

Push For The Stride

COPPER **KNOB**
BY STEPHENETS

拍數: 64 牆數: 4 級數: Improver
編舞者: Magali CHABRET (FR) - August 2014
音樂: Push for the Stride - Ward Thomas : (CD: From Where We Stand)



#16 counts intro

Section 1 – SIDE, TOUCH, SIDE, TOUCH, ½ BOX FORWARD

1-4 Step right to side – touch left beside right – step left to side – touch right beside left
5-8 Step right to side – step left next to right – step right forward – touch left beside right

Section 2 – SIDE, TOUCH, SIDE, TOUCH, SIDE, TOGETHER, ¼ TURN LEFT, HOLD

1-4 Step left to side – touch right beside left – step right to side – touch left beside right
5-8 Step left to side – step right next to left - 1/4 turn left stepping left forward – hold (9:00)

Section 3 – WALK RIGHT, CLAP, WALK LEFT, CLAP, ROCKING CHAIR

1-4 Step right forward - hold & clap hands – step left forward – hold & clap hands
5-8 Rock forward on right – recover onto left – rock back on right – recover onto left

Section 4 – STEP, HOLD, ½ TURN RIGHT, HOLD, SLOW COASTER STEP, HOLD

1-4 Step right forward – hold – 1/2 turn right stepping back on left – hold (3:00)
5-8 Step ball of right back – step ball of left beside right – step right forward – hold

Section 5 – LEFT STEP LOCK STEP, HOLD, RIGHT STEP LOCK STEP, HOLD

1-4 Step left diagonally forward – lock right behind left – step left diagonally forward – hold
5-8 Step right diagonally forward – lock left behind right – step right diagonally forward – hold

Section 6 – FORWARD ROCK, RECOVER, ¼ TURN LEFT, HOLD, PIVOT ¼ TURN LEFT, CROSS, HOLD

1-4 Rock forward on left – recover onto right – 1/4 turn left stepping left forward – hold (12:00)
5-8 Step right forward – pivot 1/4 turn left – cross right over left – hold (9:00)

Section 7 – SIDE TOE STRUT, CROSS TOE STRUT, SIDE ROCK & CROSS, HOLD

1-4 Touch ball of left to side – drop left heel – cross ball of right over left – drop right heel
5-8 Rock left to side – recover onto right – cross left over right – hold

Section 8 – SIDE TOE STRUT, CROSS TOE STRUT, WEAVE TO RIGHT

1-4 Touch ball of right to side – drop right heel – cross ball of left over right – drop left heel
5-8 Step right to side – cross left behind right – step right to side – cross left over right

RESTART during the 4th wall, after 16 counts, face to 12:00

Original step of the choreographer - galicountry76@yahoo.fr - August, 2014

Contact: www.galichabret.com - galicountry76@yahoo.fr