

In a Rush

拍數: 32 牆數: 4 級數: Beginner
編舞者: Rhonda Johnson (CAN) - February 2024
音樂: Run - George Strait



Section 1: Weave, Cross Rock, Chassé

1,2,3,4 Cross R over L, step L to side, Cross R behind L, Step L to side
5,6,7&8 Cross R over L, recover on L, chassé to the right

Section 2: Weave, Cross Rock, ¼ Turn, Sweep

1,2,3,4 Cross L over R, step R to side, Cross L behind R, step R to side
5,6 Cross L over R, recover on R
7,8 Turn ¼ left stepping L forward, sweep R forward (9:00)

Section 3: Cross Rock, Side Rock/Sway, Rock Behind, Side Rock/Sway

1,2 Cross R over L, recover on L
3,4 Step/sway R to side, recover/sway on L
5,6 Cross R behind L, recover on L
7,8 Step/sway R to side, recover/sway on L

Section 4: Cross Shuffle, Side Rock, Behind-Side-Cross, Side Rock

1&2 Cross R over L, step L slightly to left, step R slightly to left
3,4 Step L to side, recover on R
5&6 Step L behind R, step R to side, cross L over R
7,8 Step R to side, recover on L

Tag: at the end of wall 3 (3:00), insert the following easy 16 counts:

Weave Left, Cross Rock, Step Right, Hold; Weave Right, Cross Rock, Step Left, Hold

1,2,3,4 Cross R over L, step L to side, step R behind L, step L to side
5,6,7,8 Cross R over L, recover on L, step R to side, hold

9,10,11,12 Cross R over L, step L to side, step R behind L, step L to side
13,14,15,16 Cross L over R, recover on R, step L to side, hold