

Rush

拍數: 64 牆數: 2 級數:
編舞者: Corinne DELY (FR) - April 2023
音樂: Rush - Ayra Starr



S1 ROCK BACK R , TRIPLE STEP R, SWAY X2, TRIPLE STEP L

1-2 Rock back RF -Recover on LF
3&4 Step RF on right, LF beside RF , Step RF on right
5-6 Sway on left -Sway on right
7&8 Step LF on left - RF beside LF – Step LF on left

S2 ¼ TURN L,ROCK SIDE R, RECOVER ON L,1/4 TURN R, TOGETHER,1/4 TURN R, ROCK SIDE L, RECOVER ON R, ¼ TURN L,TOGETHER ,PADDLE TURN L

1&2 ¼ turn L (9 :00)Step RF on right-Recover on LF - ¼ turn on right-Together 12 :00
3&4 ¼ turn R -Step LF on left -Recover on R -- ¼ turn L- Together 12 :00
5-6 ¼ turn L -Appui sur PG-Coup de hanche à droite(9 :00) -1/4 de tour à gauche -Appui sur PG -Coup de hanche à droite(6 :00)
7-8 ¼ de tour à gauche - Appui sur PG- Coup de hanche à droite(3 :00) -1/4 de tour à gauche - Appui sur PG -Coup de hanche à droite 12 :00

S3 MAMBO FORWARD R-MAMBO BACK L -TRIPLE STEP ½ TURN-COASTER STEP

1&2 Rock back LF -Recover on RF – Step back LF
3&4 Rock back RF -Recover on LF- Step forward RF
5&6 ¼ turn R -Step LF on left -Together- ¼ turn R -Step back LF
7&8 Step back RF -Together- Step forward RF 6 :00

S4 SAMBA STEP X2 , SAILOR SETP – SAILOR STEP ½ TURN

1&2 Cross LF over RF – Step RF on right - Recover on LF 6 :00
3&4 Cross RF over LF - Step LF on left - Recover on R
5&6 Cross LF behind RF – RF beside LF -Step forward LF 10 :30
7&8 Cross RF behind LF -1/2 Turn on R – LF beside R –Step forward RF 12 :00

S5 STEP TURN ¼ X2 – CUBAN BREAK X2

1-2 Step forward LF- ¼ turn on right -Weight transfert on RF 3 :00
3-4 Step forward LF-¼ turn on right -Weight transfert on RF 6 :00
5&6 Cross LF over RF -Recover on RF-Step LF on left
7&8 Cross RF over LF – Recover on LF-Step RF on right 6 :00

S6 POINT L FORWARD– POINT L FORWARD ,POINT L TO L , STEP BACK X2 -POINT FORWARD R - POINT R TO R – TOGETHER -TRIPLE CROSS STEP

1&2 Point LF forward -Point LF on left - Step back LF-
3-4 Step back RF -Step back LF
5&6 Point RF forward - Point RF on right - Together
7&8 ¼ turn L – Cross LF over RF- RF on right -Cross LF over RF 3 :00

Restart here on wall 2

And Tag on this wall 2 TRIPLE STEP FORWARD : 7&8 :Step forward LF, RF beside LF, Step forward LF

S7 STEP FORWARD R-TOGETHER-STEP FORWARD L-TOGETHER-STEP CROSS -POINT-STEP CROSS -POINT

1-2 Step forward RF 4 :30 -Together
3-4 Step forward LF 1 :30-Together
5-6 ¼ turn L -Cross LF behind RF – Point RF to right 12 :00
7-8 Cross RF over LF – Point LF to left

S8 TRIPLE CROSS – ¼ TURN STEP BACK -STEP SIDE L-TRIPLE STEP FORWARD -1/4 TURN STEP SIDE L - TOUCH

1&2 Cross LF over RF- Step RF to right - Cross LF over RF
3-4 1/4 turn to L -Step back RF -Step LF on left 9 :00
5&6 Step forward RF -LF beside RF-Step forward RF 9 :00
7-8 ¼ turn to L -Step LF to left -Touch RF beside LF 6 :00
