Tush Push (Advanced)



拍數: 40 牆數: 4 級數: Intermediate

編舞者: Unknown

音樂: Any of your favorite Tush Push songs



SIDE STEPS & SHIMMY

Shimmy shoulders for first 16 counts

Step right foot side, drag left toward right for 2 counts, touch left together

Step left foot side, drag right toward left for 2 counts, step right together

Step left foot side, drag right toward left for 2 counts, touch right together

Step right foot side, drag left toward right for 2 counts, touch right together

PIVOTS, REVERSE CHA-CHA

Step right forward, turn ½ left (weight to left)
Step right forward, turn ½ left (weight to left)

5&6 Turn ½ left and step right back, step left together, step right back

7-8 Rock left back, recover to right

REVERSE CHA-CHA, SPIN

1&2 Turn ½ to right and step left back, step right together, step left back

3-4 Rock right back, rock left forward

5&6 Triple in place turning a full turn left stepping right, left, right

7-8 Rock left back, recover to right

CHA-CHA & WALL CHANGE

1&2 Step left forward, step right together, step left forward

3-4 Step right forward, turn ½ left (weight to left)
5-6 Step right forward, turn ¼ left (weight to left)

7-8 Stomp right together, clap

REPEAT