

Push

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.

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

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. Right Lock Step Forward

3 - 4 Touch left forward. Touch left to left side. Front Side On the spot

5 - 6 Touch left back. Turn 1/4 left bending both knees in a 'dip' (weight on both). Touch Turn Turning left
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. Twist Turn Turning left

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

1 Step left forward. Step Forward

2 & 3 Step right forward. Close left beside right. Step right forward. Shuffle Step

4 & 5 Rock left forward. Recover on right. Step left back. Forward Mambo On the spot

6 & 7 Rock right back. Recover on left. Step right forward. Back Mambo

8 Kick left forward (low kick). 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. Cross Turn Turning left

& 3 - 4 Step left to left side. Cross right over left. Step left to left side. & Cross Side Left

5 & 6 Cross right behind left. Step left to left side. Cross right over left. Behind Side Cross

7 - 8 Step left large step to left side. Kick right low kick to right side. Side Kick

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. Side Close Right

3 & 4 Step right to right side. Close left beside right. Step right to right side. Side Close Side

5 - 6 Turn 1/4 right stepping left forward. Pivot 1/2 turn right, stepping onto right. Turn Turn Turning right

7 - 8 Turn 1/4 right stepping left back. Touch right across left bending knees. Turn Sit Back

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.