

# Rush of Blood

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Ross Brown (ENG) - October 2024  
音樂: Rush Of Blood - Rag'n'Bone Man : (CD: What Do You Believe In?)



Intro : 32 Counts (Approx. 13 Seconds)

Skips : On each of the Back Walls { 2, 5 & 7 }, you will omit the Two Walks Forward at the End of Sections 2, 4 & 8. (\*S\*)

Restart : On Wall 3, restart the dance after 24 Counts (\*R\*) facing 12 o'clock.

## HOURGLASS STEP. SHUFFLE FORWARD.

1 – 2 – 3 – 4      Step R forward and out, step L to L, step R back, step L next to R.  
5 – 6              Step R back and out, step L to L.  
7 & 8              Step R forward, close L up to R, step R forward. (12 O'CLOCK)

## STEP FORWARD, TOUCH, BACK, TOUCH. SIDE ¼ TURN L, TOUCH. WALK FORWARD.

1 – 2 – 3 – 4      Step L forward, touch R next to L, step R back, touch L next to R.  
5 – 6              Make a ¼ turn L stepping L to L, touch R next to L.  
7 – 8              Walk forward; R, L. (\*S\*) (9 O'CLOCK)

## STEP, PIVOT ¼ TURN L. WEAVE ¼ TURN L. STEP, PIVOT ¼ TURN L.

1 – 2              Step R forward, pivot a ¼ turn L.  
3 – 4 – 5 – 6      Cross step R over L, step L to L, cross step R behind L, make a ¼ turn L stepping L forward.  
7 – 8              Step R forward, pivot a ¼ turn R. (\*R\*) . (12 O'CLOCK)

## MODIFIED RUMBA BOX. WALK FORWARD.

1 – 2 – 3            Step R forward, step L to L, step R next to L.  
4 – 5 – 6            Step L back, step R to R, step L next to R.  
7 – 8              Walk forward; R, L. (\*S\*) (12 O'CLOCK)

## SHUFFLE FORWARD. STEP, PIVOT 3/8 TURN R. SKATE, TOUCH, SKATE, TOUCH.

1 & 2              Step R forward, close L up to R, step R forward.  
3 – 4              Step L forward, pivot a 3/8 turn R. (Now facing 4:30 diagonal)  
5 – 6 – 7 – 8      Skate L forward, touch R next to L, skate R forward, touch L next to R. (4:30 DIAGONAL)

## SHUFFLE FORWARD. HINGE ¾ TURN L. SKATE, TOUCH, SKATE, TOUCH.

1 & 2              Step L forward, close R up to L, step L forward.  
3 – 4              Make a ½ turn L stepping R back, make a ¼ turn L stepping L forward. (7:30 diagonal)  
5 – 6 – 7 – 8      Skate R forward, touch L next to R, skate L forward, touch R next to L. (7:30 DIAGONAL)

## FIGURE EIGHT.

1 – 2              (Straighten up to 6 o'clock) Step R to R, cross step L behind R.  
3 – 4 – 5            Make a ¼ turn R stepping R forward, step L forward, pivot a ½ turn R.  
6 – 7 – 8            Make a ¼ turn R stepping L to L, cross step R behind L, step L to L. (6 O'CLOCK)

## JAZZ BOXES (MOVING BACK). WALK FORWARD.

1 – 2 – 3            Cross step R over L, step L back, step R back to R diagonal.  
4 – 5 – 6            Cross step L over R, step R back, step L back to L diagonal.  
7 – 8              Walk forward; R, L. (\*S\*) (6 O'CLOCK)

END OF DANCE! ☺

