

# In a Rush

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 2      級數: Improver  
編舞者: Rika Djamhari (INA) - December 2022  
音樂: In a Rush - Blackstreet



**Intro: 12 Counts (start on vocal over...) 1x Restart**

**S1. SIDE ROCK - RECOVER - TOGETHER - TURN BACK WITH SWEEP - BEHIND - SIDE - CROSS ROCK - RECOVER - SIDE ROCK - RECOVER - COASTER STEP**

- 1-2&.      Rock L to side, recover on R, step L beside R  
3-4&.      1/4 turn to left and step R back with sweep L from front to back, step L behind R, step R to side  
5&6&.      Rock cross L over R, recover on R, rock L to side, recover on R  
7&8.      Step L backward, step R together, step L forward (9:00)

**S2. CROSS OVER - 1/4 TURN DIAMOND - FORWARD ROCK - RECOVER - TURN FORWARD - RUN R/L**

- 1-2&.      Cross R over L, 1/8 turn to right and step L to side, step R backward (10:30)  
3-4&.      Step L backward, 1/8 turn to right and step R to side (12:00), 1/8 turn to right and step L forward (1:30)  
5-6&.      Step R forward, Rock L forward, recover on R  
7-8&. 3      1/8 turn to left and step L forward, step R forward, step L forward (9:00)

**S3. TURN BASIC NC TO RIGHT - SIDE - TURN FORWARD ROCK - RECOVER - BACKWARD - SLOW KICK FORWARD - TOUCH CROSS - 5/8 UNWIND**

- 1-2&.      1/4 turn to left and step R to side, step L slightly behind R, step R in place (6:00)  
3-4&.      Step L to side, 1/8 turn to left and rock R forward, recover on L (4:30)  
5-6.      Step R backward, kick slowly L forward,  
7-8.      Touch L cross over R, 5/8 turn to right change your weight to L (12:00)

**\* Restart here on wall 6 (change your weight to R and then restart)**

**S4. TURN FORWARD - TURN TOUCH - CROSS OVER - TOUCH - COASTER STEP - SIDE SWAY - SWAY**

- 1-2.      1/4 turn to right and step R forward, 1/4 turn to right and touch L to side  
3-4.      Cross L over R, touch R to side  
5&6.      Step R backward, step L together, step R forward  
7-8.      Step L to side with sway to L, sway to right (6:00)

**Start Again**

**\* Restart on wall 6 after 24 counts (change your weight to right and then restart) facing 6:00**

**Enjoy the dance!**

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