Push & Pull Me Away

Count: 64 **Wall:** 2 **Level:** Intermediate
Choreographer: Peter Davenport (ES) - September 2014
Music: Pull Me Back - Leah Turner : (Album: Leah Turner, EP)

#16 Count Intro, Start on Vocals Approx 15 seconds

S1: Side Behind & Cross Step, Behind Hold & Cross & Cross, Rock, Recover

1,2&	Step L to L 1, Cross R behind L 2, Step L to L &□□□□□□12
3,4	Cross R over L 3, Step L to L 4,□□□□□□□□12
5,6	Cross R behind L 5, HOLD 6, (Lean & angle body R weight on R)□□□12
&7&	Cross L over R &, Step R to R 7, Cross L over R &,□□□□12
8&1	Step R to R 8, Rock L over R & Recover on R 1,□□□□□12

S2: Recover, ¼ L, Step ½ Step L, Step ½ Step R, Chasse ¼ L

2	¼ L step forward on L□□□□□□□□□9
3&4	Step forward on R, Pivot ½ L, Step on R□□□□□□3
5&6	Step forward on L, Pivot ½ R, Step on L□□□□□□□9
7&8	¼ L step R to R, Bring L to R, Step R to R * R/W2□□□□6

S3: Lunge, Recover, Syncopated Weave, Rock Replace Sailor ¼ R, Step

1,2&	Lunge L across R 1, Recover on R 2, Step L to L &, □□□□6
3&4&	Cross R over L 3, Step L to L &, Cross R behind L 4, Step L to L &,□□6
5,6	Cross rock R over L, Recover on L□□□□□□6
7&8&	Sailor ¼ R, Step L to L on &□□□□□□□9

S4: Rock Back ½ L, Rock Back ½ R, Shuffle ½ R, Step ½ Step R

1&2	Rock back on R, Recover on L, ½ L step back on R□□□□3
3&4	Rock back on L, Recover on R, ½ R step back on L□□□□9
5&6	Shuffle ½ R, R.L.R□□□□□□□□3
7&8	Step on L, Pivot ½ R, Step on L (step turn step)□□□□□9

S5: Syncopated Rock Steps R&L Chasse ¼ R, Cross Rock Side

1,2&	Rock forward on R 1, Recover on L 2, Bring R to L &□□□□9
3,4&	Rock forward on L 3, Recover on R 4, Step back on L &,□□□□9
5&6	Chasse ¼ R, stepping R.L.R□□□□□□□12
7&8	Cross rock L over R, Recover on R, Step L to L□□□□□12

S6: Cross Hold, Turn ¼ R, Turn ¼ L, Kick Ball Change

1,2&	Cross R over L 1, HOLD 2, ¼ R step back on L &,□□□□3
3,4&	Step R to R 3, Cross L over R 4, ¼ L step back on R &,□□□□12
5,6&	Step L to L 5, Cross R over L 6, Step L to L &,□□□□□12
7&8	R kick ball cross, Kick R over L, Step down on R, Step L to L **R/CS/W4□12

S7: Cross Rock ¼ L, Extended Lock Step Back, ¼ Side Rock, Sailor ½ R

1,2	¼ L cross rock R over L, Recover on L□□□□□□□9
3&4&	Step back on R 3, Lock L over R &, Step back on R 4, Lock L over R &,□□9
5,6	¼ R rock R out to R, Recover on L□□□□□□12
7&8	Sailor ½ R□□□□□□□□□□6

S8: Syncopated Rock Steps L&R, Coaters Step, Shuffle Forward, Touch

1,2&	Rock forward on L 1, Recover on R 2, Bring L to R &,□ □□□6

3,4&	Rock forward on R 3, Recover on L 4, Bring R to L &,□□□□6
5&6	L coaster step, Step L back, Bring R to L, Step L forward□□□□6
7&8&	R shuffle forward, step R.L.R, Touch L to R on &□□□□□6

*Restart on Wall 2
Dance up to and including count 8 on section 2, restart the dance from count 1

** Restart & CS on wall 4
Dance up to and including count 8 on section 6, + an & count by bringing R foot to L, restart the dance from count 1

Hope you enjoy the dance & music.

Contact: peterdavenport@hotmail.com