

Rush hour

拍数: 48
编舞者: Lenka Hecklová (CZ) - May 2024
音乐: Rush Hour - Crush

级数: Phrased Improver - Funky



Intro: 18 counts from the first beat in music (app. 13 seconds into track)

Sequence: A, A, B, B, A, A, B, B, A, A

Part A : 32 Counts

[1-8] Dorothy step 2x, heel and heel, step forward, touch

1,2& Step R diagonally R forward, step L behind R, Step R diagonally R forward 12:00
3,4& Step L diagonally L forward, Step R behind L, Step L diagonally L forward 12:00
5&6& R heel, Step R next to L, L heel, step L next to R 12:00
7,8 Long step R forward, Step L next to R 12:00

[9-16] Shuffle back 2x with ½ turn L, rock step, R ¼ turn side kick, R hitch together

1&2 Step R diagonally R back, Step L next to R, Step R diagonally R back 1:30
3&4 Turn ¼ L stepping L side, step R next to L, turn ¼ L stepping L forward 6:00
5,6 Step R forward, recover on L 6:00
7&8 Turn ¼ R kick R to the side, R hitch, step R next to L with weight on R 9:00

[17-24] 2x cross side cross, rock step, ¼ turn slide, ¼ turn jump

1,2& Cross L over R, rock R to R side, recover on L 9:00
3,4& Cross R over L, rock L to L side, recover on R 9:00
5,6 Rock L forward, recover on R 9:00
7,8 Turn ¼ L step L side (7), ¼ turn jump 3:00

[25-32] Out out with heel, in in 2x, ¾ paddle turn, touch

1&2& Step out on R heel R diagonally forward, step out on L heel L side, step R back in, step L next to R - 3:00
3&4& Step out on R heel R diagonally forward, step out on L heel L side, step R back in, step L next to L - 3:00
5-8 turn ¼ L pressing R ball to R side 3x, step R next to L 6:00

Part B : 16 Counts

[1-8] Step side, Swivel with bent knee 4x, Twist heel and toe 2x, Jump out, Jump cross, Jump together with wave

&1&2& Step L to L side {&}, Bent R knee in {1}, recover weight on both legs {&}, Bent L knee in {2}, recover weight on both legs {&} 12:00
3&4& Bent R knee in {3}, recover weight on both legs {&}, Bent L knee in {4}, recover weight on both legs {&} 12:00

Hands motion:

Start with both hands like you're playing piano.

1&2& Move them to the L, back to the center, to the R
3&4& Slowly move them with fists above your head
5&6& Jump on R heel and L toe (with R toe pointing diagonally L) {5}, move them to the other side {&}, jump and change to L heel and R toe {6}, move them to the other side 12:00
7&8 Jump out, jump in crossing L over R, jump together, and make a wave from the bottom to the top - 12:00

[9-16] 1/2 turn running man, Hop 3x, Step touch hold 2x

1&2& Jump with R forward and L back, hop on R with L hitch, jump with L in front and R back, hop on L - 3:00

3&4 Jump with R in front and L back, hop on R, hop twice on R 6:00
&5,6 Step L diagonally L forward, step R next to L, hold 6:00
&7,8 Step R diagonally R forward, step L next to R, hold 6:00
