

# Push For The Stride

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**Count:** 64      **Wall:** 4      **Level:** Improver

**Choreographer:** Magali CHABRET (France) August, 2014

**Music:** Push For The Stride, by Ward THOMAS [CD : From Where We Stand, juillet 2014] 172 bpm

## #16 counts intro

### Section 1 - SIDE, TOUCH, SIDE, TOUCH, ½ BOX FORWARD

1-4 Step right to side - touch left beside right - step left to side - touch right beside left

5-8 Step right to side - step left next to right - step right forward - touch left beside right

### Section 2 - SIDE, TOUCH, SIDE, TOUCH, SIDE, TOGETHER, ¼ TURN LEFT, HOLD

1-4 Step left to side - touch right beside left - step right to side - touch left beside right

5-8 Step left to side - step right next to left - 1/4 turn left stepping left forward - hold (9:00)

### Section 3 - WALK RIGHT, CLAP, WALK LEFT, CLAP, ROCKING CHAIR

1-4 Step right forward - hold & clap hands - step left forward - hold & clap hands

5-8 Rock forward on right - recover onto left - rock back on right - recover onto left

### Section 4 - STEP, HOLD, ½ TURN RIGHT, HOLD, SLOW COASTER STEP, HOLD

1-4 Step right forward - hold - 1/2 turn right stepping back on left - hold (3:00)

5-8 Step ball of right back - step ball of left beside right - step right forward - hold

### Section 5 - LEFT STEP LOCK STEP, HOLD, RIGHT STEP LOCK STEP, HOLD

1-4 Step left diagonally forward - lock right behind left - step left diagonally forward - hold

5-8 Step right diagonally forward - lock left behind right - step right diagonally forward - hold

### Section 6 - FORWARD ROCK, RECOVER, ¼ TURN LEFT, HOLD, PIVOT ¼ TURN LEFT, CROSS, HOLD

1-4 Rock forward on left - recover onto right - 1/4 turn left stepping left forward - hold (12:00)

5-8 Step right forward - pivot 1/4 turn left - cross right over left - hold (9:00)

### Section 7 - SIDE TOE STRUT, CROSS TOE STRUT, SIDE ROCK & CROSS, HOLD

1-4 Touch ball of left to side - drop left heel - cross ball of right over left - drop right heel

5-8 Rock left to side - recover onto right - cross left over right - hold

## **Section 8 - SIDE TOE STRUT, CROSS TOE STRUT, WEAVE TO RIGHT**

**1-4** Touch ball of right to side - drop right heel - cross ball of left over right - drop left heel

**5-8** Step right to side - cross left behind right - step right to side - cross left over right

**RESTART during the 4th wall, after 16 counts, face to 12:00**

**Original step of the choreographer - galicountry76@yahoo.fr - August, 2014**

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