AB Push the Button



Count: 32 Wall: 4 Level: Absolute Beginner

Choreographer: Janice Kim (KOR) - December 2023

Music: Push The Button (Jason Parker 2023 Remix) - Sugababes



No Tag. No Restart - Intro: 32 Counts

#1 Vine R, Touch, Vine L, Touch

Step RF to right side, step LF behind RF, step RF to right side, touch LF next to RF Step LF to left side, step RF behind LF, step LF to left side, touch RF next to LF

#2 V-Step, Fwd Walk x3, Kick

1 2 Step RF diagonal right forward, step LF diagonal left 3 4 Step RF diagonal back to center, step LF next to RF

5 6 7 8 Walk forward RF-LF-RF, kick LF forward

#3 Back Walk x3, Touch, Rocking Chair

1 2 3 4 Step back LF-RF-LF, touch RF next to LF

5 6 7 8 Rock RF forward, recover weight on LF, rock RF back, recover weight on LF

#4 Jazz Box, Fwd, 1/4R Jazz Box, Fwd

1 2 3 4 Cross RF over LF, step LF back, step RF to right side, step LF forward

5 6 Cross RF over LF, step LF back

7 8 Turn 1/4 right stepping RF to right side, step LF forward

****You can teach basic steps, such as vine step, v-step, kick, rockingchair, and jazz box in this choreography.

I made it for the warming-up before main dancing. I hope it is useful for all absolute beginners. Good luck!!! Janice6205@empas.com