

Rescue Me Boogie

COPPER KNOB
BY STEPSHEETS

Count: 32

Wand: 2

Ebene:

Choreograf/in: Jim Ray (USA) & Tina Ray (USA)

Musik: Keepin' Up - Alabama



ROCK STEP FORWARD, ON LEFT AND TURN LEFT, LEFT RIGHT LEFT

- 1 Step left foot forward
- 2 Shift weight back to right foot
- 3&4 Turn ½ turn to the left, stepping left, right, left
- 5 Step right foot forward
- 6 Shift weight back to left foot
- 7&8 Turn ½ turn to the right, stepping right, left, right

TWO SHUFFLES FORWARD, STEPPING LEFT, RIGHT, LEFT AND RIGHT, LEFT, RIGHT

- 9&10 Shuffle forward left, right left
- 11&12 Shuffle forward right, left right

STEP TURN A ½, STEP TURN A ½, RIGHT SHOULDER BACK

- 13 Step left foot forward
- 14 Pivot a ½ turn, right shoulder back
- 15 Step left foot forward
- 16 Pivot a ½ turn, right shoulder back

TURN LEFT ONE FULL TURN, LEFT, RIGHT, LEFT AND TAP RIGHT

- 17-19 Turn left one full turn stepping left, right, left
- 20 Tap right toe to your left foot

TURN RIGHT ONE FULL TURN, RIGHT, LEFT, RIGHT AND TAP LEFT

- 21-23 Turn right one full turn stepping right, left, right
- 24 Tap left toe to your right foot

STEP LEFT FORWARD, PIVOT A ½ TURN

- 25 Step left foot forward
- 26 Pivot a ½ turn to the right

ROLLING TURN STRAIGHT FORWARD A FULL TURN, LEFT, RIGHT, LEFT

If turn too fast, shuffle

- 27&28 Rolling turn straight, stepping left, right, left a full turn, right shoulder back
- 29 Tap right toe out to the right
- & Step right foot together
- 30 Tap left toe out to the left
- & Step left foot together
- 31 Tap right toe out to the right
- & Step right foot to left together
- 32 Tap left foot out to the left

REPEAT