

Push The Button

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Judith Campbell (NZ)
音樂: Push the Button - Sugababes



SIDE SHUFFLE TO RIGHT, CROSS FORWARD ROCK RECOVER BACK

1&2 Shuffle to right side (right-left-right)
34 Step/cross left over in front of right foot, rock back onto right (12:00)

TURN, TURN, SIDE SHUFFLE TO LEFT

56 Turning $\frac{1}{4}$ to left stepping forward on left, turning $\frac{1}{2}$ to left stepping back on right
7&8 Turning $\frac{1}{4}$ to left shuffle to left side (left-right-left) (12:00)

ROCKING CHAIR, STEP HIP & HIP, STEP HIP & HIP

1 Leaving left ball of foot stationary as you rock forward onto right foot the left heel will lift off the floor
2-3-4 Recover/lower heel, rock back onto right foot lifting left heel, recover onto left lowering heel
Styling: swing the right shoulder to front on count 1, then swing right shoulder to back on count 3 using plenty of hip action
5&6 Step right foot out to 45 degrees right with a right hip push, push left hip out to back 45, push right hip forward 45
7&8 Step left foot out to 45 degrees left with a left hip push, push right hip out to back 45, push left hip forward 45 (12:00)

Optional:

5-8 Instead of hip pushes you can just do small shuffles forward (cha-cha-cha) right & left

STEP $\frac{1}{2}$ PIVOT LEFT, STEP, STEP $\frac{1}{2}$ PIVOT TO RIGHT

1-2 Step forward on right foot, $\frac{1}{2}$ pivot to left (weight onto left) (6:00)
&3-4 Step right next to left, step forward on left, $\frac{1}{2}$ pivot to right (weight onto right) (12:00)

STEP TO LEFT, HOLD, TURNING $\frac{1}{4}$ TO LEFT STEP TAP, STEP TAP

5 Step left to left turning top of body to right at the same time pointing both index fingers to 3:00
6 (Weight on left foot), hold
&7 Turning $\frac{1}{4}$ to left to face (9:00) stepping forward on right foot tapping left foot next to right foot
&8 Stepping left foot to left side, tapping right foot next to left foot (9:00)

STEP SWIVEL TO LEFT (WITH SHIMMIES), $1\frac{1}{4}$ ROLL TO LEFT, HITCH

1-4 Step right to right side and swivel $\frac{1}{4}$ to left on the ball of both feet using shoulder shimmies or clicking fingers (6:00)

Weight ends on right foot

5-6 Turning $\frac{1}{4}$ to left stepping forward onto left, turning $\frac{1}{2}$ to left stepping back onto right, (9:00)
7-8 Turning $\frac{1}{2}$ to left stepping forward on left, hitch right knee up (3:00)

Optional body & head movements for count 8 (tilting top part of body & head to left side)

REPEAT