

Pismo Push

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Lori Wong (USA)
音樂: Just Like a Rodeo - John Michael Montgomery



LEFT CROSS, RIGHT SCUFF, RIGHT CROSS, LEFT SCUFF & ½ TURN TO RIGHT, LEFT FORWARD, RIGHT BACK, LEFT BACK-TOGETHER-FORWARD:

- 1-4 Left cross step in front of right; right brush next to left; right cross step in front of left; left brush and begin crossing over right
- &5-6 Pivot on ball of right foot ½ turn to the right (facing reverse start of dance); step left down in front of right; right step back
- 7&8 Coaster step: left step back; right step next to left; left step forward

RIGHT POINT, STEP, LEFT POINT, STEP RIGHT POINT, ½ TURN RIGHT, LEFT POINT, LEFT TOGETHER (MONTEREY TURN):

- 1-4 Right point toe to right side; right step forward; left point toe to left side; left step forward
- 5-6 Monterey turn: right point toe to right side; as right toe returns, pivot on left ½ turn to right & change weight to right foot
- 7-8 Left point to left side; left step next to right (weight is on left, facing start of dance)

RIGHT SYNCOPATED GRAPEVINE:

- 1-2 Right step right; left step behind right
- &3-4 Right step right; left cross step over right; right step right

LEFT GRAPEVINE WITH ¼ TURN LEFT:

- 5-6 Left step left; right step behind left
- 7-8 Left step ¼ turn left; right touch next to left

SHIMMY "PISMO-PUSH" FORWARD 45 DEGREES TO RIGHT:

- 1-4 Right step forward 45 degrees to right; bump right hip forward; bump right hip forward; bump right hip forward (push-push-push)

ROCK FORWARD LEFT, CENTER, LEFT BACK, CENTER:

- 5-6 Left rock step forward; right step center
- 7-8 Left rock step back; right step center

REPEAT
