

# The Rush of Life

**COPPER** KNOB  
STEPSHEETS

拍数: 64      墙数: 2      级数: Higher Intermediate  
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音乐: The Rush of Life - VanVelzen



Intro: 16 counts

## CROSS, SIDE ROCK, CROSS SHUFFLE, SIDE, BEHIND-SIDE-CROSS.

1-2-3      Cross R over L, Rock L to L side, Recover on R  
4&5      Cross L over R, Step R to R side, Cross L over R  
6      Step R to R side  
7&8      Cross L over R, Step R to R side, Cross L behind R

## SIDE ROCK, SAILOR STEP, CROSS, 1/4 TURN L, CHASSE L

1-2      Rock R to R side, Recover on L  
3&4      Cross R behind L, Step L to L side, Step R to R side  
5-6      Cross L over R, 1/4 Turn L-step R back (9)  
7&8      Step L to L side, Close R next to L, Step L to L side

## PIVOT 1/2 TURN L, FWD ROCK, COASTER STEP, HOLD & STEP

1-2      Step fwd on R, 1/2 Turn L-weight on L (3)  
3-4      Rock R fwd, Recover on L  
5&6      Step R back, Step L next to R, Step R fwd  
7&8      Hold, Step L next to R, Step R fwd

## FWD ROCK, SHUFFLE 1/2 TURN L, 1/4 TURN L & CROSS, COASTER 1/4 TURN L

1-2      Rock L fwd, Recover on R  
3&4      1/4 Turn L-step L tot L side, Step R next to L, 1/4 Turn L-step L fwd (9)  
&5-6      1/4 Turn L-slightly step to R side, Cross L over R, Hold (6)  
7&8      1/4 Turn L-step R back, Step L next to R, Step R fwd (3)

## SHUFFLE FWD, FWD ROCK, 1/4 TURN R & CROSS, HOLD, SIDE 1/2 TURN L & CROSS

1&2      Step L fwd, Step R next to L, Step L fwd  
3-4      rock R fwd, Recover on L  
&5-6      1/4 Turn R-step R tot R side, Cross L over R, Hold (6)  
&7-8      Step R Slightly R side, 1/2 Turn L-step L to L side, Cross R over L (12)

## SIDE, HOLD & CROSS, HOLD, SIDE-TOGHETER-CROSS, SIDE, BACK SIDE

1-2      Step L to L side, Hold  
&3-4      Step R next to L, Cross L over R, Hold  
&5-6      Step R to R side, Step L next to R, Cross R over L  
7-8      Step L back, Step R to R side

## CROSS ROCK, CHASSE L, ROCK BACK, WALK X2

1-2      Cross R L fwd, Recover on R  
3&4      Step L to L side, Step R next to L, Step L to L Side  
5-6      Rock R back, Recover on L  
7-8      Walk R & L

## FWD STEP, HOLD, 1/2 TURN L & HOLD, & SIDE ROCK, BACK SIDE

1-2      Step R fwd, Hold  
&3-4      Step L next to R, 1/2 Turn L-step R fwd, Hold (6)

&5-6  
7-8

Step L next to R, Rock R to R side, Recover on L  
Step R back, Step L to L side

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