

AB Push the Button

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Absolute Beginner
編舞者: Janice Kim (KOR) - December 2023
音樂: Push The Button (Jason Parker 2023 Remix) - Sugababes



No Tag. No Restart - Intro: 32 Counts

#1 Vine R, Touch, Vine L, Touch

1 2 3 4 Step RF to right side, step LF behind RF, step RF to right side, touch LF next to RF
5 6 7 8 Step LF to left side, step RF behind LF, step LF to left side, touch RF next to LF

#2 V-Step, Fwd Walk x3, Kick

1 2 Step RF diagonal right forward, step LF diagonal left
3 4 Step RF diagonal back to center, step LF next to RF
5 6 7 8 Walk forward RF-LF-RF, kick LF forward

#3 Back Walk x3, Touch, Rocking Chair

1 2 3 4 Step back LF-RF-LF, touch RF next to LF
5 6 7 8 Rock RF forward, recover weight on LF, rock RF back, recover weight on LF

#4 Jazz Box, Fwd, 1/4R Jazz Box, Fwd

1 2 3 4 Cross RF over LF, step LF back, step RF to right side, step LF forward
5 6 Cross RF over LF, step LF back
7 8 Turn 1/4 right stepping RF to right side, step LF forward

****You can teach basic steps, such as vine step, v-step, kick, rockingchair, and jazz box in this choreography.

I made it for the warming-up before main dancing. I hope it is useful for all absolute beginners. Good luck!!!
Janice6205@empas.com
