

Push For The Stride A Bit

LINEDANCE.COM

Count: 32

Wall: 2

Level: Absolute Beginner

Choreographer: Susanne Oates . Feb 2017

Music: Push for the Stride by Ward Thomas

#16 Count introduction. 170BPM.

ALTERNATIVE POP TRACK: "Dance With me Tonight" by Olly Murs

(STEP, TOGETHER, STEP, TOUCH,) x2

- 1 2** Step right forward toward right diagonal. Step left beside right.
- 3 4** Step right forward toward right diagonal. Touch left beside right.
- 5 6** Step left forward toward left diagonal. Step right beside left.
- 7 8** Step left forward toward left diagonal. Touch right beside left.

Note: You may wish to add Motown style arms.

STEP, TOUCH X4.

- 9 10** Step forward on right. Touch left beside right.
- 11 12** Step forward on left. Touch right beside left.
- 13 14** Step forward on right. Touch left beside right.
- 15 16** Step forward on left. Touch right beside left.

Note: Finger clicks at shoulder height may be added with each touch.

WALK BACK X3, HITCH, WALK BACK X3, HITCH.

- 17 18** Step back on right. Step back on left.
- 19 20** Step back on right. Hitch left knee.
- 21 22** Step back on left. Step back on right.
- 23 24** Step back on left. Hitch right knee.

HEEL STRUT X2, HEEL STRUT ¼ TURN X2.

- 25 26** Touch right heel forward. Drop right toe to place taking weight.
- 27 28** Touch left heel forward. Drop left toe to place taking weight.
- 29 30** Turn ¼ left, touching right heel forward. Drop right toe to place taking weight.

31 32 Turn $\frac{1}{4}$ left, touching left heel forward. Drop left toe to place taking weight. (6o'clock)

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=e-a-bit-ID116623