

# 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