



Pushin & Shovin

32 Count, 4 Wall, Beginner

Choreographer: Maggie Gallagher (UK) September 2018

Choreographed to: Pushin and Shovin by Billow Wood

32 counts intro, 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 Here (after 8 counts) on Wall 3 facing [12:00]

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 Here (after 16 counts) on Wall 10 facing [3:00]

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)

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

Music download available from Amazon