



Approved by:

Caroline

Push For The Stride

2 WALL – 48 COUNTS – IMPROVER

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1 1 & 2 3 & 4 5 & 6 7 & 8	Kick Out Out, Sailor Step, 1/4 Sailor Step, Step, Pivot 1/4, Cross Kick right forward. Step right out to right side. Step left out to left side. Cross right behind left. Step left to left side. Step right to place. Turn 1/4 left crossing left behind right. Step right to right side. Step left to left side. Step right forward. Pivot 1/4 turn left. Cross right over left. (6:00)	Kick Out Out Right Sailor Quarter Sailor Step Pivot Cross	On the spot Turning left
Section 2 1 & 2 3 & 4 5 & 6 7 & 8	Side Rock Cross x 2, Side Behind 1/4 Turn, Step, Pivot 1/2, Step Rock left to left side. Recover onto right. Cross left over right. Rock right to right side. Recover onto left. Cross right over left. Step left to left side. Cross right behind left. Turn 1/4 left stepping left forward. Step right forward. Pivot 1/2 turn left. Step right forward. (9:00)	Rock & Cross Rock & Cross Side Behind Quarter Step Pivot Step	On the spot Turning left
Section 3 1 & 2 3 & 4 & 5 & 6 & 7 & 8	Triple Full Turn, Forward Mambo, Hitch Back x 2, Hitch, Coaster Step Triple step full turn right, stepping back left, forward right, forward left. Rock forward on right. Rock back on left. Step right back. Hitch left. Step left back. Hitch right. Step right back. Hitch left. Step left back. Step right beside left. Step left forward.	Triple Full Turn Mambo Forward Hitch Back Hitch Back Hitch Coaster Step	Turning right On the spot Back On the spot
Section 4 1 & 2 & 3 & 4 & 5 – 8 &	Heel Toe, Heel Toe, Heel Touch Bounce Bounce (x 2) Touch right heel diagonally forward. Tap right toe across left. Touch right heel diagonally forward. Tap right toe across left. Touch right heel diagonally forward. Touch right toe beside left. Bounce right heel twice. Starting with left heel, repeat the above 4 & counts.	Heel Toe Heel Toe Heel Touch Bounce Bounce	On the spot
Section 5 1 & 2 3 & 4 5 & 6 & 7 & 8	Jazz Box 1/4 Turn, Jazz Box 1/2 Turn, Forward Rock, Side Rock, Behind Side Cross Cross right over left. Step left back. Turn 1/4 right stepping right forward. (12:00) Cross left over right. Turn 1/2 left stepping right back. Step left to left side. (6:00) Rock forward on right. Recover onto left. Rock right to side. Recover onto left. Cross right behind left. Step left to left side. Cross right over left.	Jazz Box Quarter Jazz Box Half Forward Rock Side Rock Behind Side Cross	Turning right Turning left On the spot Left
Section 6 1 & 2 3 & 4 5 & 6 & 7 & 8	Rumba Box, Back, Touch, Step, Brush, Forward Lock Step Step left to left side. Close right beside left. Step left forward. Step right to right side. Close left beside right. Step right back. Step left back. Touch right in front of left. Step right forward. Brush left forward. Step left forward. Lock right behind left. Step left forward. (6:00)	Side Together Forward Side Together Back Back Touch Step Brush Left Lock Left	Forward Back On the spot Forward
Tag 1 & 2 & 3 & 4 5 – 8	End of Wall 2 (facing 12:00): Rocking Chair, Forward Lock Step (x 2) Rock right forward. Recover onto left. Rock right back. Recover onto left. Step right forward. Lock left behind right. Step right forward. Starting with left foot, repeat the above 4 counts.	Rocking Chair Step Lock Step	On the spot Forward

Choreographed by: Caroline Cooper (UK) July 2014

Choreographed to: 'Push For The Stride' by Ward Thomas from CD Where We Stand; download from amazon or iTunes (8 count intro - start on vocals)

Tag: One 8-count Tag, danced at the end of Wall 2

Choreographer's note: Thanks to Ron Spence for the music advice



A video clip of this dance is available at www.linedancermagazine.com