

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
