

No Rush

拍数: 32 墙数: 4 级数: Low Intermediate
编舞者: Cheyanne Freitas - April 2018
音乐: Singles You Up - Jordan Davis



Start dance with lyrics, 16 counts in.

***3 Restarts on walls 2, 4, & 8

[1-8] Kick rock back x2, Hip Sway x2, Right Coaster Step.

- 1&2& Kick right foot forward, step right foot down, rock left foot behind right, recover weight to right.
3&4& Kick left foot forward, step left foot down, rock right foot behind left, recover weight to left.
5-6 Step right foot out to right side as you sway hips from left to right, sway hips from right to left, ending with weight on left.
7&8 Step right foot back, step left foot next to right, step right foot forward.

[9-16] Left Shuffle forward, heel v-step, step back cross, ½ unwind clockwise, heel pop, cross shuffle left over right.

- 1&2 Step left foot forward, step right foot next to left, step left foot forward.
&3&4 Step on right heel towards the right diagonal, step on left heel towards the left diagonal (on both heels with toes pointing up), return right foot back to center, cross left foot over right.
5&6 Unwind turning ½ turn to the right, go up on toes and pop knees, return knees and heels to neutral position. (facing 6:00)
7&8 Cross left foot over right, step right out to right side, cross left over right. RESTART here on walls 2 and 8.

[17-24] ¼ turn press right foot forward, press left foot forward, press right foot forward, 1½ triple turn to right.

- 1-2& Turn ¼ turn right as you step and press right foot forward, recover weight onto left, step right foot next to left.
3-4& Press left foot forward, recover weight onto right, step left foot next to right.
5-6 Press right foot forward, recover weight onto left
7&8 Turn 1½ right as you step with right foot forward, step left next to right, step right foot forward.

RESTART NOTE: On the 2nd restart on wall 4 (at the end of the first chorus) this is just a ½ turn walk right (7), walk left (8).

[25-32] Rocking chair, step down on left, point right to right prep, hitch right, step right, cross left over right.

- 1-2, 3-4 Rock left foot forward, recover weight onto right, rock left foot backward, recover weight onto right.
&5-6 Step down on left foot, point right foot to right side as a prep, hitch right foot up (Option: make the hitch an outside turn to right on left foot)
7-8 Step right foot to right side, cross left over right.

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