

Push For The Stride

COPPER KNOB
BY SHEETS

拍數: 48 牆數: 2 級數: Improver
編舞者: Caroline Cooper (UK) - July 2014
音樂: Push for the Stride - Ward Thomas : (iTunes And Other Music Sites)



Thanks To Ron Spence For Music Advice

INTRO 8 COUNTS, (START ON VOCALS)

Sec 1: □ KICK R FORWARD, STEP OUT R&L, R SAILOR, ¼ TURN LEFT SAILOR, R STEP, ¼ PIVOT LEFT, CROSS R OVER L

1&2 kick right forward, step right to right side, step left to left side
3&4 step right behind left, step left to left side, step right to right side
5&6 ¼ left stepping left behind right, step right to right side, step left to left side (9)
7&8 step forward right, ¼ pivot left, cross right over left (6)

Sec 2: □ SIDE ROCK CROSS, SIDE ROCK CROSS, SIDE BEHIND ¼ TURN, STEP ½ TURN STEP

1&2 rock left to left side, recover, cross left over right
3&4 rock right to right side, recover, cross right over left
5&6 step left to left side, cross right behind left, ¼ left stepping left forward (3)
7&8 step forward right, ½ left, step forward right (9)

Sec 3: □ TRIPLE FULL TURN, RIGHT MAMBO, HITCH BACK, HITCH BACK, HITCH LEFT COASTER STEP

1&2 triple full turn over right (LRL) ½ turn right stepping back left, ½ turn right stepping forward right, step forward left
3&4 rock right forward, recover left, step right next to left (9)
&5&6 hitch left, step back left, hitch right, step back right,
&7&8 hitch left, step back, step right next to left, step forward left (9)

Sec 4: □ R HEEL TOE, HEEL TOE, HEEL TOE STOMP STOMP, L HEEL TOE, HEEL TOE, HEEL TOE STOMP STOMP

1& tap right heel forward on diagonal, tap right toe across in front of left foot (9)
2& tap right heel forward on diagonal, tap right toe across in front of left foot
3& tap right heel forward, touch right toe next to left in step
4& drop the right heel twice

Repeat above steps starting on left heel (5&6&7&8&) (9)

Sec 5: □ JAZZ BOX ¼ TURN RIGHT, JAZZ BOX ½ TURN LEFT, ROCK FORWARD, SIDE, BEHIND, SIDE, CROSS

1&2 cross right over left, step back left, ¼ turn right (12)
3&4 cross left over right, ½ left stepping back right, step left to left side (6)
5&6& rock forward right, recover, rock right to right side, recover
7&8 step right behind left, step left to left side, cross right over left (6)

Sec 6: □ RHUMBA BOX, BACK TOUCH, FORWARD BRUSH, L LOCK STEP (6)

1&2 step left to left side, close right next to left, step forward left
3&4 step right to right side, close left next to right, step back right
5&6& step back left, touch right in front of left, step forward right, brush left forward
7&8 step forward left, lock right behind left, step forward left

End of wall 2 facing 12 o'clock 8 count Tag

1&2&3&4 right forward rock, recover, right back rock recover, step forward right, lock left behind, step forward right

5&6&7&8 left forward rock, recover, left back rock recover, step forward left, lock right behind, step forward left

Contact: email coolcoopers@yahoo.com

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