

The Rush (Improver Version)

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Peter Metelnick (UK) & Alison Metelnick (UK) - October 2011
音乐: Lightning (Alias Remix Radio Edit) - The Wanted



**** Celebrating 20 Years of Dance ****

Start after 32 count intro – [3:31 – 135bpm]

[1-8] R step touch, L kick ball cross, L side, R together, L side rock/recover

1-2 Step R side, touch L together
3&4 Kick L forward, step L back, cross step R over L
5-6 Step L side, step R together
7-8 Rock L side, recover weight on R

[9-16] Weave R 2, L sailor, weave L 2, R back rock/recover

1-2 Cross step L over R, step R side
3&4 Cross step L behind R, step R side, step L side
5-6 Cross step R over L, step L side
7-8 Rock R back, recover weight on L

Wall 5 Restart: During wall 5 instrumental dance 1st 16 counts and restart facing front wall

[17-24] R fwd, ¼ L pivot turn, R fwd, ¼ L pivot turn, R & L cross points

1-2 Step R forward, pivot ¼ left (9 o'clock)
3-4 Step R forward, pivot ¼ left (6 o'clock)
5-6 Cross step R over L, point L side
7-8 Cross step L over R, point R side

[25-32] L weave 4 with ¼ L, rocking chair

1-2 Cross step R over L, step L side
3-4 Cross step R behind L, turning ¼ left step L forward (3 o'clock)
5-6 Rock R forward, recover weight on L
7-8 Rock R back, recover weight on L

TAG: At the end of every 4th wall when you finish facing FRONT WALL:

Add the following 8 count tag and then begin the dance again facing front wall.

1-4 Cross step R fwd, hold, cross step L fwd, hold (Prissy Walks)

(Slow motion steps.....like in the song)

5-8 Cross step R over L, step L back, step R back, cross step L over R