

Don't Push Me

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
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音樂: Don't Push Me - Sweetbox



*Intro : 16counts

[SEC 1] Walking x2, Mambo Step, Rock, Recover, Cross Samba

1 2 RF Step forward, LF Step forward
3&4 RF Rock forward, LF Recover, RF Step together (Pushing the hip back)
5 6 LF Rock side, RF Recover
7&8 LF Cross over, RF Step side, LF Recover

[SEC 2] ¼ Pivot x2, Heel Switch, Walking x2

1 2 RF Step forward, LF ¼ turn L Step side
3 4 RF Step forward, LF ¼ turn L Step side
5&6& RF Touch heel forward, RF Step together, LF Touch Heel forward, LF Step together
7 8 RF Step forward, LF Step forward

[SEC 3] Out, Out, jump x3, Side, Touch, Side, Touch

1 2 RF Step diagonal forward, LF Step diagonal forward
3&4 BF Jump back together, BF Jump back together, BF Jump back together
5 6 RF Step side, LF Touch toe across
7 8 LF Step side, RF Touch behind

[SEC 4] Side, Cross, Side, Cross, Toe, Heel, Step, Step, ½ Heel Bounce x2

1 2 RF Step side, LF Cross over
3 4 RF Step side, LF Cross over
5&6 RF Touch toe together, RF Touch heel out, RF Step forward
7&8 LF Step forward, BF ½ turn R Bounce heel, BF ½ turn R Bounce heel (Weight on LF)

*Restart: after 8counts on 2wall(6:00)

*Tag: 36 counts - After 6wall(9:00)

[SEC 1] Step, Hold, Step, Hold, Rocking Chair

1 2 RF Step forward, Hold
3 4 LF ¼ turn R Step forward, Hold
5 6 RF Rock forward, LF Recover
7 8 RF Rock back, LF Recover

[SEC 2] Side, Touch, Side, Touch, Prissy Walk, Hold, Prissy Walk, Hold

1 2 RF Step side, LF Touch together
3 4 LF Step side, RF Touch together
5 6 RF Cross over, Hold
7 8 LF Cross over, Hold

[SEC 3] Big Step Back, Hold, Swivel&Hold x3

1 2 RF Big Step back, Hold
3 4 LF Swivel back, Hold
5 6 RF Swivel back, Hold
7 8 LF Swivel back, Hold

[SEC 4] Side, Touch, Side, Touch, Prissy Walk, Hold, Prissy Walk, Hold

1 2 RF Step side, LF Touch together
3 4 LF Step side, RF Touch together
5 6 RF Cross over, Hold
7 8 LF Cross over, Hold

[SEC 5] Walking Around Full Turn

1 2 RF $\frac{1}{4}$ turn R Step forward, LF $\frac{1}{4}$ turn R Step forward
3 4 RF $\frac{1}{4}$ turn R Step forward, LF $\frac{1}{4}$ turn R Step forward
