

Push Back

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Shuanta (USA) - June 2025
音乐: Push Back - Ne-Yo, Bebe Rexha & Stefflon Don



I believe soul line dances are usually learned by watching people dance it and memorizing the steps and how they fit the music, making strong musical muscle memories. This dance, fortunately, also lends itself to being counted and written into a step sheet for other learning preferences. The counts are based on the rhythm of the music.

PART 1: 8 COUNTS

FRONT DIPS, COASTER STEP

1 2 3&4 Rock up/dip hip on the right, recover on left, right coaster step
5 6 7&8 Rock up/dip hip on the left, recover on right, left coaster step

PART 2: 8 COUNTS

LOCKING STEPS, FOOT POPS

1&2 3&4 Forward locking steps right, left, right, then left, right, left
5 6 7&8 Tap right foot up, to side, in, out, in

PART 3: 8 COUNTS

BACK TRIPLE HALF TURNS TO RIGHT, ROCK BACK/POP, TRIPLE FORWARD

1&2 3&4 Make half turn right walking right, left, right, then continue stepping left, right, left
5 6 7&8 Rock back on right pointing left toe up, recover left, step forward right, left, right

PART 4: 8 COUNTS

POINT, QUARTER TURN LEFT SWEEP, SAILOR STEP, REVERSE PADDLES "PUSH BACK" HALF TURN RIGHT

1 2 3&4 Point left foot forward, to left, make sailor turn to left on left, right, left
5 6 7 8 Push back/paddle with right foot to get backwards making a half turn right

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