

# Pushin & Shovin

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**Choregraphie par :** Maggie GALLAGHER

**Description :** 32 temps, 4 murs, Débutant+, Septembre 2018

**Musique :** Pushin and Shovin by Billow Wood (Amazon)

**Intro: 32 counts (start on words "I left you a message") 13 secs**

## **S1: R ROCKING CHAIR, STEP, ¼ PIVOT, STEP, ¼ PIVOT**

- 1-2 Rock forward on right, Recover on left
- 3-4 Rock back on right, Recover on left
- 5-6 Step forward on right, ¼ pivot left rolling hips round [9:00]
- 7-8 Step forward on right, ¼ pivot left rolling hips round [6:00] \*Restart Wall 3

## **S2: CROSS, SIDE, BEHIND, SWEEP, BEHIND, ¼, WALK, HOLD**

- 1-2 Cross right over left, Step left to left side
- 3-4 Cross right behind left, Ronde sweep left from front to back
- 5-6 Cross left behind right, ¼ right stepping forward on right [9:00]
- 7-8 Walk forward on left, HOLD \*\*Restart Wall 10

## **S3: MAMBO ½, HOLD, STEP, ½ PIVOT, STEP, TOUCH**

- 1-2-3 Rock forward right, Recover on left, ½ right stepping forward on right [3:00]
- 4 HOLD
- 5-6 Step forward on left, ½ pivot right stepping forward on right [9:00]
- 7-8 Step forward on left, Touch right next to left

## **S4: SIDE, TOUCH, SIDE, TOUCH, BUMP R, L, R, L**

- 1-2 Step right to right side, Touch left next to right
- 3-4 Step left to left side, Touch right next to left
- 5-6 Step right to right side bumping hips right, Bump hips left
- 7-8 Bump hips right, Bump hips left (weight finishing on left)

**\*RESTART: After 8 counts on Wall 3 facing [12:00]**

**\*\*RESTART: After 16 counts on Wall 10 facing [3:00]**

**ENDING: Dance 7 counts of Wall 13, then ½ pivot left to finish facing [12:00]**

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