

TUSH PUSH

4 wall line

40 step cour

HEEL HOOK (RIGHT)

- 1 Tap right heel forward
- 2 Right heel hook
- 3 Tap right heel forward
- 4 Tap right heel forward again

HEEL HOOK (LEFT)

- 1 Tap left heel forward (step on right)
- 2 Left heel hook
- 3 Tap left heel forward
- 4 Tap left heel forward again

HEEL TAPS (right, left, right, clap)

- 1 Tap right heel forward (step on left)
- 2 Tap left heel forward (step on right)
- 3 Tap right heel forward (step on left)
- 4 Hold/clap hands on 4 th beat

HIP BUMPS (DOUBLE)

- 1 Bump hips to right
- 2 Bump hips to right again
- 3 Bump hips to left
- 4 Bump hips to left again

STEP, KICK, STEP, TOUCH

- 1 Step forward right
- 2 Kick forward left
- 3 Step back left
- 4 Touch back with the right

TRIPLE STEP, ROCK: FWD-BACK

- 1 Step forward with right
- & (together quick step on ball of left foot)
- 2 Step forward right
-
- 3 Rock/(step) forward on left
- 4 Step/(rock) back on right

TRIPLE (BK), ROCK: BACK - FWD

- 1 Step back with left
- & (together quick step on the ball of RT foot)
- 2 Step back left
-
- 3 Rock/(step) back on right
- 4 Step/(rock) forward on left

TRIPLE & STEP TURN

- 1 Step forward with right
- & (together quick step on the ball of left foot)
- 2 Step forward right
-
- 3 Step forward left
- 4 (step)/turn 1/2 right on the right

TRIPLE & STEP TURN

- 1 Step forward left
- & (together quick step on the ball of RT foot)
- 2 Step forward left
-
- 3 Step forward right
- 4 (step)/turn 1/2 left on the left

STEP, TURN, STOMP & CLAP

- 1 Step forward on right
- 2 (step)/turn 1/4 left on the left
- 3 Stomp right foot
- 4 Hold/clap hands

REPEAT TO END OF MUSIC

*The Triple/Shuffle/Cha Cha are used to help explain/cue the dance with this beat (cha cha).

