

# PUSH N' PULL

LINEDANCE.COM

**Count:** 32      **Wall:** 4      **Level:** —

**Choreographer:** David Kopczyk

**Music:** Livin' La Vida Loca (Scissorhands Remix) by Ricky Martin

## SHUFFLE, STEP TURN, SHUFFLE, SHUFFLE

- 1 Step right forward
- & Step left beside right
- 2 Step right forward
- 3 Step left forward
- 4 Pivot ½ turn right
- 5 Step left forward
- & Step right beside left
- 6 Step left forward
- 7 Step right forward
- & Step left beside right
- 8 Step right forward

## HEEL TOE, HEEL SWITCHED, TOUCH, ½ PIVOT W/HITCH, KICKS W/ ½ TURN

- 9 Touch left heel forward
- & Step left home
- 10 Touch right toe back
- & Step right home
- 11 Touch left heel forward
- & Step left home
- 12 Touch right heel forward
- & Step right home
- 13 Touch left toe back
- & Unwind ½ turn left
- 14 Hitch left knee

- 15 Kick left forward  
& Kick left back  
16 Pivot  $\frac{1}{2}$  turn left ending with left kicked forward

### **RUNNING MAN, STEP, HOLD, SWIVEL TURNS**

- 17 Step left foot forward  
& Scoot left foot back and lift right foot up and beside left calf at the same time  
18 Step right foot forward  
& Scoot right foot back and lift left foot up and beside right calf at the same time  
19 Step left foot forward  
& Scoot left foot back and lift right foot up and beside left calf at the same time  
20 Step right foot forward  
& Scoot right foot back and lift left foot up and beside right calf at the same time  
21 Step left foot forward  
22 Hold  
23 Swivel heels left turning  $\frac{1}{4}$  turn left  
& Swivel heels right  
24 Swivel heels left turning  $\frac{1}{4}$  turn left

### **STEP TURN, COASTER STEP, PUSH-PULL, TOUCH, PUSH DOWN**

- 25 Step left foot forward  
26 Pivot  $\frac{1}{4}$  turn right leaving weight on right  
27 Step back on left  
& Step back on right  
28 Step left forward  
29 Hop forward on both feet thrusting hands forward at chest level to give the illusion of pushing something away  
30 Hop back on both feet clenching fists and drawing them towards the chest as if pulling an object to you  
31 Touch left toe back  
32 Pivot  $\frac{1}{2}$  turn left while pushing hands towards the ground and pulling them back up

**REPEAT**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=35046](https://www.linedance.com/index.php?f=dance_view&id=35046)