

Rush & Low

Choreographers:
Daniel Trepát (NL) &
Sanne Kjaer Poulsen (DK)

Nov. 2013

Type of dance: 32 counts, Night Club Two Step, 2 wall Line Dance
Level: Intermediate
Music: **Speechless** by Rushlow
Intro: 16 counts from first beat in music (app. 17 sec. into track). Start when he starts singing
Tag: In wall 4 & 6 after 16 counts

Counts	Footwork	End facing
1 – 8	Quarter diamond, full turn L with sweep, weave with sweep, behind, ¼ turn R, step 5/8 turn R, step fwd, full turn R	
1 – 2&	Step R to R side (1), 1/8 turn L stepping L back (diagonal) (2), Step R back (&)	10:30
3 – 4&	3/8 turn L stepping L forward & sweep R ½ turn L (3), Cross R over L (4) Step L to L side (&)	12:00
5 – 6&	Step R slightly behind L & sweep L to back (5), Cross L behind R (6), ¼ turn R stepping R forward (&)	3:00
7 – 8&	Step L forward & turn á 5/8 turn R (7), Step R forward (8), Step L next to R making a full turn R(&)	10:30
9 – 16	Step fwd, growing pose, full turn L, sweep, 1/8 turn L, rockstep, ½ turn R, ¼ turn R sidestep, cross, ¼ turn L	
1 – 2	Step R forward & start growing with the arms up (turn body slightly to the front) (1), Keep growing with arms up (2)	10:30
3 – 4	Drop arms and bend knees (3), Full turn L sweeping L 1/8 turn L from front to back (4)	9:00
5 – 6&	Rock L back (5), Recover on R (6), ½ turn R stepping L back (&)	3:00
7&8	¼ turn R stepping R to R side (7), Cross L over R (8), ¼ turn L stepping R back (8)	3:00
17 – 24	¼ turn L, lunge L, full turn R, side, cross, in a box turning pivot turns	
1 – 2&	¼ turn L stepping in to a L lunge (1), ¼ turn R stepping R forward (2), ¼ turn R stepping L next to R (&)	12:00
3 – 4&	Step R to R side (3), Cross L over R (4), ¼ turn L stepping R back (&)	9:00
5 – 6&	Step L back (5), Step R back (6), ¼ turn L stepping L forward (&)	6:00
7 – 8&	½ turn L stepping R back (7), ¼ turn L stepping L forward (8), ½ turn L stepping R back (&)	3:00
25 – 32	½ turn L, collect, ¼ turn R step out, 1 ¼ turn L ending with a sweep, cross, ¼ turn R, side & pique, ½ turn L	
1 – 2	½ turn L stepping L forward (1), collect R towards L and bend the knees (2)	9:00
3 – 4&	¼ turn R stepping rocking R to R side (3), ¼ turn L recover on L (4), ½ turn L stepping R back (&)	3:00
5 – 6&	½ turn L stepping L forward & sweeping R to front (5), Cross R over L (6), Step L back (&)	9:00
7 – 8&	¼ turn R stepping R to R side & making a pique with L (7), ¼ turn L stepping forward (8), ¼ turn L collecting R next to L (weight ends on L) (&)	6:00
	Begin again!	
	TAG in the 4th & 6th wall after 16 counts	
1 – 2	Sway L (1), Sway R (2), Sway L (&)	