

The Rush

64 count, 2 wall, intermediate level

Choreographer: Peter Metelnick & Alison Biggs (UK), October 2011

Choreographed to: "Lightning" by The Wanted (Alias Remix Radio Edit), 135 bpm

Start after 32 count intro

Section 1 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 1/4 right step L back, turning 1/2 right step R forward
- 7-8 Step L forward, pivot 1/4 right (12 o'clock)

Section 2 Weave R 2, L Sailor, Weave L 2, R Back Rock

- 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

Restart: *occurs here during wall 3 facing front wall*

Section 3 R fwd, 1/2 L Pivot, L Full Turn fwd, 1/4 L & Vine R 4

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

Section 4 R Side Rock, R Back Rock, R fwd, 1/4 L Pivot, R fwd, 1/2 L Pivot

- 1-4 Rock R side, recover weight on L, rock R back, recover weight on L
- 5-6 Step R forward, pivot 1/4 left, step R forward, pivot 1/2 left (6 o'clock)

Section 5 R Diagonal: R Step-Lock, R Step-Lock-Step, L fwd Rock, L Chasse Squaring to Back Wall

- 1-2 Turning towards right diagonal (7:30): 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

Section 6 Weave L 4, L Diagonal: R Rock Step, 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 (4:30): rock R forward, recover weight on L
- 7&8 Turning 1/2 right step R forward, step L together, step R forward (10:30)

Section 7 L Diagonal: fwd Cross Points x3, Cross Step R over L, 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 1/4 right step L back (1 o'clock)

Section 8 R Diagonal: R Back rock, R Step-Lock-Step, L fwd, 1/2 R Pivot, L fwd Shuffle Squaring to back wall

- 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 1/2 right (7:30)
- 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:*

Step R, Hold, Step L, Hold, Cross R, Back L, Back R, Cross L

- 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

Quelle:

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