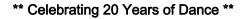
# The Rush (Improver Version)

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音乐: Lightning (Alias Remix Radio Edit) - The Wanted



拍数: 32

# 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

- Step R side, touch L together 1-2
- 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

- Step R forward, pivot 1/4 left (9 o'clock) 1-2
- 3-4 Step R forward, pivot 1/4 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 1/4 L, rocking chair

- 1-2 Cross step R over L, step L side
- 3-4 Cross step R behind L, turning 1/4 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.

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





墙数: 4

级数: Improver