

Rushing Water

Count: 32

Wall: 4

Level: Improver

Choreographer: Mary Bee Friedrich (DE) - March 2023

Music: Rushing Water - Sting : (Album: The Bridge)



****Intro 40 Count**

Section 1: Side Rock, Out, Out, Hold, Sway R/L, Weave

- 1- 2 & RF step side rock to right (1), LF recover on weight (2), RF step out to right (&) (12.00)
- 3-4 LF step out to left (3), Hold (4) (12.00)
- 5- 6 Sway your hips to right side (5), sway your hips to left side (6) *~ Option (12.00)
- 7 & 8 RF cross behind LF (7), LF step to left side (&), RF cross over LF (8) (12.00)

Section 2: Side Rock, Cross Shuffle, ¼ Monterey Turn R

- 1- 2 LF step side rock to left (1), RF recover on weight (2) (12.00)
- 3 & 4 LF cross over RF (3), RF step to right side (&), LF cross over RF (4) (12.00)
- 5- 6 RF point to right (5), RF 1/4 turn to R and close to LF (6) (3.00)
- 7- 8 LF point to left (7), LF close to RF (8) (3.00)

Section 3: Side, Touch, Side Rock, Weave, Point

- 1- 2 RF step to right (1), LF touch to RF (2) (3.00)
- 3- 4 LF step rock to left (3), RF recover on weight (4) (3.00)
- 5- 6 LF cross behind RF (5), RF step to right side (6) (3.00)
- 7- 8 LF cross over RF (7), RF point to right (8) (3.00)

Section 4: 2 ¼ Step Turn L, Cross, Point, Cross, Point

- 1- 2 RF step fwd. (1), LF 1/4 step turn to left (2) (12.00)
- 3- 4 RF step fwd. (3), LF 1/4 step turn to left (4) (9.00)
- 5- 6 RF step/ cross over LF (5), LF point to left (6) (9.00)
- 7- 8 LF step/ cross over RF (7), RF point to right (8) (9.00)

Tag: Rock fwd, Recover, Ball Step, Rock fwd., Recover, Ball step at the end of Wall 6

- 1- 2 & RF step rock fwd. (1), LF recover on weight, (2), RF ball step back close to LF (&) (6.00)
- 3- 4 & LF step rock fwd. (3), RF recover on weight (4), LF ball step back close to RF (&) (6.00)

Option > Section 1 / Count 5 – 6 / ~ move your arms to right and left like a wave ~

Tag ~ move your arms forward like a wave at the forward step ~

Have fun and enjoy the rocking moves ☐

Please take the music at Amazon Smile for the Line Dance Fondation (UK)

Contact: Mary: marybeefriedrich@web.de
