

# Feel The Rush Now

**COPPERKNOB**  
STEPSHEETS

拍數: 96      牆數: 2      級數: Advanced  
編舞者: Stephen Wike (USA) - June 2025  
音樂: POP/STARS (feat. Jaira Burns) - K/DA, Madison Beer & i-dle



Intro: 16 counts at about 11 seconds, start on lyrics "I'm a goddess with a blade"  
Phrasing: A B C tag A B(8) B(last 8) C B+ C

## [PART A]

### [1 - 8] Slide-Ball-Cross (x2), Rock-Recover, ¼ Side, Lock-Hitch-Step (x2)

- 1 - 2&      (1) Slide R to the right diagonal (2) Step L next to R (&) Cross R over L
- 3 - 4&      (3) Slide L to the left diagonal (4) Step R next to L (&) Cross L over R
- 5 - 6&      (5) Rock R to right diagonal (6) Recover onto L (&) Turn ¼ right and step R to right 3:00
- 7&      (7) Bring L slightly behind R while hitching right knee (&) Step R to the right side
- 8&      (8) Bring L slightly behind R while hitching right knee (&) Step R to the right side

### [9 - 16] Cross Mambo, Cross, ¼ Back, ¼ Step, ¼ Pivot, Sailor-Step, Behind

- 1&2      (1) Rock L over R to the diagonal (&) Recover onto R (2) Step L to the left
- 3 - 4      (3) Cross R over L to the diagonal (4) Turn ¼ right and step back on L 6:00
- &      (&) Turn ¼ right and step R forward 9:00
- 5 - 6      (5) Step L forward (6) Pivot ¼ right and recover onto R 12:00
- 7&8&      (7) Step L behind R (&) Step R slightly out (8) Step L out. (&) Step R behind L

### [17-24] Side, ¼ Fwd, Heel Swivel, ¼ Chassé, Sailor-Step, ¼ Cross-Back-Back

- 1&      (1) Step L to left (&) Turn ¼ left and step R forward. 9:00
- 2&      (2) Turn both heels out to the right (&) Return both heels to center
- 3&4      (3) Turn ¼ right and step L to the left 12:00 (&) Step R together (4) Step L to the left
- 5&6      (5) Step R behind L (&) Step L slightly out (6) Step R out.
- 7&8      (7) Cross L over R (&) Turn ¼ left and step R back 9:00 (8) step L back

### [25 - 32] C-Hip-Bump, ¼ Hip-Roll-Touch, Step-Touch (x2), Heel-Pop (x2)

- 1&2      (1) Bump hips high on the right (&) Bring hips to center (2) Bump hips low on the right
- 3 - 4      (3) Rotate hips counter-clockwise from left to right (4) Turn ¼ left touch R toe next to L 6:00
- 5&      (5) Step R to right diagonal (&) Touch L next to R
- 6&      (6) Step L to left diagonal (&) Touch R next to L
- 7&      (7) Touch R toe to the right with heel turned out (&) Step R next to L
- 8&      (8) Touch L toe to the left with heel turned out (&) Step L next to R

Styling: Bring right elbow out on count 7 and back in on &. Bring left elbow out on count 8 and back in on &.

## [PART B]

### [1 - 8] Cross-Sweep, ¼ Samba, Full Spiral, Rock-Recover, Side

- 1 - 2      (1) Cross R over L sweeping left from back to front over 2 counts
- 3&4      (3) Cross L over R. (&) Step R to the right. (4) Turn ¼ left step L forward 3:00
- 5 - 6      (5) Step R forward and make a full turn left on the R (6) Step forward on L
- 7      (7) Rock forward on R
- 8&      (8) Recover onto the L (&) Turn ¼ right and step R to the right together 6:00

### [9 - 16] Cross, Rock-Recover, Cross, ¼ Collect, Cross, Reverse Rolling Vine

- 1 - 3      (1) Cross L over R (2) Rock R to the side (3) Recover onto the L
- 4&      (4) Cross R over L (&) Turn ¼ right and step L back 9:00
- 5 - 6      (5) Step R next to L (6) Cross L over R

- 7& (7) Turn ¼ left and step R back 6:00 (&) Turn ½ left and step L to the left 12:00  
 8 (8) Turn ¼ left and step R to the right 9:00

**[17 - 24] Behind-Sweep, Behind, ¼ Fwd, Fwd Mambo, ¼ Side Heel Grind, ¼ Behind-Side-Cross**

- 1 - 2 (1) Step L behind R while sweeping R from front to back (2) Step R behind L  
 3 (3) Turn ¼ left and step L forward. 6:00  
 4&5 (4) Rock R forward (&) Recover onto the L (5) Step R back  
 6 - 7 (6) Step L back push heel ¼ left with toes out 9:00 (7) Recover weight onto the R  
 8& (8) Step L behind R (&) Turn ¼ right and step R to the right 6:00

