

# The Rush of Life

**COPPER** KNOB  
STEPPED SHEETS

**Count:** 64

**Wall:** 2

**Level:** Higher Intermediate

**Choreographer:** Esmeralda van de Pol (NL) - February 2012

**Music:** The Rush of Life - VanVelzen



**Intro: 16 counts**

## **CROSS, SIDE ROCK, CROSS SHUFFLE, SIDE, BEHIND-SIDE-CROSS.**

1-2-3 Cross R over L, Rock L to L side, Recover on R  
4&5 Cross L over R, Step R to R side, Cross L over R  
6 Step R to R side  
7&8 Cross L over R, Step R to R side, Cross L behind R

## **SIDE ROCK, SAILOR STEP, CROSS, 1/4 TURN L, CHASSE L**

1-2 Rock R to R side, Recover on L  
3&4 Cross R behind L, Step L to L side, Step R to R side  
5-6 Cross L over R, 1/4 Turn L-step R back (9)  
7&8 Step L to L side, Close R next to L, Step L to L side

## **PIVOT 1/2 TURN L, FWD ROCK, COASTER STEP, HOLD & STEP**

1-2 Step fwd on R, 1/2 Turn L-weight on L (3)  
3-4 Rock R fwd, Recover on L  
5&6 Step R back, Step L next to R, Step R fwd  
7&8 Hold, Step L next to R, Step R fwd

## **FWD ROCK, SHUFFLE 1/2 TURN L, 1/4 TURN L & CROSS, COASTER 1/4 TURN L**

1-2 Rock L fwd, Recover on R  
3&4 1/4 Turn L-step L tot L side, Step R next to L, 1/4 Turn L-step L fwd (9)  
&5-6 1/4 Turn L-slightly step to R side, Cross L over R, Hold (6)  
7&8 1/4 Turn L-step R back, Step L next to R, Step R fwd (3)

## **SHUFFLE FWD, FWD ROCK, 1/4 TURN R & CROSS, HOLD, SIDE 1/2 TURN L & CROSS**

1&2 Step L fwd, Step R next to L, Step L fwd  
3-4 rock R fwd, Recover on L  
&5-6 1/4 Turn R-step R tot R side, Cross L over R, Hold (6)  
&7-8 Step R Slightly R side, 1/2 Turn L-step L to L side, Cross R over L (12)

## **SIDE, HOLD & CROSS, HOLD, SIDE-TOGHETER-CROSS, SIDE, BACK SIDE**

1-2 Step L to L side, Hold  
&3-4 Step R next to L, Cross L over R, Hold  
&5-6 Step R to R side, Step L next to R, Cross R over L  
7-8 Step L back, Step R to R side

## **CROSS ROCK, CHASSE L, ROCK BACK, WALK X2**

1-2 Cross R L fwd, Recover on R  
3&4 Step L to L side, Step R next to L, Step L to L Side  
5-6 Rock R back, Recover on L  
7-8 Walk R & L

## **FWD STEP, HOLD, 1/2 TURN L & HOLD, & SIDE ROCK, BACK SIDE**

1-2 Step R fwd, Hold  
&3-4 Step L next to R, 1/2 Turn L-step R fwd, Hold (6)

&5-6  
7-8

Step L next to R, Rock R to R side, Recover on L  
Step R back, Step L to L side

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