

Rescue Me (P)

Count: 80

Wand: 4

Ebene: Intermediate

Choreograf/in: Maleah Green (USA)

Musik: Rescue Me - Rick Tippe



Position: Start with the left foot forward or step forward on count 1.

ROCK FORWARD LEFT, COASTER STEP, KICK BALL CHANGE, ROCK BACK RIGHT

- 1-2 Rock forward on left, rock back on right
- 3&4 Step back on left, step back on right, step forward on left
- 5&6 Kick right, step on ball of right next to left, step left next to right
- 7-8 Step back on right, rock forward on left

LADY'S SUGAR PUSH, TURN RIGHT

- 1-2 Step forward right, step forward left
- 3-4 Touch right next to left, step back right
- 5&6 Triple step in place (left, right, left)
- 7-8 Step right foot to the right with $\frac{1}{4}$ turn to the right, tap left toe next to right

SWITCHES AND BACK STRUTS, HEEL TAPS

- &1 Hop onto left next to right, touch right heel forward
- &2 Hop onto right next to left, touch left toe back
- 3-4 Strut backwards: step back onto left toe, step down on left heel
- 5-6 Step back onto right toe, step down on right heel
- &7&8 Left heel goes up-down-up-down

SIDE SHUFFLE ROCK, THREE STEP TURN WITH BRUSH

- 1&2 Shuffle step to the left: left, right, left
- 3-4 Step right foot back behind left foot, rock forward onto left foot
- 5-6 Step right foot to right side, pivot $\frac{1}{2}$ turn right on ball of right foot and step onto left foot
- 7-8 Pivot $\frac{1}{2}$ turn right on ball of left foot and step onto right foot, brush left foot next to right

JAZZ STEP, RUBBER LEGS

- 1-2-3 Step left crossed in front of right, step back on right, step left to left
- 4 Touch right next to left
- 5-6 Point right knee to left side, roll it outward to point to right side (shift weight to right foot)
- 7-8 Point left knee to right side, roll it outward to point to left side (shift weight to left foot)

$\frac{1}{4}$ TURN SHUFFLE STEP, FEET APART, HIP BUMPS

- 1&2 Step left foot to left with a $\frac{1}{4}$ turn to left, step forward right, step forward left
- 3-4 Touch right next to left, step right to right
- 5-8 Hip bumps: left, right, left, left

ROCK, SHUFFLE BACK, CROSS-UNWIND-HEEL TAPS

- 1-2 Step forward right, rock back on left
- 3&4 Shuffle step backwards: right, left, right
- 5-6 Step left crossed behind right, unwind by pivoting on both feet $\frac{1}{2}$ turn to the left
- &7&8 Right heel goes up-down-up-down

CROSS-TAP-TAP-CROSS, ROCK, ROCK, HALF TURN, HOLD

- 1 Step right crossed in front of left
- 2-3 Touch left toe front, touch left heel front

- 4 Step left crossed in front of right
- 5-6 Rock back on right, step forward on left
- 7-8 Pivot on ball of left foot $\frac{1}{2}$ turn to the left, hold

KICK, MAN'S SUGAR PUSH

- 1-2 Kick right foot forward, step right next to left
- 3-4 Step back on left, step back on right
- 5-6 Touch left next to right, step forward on left
- 7&8 Triple step in place: right, left, right

HOOK TURN, CROSS-UNWIND

- 1-2 Hook left foot behind right ankle with left foot off the floor, pivot $\frac{1}{4}$ turn to right on right foot
- 3 Step down on left foot, keeping it tucked behind right foot
- 4 Step right next to left
- 5-6 Touch left toe to left side, step left toe behind right foot (weight on both feet)
- 7 Pivot on both feet, turning $\frac{1}{2}$ turn to left
- 8 Transfer weight to right foot

REPEAT
