

**Feel The Rush**  
**Choreographed by Christian Sildatke**  
**Description:32 count, 4 wall, beginner/intermediate line dance**  
**Musik:Feel The Rush (Radio Edit) by Shaggy**  
**Start dancing on lyrics**

**WALKS (3X), KICK, BACK STEPS WITH HEEL TWISTS (3X), TOUCH**

- 1 Step right foot forward
- 2 Step left foot forward
- 3 Step right foot forward
- 4 Kick left foot, touch toe to the front
- 5 Step left foot back while twisting right toe out
- 6 Step right foot back while twisting left toe out
- 7 Step left foot back while twisting right toe out
- 8 Touch right foot next to left foot

**STEP TURN, STEP TURN, VINE FULL TURN**

- 9 Turn  $\frac{1}{4}$  right, step right foot forward
- 10 Touch left foot next to right foot
- 11 Turn  $\frac{1}{4}$  right, step left foot to the left side
- 12 Touch right foot next to left foot
- 13 Turn  $\frac{1}{4}$  right, step right foot forward
- 14 Turn  $\frac{1}{2}$  right, step left foot back
- 15 Turn  $\frac{1}{4}$  right, step right foot to the right side
- 16 Touch left foot to the left side

**OPEN HIP TWIST, TOE & STEP, TOE & STEP**

- 17 Turn  $\frac{1}{4}$  left, step left foot forward
- 18-19 Slide right foot next to left foot
- &20 Turn  $\frac{1}{2}$  right, push weight on right foot while touching left foot next to right foot
- & Change weight to left foot (step in place)
- 21 Step right foot (on ball of foot)
- & Raise right foot
- 22 Step right foot forward
- 23 Step left foot (on ball of foot)
- & Raise left foot
- 24 Step left foot forward

**SHIMMY WALKS, PIVOT TURN, FULL HEEL TURN, STEP, TOUCH**

- 25 Shimmy walk right foot forward
- 26 Shimmy walk left foot forward
- 27 Step right foot forward
- 28 Turn  $\frac{1}{2}$  pivot turn left (weight to left)
- 29 Step right foot forward on heel of foot
- 30 Full turn on both heels, sweep left foot from front to back
- 31 Step left foot back
- 32 Touch right foot in place

**REPEAT**

**RESTART**

During 6th wall after count 20 you should start again from the top