

Push Ya Body

LINEDANCE.COM

Count: 64

Wall: 2

Level: Phrased Intermediate / Advanced

Choreographer: Fred Whitehouse (IRE) & Shane McKeever (N.IRE) - May 2021

Music: - Eminem

No Restart, No Tag!

S1: Point side, Point fwd, Point side, Hitch, Jazz box, Fwd

1-4 Point RF to R side, Point RF fwd, Point RF to R side, Rise up on ball of LF and hitch RF

5-8 Cross RF over LF, Step LF back, Step RF to R side, Step LF fwd

S2: (Cross, Point)x4

1-4 Cross RF over LF, Touch LF to L side, Cross LF over RF, Touch RF to R side

5-8 Repeat 1-4

S3: (Back, Sweep)x2, Back, Touch, Side, Touch

1-4 Step RF back, Sweep LF from front to back, Step LF back, Sweep RF from front to back

5-8 Step RF back, Touch LF over RF, Step LF to L side, Touch RF over LF

S4: Vine R, Vine 1/4L

1-4 Step RF to R side, Step LF behind, Step RF to R side, Touch LF next to RF

5-8 Step LF to L side, Step RF behind, Step LF fwd with turn 1/4L, Touch RF next to LF

Happy Dancing!

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