## The Rush of Life

Count: 64
Wand: 2
Ebene: Higher Intermediate
Choreograf/in: Esmeralda van de Pol (NL) - February 2012
Musik: 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 Lfwd, 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 $\quad 1 / 4$ 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 $\quad$ 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)

