

Don't Rush

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Rob Fowler (ES) & Lianne Lewis-Fowler (ES) - February 2013
音乐: Don't Rush (feat. Vince Gill) - Kelly Clarkson



Intro: on vocals – 32 counts (approx. 23 secs)

SIDE STEP, ROCK BACK, RECOVER, CHA CHA FWD RIGHT, ROCK STEP LEFT, ¾ SHUFFLE LEFT

1,2,3 Step Left to Left side, Rock Back Right, Recover Fwd Left
4&5 Step Fwd Right, Step Left Together, Step Fwd Right
6,7 Rock Fwd Left, Recover Back on Right
8&1 Make a ½ Turn Left Stepping Fwd Left, Step Right Next to Left, Make a ¼ Turn Left Stepping Fwd Left (3 o'clock)

SIDE ROCK, RECOVER, BOTOFOGO (TWINKLE), CROSS, SIDE, BEHIND SIDE CROSS

2,3 Rock Right to Right side, Recover Weight to Left
4&5 Cross Right Over Left, Step Left into Left Diagonal, Step Right Next to Left
6,7 Cross Left Over Right, Step Right to Right Side
8&1 Cross Left Behind Right, Step Right to Right Side, Cross Left Over Right

TOUCH RIGHT BEHIND LEFT, STEP BACK RIGHT, CHA CHA BACK DIAG LEFT, ROCK STEP, CHA CHA DIAG FWD RIGHT

2,3 Touch Right Behind Left, Step Back Right
4&5 Step Left Back Diagonally Left, Step Right Next to Left, Step Left Back Diagonally Left
6,7 Rock Right Back Diagonally Left, Recover Fwd Left
8&1 Step Right Diagonally Fwd Right, Step Left Next to Right, Step Right Diagonally Fwd Right

ROCK STEP, RECOVER, FULL ROLLING TURN LEFT, HIP BUMPS

2,3 Rock Fwd Left on Diagonal, Recover Back Right Turning 1/8 Turn Left
(straightening up to 3 o'clock wall)
4,5 Make ¼ Turn Left Stepping Fwd Left, Make ½ Turn Left Stepping Back Right
6,7 Make ¼ Turn Left Stepping Left to Left Side Bumping Hip Left, Bump Right Hip to Right
8& Bump Left Hip to Left, Bump Right Hip to Right

(Start Again)

Last revision - 12 March 2013