

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 $\frac{3}{4}$ 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



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

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

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

Do a quarter turn to the left. (90 degree rotation)



Shift your hips to the right



Then shift your hips to the right again.



Shift your hips to the left



Then shift your hips to the left again.



Shift your hips to the right

Shift your hips to the left

Shift your hips to the right

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.



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 turning clockwise (180 degrees), step onto your left foot and then onto your right 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