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Pushin Me

32 count, 4 wall, intermediate level Choreographer: Ryan Wareing (England) July 2004 Choreographed to: Pushin' Me Out by D-side (132 bpm)

Intro/Count In:48

POINT 1/4	I FFT SHUFFI F	ROCK FORWARD	RECOVER	2 STEPS BACK

- 1 Point right to right side,
- 2 Turn ½ over right shoulder stepping right foot next left, (3 o'clock)
- 3&4 Step left foot forwards, step right next to left, step left foot forwards,
- 5 Rock forward on the right foot,
- 6 Recover weight back on left foot,
- 7, 8 Step right foot back, Step Left foot back,

ROCK BACK, RECOVER, KICK BALL POINT, CROSS 1/2 UNWIND, CROSS SHUFFLE

- 9 Rock right foot back,
- 10 Recover weight back on left foot,
- 11&12 Kick right foot forward, step right next to left, point left foot to left side,
- 13 Cross left foot over right,
- 14 Unwind ½ over right shoulder, (9 o'clock)
- 15&16 Cross left foot over right, step right foot to right side, cross left foot over right,

STEP 1/4, STEP 1/4, BUMP LEFT, RIGHT, LEFT, SIDE ROCK, RECOVER, SAILOR STEP

- 17 Step ¼ over right shoulder stepping forward on the right, (12 o'clock)
- 18 Step ½ over right shoulder stepping left foot to left side, (3 o'clock)
- 19&20 Hip bump left, right, left,
- 21, 22 Rock right foot to right side, Recover weight on to left foot,
- 23 Right foot behind,
- & Make ½ turn over right shoulder stepping left to left side, (6 o'clock)
- 24 Step right foot to right side,

KICK, BACK, TOUCH, BODY ROLLS, KICK AND CROSS, SIDE TOUCH

- 25&26 Kick left foot, step back on left foot, touch right foot forwards
- 27, 28 Body roll down, Body roll up and putting weight on right foot,
- 29&30 Kick left foot forward, step left foot next to right, cross left foot over right,
- 31, 32 Step left foot to left side, Touch right foot next to left.

Arms movements for walls 3, 6, 7, 9, 10, 11, 12 (Chorus)

- 1 Right arm forwards, palm of hand facing forwards
- 2 continue the right arm while turning 1/4
- 3&4 shoulder bumps right, left, right
- 7 ½ turn over right shoulder, stepping right forward (6 o'clock)
- 8 ½ turn over right shoulder, stepping back on left (3 o'clock)
- 17 Raise both arms up
- 18 (Gently) Slap your bottom cheeks
- 19&20 Keep hands on cheeks
- 25&26 Raise arms to the "I don't know" posture
- 27, 28 Keep arms raised to the "I don't know" posture