



Rush Of Blood

64 Count 2 Wall Intermediate Level Dance.
Choreographed by: Ross Brown (UK) Oct 2024
Choreographed to: Rush Of Blood by Rag'n'Bone Man
Intro: 32 Counts. Start at approx 13 secs.

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SEC 1 HOURGLASS STEP, SHUFFLE

- 1-2 Step R forward and out, step L to L
- 3-4 Step R back, step L next to R
- 5-6 Step R back and out, step L to L
- 7&8 Step R forward, close L up to R, step R forward

SEC 2 STEP, TOUCH, BACK, TOUCH, SIDE ¼ TURN, TOUCH, WALK WALK

- 1-2 Step L forward, touch R next to L
- 3-4 Step R back, touch L next to R
- 5-6 Make a ¼ turn L stepping L to L, touch R next to L (9:00)
- 7-8 Walk forward R, walk forward L

Note On Walls 2, 5 and 7, Omit counts 7-8

SEC 3 STEP, PIVOT ¼ TURN L, WEAVE ¼ TURN L, STEP, PIVOT ¼ TURN L

- 1-2 Step R forward, pivot a ¼ turn L (12:00)
- 3-4 Cross step R over L, step L to L
- 5-6 Cross step R behind L, make a ¼ turn L stepping L forward (9:00)
- 7-8 Step R forward, pivot a ¼ turn R (12:00)

Restart Here on Wall 3

SEC 4 MODIFIED RUMBA BOX, WALK WALK

- 1-2-3 Step R forward, step L to L, step R next to L
- 4-5-6 Step L back, step R to R, step L next to R
- 7-8 Walk forward R, walk forward L

Note On Walls 2, 5 and 7, Omit counts 7-8

SEC 5 SHUFFLE FORWARD, STEP, PIVOT ¾ TURN, SKATE, TOUCH, SKATE, TOUCH

- 1&2 Step R forward, close L up to R, step R forward
- 3-4 Step L forward, pivot a ¾ turn R (4:30)
- 5-6 Skate L forward, touch R next to L
- 7-8 Skate R forward, touch L next to R

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SEC 6 SHUFFLE FORWARD, HINGE $\frac{3}{4}$ TURN, SKATE, TOUCH, SKATE, TOUCH

- 1&2 Step L forward, close R up to L, step L forward
- 3&4 Make a $\frac{1}{2}$ turn L stepping R back, make a $\frac{1}{4}$ turn L stepping L forward (7:30)
- 5-6 Skate R forward, touch L next to R
- 7-8 Skate L forward, touch R next to L

SEC 7 FIGURE EIGHT

- 1-2 Make a $\frac{1}{8}$ turn L stepping R to R, cross step L behind R (6:00)
- 3-4-5 Make a $\frac{1}{4}$ turn R stepping R forward, step L forward, pivot a $\frac{1}{2}$ turn R (3:00)
- 6-7-8 Make a $\frac{1}{4}$ turn R stepping L to L, cross step R behind L, step L to L (6:00)

SEC 8 JAZZ BOXES, WALK WALK

- 1-2-3 Cross step R over L, step L back, step R back to R diagonal
- 4-5-6 Cross step L over R, step R back, step L back to L diagonal
- 7-8 Walk forward R, walk forward L

Note On Walls 2, 5 and 7, Omit counts 7-8

