

# Push For The Stride A Bit

**COPPER** KNOB  
BY STEPHEN

拍數: 32      牆數: 2      級數: Absolute Beginner  
編舞者: Susanne Oates (UK) - February 2017  
音樂: Push for the Stride - Ward Thomas



#16 Count introduction. 170BPM.

ALTERNATIVE POP TRACK: "Dance With me Tonight" by Olly Murs

**(STEP, TOGETHER, STEP, TOUCH,) x2**

- 1 2            Step right forward toward right diagonal. Step left beside right.
- 3 4            Step right forward toward right diagonal. Touch left beside right.
- 5 6            Step left forward toward left diagonal. Step right beside left.
- 7 8            Step left forward toward left diagonal. Touch right beside left.

**Note: You may wish to add Motown style arms.**

**STEP, TOUCH X4.**

- 9 10           Step forward on right. Touch left beside right.
  - 11 12          Step forward on left. Touch right beside left.
  - 13 14          Step forward on right. Touch left beside right.
  - 15 16          Step forward on left. Touch right beside left.
- Note: Finger clicks at shoulder height may be added with each touch.

**WALK BACK X3, HITCH, WALK BACK X3, HITCH.**

- 17 18          Step back on right. Step back on left.
- 19 20          Step back on right. Hitch left knee.
- 21 22          Step back on left. Step back on right.
- 23 24          Step back on left. Hitch right knee.

**HEEL STRUT X2, HEEL STRUT ¼ TURN X2.**

- 25 26          Touch right heel forward. Drop right toe to place taking weight.
- 27 28          Touch left heel forward. Drop left toe to place taking weight.
- 29 30          Turn ¼ left, touching right heel forward. Drop right toe to place taking weight.
- 31 32          Turn ¼ left, touching left heel forward. Drop left toe to place taking weight. (6o'clock)