

Feel The Rush (rel Nov 2009-Cuesheet Jul 2019)



Choreographers: Klaus & Marion Völkl, Rubezahlstr. 48a, 81739 München, Germany
e-mail: kundmv@t-online.de
Music: Feel The Rush by Trix & Flix feat. Shaggy (CD Feel The Rush (Mascots Song), Fetenhits Fussball, Bravo Hits 62, Bravo Hits 2008 or Ballermann Hits 2008)
Rhythm/Phase: CH PH V+1 (Rope Spin)
Footwork: Opposite throughout, directions for M unless otherwise stated
Sequence: Intro – ABA – Inter – BC – Bridge – AC – Inter – A – End

INTRO

1-8 BFLY FACING WALL AND PARTNER;; CUCARACHA-TWICE;; TWIRL VINE CHA AND REVERSE;; FENCE LINE-TWICE;;

- 1-2 In Bfly Pos Fcg WALL & ptr ld ft free for both wt 2 meas;;
3-4 **{Cuca}** Sd L, rec R, cl L/stp R, stp in pl L; Sd R, rec L, cl R/stp L, stp in pl R;
(W Sd R, rec L, cl R/stp L, stp in pl R; Sd L, rec R, cl L/stp R, stp in pl L;)
5-6 **{Twrl vin CH & rev}** W/ ptrs fcng M's L and W's R hd jned sd L, XRIB, sd L/cl R, sd L;
Sd R, XLIB, sd R/ cl L, sd R; *(W Sd and fwd R trng 1/2 RF under jned ld hnds, sd and bk L trng 1/2 RF, sd R/cl L, sd R; Sd and fwd L trng 1/2 LF undr jned ld hnds, sd and bk R trng 1/2 LF, sd L/cl R, sd L;)*
7-8 **{Fnc line}** In Bfly x lun thru L w/ bent knee looking twd RLOD, rec trng to fc ptr, sd L/cl R, sd L; x lun thru R w/ bent knee looking twd LOD, rec trng to fc ptr, sd L/cl R, sd L;
(W x lun thru R w/ bent knee looking twd LOD, rec trng to fc ptr, sd L/cl R, sd L; x lun thru L w/ bent knee looking twd RLOD, rec trng to fc ptr, sd L/cl R, sd L)

Part A

1-8 BASIC;; DOUBLE CUBAN BREAKS;; ALEMANA;; ROPE SPIN;;

- 1-2 **{Bas}** Fwd L, rec R, sd L/cl R, sd L; bk R, rec L, sd R/cl L, sd R;
(W Bk R, rec L, sd R/cl L, sd R; fwd L, rec R, sd L/cl R, sd L;)
3-4 **{Dbl Cuban brks}** XLIF/rec R, sd L/rec R, XLIF/rec R, sd L; XRIF/rec L, sd R/rec L, XRIF/rec L, sd R; *(W XRIF/rec L, sd R/rec L, XRIF/rec L, sd R; XLIF/rec R, sd L/rec R, XLIF/rec R, sd L;)*
5-6 **{Alemana}** Fwd L, rec R, bk L/cl R, sm bk l lding W to trn RF; bk R, rec L, sd R/cl L, sd R;
(W Bk R, rec L, fwd R/cl L, fwd R comm RF trn; cont RF trn undr jned ld hnds fwd L, cont RF trn fwd R, sd L/cl R, sd L;)
7-8 **{Rope spn}** Beginning during the latter portion of the last bt of Alemana/shape to the W w/ L sd stretch and slight RF bdy trn; sd L, rec R w/ no sway, in pl L/R,L; sd R shaping to the W w/ slight LF bdy rotation, rec L, in pl R/L, R;
(W Beginning during the latter portion of the last bt of Alemana /spiral RF on L to end in front of M's R sd; moving CW around M fwd R, fwd L, fwd R/cl L in Latin cross, fwd R; fwd L, fwd R, fwd L/cl R in Latin cross, fwd and sd L to end fcng M;)

Part B

1-8 CHASE WITH TRIPLE CHA;; CUCARACHA WITH PEEK AND BOO;; CHASE WITH TRIPLE CHA;; FINISH CHASE;;

- 1-2 **{Chs w/ triple CH}** Fwd L comm RF turn 1/2, rec fwd R, fwd L/cl R with Latin X, fwd L; fwd R/cl L with Latin X, fwd R, fwd L/cl R with Latin X, fwd L;
(W Bk R w/ no turn, rec L, fwd R/cl L with Latin X, fwd R; fwd L/cl R with Latin X, fwd L, fwd R/cl L with Latin X, fwd R;)
3-4 **{cuca w/ peek-a-boo}** Sd R looking ovr L shldr, rec L, cl R/pl L, in pl R; sd L looking ovr R shldr, rec R, cl L/in pl R, in pl L; *(W sd L, rec R, cl L/in pl R, in pl L; sd R, rec L, cl R/in pl L, R;)*
5-6 **{ Cont Chs w/ triple CH }** Fwd R trng sharply 1/2 LF, rec L, fwd R/cl L with Latin X, fwd R; fwd L/cl R with Latin X, fwd L, fwd R/cl L with Latin X, fwd R;
(W Fwd L comm RF turn 1/2, rec fwd R, fwd L/cl R with Latin X, fwd L; fwd R/cl L with Latin X, fwd R, fwd L/cl R with Latin X, fwd L;)

