

# Rush Hour

拍数: 32      墙数: 2      级数:  
编舞者: Sylvia Priestley (UK)  
音乐: 5:00 500 - Alabama



## FORWARD SHUFFLES, STOMPS, CHASSÉ

1&2      Right shuffle forward  
3&4      Left shuffle forward  
5-6      Stomp right foot next to left twice  
7&8      Right chasse

## TURNING SHUFFLE, FORWARD SHUFFLE, STOMPS, TURNING SHUFFLE

9&10      Turning  $\frac{1}{4}$  left, left shuffle forward  
11&12      Right shuffle forward  
13-14      Stomp left foot next to right twice  
15&16      Turning  $\frac{1}{4}$  left, left shuffle forward

## JAZZ BOX TWICE

17-18      Right foot cross over front of left, left foot step back  
19-20      Right foot step to the side, left foot step slightly forward  
21-22      Right foot cross over front of left, left foot step back  
23-24      Right foot step to the side, left foot step slightly forward

## SYNCOPATED HEEL STRUTS

25&      Right heel step forward, slap right toe down  
26&      Left heel step forward, slap left toe down  
27&      Right heel step forward, slap right toe down  
28&      Left heel step forward, slap left toe down  
29&      Right heel step forward, slap right toe down  
30&      Left heel step forward, slap left toe down  
31&      Right heel step forward, slap right toe down  
32&      Left heel step forward, slap left toe down

**Optional arm movements:- as if holding a steering wheel turning right to left and back again while doing the heel struts on beats 25& to 32&**

**REPEAT**

---