



Web site: www.linedancermagazine.com

E-mail: admin@linedancermagazine.com

Pushing Me Out

32 count, 4 wall, intermediate level

Choreographer: Jo Conroy (Eng) Jun 2004

Choreographed to: Pushing Me Out by D – Side,
available on CD single

Intro: 32 Counts

Tap, Tap, Stomp, Left Sailor, Right Sailor

- 1&2 Tap Right Toe to right side, Tap Right Toe slightly further to Right Side stomp Right Foot.
3&4 Left Sailor Step
5&6 Right Sailor Step
7&8 Cross Left Foot Behind Right, Unwind Full Turn Left Weight On Left Foot.

Side Together, Shuffle, jazz Box ¼ Turn Shuffle

- 1-2 Step Side On Right, Step Left Next To right,
3&4 Right Side Shuffle
5-6 Cross left Over Right, Step Back on Right,
7&8 Make ¼ Turn Left Shuffle Fwd on Left

Pivot ½ Turn, ½ Turn Shuffle, Coaster Step, Point Cross

- 1-2 Step Fwd Right ½ Turn Left,
3&4 Triple ½ Turn Left,
5&6 Left Coaster Step,
7-8 Point Right Toe To Right Side, Cross Right Over Left, Weight on Right

Shuffle, Kick Ball Step, Sailor ¼ Turn, Turn Touch

- 1&2 Left Side Shuffle
3&4 Kick Right Across Left, Replace Weight On To Right, Step Left To Left Side
5&6 Sailor ¼ Turn Right Weight On Right.
7-8 Make ¼ Turn to Right Stepping to the side on Left, Touch Right Toe Next to Left.

Linedancer Magazine, 166 Lord Street, Southport, United Kingdom, PR9 0QA
Tel: +44 (0)1704 501235 Fax: +44 (0)1704 501678