**[25 - 32] Cross, Collect, ½ Samba, Heels-Toes-Heels-Hitch, Hold, Behind-Side-Cross**

- 1&2 (1) Cross L over R (&) Step R to right diagonal (2) Step L next to R  
 3& (3) Cross R over L (&) Turn ¼ right and step L back 9:00  
 4 (4) Turn ¼ right and step R to the right 12:00  
 5&6 (5) Swivel heels right (&) Swivel toes right (6) Swivel heels right  
 &7 (&) Hitch left knee high (7) Hold  
 &8& (&) Step L behind R (8) Step R to the right (&) Cross L over R

**[PART C]**

**[1 - 8] Side, Sway (x6), Step-Touch (x2), Back, Heel Lift (x2)**

- 1&2& (1) Step R to side (&) Sway R (2) Sway L (&) Sway R  
 3&4 (3) Sway L (&) Sway R (4) Sway L

**Styling: On count 1, bring arms straight up. Counts 2&3&4, alternate snapping fingers, RLRLRL. Each snap gets lower than the previous until wrists are at the waist. Get lower to the ground with each hip sway.**

- 5& (5) Step R forward to right diagonal (&) Touch L next to R  
 6& (6) Step L back to left diagonal (&) Touch R next to L  
 7 (7) Step R back

**Styling: On count 7, bring hands up to forehead with palms facing outward. Angle hands diagonally so fingers cross or make your best crown imitation.**

- 8& (8) Shift weight to L, pop R heel up (&) Shift weight to R, push L heel up

**[9 - 16] Fwd, ½ Back-Lock-Step (x2), Side-Touch (x2), Chest-Drop-Roll, Together**

- 1& (1) Step L fwd (&) Turn ¼ right and step R to right side 3:00  
 2& (2) Lock L over R (&) Turn ¼ right and step R forward 6:00  
 3& (3) Turn ¼ right and step L to left side 9:00 (&) Lock R over L  
 4 (4) Turn ¼ right and step L back 12:00  
 5&6& (5) Step R to right (&) Touch L next to R (6) Step L to left (&) Touch R next to L  
 7 - 8& (7) Drop chest down from left (8) Roll chest back up on the right side (&) Step L next to R

**[17 - 24] Rock-Recover, Ball-Point, Ball-Point-Hitch, Cross-Shuffle, ¾ Fwd Shuffle, ½ Hitch**

- 1 - 2 (1) Step R to side with heavy lean right (2) Recover onto L returning body to center  
 &3&4& (&) Step R next to L (3) Point L to left (&) Step L next to R (4) Point R to right (&) Hitch R  
 5&6 (5) Cross R over L (&) Step L next to R (6) Cross R over L  
 7& (7) Turn ½ left and step L to left 6:00 (&) Step R next to L  
 8& (8) Turn ¼ left and step L forward 3:00 (&) Hitch R turning ½ left 9:00

**[25 - 32] Slide Back, Drag, ¼ Ball-Touch, ½ Ball-Touch-Snap, Scissor-Step, Fwd, Body-Roll**

- 1 - 2 (1) Big step back with R (2) Drag L toward R  
 &3 (&) Turn ¼ left and step L to left 6:00 (3) Touch R next to L  
 &4 (&) Turn ½ right and step R to right 12:00 (4) Touch L behind R  
 & (&) Snap fingers on right hand at the right hip  
 5&6 (5) Step L to left (&) Step R next to L (6) Cross L over R  
 7 - 8 (7) Step R fwd (8) Full body roll up ending weight on the L

[Tag]

**[1 - 4] ¼ Side, Touch, ¼ Back (x2)**

- 1 (1) Turn ¼ right and step R to the right 3:00
- 2& (2) Touch L next to R (&) Turn ¼ right and step L back 6:00
- 3 (3) Turn ¼ right and step R to the right 9:00
- 4& (4) Touch L next to R (&) Turn ¼ right and step L back 12:00

**[PART B+] There is a modification at the end of part B starting from count 25. Replace with these steps instead. This is also the only time you start B facing 6:00. Directions adjusted considering this.**

**[25 - 32] Cross, Collect, ½ Samba, Heels-Toes (x4)**

- 1&2 (1) Cross L over R (&) Step R to right diagonal (2) Step L next to R
- 3& (3) Cross R over L (&) Turn ¼ right and step L back 3:00
- 4 (4) Turn ¼ right and step R to the right 6:00
- 5&6& (5) Swivel heels right (&) Swivel toes right (6) Swivel heels right (&) Swivel toes right
- 7&8& (7) Swivel heels right (&) Swivel toes right (8) Swivel heels right (&) Swivel toes right

**Styling: Bend knees slightly more on swivels 6& and 8&.**

**[33 - 36] Hitch, Behind-Side Hitch, ¼ Back, ¼ Behind**

- 1 - 2& (1) Hitch L knee (2) Step L behind R (&) Step R to side
- 3 (3) Cross L over R and hitch R knee
- 4& (4) Turn ¼ right and step R to right 9:00 (&) Turn ¼ right and cross L behind R 12:00

**Styling: On count 3, bring the left arm straight up, you will bring the right arm straight up on the first count of Part C.**

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