEETS

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Peter Davenport (ES) - September 2014  
音樂: Pull Me Back - Leah Turner : (Album: Leah Turner, EP)



## #16 Count Intro, Start on Vocals Approx 15 seconds

### S1: Side Behind & Cross Step, Behind Hold & Cross & Cross, Rock, Recover

1,2&      Step L to L 1, Cross R behind L 2, Step L to L & □□□□□12  
3,4      Cross R over L 3, Step L to L 4, □□□□□□□12  
5,6      Cross R behind L 5, HOLD 6, (Lean & angle body R weight on R) □□□12  
&7&      Cross L over R &, Step R to R 7, Cross L over R &, □□□□12  
8&1      Step R to R 8, Rock L over R & Recover on R 1, □□□□□12

### S2: Recover, ¼ L, Step ½ Step L, Step ½ Step R, Chasse ¼ L

2      ¼ L step forward on L □□□□□□□9  
3&4      Step forward on R, Pivot ½ L, Step on R □□□□□□3  
5&6      Step forward on L, Pivot ½ R, Step on L □□□□□□9  
7&8      ¼ L step R to R, Bring L to R, Step R to R \* R/W2 □□□□6

### S3: Lunge, Recover, Syncopated Weave, Rock Replace Sailor ¼ R, Step

1,2&      Lunge L across R 1, Recover on R 2, Step L to L &, □□□□6  
3&4&      Cross R over L 3, Step L to L &, Cross R behind L 4, Step L to L &, □□6  
5,6      Cross rock R over L, Recover on L □□□□□□6  
7&8&      Sailor ¼ R, Step L to L on & □□□□□□□9

### S4: Rock Back ½ L, Rock Back ½ R, Shuffle ½ R, Step ½ Step R

1&2      Rock back on R, Recover on L, ½ L step back on R □□□□3  
3&4      Rock back on L, Recover on R, ½ R step back on L □□□□9  
5&6      Shuffle ½ R, R.L.R □□□□□□□3  
7&8      Step on L, Pivot ½ R, Step on L (step turn step) □□□□□9

### S5: Syncopated Rock Steps R&L Chasse ¼ R, Cross Rock Side

1,2&      Rock forward on R 1, Recover on L 2, Bring R to L & □□□□9  
3,4&      Rock forward on L 3, Recover on R 4, Step back on L &, □□□□9  
5&6      Chasse ¼ R, stepping R.L.R □□□□□□□12  
7&8      Cross rock L over R, Recover on R, Step L to L □□□□□12

### S6: Cross Hold, Turn ¼ R, Turn ¼ L, Kick Ball Change

1,2&      Cross R over L 1, HOLD 2, ¼ R step back on L &, □□□□3  
3,4&      Step R to R 3, Cross L over R 4, ¼ L step back on R &, □□□□12  
5,6&      Step L to L 5, Cross R over L 6, Step L to L &, □□□□□12  
7&8      R kick ball cross, Kick R over L, Step down on R, Step L to L \*\*R/CS/W4 □12

### S7: Cross Rock ¼ L, Extended Lock Step Back, ¼ Side Rock, Sailor ½ R

1,2      ¼ L cross rock R over L, Recover on L □□□□□□9  
3&4&      Step back on R 3, Lock L over R &, Step back on R 4, Lock L over R &, □□9  
5,6      ¼ R rock R out to R, Recover on L □□□□□□12  
7&8      Sailor ½ R □□□□□□□□6

### S8: Syncopated Rock Steps L&R, Coaters Step, Shuffle Forward, Touch

1,2&      Rock forward on L 1, Recover on R 2, Bring L to R &, □ □□□6

3,4&            Rock forward on R 3, Recover on L 4, Bring R to L &, □□□□6  
5&6            L coaster step, Step L back, Bring R to L, Step L forward □□□□6  
7&8&           R shuffle forward, step R.L.R, Touch L to R on & □□□□6

**\*Restart on Wall 2**

Dance up to and including count 8 on section 2, restart the dance from count 1

**\*\* Restart & CS on wall 4**

Dance up to and including count 8 on section 6, + an & count by bringing R foot to L, restart the dance from count 1

Hope you enjoy the dance & music.

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