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Push Me To The Floor

32 Count, 4 Wall, Improver

Choreographer: Pamela Pelsler (SA) March 2010

Choreographed to: Push Me To The Floor
by The Parltones

INTRO: 24 counts

Intro Section: Do the following **28 counts** once only as beginning of dance

Step Left and Right, Rolling vine to Left.

- 1-2 Step large step with left to left (Swaying hips)
- 3-4 Step large step with right to right (Swaying hips)
- 5 Make a ¼ turn left stepping left forward
- 6 Make a ½ turn left stepping right back
- 7 Make a ¼ turn left stepping left to left side
- 8 Touch right toe next to left.

Step Right and Left, Rolling vine to Right.

- 1-2 Step large step with right to right (Swaying hips)
- 3-4 Step large step with left to left (Swaying hips)
- 5 Make a ¼ turn right stepping right forward
- 6 Make a ½ turn right stepping left back
- 7 Make a ¼ turn right stepping right to right side
- 8 Touch left toe next to right.

Cross Rock Side, Hold, Cross Rock Side, Hold **ENDING OF DANCE FROM HERE**

- 1-2 Cross rock left over right, Recover back onto right
- 3-4 Step left to left side, Hold.
- 5-6 Cross rock right over left, Recover back onto left
- 7-8 Step right to right side, Hold.

Cross, Unwind Right.

- 1 Cross left over right
- 2-4 Unwind full turn to right, with weight ending on left foot.

Main Dance:

Back Coaster Step, Walk, Walk, Rock Recover, 1/2 Turn Shuffle.

- 1&2 Step back on right, Step left beside right, Step forward on right.
- 3-4 Walk forward left, Walk forward right.
- 5-6 Rock forward on left, recover back on right.
- 7&8 Step left into ½ turn shuffle left. (Stepping left, Right, Left)

Mambo Forward, Walk, Walk, Back Lock Step Ronde 1/2 Turn, Sailor Step Forward.

- 1&2 Rock forward on right, recover onto left, step right beside left.
- 3-4 Walk back left, walk back right
- 5&6 Step back on left (5), lock right over left (&), step back on left, with weight on left, Sweep right toe forward and around to back, while turning ½ right (6)
- 7&8 Step Right behind Left, Step Left to Left Side, Step Right Forward.

Step, Touch Forward, Ronde 1/2 With Sailor Step, Step, Touch Forward 1/4 Turn Sailor Step

- 1-2 Step forward on left, touch right toe forward.
- 3&4 Sweep right toe to right side turning ¼ right step right behind left turning ¼ right (3), Step left to left (&) Step forward on right (4).
- 5-6 Step forward on left, touch right toe forward.
- 7&8 Sweep right toe to right side turning ¼ right stepping right behind left (7), Step left to left side (&), step forward on right (8).

Rock Recover, Triple Turn Left, Cross Rock, Side Rock

- 1-2 Rock forward left, recover back on right.
- 3&4 Full turn left, (Stepping left, right, left.)
- 5-6 Rock right across left, recover back on left.
- 7-8 Rock right to right side, recover left.

NOTE: At the end of walls 3 (3o'clock) and 8 (12o'clock) leave out the last 4 counts of dance 5-6, 7-8.

OPTIONAL STYLING: At the beginning of walls

2, (9 o'clock) 5, (12 o'clock) 6, (9 o'clock) 8, (3 o'clock) 9, (12 o'clock) 11 (6 o'clock)

Both arms can be lifted at sides straight to near shoulder height, then bent and "pushed" down, with palms of hands horizontal to the floor. (It is every time he sings "Push me to the floor")

ENDING OPTIONAL: Do first 20 counts (Finishing 12 o'clock) and then the LAST 12 counts of Intro Section.

Dedicated to my husband Martin, love you always

Music available at www.lyricmania.com

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