

The Rush

拍數: 32 牆數: 4 級數: Beginner
編舞者: Danse Country MAB (CAN) - August 2024
音樂: The Rush - Blue Ridge Band



Intro 16 counts

[1-8] ROCK STEP, SHUFFLE BACK, ROCK BACK, SHUFFLE FWD

1-2 Rock on RF, Recover on LF
3&4 Step back on RF, Step LF to RF, Step back on RK
5-6 Rock back on LF, Recover on RF
7&8 Step LF FWD, Step RF to LF, Step LF FWD

Restart here on 4th wall

[9-16] WALK, WALK, SHUFFLE FWD, STEP, PIVOT ½ TURN, SHUFFLE FWD

1-2 Step RF FWD, Step LF FWD
3&4 Step RF FWD, Step LF to RF, Step RF FWD
5-6 Step LF FWD, Make ½ Turn R
7&8 Step LF FWD, Step RF to LF, Step LF FWD

Restart here on 2nd wall

[17-24] STEP, PIVOT ¼ TURN, SHUFFLE CROSS, SIDE, TOUCH, SIDE, STOMP DOWN

1-2 Step RF FWD, Make ¼ Turn L
3&4 Cross RF over LF, Step L Side, Cross RF over LF
5-6 Step LF to L, Touch RF beside LF
7-8 Step RF to R, Stomp LF beside RF and weight on LF

[25-32] ROCK SIDE, TOGETHER, ROCK STEP, COASTER STEP, KICK BALL CHANGE

1-2& Rock on RF to R, Recover on LF, RF to LF
3-4 Rock on LF, Recover on RF
5&6 LF Behind, RF to LF, Step LF FWD
7&8 Kick RF FWD, RF to LF, Change weight to LF

RESTARTS

At 2nd wall, restart the dance after 16 counts

At 4th wall, restart the dance after 8 counts