

Rush Rush

拍数: 64 墙数: 2 级数: Intermediate
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音乐: Rush Rush - Paula Abdul



Start after 24 counts

Section 1 **Toe Strut Forward x2, Forward Rock, Lock Step Back**

1-2 Step forward on right toe, drop heel taking weight
3-4 Step forward on left toe, drop heel taking weight
5-6 Rock forward on right, recover weight on left
7&8 Step back on right, lock step left across right, step back on right

Section 2 **Sweep x2, Sailor ¼ Turn, Lock Step Forward, Kick Ball Point**

1-2 Sweep left to back, sweep right to back
3&4 Turn ¼ left sweeping left behind right, step right to right side, step left to left side
5&6 Step forward on right, lock step left behind right, step forward on right
7&8 Kick left forward, step left beside right, point right to right side

Section 3 **Cross Rock, ½ Turn Shuffle, Pivot ¼ Turn, Cross Shuffle**

1-2 Cross rock right over left, recover weight on left
3&4 Step forward on right making ½ turn right, step left beside right, step forward on right
5-6 Step forward on left, pivot ¼ turn right
7&8 Cross step left over right, step right to right side, cross step left over right

Section 4 **¼ Turn Left x2, Pivot ½ Turn, Side Rock Cross x2**

1-2 Step back on right making ¼ turn left, step forward on left making ¼ turn left
3-4 Step forward on right, pivot ½ turn left
5&6 Rock right to right side, recover weight on left, cross right over left (body angled facing left diagonal)
7&8 Rock left to left side, recover weight on right, cross left over right (body angled facing right diagonal)

Section 5 **Coaster Step, Step Full Turn, Back Rock, Side Mambo Touch**

1&2 Step back on right, step left beside right, step forward on right
3&4 Step forward on left, make ½ turn right, make a further ½ turn right stepping back on left
5-6 Rock back on right, recover weight on left
7&8 Rock right to right side, recover weight on left, touch right beside left

Section 6 **Point, Hook, ¼ Turn Right, Forward Shuffle, ¼ Turn Right, Rock Back, Full Turn Step**

1-2 Point right to right side, hook right foot across left shin
3&4& Step forward on right making ¼ turn right, step left beside right, step forward on right, step left to left side making ¼ turn right
5-6 Rock back on right, recover weight on left
7&8 Step back on right making ½ turn left, step forward on left making ½ turn left, step forward on right

Section 7 **Skate x2, Forward Shuffle, Skate x2, Forward Shuffle**

1-2 Skate forward left right
3&4 Step forward on left, step right beside left, step forward on left
5-6 Skate forward right left
7&8 Step forward on right, step left beside right, step forward on right

Section 8 **Side Rock, Behind Side Cross, Forward Rock, ½ Turn, Step, Drag and Touch**

1-2 Rock left to left side, recover weight on right
3&4& Step left behind right, step right to right side, cross left over right, rock forward on right

- 5-6 Recover weight on left starting to make ½ turn right, step forward on right completing ½ turn right
7-8 Take a large step forward on left, drag and touch right beside left

REPEAT

RESTART: DURING wall 2, AFTER 32 counts, restart the dance. (facing 12 o'clock)

TAG, Wall 5: Dance up to and including count 6 of section 8, then

- 7&8 Rock left to left side, recover weight on right, touch left beside right

At the END of wall 5, there is a 16-count TAG. (facing 6 o'clock) You simply repeat the last 2 sections of the dance.

Section 7 Skate x2, Forward Shuffle, Skate x2, Forward Shuffle

- 1-2 Skate forward left right
3&4 Step forward on left, step right beside left, step forward on left
5-6 Skate forward right left
7&8 Step forward on right, step left beside right, step forward on right

Section 8 Side Rock, Behind Side Cross, Forward Rock, ½ Turn, Step, Drag and Touch

- 1-2 Rock left to left side, recover weight on right
3&4 Step left behind right, step right to right side, cross left over right, rock forward on right
5-6 Recover weight on left starting to make ½ turn right, step forward on right completing ½ turn right
7-8 Take a large step forward on left, drag and touch right beside left
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