

Rush Hour

拍数: 32 墙数: 2 级数:
编舞者: Sylvia Priestley (UK)
音乐: 5:00 500 - Alabama



FORWARD SHUFFLES, STOMPS, CHASSÉ

1&2 Right shuffle forward
3&4 Left shuffle forward
5-6 Stomp right foot next to left twice
7&8 Right chasse

TURNING SHUFFLE, FORWARD SHUFFLE, STOMPS, TURNING SHUFFLE

9&10 Turning ¼ left, left shuffle forward
11&12 Right shuffle forward
13-14 Stomp left foot next to right twice
15&16 Turning ¼ left, left shuffle forward

JAZZ BOX TWICE

17-18 Right foot cross over front of left, left foot step back
19-20 Right foot step to the side, left foot step slightly forward
21-22 Right foot cross over front of left, left foot step back
23-24 Right foot step to the side, left foot step slightly forward

SYNCOPATED HEEL STRUTS

25& Right heel step forward, slap right toe down
26& Left heel step forward, slap left toe down
27& Right heel step forward, slap right toe down
28& Left heel step forward, slap left toe down
29& Right heel step forward, slap right toe down
30& Left heel step forward, slap left toe down
31& Right heel step forward, slap right toe down
32& Left heel step forward, slap left toe down

Optional arm movements:- as if holding a steering wheel turning right to left and back again while doing the heel struts on beats 25& to 32&

REPEAT
