

Pushin & Shovin

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Maggie Gallagher (UK) - September 2018
音樂: Pushin and Shovin - Billow Wood : (amazon)



Intro: 32 counts (start on words "I left you a message") 13 secs

S1: R ROCKING CHAIR, STEP, ¼ PIVOT, STEP, ¼ PIVOT

1-2 Rock forward on right, Recover on left
3-4 Rock back on right, Recover on left
5-6 Step forward on right, ¼ pivot left rolling hips round [9:00]
7-8 Step forward on right, ¼ pivot left rolling hips round [6:00] *Restart Wall 3

S2: CROSS, SIDE, BEHIND, SWEEP, BEHIND, ¼, WALK, HOLD

1-2 Cross right over left, Step left to left side
3-4 Cross right behind left, Ronde sweep left from front to back
5-6 Cross left behind right, ¼ right stepping forward on right [9:00]
7-8 Walk forward on left, HOLD **Restart Wall 10

S3: MAMBO ½, HOLD, STEP, ½ PIVOT, STEP, TOUCH

1-2-3 Rock forward right, Recover on left, ½ right stepping forward on right [3:00]
4 HOLD
5-6 Step forward on left, ½ pivot right stepping forward on right [9:00]
7-8 Step forward on left, Touch right next to left

S4: SIDE, TOUCH, SIDE, TOUCH, BUMP R, L, R, L

1-2 Step right to right side, Touch left next to right
3-4 Step left to left side, Touch right next to left
5-6 Step right to right side bumping hips right, Bump hips left
7-8 Bump hips right, Bump hips left (weight finishing on left)

***RESTART: After 8 counts on Wall 3 facing [12:00]**

****RESTART: After 16 counts on Wall 10 facing [3:00]**

ENDING: Dance 7 counts of Wall 13, then ½ pivot left to finish facing [12:00]

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