

Don't Rush

拍数: 32 墙数: 2 级数: Intermediate Cha Cha (Cuban)
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Ornst, Biggi Biggi Pätzold, Birgit Payr & Katrin Seilinger - March 2022
音乐: Don't Rush (feat. Vince Gill) - Kelly Clarkson



Intro: 32 Counts

[1-9]: STEP SIDE, BACK ROCK, CHASSE R, STEP FWD, ¼ TURN L STEP BACK, BACK-LOCK-BACK

1 Step LF to L side
2-3 Step RF back, recover weight onto LF
4&5 Step RF to R side, step LF together, step RF to R side
6-7 Step LF fwd, ¼ turn L step RF back (09:00)
8&1 Step LF back, cross RF over LF, step LF back

[10-17]: TOGETHER, STEP FWD, STEP-LOCK-STEP, ¼ TURN R + STEP ½ TURN R, ½ TURN R + CHASSE L

2-3 Step RF together, step FL fwd
4&5 Step RF fwd, lock LF behind RF, step RF fwd
6 ¼ Turn R step LF fwd (12:00)
7 ½ Turn R weight onto RF (06:00)
8&1 ½ Turn R and LF to L side, step RF together, step LF to L side (12:00)

Restart: During wall 4, facing 06:00 restart after count 16

[18-25]: BACK ROCK, CHASSE R ¼ R, SPIRAL TURN R + STEP FWD (OPTION: WALK, WALK), STEP-LOCK-STEP

2-3 Step RF back, recover weight onto LF
4&5 Step RF to R side, step LF together, ¼ turn R step RF fwd (03:00)
6-7 Step LF fwd, spiral a 360°-turn R on the LF, step RF fwd (03:00)
8&1 Step LF fwd, lock RF behind LF, step LF fwd

Tag/Restart: During wall 9, facing 06:00 after count 19 dance the chasse without turning, hold for 4 counts and restart over again

[26-32]: ROCK STEP, ¼ TURN R + CHASSE R, HIP SWAYS (2x), CHASSE L

2-3 Step RF fwd, recover weight onto FL
4&5 ¼ Turn R step RF to R side, step LF together, step RF to R side (06:00)
6-7 Small Step LF to L side as you sway hips to the L, weight onto RF and sway hips to the R
8& (1) Step LF to L side, step RF together, step LF to L side

The last step (count 1) ist also the first step of wall 2

Ending: During wall 12, facing 06:00 dance to count 21, make a ¼ turn R & step LF fwd to end facing 12:00

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