

Push

Choreographer: Michele Perron
Description: 32 count, 4 wall, beginner/intermediate
West coast swing line dance
Music: **Push** by Dannii Minogue 124 bpm
Wait 'til I Get Home by C-Note 108 bpm

Beats / Step Description

LOCKING TRIPLE FORWARD, TOUCH, TOUCH, TOUCH, TURN/'DIP', TWIST, TWIST/TURN

1&2 Right triple forward (right step forward, left toe/ball step crossed (locked) behind right, right step forward)
3-4 Left touch forward, left touch side left
5-6 Left touch back, execute ¼ turn left and dip (Squat, in second position, weight on both feet, hands may be placed on top of each thigh) (9:00)
7-8 Twist to right in dip position, twist to left with ¼ turn left in dip position (6:00) (weight on right)

FORWARD, TRIPLE FORWARD, MAMBO FORWARD, MAMBO BACK, KICK

1 Left step forward
2&3 Right step forward, left step beside right, 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

ACROSS, TURN, SIDE-ACROSS-SIDE, BEHIND-SIDE-ACROSS-SIDE, SIDE/KICK

1-2 Left step across front of right, execute ¼ turn left with right step (back) (3:00)
&3-4 Left step to side left, right step across front of left, left step side left
5&6 Right step crossed behind left, left step side left, right step across front of left
7-8 Left step (large) side left, right (low) kick side right (lean left)
Arms: push both arms side right

SIDE, TOGETHER, TRIPLE SIDE RIGHT, TURN/FORWARD, TURN/FORWARD, TURN/BACK, TOUCH

1-2 Right step to side right, left step beside right
3&4 Right step side right, left step beside right, right step side right (toe turn out)
5 Execute ¼ turn right with left step forward (6:00)
6 Execute ½ turn right with right step forward (12:00)
7 Execute ¼ turn right with left step back (3:00)
8 Right touch/tap in front of left (bend knees) (option: head whip to left)

Smile and Begin Again

OPTIONAL INTRODUCTION:

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 3:00 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 hang up!