

Pull

32 count, 4 wall, intermediate level
Choreographer: Michele Perron (Can) Jul 2005
Choreographed to: Hey! (So What) by Dannii
Minogue (120 bpm), CD: Neon Nights

Introduction: 40 Counts if you begin to count immediately after the 'Four Beeps' (Begin on vocals)

Sec I (1-8) STEP/SLIDE, SLIDE, BEHIND-SIDE-RECOVER (SAILOR): REPEAT

- 1 RIGHT Step beside and behind L (in third foot Position) and Slide/Drag LEFT out to side L
- 2 Slide/Drag LEFT in and crossed behind R
(you have completed a two count 'sideways' full circle with L)
- 3 & 4 LEFT Crossed behind R, RIGHT Step Rock/Step side R, LEFT Recover/Step side L
- 5 RIGHT Step beside and behind L (in third foot Position) and Slide/Drag LEFT out to side L
- 6 Slide/Drag LEFT in and crossed behind R
(you have completed a two count 'sideways full circle with L)
- 7 & 8 LEFT Crossed behind R, RIGHT Step Rock/Step side R, LEFT Recover/Step side L

*Arm Action: on Counts 1,2; 5,6: 'Throw' both arms out to side L, at waist level; L arm ends straight out, palm facing forward; R arm bends across front of body at waist level, palm facing in.

Sec II (9-16) HEEL, HITCH, BEHIND-TURN-ACROSS, TOUCH, SLIDE, TRIPLE SIDE

- 1, 2 RIGHT Heel diagonal R forward; RIGHT Knee Hitch
- 3 RIGHT Step crossed behind L
- & Execute 1/4 Turn L with LEFT Step side
(9 o'clock)
- 4 RIGHT Step across front of L
- 5 LEFT Touch side L and slightly diagonal forward
- 6 LEFT Slide 'In' to Touch beside R
- 7&8 LEFT Triple side L (Step side L, R together, Step side L)

Sec III (17-24) TURN, 'PULL', TURN, HITCH, TRIPLE FORWARD, FORWARD, TURN

- 1 Execute 1/4 Turn L with RIGHT Rock/Step back with Arm Action*
(6 o'clock)
*Arms Action: Extend both arms forward, palms together
- 2 'PULL' R arm along L arm and across chest, (R bends), palm faces 'in', (L arm remains held straight) ,
weight remains on R
- 3 Execute 1/2 Turn R with LEFT Rock/Step back;
(12 o'clock)
- 4 RIGHT Knee Hitch; R arm bends in towards chest, palm facing L
- 5 & 6 RIGHT 'Locking' Triple forward (R forward, L forward and crossed behind R, R forward)
- 7, 8 LEFT Step forward; Execute 1/4 Turn R with RIGHT Step side R
(3 o'clock)

Sec IV (25-32) ACROSS, TURN, TURN, TURN, HOLD, TURN, HOLD, & FORWARD, HOLD

- 1 LEFT Step across front of R
- 2 Execute 1/4 Turn L with RIGHT Step back
(12 o'clock)
- & Execute 1/4 Turn L with LEFT Step side
(9 o'clock)
- 3 Execute 1/4 Turn L with RIGHT Step forward
(6 o'clock)
- 4 HOLD
- 5 Execute 1/4 Turn R with LEFT Step back and crossed behind R
(9 o'clock)
- 6 HOLD
- & 7 Execute 1/2 Turn R with RIGHT Step forward; LEFT Step forward
(3 o'clock)
- 8 HOLD

Begin Again

ENDING: Execute Count 1 of Sec. IV with LEFT Step across front of R, facing 12 o'clock wall.
Extend both arms & hit a 'Pose'!