

# On Yer Bike

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**Count:** 64

**Wall:** 2

**Level:** Easy Intermediate - Fun

**Choreographer:** Gaye Teather (UK) Nov 2012

**Music:** The Push Bike Song by The Mixtures. CD: Super 70's and various other 70's compilations (176 bpm)

## 32 count intro

### Right heel. Hitch x 2. Vine Right. Hold

- 1 - 4 Touch Right heel forward. Hitch Right knee. Touch Right heel forward. Hitch Right knee  
5 - 8 Step Right to Right. Cross Left behind Right. Step Right to Right. Hold

### Left heel. Hitch x 2. Vine Left. Hold

- 1 - 4 Touch Left heel forward. Hitch Left knee. Touch Left heel forward. Hitch Left knee  
5 - 8 Step Left to Left. Cross Right behind Left. Step Left to Left. Hold

### Forward rock. Back rock (rocking chair). Run forward x 3. Hold

- 1 - 4 Rock forward on Right. Recover onto Left. Rock back on Right. Recover onto Left  
5 - 8 Run forward Right. Left. Right (small steps). Hold

### Forward rock. Back rock. (rocking chair). Step. Pivot half turn Right. Step. Hold

- 1 - 4 Rock forward on Left. Recover onto Right. Rock back on Left. Recover onto Right  
5 - 8 Step forward on Left. Pivot half turn Right. Step forward on Left. Hold (Facing 6 o'clock)

### Stomp forward. Hold. Stomp forward. Hold. Kick-ball-Stomp. Hold

- 1 - 4 Stomp Right foot forward. Hold. Stomp Left foot forward. Hold  
5 - 8 Kick Rick Right forward. Step Right beside Left. Stomp Left beside Right. Hold

### Step. Pivot half turn Left x 2. Step out. Out. In. In

- 1 - 4 Step forward on Right. Pivot half turn Left. Step forward on Right. Pivot half turn Left (Facing 6 o'clock)  
5 - 8 Step Right to Right. Step Left to Left. Step Right in towards Left. Step Left in towards Right

### Side Right. Hold. Together. Hold. Side Right. Hold. Touch. Hold (with dips - down- up-down)

- 1 - 4 Step Right to Right dipping knees (squat). Hold. Straighten up stepping Left beside Right.  
Hold
- 5 - 8 Step Right to Right dipping knees (squat). Hold. Straighten up touching Left beside Right.  
Hold

### **Vine Left. Brush. Toe struts x 2**

- 1 - 4 Step Left to Left. Cross Right behind Left. Step Left to Left. Brush Right forward
- 5 - 8 Step Right toe forward. Drop Right heel to floor. Step Left toe forward. Drop Left heel to floor

### **Start again**

### **Tag 1: At the end of wall 1 (Facing 6 o'clock) dance the following 4 count tag**

- 1 - 4 Bump hips Right. Left. Right. Left

### **Tag 2: (The FUN tag!) This occurs twice, at the end of walls 3 and 5 (Facing 6 o'clock) both times and comprises 12 steps as follows:-**

- 1 - 2 Step Right to Right. Step Left to Left - feet apart (Climb astride your bike)
- 3 - 4 Slap Right hand on Right buttock. Slap Left hand on Left buttock (check your saddle)
- 5 - 6 Turn head to look over Right shoulder and then face front again (check for traffic)
- 7 - 8 Place Right arm out in front. Place Left arm out in front - horizontally (hands on handlebars)
- 9 - 12 Stomp in place Right, Left, Right, Left bringing both feet together and bumping hips with each stomp (We're riding!)

**Note: This is a fun dance so inject as much attitude as you can. Dance ends facing front wall!**