

# The Rush (Improver Version)

**COPPERKNOB**  
STEPSHEETS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Peter Metelnick (UK) & Alison Metelnick (UK) - October 2011  
音樂: Lightning (Alias Remix Radio Edit) - The Wanted



**\*\* Celebrating 20 Years of Dance \*\***

**Start after 32 count intro – [3:31 – 135bpm]**

**[1-8] R step touch, L kick ball cross, L side, R together, L side rock/recover**

- 1-2            Step R side, touch L together
- 3&4           Kick L forward, step L back, cross step R over L
- 5-6           Step L side, step R together
- 7-8           Rock L side, recover weight on R

**[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
- 5-6           Cross step R over L, step L side
- 7-8           Rock R back, recover weight on L

**Wall 5 Restart: During wall 5 instrumental dance 1st 16 counts and restart facing front wall**

**[17-24] R fwd, ¼ L pivot turn, R fwd, ¼ L pivot turn, R & L cross points**

- 1-2            Step R forward, pivot ¼ left (9 o'clock)
- 3-4            Step R forward, pivot ¼ left (6 o'clock)
- 5-6            Cross step R over L, point L side
- 7-8            Cross step L over R, point R side

**[25-32] L weave 4 with ¼ L, rocking chair**

- 1-2            Cross step R over L, step L side
- 3-4            Cross step R behind L, turning ¼ left step L forward (3 o'clock)
- 5-6            Rock R forward, recover weight on L
- 7-8            Rock R back, recover weight on L

**TAG: At the end of every 4th wall when you finish facing FRONT WALL:**

**Add the following 8 count tag and then begin the dance again facing front wall.**

- 1-4            Cross step R fwd, hold, cross 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