

Tush Push

- 1. Tap your right heel to the side and front of your body (digging your boot into the ground)
- 2. Bring your right foot back next to your left one
- 3. Tap your right heel twice in the same spot as the first time, then hop onto your right foot, digging your left heel into the ground
- 4. Close your left foot back to your right one
- 5. Dig your left heel into the ground twice
- 6. Hop onto your left foot, digging your right heel into the ground
- 7. Hop on your right foot, digging your left heel into the ground
- 8. Hop on your left foot, digging your right heel into the ground
- 9. Do a quarter turn to the left (90 degree rotation)
- 10. Shift your hips to the right, then again to the right
- 11. Shift your hips to the left, then again to the left
- 12. Shift your hips to the right
- 13. Shift your hips to the left
- 14. Shift your hips to the right
- 15. While shifting your hips to the left, do a quarter turn to the right so that you are facing where you were at the beginning
- 16. Step forward onto your right foot
- 17. Step onto your left foot
- 18. Step onto your right foot
- 19. Step onto your left foot and then back onto your right foot
- 20. Step backwards onto your left foot
- 21. Step back onto your right foot
- 22. Step back on your left foot
- 23. Step back onto your right foot, then back onto your left foot
- 24. Step forward onto your right foot
- 25. Step onto your left foot
- 26. Step onto your right foot
- 27. While turning clockwise (180 degrees), step onto your left foot and then onto your right foot
- 28. Facing the back of the room, step forward onto your left foot
- 29. Step onto your right foot
- 30. Step onto your left foot
- 31. While completing a ¾ turn, counter-clockwise, step onto your right foot, then your left one
- 32. Stomp your right foot
- 33. Stomp your left foot
- 34. Stomp your right foot
- 35. Clap your hands



Start with your weight on your left foot

Tap your right heel to the side and front of your body (digging your boot into the ground

Bring your right foot back next to your left one

Tap your right heel twice in the same spot as the first time





Hop onto your right foot, digging your left heel into the ground

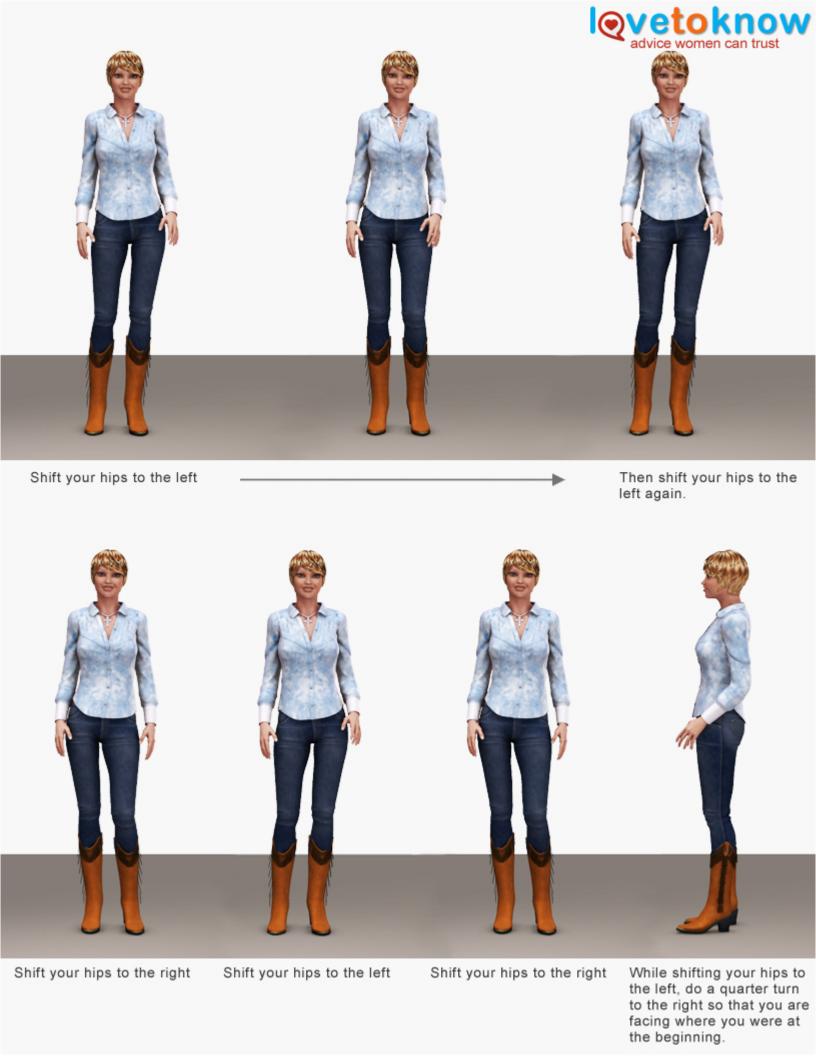
Close your left foot back to your right one

Dig your left heel into the ground twice



Shift your hips to the right

Then shift your hips to the right again.





Step forward onto your right foot.

Step onto your left foot

Step onto your right foot

Step onto your left foot and then back onto your right foot



Step backwards onto your left foot

Step back onto your right foot

Step back onto your left foot

Step back onto your right foot, then back onto your left foot



Step forward onto your right foot

Step onto your left foot

Step onto your right foot

While completing a 3/4 turn, counter-clockwise, step onto your right foot, then your left one.



Stomp your right foot

Stomp your left foot

Stomp your right foot

Clap your hands