7-8 {**Finish Chs**} Fwd L, rec R, bk L/cl R, bk L; bk R, rec L, fwd R/cl L, fwd R; (W fwd R comm LF trn 1/2, rec fwd L, fwd R/cl L, fwd R; fwd L w/ no trn, rec R, bk L/c R, bk L;)

INTER

1-8 SAND STEP-TWICE;; SIDE WALKS; AIDA; SWITCH CROSS; CUCARACHA; TWIRL VINE CHA AND REVERSE;;

- 1-2 {**Sndstp**} Swvlng slightly to R on R ft rotate L knee inward in order to tch the L toe to the instep of R ft [no wght chng], Swvlng slightly to L on R ft rotate L knee outwrd in order to tch L heel to the floor [no wght chng], Swvlng slightly to R on R ft XLIF/sd R, XLIF; repeat meas 1 of Inter in the opposite direction (see W's explanation)
(W Swvlng slightly to L on L ft rotate R knee inward in order to tch the R toe to the instep of L ft [no wght chng], Swvlng slightly to R on L ft rotate R knee outwrd in order to tch R heel to the floor [no wght chng], Swvlng slightly to L on L ft XRIF/sd L, XRIF; repeat meas 1 of Inter in the opposite direction (see M's explanation))
- 3 {**Sd wks**} Sd L, cl R, sd L/cl R, sd L; (W Sd R, cl L, sd R/cl L, sd R;)
- 4 {**Aida**} Fwd R trng RF, sd L cont RF trn, bk R/XLIF, bk R;
(W Fwd L trng LF, sd R cont LF trn, bk L/XRIF, bk L;)
- 5 {**swch X**} Trng LF to fc ptr sd L ckng bringing jned hnds thru, rec R, XLIF/sd R, XLIF;
(W Trng RF to fc ptr sd R ckng bringing jned hnds thru, rec L, XRIF/sd L, XRIF;)
- 6 {**Cuca**} Sd R, rec L, cl R/stp L, stp in pl R; (W Sd L, rec R, cl L/stp R, stp in pl L;)
- 7-8 {**Twrl vin CH & rev**} repeat meas 5-6 of Intro;

Part C

1-8 OPEN HIP TWIST; FAN; HOCKEYSTICK TO TRIPLE CHA FORWARD AND BACK;;;; ALEMANA TURN;

- 1 {Op hip twst} Chk fwd L, rec R, sm bk L/cl R, bk L pushing arm fwd gently to trn W;
(W Rk bk R, rec L, fwd R/fwd L, fwd R swvl 1/4 RF on R;)
- 2 {**Fan**} Bk R, rec L, sd R/cl L, sd R; (W Fwd L turning LF step sd and bk R making 1/2 trn to L, bk L/XRIF, bk L leaving R extended fwd with no wght;;)
- 3-7 {**Hky stk to trpl CH fwd and bk**} Fwd L, rec R, in pl L/R,L ; Trng 1/8 RF bk R, rec L twd DRW to R HNDSHK, fwd R/XLIB, fwd R to L HNDSHK; fwd L/XRIB, fwd L to R HNDSHK, fwd R/XLIB, fwd R; Fwd L, rec R twd DLC, bk L/XRIF, bk L to L HNDSHK; bk R/XLIF, bk R to R HNDSHK, bk L/XRIF, bk L; (W cl R, fwd L, fwd R/cl L, fwd R; fwd L, curving fwd R tng LF to fc ptr and DLC, bk L/XRIF, bk L; bk R/XLIF, bk R, bk L/XRIF, bk L; bk R, rec L, fwd R/XLIB, fwd R; fwd L/XRIB, fwd L, fwd R/XLIB, fwd R)
- 8 {Alemana trn} Bk R, rec L, sd R/cl L, sd R; (W RF trn undr jned ld hnds fwd L, cont trn RF fwd R, sd L/cl R, sd L;)

BRIDGE

1-5 AIDA; SWITCH CROSS; CRAB WALKS;; MERENGUE BASIC;

- 1 {**Aida**} Fwd L twd RLOD trng LF, sd R cont LF trn, bk L/XRIF, bk L;
(W Fwd R trng RF, sd L cont RF trn, bk R/XLIF, bk R;)
- 2 {**swch X**} Trng RF to fc ptr sd R ckng bringing jned hnds thru, rec L, XRIF/sd L, XRIF;
(W Trng LF to fc ptr sd L ckng bringing jned hnds thru, rec R, XLIF/sd R, XLIF;)
- 3-4 {**Crb Wks**} Sd L, XRIF, sd L/cl R, sd L; XRIF, sd L, XRIF/sd L, XRIF;
(W sd R, XLIF, sd R/cl L, sd R; XLIF, sd R, XLIF/sd R, XLIF;)
- 5 {**MR Bas**} Sd L start w/ insd edge of ft, cl R, sd L, cl R; (W Sd R cl L, sd R, cl L;)

End

1 RUMBA AIDA & HOLD;

- 1 {**Aida**} Fwd L twd RLOD trng LF, sd R cont LF trn, bk L;
(W Fwd R trng RF, sd L cont RF trn, bk R;)