

Michele Perron

Push



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BEGINNER/INTERMEDIATE	STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
	Optional Intro:-	Listen for the telephone ring then on first vocal of 'Push':- 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.		On the spot
	Section 1 1 & 2 3 - 4 5 - 6 Option:- 7 - 8	Forward Lock Step, Touches, Touch, 1/4 Turn Left, Bend, Twist, Twist. Step right forward. Lock left behind right. Step right forward. Touch left forward. Touch left to left side. Touch left back. Turn 1/4 left bending both knees in a 'dip' (weight on both). Hands may be placed on top of each thigh during the dip. Twist right in 'dip' position. Twist left turning 1/4 left in 'dip' position.	Right Lock Step Front Side Touch Turn Twist Turn	Forward On the spot Turning left Turning left
	Section 2 1 2 & 3 4 & 5 6 & 7 8	Step, Forward Shuffle, Forward Mambo, Back Mambo, Kick. Step left forward. Step right forward. Close left beside right. Step right forward. Rock left forward. Recover on right. Step left back. Rock right back. Recover on left. Step right forward. Kick left forward (low kick).	Step Shuffle Step Forward Mambo Back Mambo Kick	Forward On the spot
	Section 3 1 - 2 & 3 - 4 5 & 6 7 - 8 Style:-	Cross, 1/4 Turn Left, Side Cross, Side, Left Weave, Side Step, Kick. Cross left over right. Turn 1/4 left stepping right back. Step left to left side. Cross right over left. Step left to left side. Cross right behind left. Step left to left side. Cross right over left. Step left large step to left side. Kick right low kick to right side. On count 8, lean body to left and 'push' both arms to right side.	Cross Turn & Cross Side Behind Side Cross Side Kick	Turning left Left
	Section 4 1 - 2 3 & 4 5 - 6 7 - 8 Option:-	Side, Together, Right Chasse, 1/4 Turn, Pivot 1/2 Turn, 1/4 Turn, Touch. Step right to right side. Close left beside right. Step right to right side. Close left beside right. Step right to right side. Turn 1/4 right stepping left forward. Pivot 1/2 turn right, stepping onto right. Turn 1/4 right stepping left back. Touch right across left bending knees. On count 8 'whip' head to left.	Side Close Side Close Side Turn Turn Turn Sit	Right Turning right Back
	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.		

4 Wall Line Dance:- 32 Counts. Beginner/Intermediate.

Choreographed by:- Michele Perron (Canada) May 2004.

Choreographed to:- 'Push' (124 bpm) by Dannii Minogue from 'Neon Nights' CD, start 16 counts into main music.