

Push

拍數: 32 牆數: 4 級數: Improver
編舞者: Michelle Risley (UK) - August 2014
音樂: Push for the Stride - Ward Thomas : (iTunes & Amazon)



Stomp, Fan, Stomp Fan, Back Clap, Back Clap, Back Lock Step

1 Stomp Right Forward (Angled Slightly To Left Diagonal),
&2& Fan Toe Out, In, Out, weight on Right (Finish Angled Slightly To Right Diagonal)
3 Stomp Left Forward (Angled Slightly To Right Diagonal),
&4& Fan Toe, Out, In, Out weight on Left (Finish Angled Slightly To Left Diagonal)
5&6& Step Back Right, Touch Left & Clap, Step Back Left, Touch Right & Clap (12 o/c)
7&8 Step Back Right, Lock Left Over Left, Step Back Right

Restart: □ Wall 4 (9o/c) Add (&) Count – Step Down On Left, Restart Dance Facing 9o/c

Left Rhumba Box Forward, Side Shuffle Left, Sailor ¼ Right

1&2& Step Left To Side, Together, L Forward, Touch R,
3&4& Right Side, Together, R Back, Touch L,
5&6 Left Side, Right Together, Left Side
7&8 Turn ¼ Right – Sailor Step (3 o/c)

Point, Out In Out, Weave, Point Out, In Out, Weave, (&)

1&2& Point Left To Side, Touch In Place, Point To Side, Small Kick To Left Diagonal
3&4 Step Left Behind, Side, Cross
5&6& Point Right To Side, Touch In Place, Point To Side, Small Kick To Right Diagonal
7&8& Step Right Behind, Side, Cross, Step Left Beside Right (3 o/c)

Mambo Step, Coaster Step, Kick, Cross, Back Rock, Kick, Cross, Back Rock

1&2 Right Mambo Step Forward
3&4 Left Coaster Back
5& Kick Right Forward, Cross Over Left,
6& Rock Back Left, Recover (Angle To Right Diagonal)
7& Kick Left Forward, Cross Over Right,
8& Rock Back Right, Recover (Angle To Left Diagonal)

You Should Be Turned Slightly To Left Diagonal To Start The Dance Again.

Enjoy And Push On!!

Restart Wall 4, After 8 Counts

Michelle Xx

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