

# The Rush (Improver Version)

COPPER KNOB  
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