# Lifesaver



Count: 56 Wall: 4 Level: Intermediate

Choreographer: Gloria Johnson (USA)

Music: Rescue Me - Rick Tippe



# 8-COUNT ROLLING GRAPEVINE RIGHT

1-2	Step right foot ¼ turn right; turning ¼ right, step on left foot
3-4	Turning ½ right, step on right; cross-step left over right
5-6	Step right foot to right side; cross-step left foot behind right
7-8	Step right foot to right side; touch left foot beside right.

At any time during the dance, this set of steps can be done as a straight 8-count grapevine if you begin to get dizzy

#### 8-COUNT ROLLING GRAPEVINE LEFT

9-10	Step left foot ¼ turn left; turning ¼ left, step on right
11-12	Turning ½ left, step on left; cross-step right over left
13-14	Step left foot to left side; cross-step right foot behind left
15-16	Step left foot to left side; touch right foot beside left.

#### TWO JAZZ BOXES WITH 1/4 TURNS

17-18	Cross-step right foot over left; step left foot back
19-20	Turning 1/4 right, step right foot to right side
21-22	Cross-step right foot over left; step left foot back
23-24	Turning ¼ right, step right foot to right side.

# **SEMI-CIRCULAR "CHAIN OF EVENTS"**

The following 8 counts create ½ turn to the left by turning slightly left with each point-and-step sequence

25-26	Point right toe forward (to 2:00); cross-step right foot over left turning slightly left
27-28	Point left toe back to (7:00); cross-step left foot over right, continuing the turn
29-30	Point right toe forward (to 10:00); cross-step right foot over left, continuing the turn
31-32	Facing 6:00, touch left toe to left side: step left foot beside right

# **DIAGONAL STROLLS**

33-34	Step right foot diagonally forward right; slide left foot to right
35-36	Step right foot diagonally forward right; slide left foot to right
37-38	Step left foot diagonally forward left; slide right foot to left
39-40	Step left foot diagonally forward left; slide right foot to left.

#### **BACKWARD DIAGONAL STROLLS**

41-42	Step right foot back diagonally right; slide left foot to right
43-44	Step right foot back diagonally right; slide left foot to right
45-46	Step left foot back diagonally left; slide right foot to left
47-48	Step left foot back diagonally left; slide right foot to left.

#### HIP SWIVEL TO THE LEFT

49-56 Rotate hips in four circular motions to the left to complete a ¼ turn left.

# **REPEAT**