

Rescue Me

Count: 32

Wall: 2

Level: Improver

Choreographer: Terri Lineberry (USA) - August 2012

Music: Rescue Me - Fontella Bass : (CD: Chess Soul: A Decade of Chicago's Finest - iTunes)



32 COUNT INTRO

WALK, WALK, TRIPLE STEP, ROCK RECOVER, COASTER STEP

- 1-2 Step right forward, step left forward
- 3&4 Step right forward, step left to right, step right forward
- 5-6 Rock left forward, recover on left
- 7&8 Step left back, step right to back, step left forward

WALK, WALK, TRIPLE STEP, ROCK RECOVER, ¼ TURN LEFT COASTER STEP

- 1-2 Step right forward, step left forward
- 3&4 Step right forward, step left to right, step right forward
- 5-6 Rock left forward, recover on left
- 7&8 Step left back ¼ turn left, step right to left, step left forward

KICK RIGHT FRONT, SIDE, SAILOR STEP, KICK LEFT FRONT, SIDE, ¼ TURN LEFT SAILOR STEP

- 1-2 Kick right forward, kick right to right
- 3&4 Step right behind left, step left to left, step right to right
- 5-6 Kick left forward, kick left to left
- 7&8 Step left back ¼ turn left, step right to right, step left to left

CROSS POINT, CROSS POINT, ROCKING CHAIR

- 1-2 Cross right over left, point left to left
- 3-4 Cross left over right, point right to right
- 5-6 Step right forward, recover on left
- 7-8 Step right back, recover on left

REPEAT AGAIN
