



Tush Push

Adapted for Wheelchair Users

4 WALL - 20 COUNTS - BEGINNER

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1	Roll Turn Right, Roll Turn Left		
1 - 2	Make a chair pivot diagonally right.	Pivot	Right
3 - 4	Make a chair pivot left, for return home.	Pivot	Left
5 - 6	Make a chair pivot diagonally left.	Pivot	
7 - 8	Make a chair pivot right, for return home.	Pivot	Right
Section 2	Extensions - Palm In Front		
1 - 2	Extend right arm with opened palm of right hand.	Extension Right	Forward
3 - 4	Extend left arm with opened palm of left hand.	Extension Left	
5 - 6	Extend right arm with opened palm of right hand.	Extension Right	
7 - 8	Extend left arm with opened palm of left hand.	Extension Left	
Section 3	Roll Turn, Roll Forward		
1 - 2	Make a chair pivot diagonally right.	Pivot	Right
3 - 4	Make a chair pivot left, for return home.	Pivot	Left
5 - 8	Roll forward.	Roll	Forward
Section 4	Roll Backward, 1/2 Roll Turn Right		
1 - 4	Roll backward.	Roll	Backward
5 - 8	Make 1/2 turn to the right.	Half Turn	Right
Section 5	1/2 Roll Turn Left, 1/4 Roll Turn Left		
1 - 4	Make 1/2 turn to the left.	Half Turn	Left
5 - 8	Make 1/4 turn to the left.	Quarter Turn	

Choreographed by: Jim Ferrazzano and Ken Engel (USA)

Adapted for wheelchair users by: Gilles Bataille (France) March 2008 www.handiline.fr

Choreographed to: 'What Turns Me On' by Lantana (156 bpm) from CD Unbridled (32 count intro); also available from iTunes

Music Suggestions: 'Your Tattoo' by Sammy Kershaw (147 bpm) from CD The Hits Volume 1 (16 count intro);
'Third Rock From The Sun' by Joe Diffie (151 bpm) from CD Third Rock From The Sun (16 count intro)