

# The Rush

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Peter Metelnick (UK) & Alison Metelnick (UK) - October 2011  
音樂: Lightning (Alias Remix Radio Edit) - The Wanted



Start after 32 count intro – [3:31 – 135bpm] Celebrating 20 Years of Dance

**[1-8] R step touch, L kick ball cross, R reverse full turn**

1-2            Step R side, touch L together  
3&4           Kick L forward, step L back, cross step R over L  
5-6           Turning  $\frac{1}{4}$  right step L back, turning  $\frac{1}{2}$  right step R forward  
7-8           Step L forward, pivot  $\frac{1}{4}$  right (12 o'clock)

**[9-16] Weave R 2, L sailor, weave L 2, R back rock & recover**

1-2            Cross step L over R, step R side  
3&4           Cross step L behind R, step R side, step L side  
5-8           Cross step R over L, step L side, rock R back, recover weight on L

**Wall 3 Restart: During wall 3 dance 1st 16 counts and restart facing front wall**

**[17-24] R fwd,  $\frac{1}{2}$  L pivot turn, L full turn fwd,  $\frac{1}{4}$  L & vine R 4**

1-2            Step R forward, pivot  $\frac{1}{2}$  left (6 o'clock)  
3-4           Turning  $\frac{1}{2}$  left step R back, turning  $\frac{1}{2}$  left step L forward Non-turning option: walk fwd 2  
5-8           Turning  $\frac{1}{4}$  left step R side, cross step L behind, step R side, cross step L over R (3 o'clock)

**[25-32] R side rock/recover, R back rock/recover, R fwd,  $\frac{1}{4}$  L pivot, R fwd,  $\frac{1}{2}$  L pivot**

1-4            Rock R side, recover weight on L, rock R back, recover weight on L  
5-8            Step R forward, pivot  $\frac{1}{4}$  left, step R forward, pivot  $\frac{1}{2}$  left (6 o'clock)

**[33-40] On R diagonal: R fwd step-lock, R step-lock-step, L fwd rock & recover, L chasse squaring to back wall**

1-2            Turning towards right diagonal (7 o'clock): step R forward, lock R behind L  
3&4           Step R forward, lock L behind R, step R forward  
5-6           Rock L forward, recover weight on R  
7&8           Squaring to back wall (6 o'clock) step L side, step R together, step L side

**[41-48] Weave L 4, on L diagonal: R fwd rock & recover,  $\frac{1}{2}$  R shuffle**

1-4            Cross step R over L, step L side, cross step R behind L, step L side  
5-6           Turning towards left diagonal (5 o'clock): rock R forward, recover weight on L  
7&8           Turning  $\frac{1}{2}$  right step R forward, step L together, step R forward (11 o'clock)

**[49-56] On L diagonal: fwd cross points x3, cross step R over L,  $\frac{1}{4}$  R & L step back**

1-2            Facing left diagonal cross step L over R, point R side  
3-6           Cross step R over L, point L side, cross step L over R, point R side  
7-8           Cross step R over L, turning  $\frac{1}{4}$  right step L back (1 o'clock)

**[57-64] On R diagonal: R back rock & recover, R fwd step-lock-step, L fwd,  $\frac{1}{2}$  R pivot turn, L fwd shuffle & square off to back wall as you begin dance again**

1-2            Facing right diagonal rock R back, recover weight on L  
3&4           Step R forward, lock L behind R, step R forward  
5-6           Step L forward, pivot  $\frac{1}{2}$  right (7 o'clock)  
7&8           Step L forward, step R together, step L forward

**Square off to back wall as you begin the dance again.**

**TAG: At the end of every 2nd wall when you finish facing FRONT WALL:  
add the following 8 count tag and then begin the dance again facing front wall.**

1-4 Step R fwd, hold, step L fwd, hold (Prissy walks) - slow motion steps.....like in the song!  
5-8 Cross step R over L, step L back, step R back, cross step L over R

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