

# Rush Rush

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Tan Candy (SG) - May 2007  
音樂: Rush Rush - Paula Abdul



## Start after 24 counts

### Section 1      **Toe Strut Forward x2, Forward Rock, Lock Step Back**

1-2      Step forward on right toe, drop heel taking weight  
3-4      Step forward on left toe, drop heel taking weight  
5-6      Rock forward on right, recover weight on left  
7&8      Step back on right, lock step left across right, step back on right

### Section 2      **Sweep x2, Sailor ¼ Turn, Lock Step Forward, Kick Ball Point**

1-2      Sweep left to back, sweep right to back  
3&4      Turn ¼ left sweeping left behind right, step right to right side, step left to left side  
5&6      Step forward on right, lock step left behind right, step forward on right  
7&8      Kick left forward, step left beside right, point right to right side

### Section 3      **Cross Rock, ½ Turn Shuffle, Pivot ¼ Turn, Cross Shuffle**

1-2      Cross rock right over left, recover weight on left  
3&4      Step forward on right making ½ turn right, step left beside right, step forward on right  
5-6      Step forward on left, pivot ¼ turn right  
7&8      Cross step left over right, step right to right side, cross step left over right

### Section 4      **¼ Turn Left x2, Pivot ½ Turn, Side Rock Cross x2**

1-2      Step back on right making ¼ turn left, step forward on left making ¼ turn left  
3-4      Step forward on right, pivot ½ turn left  
5&6      Rock right to right side, recover weight on left, cross right over left (body angled facing left diagonal)  
7&8      Rock left to left side, recover weight on right, cross left over right (body angled facing right diagonal)

### Section 5      **Coaster Step, Step Full Turn, Back Rock, Side Mambo Touch**

1&2      Step back on right, step left beside right, step forward on right  
3&4      Step forward on left, make ½ turn right, make a further ½ turn right stepping back on left  
5-6      Rock back on right, recover weight on left  
7&8      Rock right to right side, recover weight on left, touch right beside left

### Section 6      **Point, Hook, ¼ Turn Right, Forward Shuffle, ¼ Turn Right, Rock Back, Full Turn Step**

1-2      Point right to right side, hook right foot across left shin  
3&4&      Step forward on right making ¼ turn right, step left beside right, step forward on right, step left to left side making ¼ turn right  
5-6      Rock back on right, recover weight on left  
7&8      Step back on right making ½ turn left, step forward on left making ½ turn left, step forward on right

### Section 7      **Skate x2, Forward Shuffle, Skate x2, Forward Shuffle**

1-2      Skate forward left right  
3&4      Step forward on left, step right beside left, step forward on left  
5-6      Skate forward right left  
7&8      Step forward on right, step left beside right, step forward on right

### Section 8      **Side Rock, Behind Side Cross, Forward Rock, ½ Turn, Step, Drag and Touch**

1-2      Rock left to left side, recover weight on right  
3&4&      Step left behind right, step right to right side, cross left over right, rock forward on right

- 5-6 Recover weight on left starting to make ½ turn right, step forward on right completing ½ turn right  
7-8 Take a large step forward on left, drag and touch right beside left

**REPEAT**

**RESTART: DURING wall 2, AFTER 32 counts, restart the dance. (facing 12 o'clock)**

**TAG, Wall 5: Dance up to and including count 6 of section 8, then**

- 7&8 Rock left to left side, recover weight on right, touch left beside right

**At the END of wall 5, there is a 16-count TAG. (facing 6 o'clock) You simply repeat the last 2 sections of the dance.**

**Section 7 Skate x2, Forward Shuffle, Skate x2, Forward Shuffle**

- 1-2 Skate forward left right  
3&4 Step forward on left, step right beside left, step forward on left  
5-6 Skate forward right left  
7&8 Step forward on right, step left beside right, step forward on right

**Section 8 Side Rock, Behind Side Cross, Forward Rock, ½ Turn, Step, Drag and Touch**

- 1-2 Rock left to left side, recover weight on right  
3&4& Step left behind right, step right to right side, cross left over right, rock forward on right  
5-6 Recover weight on left starting to make ½ turn right, step forward on right completing ½ turn right  
7-8 Take a large step forward on left, drag and touch right beside left
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