

The Rush of Life

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Count: 64 **Wall:** 2 **Level:** Higher Intermediate

Choreographer: Esmeralda v.d. Pol (NL)

Music: "Rush Of Life" by van Velzen

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, ¼ 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 Step L next to R, Rock R to R side, Recover on L

7-8 Step R back, Step L to L side