

Rescue Me

Count: 32

Wall: 2

Level: Improver

Choreographer: Frank Heelan (IRE) - July 2018

Music: Emergency - Icona Pop



Sec. 1: Kick, back, back lock back, rock recover, walk, walk

- 1-2 Kick right forward, step back right.
- 3&4 Step back left, lock right across left, back left.
- 5-6 Rock back right, recover to left.
- 7-8 Step forward right across left, forward left across right. (12.00)

Sec. 2: Side rock, cross shuffle, side rock cross shuffle.

- 1-2 Rock right to right, recover to left.
- 3&4 Cross right over left, left to side, cross right over left.
- 5-6 Rock left to left, recover to right.
- 7&8 Cross left over right, right to right, cross left over right (12.00)

Sec. 3: Side together, chasse ¼ turn, rock recover, back. back, back.

- 1-2 Step right to right, left together.
- 3&4 Step right to right, left together, ¼ turn right, step forward right. (3.00)
- 5-6 Rock forward left, recover to right.
- 7&8 Run back L-R-L

Sec. 4: Side, behind, turn, side, rock back recover, side rock recover.

- 1-2 Step right to right, left behind.
- 3-4 Turn ¼ right stepping forward right, step left to left side (6.00)
- 5-6 Rock back right, recover to left.
- 7-8 Rock right to right side, recover to left.

Contact: heelanjohnl@gmail.com
