

The Rush of Life

拍數: 64 牆數: 2 級數: Higher Intermediate
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音樂: The Rush of Life - VanVelzen



Intro: 16 counts

CROSS, SIDE ROCK, CROSS SHUFFLE, SIDE, BEHIND-SIDE-CROSS.

1-2-3 Cross R over L, Rock L to L side, Recover on R
4&5 Cross L over R, Step R to R side, Cross L over R
6 Step R to R side
7&8 Cross L over R, Step R to R side, Cross L behind R

SIDE ROCK, SAILOR STEP, CROSS, 1/4 TURN L, CHASSE L

1-2 Rock R to R side, Recover on L
3&4 Cross R behind L, Step L to L side, Step R to R side
5-6 Cross L over R, 1/4 Turn L-step R back (9)
7&8 Step L to L side, Close R next to L, Step L to L side

PIVOT 1/2 TURN L, FWD ROCK, COASTER STEP, HOLD & STEP

1-2 Step fwd on R, 1/2 Turn L-weight on L (3)
3-4 Rock R fwd, Recover on L
5&6 Step R back, Step L next to R, Step R fwd
7&8 Hold, Step L next to R, Step R fwd

FWD ROCK, SHUFFLE 1/2 TURN L, 1/4 TURN L & CROSS, COASTER 1/4 TURN L

1-2 Rock L fwd, Recover on R
3&4 1/4 Turn L-step L tot L side, Step R next to L, 1/4 Turn L-step L fwd (9)
&5-6 1/4 Turn L-slightly step to R side, Cross L over R, Hold (6)
7&8 1/4 Turn L-step R back, Step L next to R, Step R fwd (3)

SHUFFLE FWD, FWD ROCK, 1/4 TURN R & CROSS, HOLD, SIDE 1/2 TURN L & CROSS

1&2 Step L fwd, Step R next to L, Step L fwd
3-4 rock R fwd, Recover on L
&5-6 1/4 Turn R-step R tot R side, Cross L over R, Hold (6)
&7-8 Step R Slightly R side, 1/2 Turn L-step L to L side, Cross R over L (12)

SIDE, HOLD & CROSS, HOLD, SIDE-TOGHETER-CROSS, SIDE, BACK SIDE

1-2 Step L to L side, Hold
&3-4 Step R next to L, Cross L over R, Hold
&5-6 Step R to R side, Step L next to R, Cross R over L
7-8 Step L back, Step R to R side

CROSS ROCK, CHASSE L, ROCK BACK, WALK X2

1-2 Cross R L fwd, Recover on R
3&4 Step L to L side, Step R next to L, Step L to L Side
5-6 Rock R back, Recover on L
7-8 Walk R & L

FWD STEP, HOLD, 1/2 TURN L & HOLD, & SIDE ROCK, BACK SIDE

1-2 Step R fwd, Hold
&3-4 Step L next to R, 1/2 Turn L-step R fwd, Hold (6)

&5-6
7-8

Step L next to R, Rock R to R side, Recover on L
Step R back, Step L to L side
