

Choreographers note:- Still as fresh today as it was in 1972.. and still very much available. Ideally suited for Advanced Beginners within the New Levels.

A varied array of alternate music is available at the bottom of the dance sheet

A general note: A Push Step is similar to a Rock Step – except that the dancer is leaning ‘backward’.

Always remember - **‘The beat may reach your feet - but the rhythm should electrify your soul’.**

Dance starts on the vocals. with feet together and weight on the left foot.

2x Soft Shoe Shuffle. Walk Fwd: R-L. Push Step (12:00)

- 1&2 (on the spot) Step right slightly across & in front of left, step left back slightly, slide right back to left toe.
 3&4 (on the spot) Step left slightly across & in front of right, step right back slightly. slide left back to right toe.
 5 – 6 Walk forward: Right. Left.
 7 – 8 (leaning backward) Step forward onto right foot. Step onto left foot.

1/4 Right Chasse. 1/2 Right Chasse. 1/4 Right Bwd Push Step. Cross. Bwd (12:00)

- 9& 10 Turn ¼ right & Chasse right (RL-R) (3)
 11& 12 Turn ½ right & Chasse left (LR-L) (9)
 13 – 14 Turn ¼ right & step backward onto right foot. Step onto left foot.
 15 – 16 Cross step right foot over left. Step backward onto left foot.

2x Shuffle. Push Step. Side Rock. Rock (12:00)

- 17& 18 Shuffle forward (RL-R)
 19& 20 Shuffle forward (LR-L)
 21 – 22 (leaning backward) Step forward onto right foot. Step onto left foot.
 23 – 24 Rock step right foot to right side. Rock onto left foot.

3x Sailor. Behind. Unwind 3/4 Left (3:00)

(the following Sailors are moving backward)

- 25& 26 Cross step right foot behind left, step left foot to left side, step right foot slightly backward.
 27& 28 Cross step left foot behind right, step right foot to right side, step left foot slightly backward.
 29& 30 Cross step right foot behind left, step left foot to left side, step right foot slightly backward.
 31 – 32 Cross step left foot behind right. Unwind ¾ left (weight on left foot).

Option for section 4: counts 25 to 30

- 25& 26 (short steps) Shuffle backward (RL-R)
 27& 28 (short steps) Shuffle backward (LR-L)
 29& 30 (short steps) Shuffle backward (RL-R)

Other suggested music: Perry Como Magic moments (102 bpm)

Lee Ann Womack You've got to talk to me (110 bpm)

Damon Shawn Feel the need in me (124 bpm)

Frank Wilson or

Chris Clarke Do I love you (deed I do) (132 bpm)

Trammps Zing went the strings of my heart (132 bpm)

Kentucky Headhunters Singing the blues (136 bpm)

Frankie Valli You're ready now (138 bpm)

Jimmy James A man like me (138 bpm)

Ramsey Lewis Trio Wade in the water (138 bpm)

Donnie Elbert I can't help myself (140 bpm) – Highly recommended

Kentucky Headhunters Party Zone (144 bpm)