

Feel The Rush

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Phrased Intermediate
编舞者: Leia Muranaka (USA) - February 2025
音乐: Rush - Troye Sivan



****1 tag that repeats**

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

#32 Count Intro (15 secs) Start on Vocals.

PART A: 32 COUNTS

[1-8] Step hitch, step hitch, step kick turn ¼, hop toe turn ½

1-2 Step RF forward (1), hitch R knee (2) (also scooting LF forward) travel forward
3-4 Step RF forward (3), hitch R knee (4) (also scooting LF forward) travel forward
5, 6 Step R (5), Kick L foot out and turn ¼ (6)
7&8 Hop on L, Right toe touch back, pivot on L ½ turn R kicking right leg out

****During chorus counts 1-4 will speed up to be:**

1-2 Step RF forward (1), hitch R knee (2) (also scooting LF forward) travel forward
&3 Step RF forward (&), hitch R knee (3) (also scooting LF forward) travel forward
&4 Step RF forward (&), hitch R knee (4) (also scooting LF forward) travel forward

[9-16] Step touch hitch, step step turning ¼, booty roll turning ½

1 Step R
&2-3 Touch L foot behind (&), Hitch L foot up (2-3)
&4 Step L (&), Step R turning ¼ over L shoulder (4)
5-6 Booty roll turning ¼ over L shoulder
7 Booty roll turning ¼ over L shoulder
8 Step R (Prep to hitch)

[17-24] Hitch backwards, triple step backwards, hitch, point x2, bump bump

1 Hitch R foot
2&3 Step back R (2), step L to R (&), step back R (3).
4 Hitch L foot
5, 6 Point R (5), Point L (6)
7, 8 Turn ¼ and bump hip (7), bump hip (8) (Weight on R hip)

[25-32] Kick and touch, bounce bounce ½ unwind, body roll, hop hop

1&2 Kick R forward (1), step onto R (&), touch L toe behind R (2)
3, 4 Unwind ½ over L and bounce (3), bounce (4)
5-6 Body roll
7, 8 Hop fwd (7), hop fwd (8)

PART B: 32 COUNTS

[1-8] Slow applejacks travelling R, fast applejacks

1,2 Whilst travelling R fan out toes (1), Return both heel and toes to centre (2)
3,4 Whilst travelling R fan out toes (3), Return both heel and toes to centre (4)
&5&6 Fan R toes out to R side whilst turning L heel in (&), return both heel and toes to centre (5),
fan L toes out to L side whilst turning R heel in (&), return both heel and toes to centre (6)
&7&8 Fan R toes out to R side whilst turning L heel in (&), return both heel and toes to centre (7),
fan L toes out to L side whilst turning R heel in (&), return both heel and toes to centre (8)

[9-16] Booty roll, heel touch & toe touch x2

1-3 Slow booty roll
4, 5 Touch L heel out (4) Touch L toe out (5)

6, 7 Touch L heel out (5) Touch L toe out (6)
8 Place L foot besides R foot

[17-24] Slow applejacks travelling L, fast applejacks

1,2 Whilst travelling L fan out toes (1), Return both heel and toes to centre (2)
3,4 Whilst travelling L fan out toes (3), Return both heel and toes to centre (4)
&5&6 Fan R toes out to R side whilst turning L heel in (&), return both heel and toes to centre (5),
fan L toes out to L side whilst turning R heel in (&), return both heel and toes to centre (6)
&7&8 Fan R toes out to R side whilst turning L heel in (&), return both heel and toes to centre (7),
fan L toes out to L side whilst turning R heel in (&), return both heel and toes to centre (8)

[25-32] Booty roll, heel touch & toe touch x2

1-3 Slow booty roll
4, 5 Touch R heel out (4) Touch R toe out (5)
6, 7 Touch R heel out (5) Touch R toe out (6)
8 Place R foot besides L foot

TAG:

[1-8] Step hitch x4

1-2 Step RF forward (1), hitch R knee (2) (also scooting LF forward) travel forward
3-4 Step RF forward (3), hitch R knee (4) (also scooting LF forward) travel forward
5-6 Step RF forward (5), hitch R knee (6) (also scooting LF forward) travel forward
7-8 Step RF forward (7), hitch R knee (8) (also scooting LF forward) travel forward

[9-16] Step step, body roll, shimmy

1, 2 Step out R (1), Step out L (2)
3-4 Body roll
5-6 Hold
7-8 Shimmy shoulders

****Optional styling: on counts 3-4: (3) fold in half dropping chest down (4) stand up**

**This dance has so much room for stylizing and making it your own. Have fun!!!
For any questions feel free to email leiamuranaka333@gmail.com**

Last Update: 9 Feb 2025
