

# Rush & Low

拍数: 32      墙数: 2      级数: Intermediate NC2S  
编舞者: Daniel Trepát (NL) & Sanne Kjaer Poulsen (DK) - November 2013  
音乐: Speechless - Rushlow



**Intro: 16 counts from first beat in music (app. 17 sec. into track). Start when he starts singing**

**Tag: In wall 4 & 6 after 16 counts**

**[1 – 8] Quarter diamond, full turn L with sweep, weave with sweep, behind, ¼ turn R, step 5/8 turn R, step fwd, full turn R**

- 1 – 2&      Step R to R side (1), 1/8 turn L stepping L back (diagonal) (2), Step R back (&) 10:30  
3 – 4&      3/8 turn L stepping L forward & sweep R ½ turn L (3), Cross R over L (4) Step L to L side (&) 12:00  
5 – 6&      Step R slightly behind L & sweep L to back (5), Cross L behind R (6), ¼ turn R stepping R forward (&) 3:00  
7 – 8&      Step L forward & turn á 5/8 turn R (7), Step R forward (8), Step L next to R making a full turn R(&) 10:30

**[9 – 16] Step fwd, growing pose, full turn L, sweep, 1/8 turn L, rockstep, ½ turn R, ¼ turn R sidestep, cross, ¼ turn L**

- 1 – 2      Step R forward & start growing with the arms up (turn body slightly to the front) (1), Keep growing with arms up (2) 10:30  
3 – 4      Drop arms and bend knees (3), Full turn L sweeping L 1/8 turn L from front to back (4) 9:00  
5 – 6&      Rock L back (5), Recover on R (6), ½ turn R stepping L back (&) 3:00  
7&8      ¼ turn R stepping R to R side (7), Cross L over R (8), ¼ turn L stepping R back (8) 3:00

**[17 – 24] ¼ turn L, lunge L, full turn R, side, cross, in a box turning pivot turns**

- 1 – 2&      ¼ turn L stepping in to a L lunge (1), ¼ turn R stepping R forward (2), ¾ turn R stepping L next to R (&) 12:00  
3 – 4&      Step R to R side (3), Cross L over R (4), ¼ turn L stepping R back (&) 9:00  
5 – 6&      Step L back (5), Step R back (6), ¼ turn L stepping L forward (&) 6:00  
7 – 8&      ½ turn L stepping R back (7), ¼ turn L stepping L forward (8), ½ turn L stepping R back (&) 3:00

**[25 – 32] ½ turn L, collect, ¼ turn R step out, 1 ¼ turn L ending with a sweep, cross, ¼ turn R, side & pique, ½ turn L**

- 1 – 2      ½ turn L stepping L forward (1), collect R towards L and bend the knees (2) 9:00  
3 – 4&      ¼ turn R stepping rocking R to R side (3), ¼ turn L recover on L (4), ½ turn L stepping R back (&) 3:00  
5 – 6&      ½ turn L stepping L forward & sweeping R to front (5), Cross R over L (6), Step L back (&) 9:00  
7 – 8&      ¼ turn R stepping R to R side & making a pique with L (7), ¼ turn L stepping forward (8), ¼ turn L collecting R next to L (weight ends on L) (&) 6:00

**Begin again!**

**TAG: in the 4th & 6th wall after 16 counts**

- 1 – 2      Sway L (1), Sway R (2), Sway L (&)