

Push For The Stride

LINEDANCE.COM

Count: 48 **Wall:** 2 **Level:** Improver

Choreographer: Caroline Cooper (July 2014)

Music: Push For The Stride by Ward Thomas [3.42 - iTunes And Other Music Sites]

Thanks To Ron Spence For Music Advice

INTRO 8 COUNTS, (START ON VOCALS)

Sec 1: KICK R FORWARD, STEP OUT R&L, R SAILOR, ¼ TURN LEFT SAILOR, R STEP, ¼ PIVOT LEFT, CROSS R OVER L

1&2kick right forward, step right to right side, step left to left side

3&4step right behind left, step left to left side, step right to right side

5&6¼ left stepping left behind right, step right to right side, step left to left side (9)

7&8step forward right, ¼ pivot left, cross right over left (6)

Sec 2: SIDE ROCK CROSS, SIDE ROCK CROSS, SIDE BEHIND ¼ TURN, STEP ½ TURN STEP

1&2rock left to left side, recover, cross left over right

3&4rock right to right side, recover, cross right over left

5&6step left to left side, cross right behind left, ¼ left stepping left forward (3)

7&8step forward right, ½ left , step forward right (9)

Sec 3: TRIPLE FULL TURN, RIGHT MAMBO, HITCH BACK, HITCH BACK, HITCH LEFT COASTER STEP

1&2triple full turn over right (LRL) ½ turn right stepping back left, ½ turn right stepping forward right, step forward left

3&4rock right forward, recover left, step right next to left (9)

&5&6hitch left, step back left, hitch right, step back right,

&7&8hitch left, step back, step right next to left, step forward left (9)

Sec 4: R HEEL TOE, HEEL TOE, HEEL TOE STOMP STOMP , L HEEL TOE, HEEL TOE, HEEL TOE STOMP STOMP

1&2 tap right heel forward on diagonal, tap right toe across in front of left foot (9)

2&3 tap right heel forward on diagonal, tap right toe across in front of left foot

3&4 tap right heel forward, touch right toe next to left in step

4&5 drop the right heel twice

Repeat above steps starting on left heel (5&6&7&8&) (9)

Sec 5: JAZZ BOX $\frac{1}{4}$ TURN RIGHT, JAZZ BOX $\frac{1}{2}$ TURN LEFT, ROCK FORWARD, SIDE, BEHIND, SIDE, CROSS

1&2 cross right over left, step back left, $\frac{1}{4}$ turn right (12)

3&4 cross left over right, $\frac{1}{2}$ left stepping back right, step left to left side (6)

5&6 rock forward right, recover, rock right to right side, recover

7&8 step right behind left, step left to left side, cross right over left (6)

Sec 6: RHUMBA BOX, BACK TOUCH, FORWARD BRUSH, L LOCK STEP (6)

1&2 step left to left side, close right next to left, step forward left

3&4 step right to right side, close left next to right, step back right

5&6 step back left, touch right in front of left, step forward right, brush left forward

7&8 step forward left, lock right behind left, step forward left

End of wall 2 facing 12 o'clock 8 count Tag

1&2&3&4 right forward rock, recover, right back rock recover, step forward right, lock left behind, step forward right

5&6&7&8 left forward rock, recover, left back rock recover, step forward left, lock right behind, step forward left

Contact: email coolcoopers@yahoo.com

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Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=e-ID99358