

PUSH

Michele Perron, DANCE Expressions
Four Wall, 32 Count Line Dance
CW Rotation, Easy Intermediate Level, May, 2004
smokeyplaces@hotmail.com
www.micheleperron.com

SEC.I (1-8) 'LOCKING' TRIPLE FORWARD, TOUCH, TOUCH, TOUCH, TURN & BEND, TWIST, TWIST

- 1&2 RIGHT Triple forward
(Right Step forward, Left Toe/Ball Step crossed (locked) behind R, Right Step forward)
- 3,4 LEFT Touch forward; LEFT Touch Side L
- 5,6 LEFT Touch back; Execute 1/4 Turn L and "DIP" (9 o'clock)
(squat, in second position, weight on both feet, hands may be placed on top of each thigh)
- 7,8 Twist to RIGHT in "DIP" Position; TWIST to LEFT with 1/4 Turn L in "DIP" position (6 o'clock)
(weight on R)

SEC.II (10-16) FORWARD, TRIPLE FORWARD, MAMBO FORWARD, MAMBO BACK, KICK

- 1 LEFT Step forward
- 2&3 RIGHT Step forward, LEFT Step beside R, RIGHT Step forward
- 4&5 LEFT Rock/Step forward, RIGHT Recover/Step back, LEFT Step back
- 6&7 RIGHT Rock/Step back, LEFT Recover/Step forward, RIGHT Step forward
- 8 LEFT (Low) Kick forward

SEC.III (17-24) ACROSS, TURN, SIDE-ACROSS-SIDE, BEHIND-SIDE-ACROSS-SIDE, SIDE/KICK

- 1,2 LEFT Step across front of R; Execute 1/4 Turn L with RIGHT Step (back) (3 o'clock)
- &,3,4 LEFT Step to side L; RIGHT Step across front of L; LEFT Step side L
- 5&6 RIGHT Step crossed behind L; LEFT Step side L; RIGHT Step across front of L
- 7,8 LEFT Step (large) side L; RIGHT (Low) Kick side R (lean L) [Arms: 'Push' both arms side R]

SEC.IV (25-32) SIDE, TOGETHER, TRIPLE SIDE R, TURN/FORWARD, TURN/FORWARD, TURN/BACK, TOUCH

- 1,2 RIGHT Step to side R; LEFT Step beside R
- 3&4 RIGHT Step side R, LEFT Step beside R, RIGHT Step side R (toe turn 'out')
- 5 Execute 1/4 Turn R with LEFT Step forward (6 o'clock)
- 6 Execute 1/2 Turn R with RIGHT Step forward (12 o'clock)
- 7 Execute 1/4 Turn R with LEFT Step back (3 o'clock)
- 8 RIGHT Touch/Tap in front of L ** (bend knees)

** Option: Head Whip to L

Begin Again

"Optional" Introduction: (Easy Arm 'stuff')

Listen for the telephone ring, then on first vocal of 'Push', straighten one arm out with flexed hand position (palm facing out)(shoulder height), then release. On next two 'Push' vocals, repeat arm 'push' [Dancer chooses which arm and direction to push]. Then there will be four 'quick' 'Push(es)': straighten both arms forward beginning close to body and finish fully extended (pumping action). Then release arms and the music will begin, wait 16 Counts and begin Dance.

Ending: You will be facing 3 o'clock wall with LEFT Kick forward, Count 16: "Push" Left arm to front wall, head looks left, (to front wall). Hold this Pose and listen for the telephone hangup!!

Music Selections: **West Coast Swing** (Contemporary Style)

PUSH	Dannii Minoque	124bpm
(Introduction: 16 Counts)		
Wait Til I Get Home (Teach)	C Note	108bpm