

Need The Rush

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Sandy Albano (USA)
音樂: Rush - Cherie



SIDE, BACK ROCK STEP; TOUCHES AND STEP; DRAG AND TURN TO RIGHT (3:00)

1-2-3 Long step right on right, rock back on left and recover onto right
4&5 Touch left to left side, slide left back beside right, long step to left on left
6-7 Drag right to the left and touch right toe next to left, turn body $\frac{1}{4}$ to right using the momentum of right knee roll to right (no weight on right toe)

RIGHT LOCK STEP; LEFT CROSS ROCK, $\frac{3}{4}$ TURN TO LEFT; RIGHT COASTER STEP (6:00)

8&1 Step forward on right, lock step left behind right, step forward on right
2-3 Cross left forward over right and recover onto right,
4&5 Step on left turning $\frac{1}{4}$ to left, step forward on right turning $\frac{1}{4}$ to left, step back onto left turning $\frac{1}{4}$ to left
6-7 Step back right, step back left
8&1 Step back right, step back left, step forward onto right

FULL TURN TO RIGHT; LEFT CROSS ROCK, LEFT TOUCH, STEP; RIGHT TOUCH; $\frac{1}{4}$ TURN SAILOR STEP (9:00)

2 Step forward on left turning $\frac{1}{2}$ turn to the right
3 Step forward on right turning $\frac{1}{2}$ turn to the right
4&5 Cross left forward over right, recover weight onto right, touch left toe to left side
6-7 Step back onto left, touch right toe to right side
8&1 Step back onto right turning $\frac{1}{4}$ turn to right, step left beside right, step forward onto right

STEP LEFT, STEP RIGHT BEHIND; LEFT DIAGONAL EXTENDED SHUFFLE WITH TOUCH; SYNCOPATED VINE RIGHT (9:00)

2 Step forward on left diagonal onto left
3 Step forward on right with right instep directly behind left heel (3rd position)
4&5&6 Continuing on diagonal, step forward left, right, left, right, left
&7 Touch right beside left, step to right on right
&8& Step left behind right, step right to right side, step left in front of right

REPEAT

RESTART

Begin wall 3 (6:00). Dance through the first 7 counts. After the $\frac{1}{4}$ turn to right with knee roll, rock to right side on right (8), recover onto left (&). Begin the dance again with set one returning to the previous wall (3:00). Consider this to be wall 4. Wall 5 will be the 6:00 wall. Continue other walls as usual

TAG

At the end of the 9:00 wall, while facing the front for the first time, the music breaks for four beats. Step right, touch left beside and roll right shoulder for 2 beats, step left, touch right beside and roll left shoulder for two beats. Resume the dance from the beginning. You may improvise any four beat movements to this section that you prefer