

Push The Button

拍數: 0 牆數: 4 級數: Improver
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音樂: Push the Button - Sugababes



Sequence: AAA BAA BBC ABBB

PART A

STEP, LOCK, RIGHT SHUFFLE FORWARD, ROCK STEP FORWARD,, SHUFFLE ½ TURN LEFT

- 1 Step right foot forward
- 2 Lock left foot behind right foot
- 3 Step right foot forward
- & Step left foot close to right foot
- 4 Step right foot forward
- 5 Rock left foot forward
- 6 Recover weight onto right foot
- 7 Turn ½ to the left
- & Step right foot close to left foot
- 8 Step left foot forward

STEP, LOCK, RIGHT SHUFFLE FORWARD, ROCK STEP FORWARD,, CHASSÉ ¼ TURN LEFT

- 1 Step right foot forward
- 2 Lock left foot behind right foot
- 3 Step right foot forward
- & Step left foot close to right foot
- 4 Step right foot forward
- 5 Rock left foot forward
- 6 Recover weight onto right foot
- 7 Turn ¼ to the left
- & Step right foot beside left foot
- 8 Step left foot to the side

MONTEREY TURN ½ RIGHT, MONTEREY TURN ¼ RIGHT

- 1 Touch right foot to the side
- 2 Turn ½ to the right, step right foot beside left foot
- 3 Touch left foot to the side
- 4 Step left foot beside right foot
- 5 Touch right foot to the side
- 6 Turn ¼ to the right, step right foot beside left foot
- 7 Touch left foot to the side
- 8 Step left foot beside right foot

SIDE ROCK, CROSS SHUFFLE LEFT, SIDE ROCK, CHASSÉ ½ TURN LEFT

- 1 Step right foot to the side
- 2 Recover weight onto left foot
- 3 Cross right foot over left foot
- & Step left foot to the side close to right foot
- 4 Step cross right foot over left foot
- 5 Step left foot to the side
- 6 Recover weight onto right foot
- 7 Turn ½ to the left, step to the side

- & Step right foot beside left foot
- 8 Step left foot to the side

PART B

CROSS ROCK, CHASSÉ ¼ TURN RIGHT, ROCK STEP FORWARD,, LEFT COASTER STEP

- 1 Cross right foot over left foot
- 2 Recover weight onto left foot
- 3 Step right foot to the side
- & Step left foot beside right foot
- 4 Step right foot ¼ turn to the right
- 5 Rock left foot forward
- 6 Recover weight onto right foot
- 7 Step left foot behind right foot
- & Step right foot beside left foot
- 8 Step left foot forward

LUNGE, RECOVER, SYNCOPATED WEAVE LEFT, SIDE ROCK, SYNCOPATED WEAVE RIGHT

- 1 Step right foot forward with 1/8 turn to the right and right arm push forward
- 2 Recover weight onto left foot
- 3 Step right foot behind left foot
- & Step left foot to the side
- 4 Cross step right foot over left foot
- 5 Step left foot to the side
- 6 Recover weight onto right foot
- 7 Step left foot behind right foot
- & Step right foot to the side
- 8 Cross step left foot over right foot

MONTEREY TURN ½ RIGHT, CHASSÉ RIGHT, ROCK STEP BACK

- 1 Touch right foot to the side
- 2 Turn ½ to the right, step right foot beside left foot
- 3 Touch left foot to the side
- 4 Step left foot beside right foot
- 5 Step right foot to the side
- & Step left foot beside right foot
- 6 Step right foot to the side
- 7 Rock left foot backwards
- 8 Recover weight onto right foot

SHUFFLE ½ TURN RIGHT, ROCK STEP BACK, ELECTRIC SIDE ROCK, LEFT SHUFFLE FORWARD

- 1 Step left foot forward with ½ turn to the right
- & Step right foot next to left foot
- 2 Step left foot behind
- 3 Rock right foot backwards
- 4 Recover weight onto left foot
- 5 Step right foot to the side
- & Recover weight onto left foot
- 6 Step right foot forward
- 7 Step left foot forward
- & Step right foot close to left foot
- 8 Step left foot forward

PART C

MONTEREY TURN ¼ RIGHT TWICE

- 1 Touch right foot to the side
- 2 Turn $\frac{1}{4}$ to the right, step right foot beside left foot
- 3 Touch left foot to the side
- 4 Step left foot beside right foot
- 5 Touch right foot to the side
- 6 Turn $\frac{1}{4}$ to the right, step right foot beside left foot
- 7 Touch left foot to the side
- 8 Step left foot beside right foot

RIGHT SHUFFLE FORWARD, PIVOT $\frac{1}{2}$ TURN RIGHT, LEFT SHUFFLE FORWARD,, PIVOT $\frac{1}{2}$ TURN LEFT

- 1 Step right foot forward
- & Step left foot close to right foot
- 2 Step right foot forward
- 3 Step left foot forward
- 4 Left foot & right foot turn $\frac{1}{2}$ to the right
- 5 Step left foot forward
- & Step right foot close to left foot
- 6 Step left foot forward
- 7 Step right foot forward
- 8 Right foot & left foot turn $\frac{1}{2}$ to the left

MONTEREY TURN $\frac{1}{4}$ RIGHT TWICE

- 1 Touch right foot to the side
- 2 Turn $\frac{1}{4}$ to the right, step right foot beside left foot
- 3 Touch left foot to the side
- 4 Step left foot beside right foot
- 5 Touch right foot to the side
- 6 Turn $\frac{1}{4}$ to the right, step right foot beside left foot
- 7 Touch left foot to the side
- 8 Step left foot beside right foot

RIGHT SHUFFLE FORWARD, PIVOT $\frac{1}{2}$ TURN RIGHT, LEFT SHUFFLE FORWARD, PIVOT $\frac{1}{2}$ TURN LEFT

- 1 Step right foot forward
 - & Step close left foot to right foot
 - 2 Step right foot forward
 - 3 Step left foot forward
 - 4 Left foot & right foot turn $\frac{1}{2}$ to the right
 - 5 Step left foot forward
 - & Step right foot close to left foot
 - 6 Step left foot forward
 - 7 Step right foot forward
 - 8 Right foot & left foot turn $\frac{1}{2}$ to the left
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