



PUSH

32 COUNT, 4 WALL LINE DANCE

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CHOREOGRAPHED BY: MICHELE PERRON (CANADA) MAY 2004.
LEVEL OF DIFFICULTY: BEGINNER/INTERMEDIATE
CHOREOGRAPHED TO: "PUSH" (124 bpm) by Dannii Minogue from "NEON NIGHTS" CD,
START 16 COUNTS INTO MAIN MUSIC.

Optional Listen for the telephone ring then on first vocal of 'Push':

Intro: Straighten one arm out with palm facing out, then release.
On next 2 'Push' vocals, repeat arm push (dancer chooses arm and direction).
Then do 4 quick pushes; both palms pushing forward from chest.
Release arms, music will begin, wait 16 counts then begin dance.

Section 1 **Forward Lock Step, Touches, Touch, 1/4 Turn Left, Bend, Twist, Twist.**

1 & 2 Step right forward. Lock left behind right. Step right forward.
3 - 4 Touch left forward. Touch left to left side.
5 - 6 Touch left back. Turn 1/4 left bending both knees in a 'dip' (weight on both).

Option: Hands may be placed on top of each thigh during the dip.

7 - 8 Twist right in 'dip' position. Twist left turning 1/4 left in 'dip' position.

Section 2 **Step, Forward Shuffle, Forward Mambo, Back Mambo, Kick.**

1 Step left forward.
2 & 3 Step right forward. Close left beside right. Step right forward.
4 & 5 Rock left forward. Recover on right. Step left back.
6 & 7 Rock right back. Recover on left. Step right forward.
8 Kick left forward (low kick).

Section 3 **Cross, 1/4 Turn Left, Side Cross, Side, Left Weave, Side Step, Kick.**

1 - 2 Cross left over right. Turn 1/4 left stepping right back.
& 3 - 4 Step left to left side. Cross right over left. Step left to left side.
5 & 6 Cross right behind left. Step left to left side. Cross right over left.
7 - 8 Step left large step to left side. Kick right low kick to right side.

Style: On count 8, lean body to left and 'push' both arms to right side.

Section 4 **Side, Together, Right Chasse, 1/4 Turn, Pivot 1/2 Turn, 1/4 Turn, Touch.**

1 - 2 Step right to right side. Close left beside right.
3 & 4 Step right to right side. Close left beside right. Step right to right side.
5 - 6 Turn 1/4 right stepping left forward. Pivot 1/2 turn right, stepping onto right.
7 - 8 Turn 1/4 right stepping left back. Touch right across left bending knees.

Option: On count 8 'whip' head to left.

Ending: Facing 3 o'clock wall at the end of section 2, kicking left forward.

On count 8 'Push' left arm to left with head looking left (front wall).
Hold this pose and listen for the telephone hang-up.

