

Tush Push

COPPER KNOB
STEPSHEETS

拍數: 40 牆數: 4 級數: Improver
編舞者: Jim Ferrazzano (USA)
音樂: Chattahoochee - Alan Jackson



alt. Music:

Third Rock From The Sun by Neal McCoy

Six Days On The Road by Sawyer Brown

RIGHT HEEL TAPS

1-4 Touch right heel forward, touch right together, touch right heel forward, touch right heel forward

& Step right together

LEFT HEEL TAPS

5-8 Touch left heel forward, touch left together, touch left heel forward, touch left heel forward

& Step left together

RIGHT, LEFT, RIGHT HEEL TAPS AND CLAP

9& Touch right heel forward, step right together

10& Touch left heel forward, step left together

11-12 Touch right heel forward, clap

BUMP HIPS RIGHT TWICE, BUMP HIPS LEFT TWICE, BUMP HIPS RIGHT AND LEFT TWICE

13-14 Rock right in place and bump hips right, bump hips right

15-16 Recover to left and bump hips left, bump hips left

17-20 Bump hips right, bump hips left, bump hips right, bump hips left (weight to left)

RIGHT FORWARD CHA-CHA, LEFT BACKWARD CHA-CHA

21&22 Step right forward, step left together, step right forward

23-24 Rock left forward, recover to right

25&26 Step left back, step right together, step left back

27-28 Rock right back, recover to left

RIGHT FORWARD CHA-CHA AND ½ TURN RIGHT, LEFT FORWARD CHA-CHA AND ½ TURN LEFT

29&30 Step right forward, step left together, step right forward

31-32 Step left forward, turn ½ right (weight to right)

33&34 Step left forward, step right together, step left forward

35-36 Step right forward, turn ½ left (weight to left)

RIGHT FORWARD, ¼ TURN LEFT, STOMP, AND CLAP.

37-38 Step right forward, turn ¼ left (weight to left)

39-40 Stomp right together, clap

REPEAT

OPTION 1:

1-4 Touch right heel forward 4 times

& Step right together

5-8 Touch left heel forward 4 times

& Step left together

OPTION 2:

- 1 Touch right heel forward
- 2 Touch right together
- 3-4 Touch right heel forward, touch right heel forward
- & Step right together
- 5-8 Repeat 1-4 with left foot

OPTION 3:

- 1 Hop feet apart
- 2 Hop and cross right over left
- 3-4 Turn full turn to left
- 5-8 Repeat 1-4, either in the same or opposite direction

OPTION 4: (8-BEAT SYNCOPATED STEPS, A.K.A. PRETZELS)

- 1 Cross right over left
- &2 Step left to side, touch right heel forward
- &3 Drop right toe, step left over right
- &4 Step right to side, touch left heel forward
- &5 Drop left toe, step right over left
- &6 Step left to side, touch right heel forward
- &7 Drop right toe, step left over right
- &8 Step right to side, touch left heel forward

OPTION 5: (QUARTER TURN, HALF TURN)

- 35-36 Step right forward, turn $\frac{1}{4}$ left (weight to left)
- 37-38 Step right forward, turn $\frac{1}{2}$ left (weight to left)

OPTION 6: (ST. LOUIS STYLE, WHICH IS 44 COUNTS)

- 37-40 Repeat 29-32
 - 41-43 Step left to side, turn $\frac{1}{4}$ right (weight to right)
 - 43 Stomp left beside right
 - 44 Clap
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