

An Easy Way
To Learn The
Latest
Dances



COUNTRY Dance

Each week we'll bring you step-by-step instructions on a popular line dance – this week demonstrated by regulars from TNN's popular dance show, *Club Dance*, at the Whitehorse Cafe in Knoxville, TN.

THE Tush Push

Best
danced to
any fast
two-step
beat...like
George
Strait's
"The
Fireman"

Opening Basics:

1. Touch right heel forward
 2. Bring right foot back even with left
 3. Touch left heel forward
 4. Bring left foot back even with right
 5. Touch right heel forward
 6. Bring right foot back even with left
 7. Touch left heel forward
 8. Bring left foot back even with right
- The Quick Part:
9. Touch right heel forward
 10. Bring right foot back as you touch left heel forward (in other words, hop as you switch feet)

11. Bring left foot back as you touch right heel forward (another hop)
12. Leave right foot forward on floor and clap once

The Hot Stuff:

13. & 14. Bump right hip forward twice with weight on forward (right) foot
15. & 16. Bump left hip back twice with weight on back (left) foot
17. Bump right hip forward once (weight shifts to right foot)
18. Bump left hip backward once (weight shifts back)
19. Bump right hip forward once
20. Bump left hip backward once

The Shuffle:

21. & 22. Shuffle step forward, starting on right foot (shuffle step right, left, right – short, quick steps like a cha-cha)
23. Step forward on left foot, and rock forward and down by bending left knee.
24. & 25. Shuffle step backward starting on left foot (step left, right, left)
26. Step back on right foot, shifting weight to it and rock backward and down by bending right knee.
27. & 28. Shift weight back to left foot, then shuffle step on right foot forward (step right, left, right)
29. Step forward on left, with half-turn to right by pivoting on both feet.
30. Step on right foot,
31. & 32. then shuffle step forward, starting on left foot.

Ending It:

33. Half-turn left by pushing off on right foot, pivoting on left.
34. Quarter turn to left, same push-pivot motion.
35. Step right
36. Stomp left

Repeat as often as music and time – and your partner – permit.

CUT OUT AND SAVE



STEPS 1-8 *Opening Basics:* First touch your right heel forward, return, then do the same with the left foot. Do this twice.



STEP 9&10 *The Quick Part:* Now touch your right heel forward and quickly alternate to the left heel forward, hopping as you switch feet.



STEP 12 Finish the quick part by leaving your right foot on the floor and clapping once.

Melissa Edenfield, Randy Davidson, Debbie Carbaugh and Ricky Bailey, from left, are "Club Dance" regulars.



STEP 18 *The Hot Stuff:* Bump or thrust your right hip forward then your left hip backward, shifting weight on your feet. Push that tush!



STEP 21&22 *The Shuffle:* This is like a cha-cha step – three short, quick steps, right-left-right.



STEP 23 Step forward with weight on your left foot, and rock forward and down as you bend your left knee.



STEP 26 After you shuffle back, put your weight on the right foot and rock back and down, again bending your knee.



STEP 34-36 *Ending It:* You complete the sequence with two turns, a step right and stomp on your left foot. Now you're ready to go back to the beginning.