

Rush Hour

Count: 32

Wand: 2

Ebene:

Choreograf/in: Sylvia Priestley (UK)

Musik: 5:00 500 - Alabama



FORWARD SHUFFLES, STOMPS, CHASSÉ

- 1&2 Right shuffle forward
- 3&4 Left shuffle forward
- 5-6 Stomp right foot next to left twice
- 7&8 Right chasse

TURNING SHUFFLE, FORWARD SHUFFLE, STOMPS, TURNING SHUFFLE

- 9&10 Turning $\frac{1}{4}$ left, left shuffle forward
- 11&12 Right shuffle forward
- 13-14 Stomp left foot next to right twice
- 15&16 Turning $\frac{1}{4}$ left, left shuffle forward

JAZZ BOX TWICE

- 17-18 Right foot cross over front of left, left foot step back
- 19-20 Right foot step to the side, left foot step slightly forward
- 21-22 Right foot cross over front of left, left foot step back
- 23-24 Right foot step to the side, left foot step slightly forward

SYNCOPATED HEEL STRUTS

- 25& Right heel step forward, slap right toe down
- 26& Left heel step forward, slap left toe down
- 27& Right heel step forward, slap right toe down
- 28& Left heel step forward, slap left toe down
- 29& Right heel step forward, slap right toe down
- 30& Left heel step forward, slap left toe down
- 31& Right heel step forward, slap right toe down
- 32& Left heel step forward, slap left toe down

Optional arm movements:- as if holding a steering wheel turning right to left and back again while doing the heel struts on beats 25& to 32&

REPEAT