



Line Dancing  
w/ Rich

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## The Tush Push

- Counts**    **Steps** (R – Right/L – Left)
- 8            **Heels:**  
Tap R heel forward, R close (returns under body), tap R heel forward twice.  
In one count, bring R under body to tap L Heel forward, L close, tap L heel twice.
- 4            **Switch:**  
In one count, bring L under body to tap R heel forward, reverse, repeat first step (a small jump is needed to switch from one foot to the other), clap once.
- 8            **Hips:**  
Sway hips forward onto R twice, back onto L twice, forward once, back once, forward once, backward once.
- 8            **Shuffle, Rock Forward & Backward:**  
Shuffle forward R-L-R (3 steps to two beats of music like a polka), rock forward onto L, rock back onto R. Shuffle backward L-R-L, rock back onto R, rock forward onto L.
- 8            **Shuffle & Pivot Rt & Lt:**  
Shuffle forward R-L-R, L steps forward, pivot ½ right on balls of both feet.  
Shuffle L-R-L forward, R steps forward, R steps forward, pivot ¼ left on balls of the feet.
- 4            **Pivot, Close & Clap:**  
R steps forward, pivot ½ left on balls of the feet, R close, clap once
- Start Again!**