

# Tush Pushin'

Compte: 40

Mur: 0

Niveau:

Chorégraphe: Adrian Churm (UK)

Musique: Tush Pushin' - Paul Bailey



## HEEL AND TOE TAPS, HEEL SWITCHES

- 1-4 Touch right heel forward, touch right foot beside left and touch right heel forward twice  
& Switch weight from right foot to left as the right foot steps back in place  
5-8 Repeat 1-4 on the opposite foot  
& Switch weight from left to right foot as the left foot steps back in place  
9&10 Touch right heel forward, step right foot back in place as you touch the left heel forward  
&11-12 Step left foot back in place as the right heel touches forward, and leave right heel forward as you clap hands once

## HIP BUMPS AND HIP ROLLS

- 13&14 Push hips forward twice  
15&16 Push hips back twice  
17-20 Roll hips around to the right twice (or just repeat 13-16)

## TRIPLE STEPS WITH HALF TURN, STOMP AND CLAP

- 21&22 Triple step forward right, left, right  
23-24 Left foot steps forward then replace weight back onto the right foot

**Your partner should now be to your left side**

- 25&26 Triple step back left, right, left  
27-28 Right foot steps back then replace weight forward onto the left foot  
29&30 Triple step forward right, left, right, small steps

## 31&32 TRIPLE STEPS FORWARD LEFT, RIGHT, LEFT, SMALL STEPS

- 33&34 Triple step past your partner making  $\frac{1}{2}$  a turn to the left stepping right, left, right  
35-36 Triple step back left, right, left  
37-38 Step right foot back and replace weight forward onto the left foot  
39-40 Stomp right foot next to left and clap hands

## REPEAT