

PUSH FOR THE STRIDE

Count: 48. Wall: 2. Level: Improver

Choreographer: Caroline Dancer Cooper (July 2014)

Music: Push For The Stride by Ward Thomas [3.42 - iTunes And Other Music Sites]

INTRO: 8 count. Start on vocals

KICK, OUT R&L, SAILOR, SAILOR 1/4 LEFT, STEP, PIVOT 1/4 LEFT, CROSS

1&2 Kick R forward, Step R to right, Step L to left

3&4 Step R behind L, Step L to left, Step R to right

5&6 Turn ¼ left step L behind R, Step R to right, Step L to left [9:00]

7&8 Step R forward, Pivot ¼ left, Cross R over L [6:00]

ROCK LEFT, RECOVER CROSS, ROCK RIGHT, RECOVER, CROSS, SIDE, BEHIND, 1/4 LEFT, STEP, PIVOT 1/2 LEFT, STEP

1&2 Rock L to left, Recover onto R, Cross L over R

3&4 Rock R to right, Recover onto L, Cross R over L

5&6 Step L to left, Step R behind L, Turn ¼ left step L forward [3:00]

7&8 Step R forward, Pivot ½ left, Step R forward [9:00]

TRIPLE FULL TURN RIGHT, MAMBO, HITCH, BACK, HITCH, BACK, HITCH, COASTER BACK

1&2 Turn ½ right step L back, Turn ½ right step R forward, Step L forward

3&4 Rock R forward, Recover onto L, Step R beside L

&5&6 Hitch L, Step L back, Hitch R, Step R back

&7&8 Hitch L, Step L back, Step R beside L, Step L forward [9:00]

HEEL, TOE, HEEL, TOE, HEEL, TOE, STOMP, STOMP, HEEL, TOE, HEEL, TOE, HEEL, TOE, STOMP, STOMP

1& Tap R heel forward 45° right, Tap R toe in front of L,

2& Tap R heel forward 45° right, Tap R toe in front of L

3&4& Tap R heel forward, Touch R toe beside L, Drop R heel twice

5& Tap L heel forward 45° left, Tap L toe in front of R

6& Tap L heel forward 45° left, Tap L toe in front of R

7&8& Tap L heel forward, Touch L toe beside R, Drop L heel twice [9:00]

JAZZ BOX 1/4 RIGHT, JAZZ BOX 1/2 LEFT, ROCK FORWARD, RECOVER, ROCK RIGHT, RECOVER, BEHIND, SIDE, CROSS

1&2 Cross R over L, Step L back, Turn ¼ right step R forward [12:00]

3&4 Cross L over R, Turn ¼ left step R back, Turn ¼ left step L forward [6:00]

5&6& Rock R forward, Recover onto L, Rock R to right, Recover onto L

7&8 Step R behind L, Step L to left, Cross R over L [6:00]

RHUMBA BOX, BACK, TOUCH, FORWARD, BRUSH, STEP, LOCK, STEP

1&2 Step L to left, Step R beside L, Step L forward

3&4 Step R to right, Step L beside R, Step R back

5&6& Step L back, Touch R in front of L, Step R forward, Brush L forward

7&8 Step L forward, Lock R behind L, Step L forward [6:00]

48 REPEAT

TAG: End of Wall 2 facing 12:00 - 8 count

ROCKING CHAIR, STEP, LOCK, STEP, ROCKING CHAIR, STEP, LOCK, STEP

1&2&3&4 Right R forward, Recover onto L, Right R back, Recover onto L, Step R forward, Lock L behind R, Step R forward

5&6&7&8 Rock L forward, Recover onto R, Rock L back, Recover onto R, Step L forward, Lock R behind L, Step L forward