

Two Step Rescue

COPPER KNOB
STEPPERS

拍数: 48 墙数: 2 级数: Easy Intermediate 2S
编舞者: Miss Vickie (USA) & Roseann Schaefer - June 2016
音乐: Past the Point of Rescue - Hal Ketchum : (4:25)



Intro: Listen for three sequences then count in 5-8 from Downbeat; begin dancing just before vocal starts (All step sequences are a Fast Fast Slow Slow rhythm; if you are counting it is 1& 2-3; 4& 5-6.)

[1 – 6] □ Stomp Rx2, Brush Hands, Heel, Hook, Heel, Together □

1&2-3 (FF)Stomp RF twice, (SS)Brush both hands on thighs back and forward
4&5-6 (F)Touch Right Heel forward, (F)hook Right Foot in front of left shin, (S)Touch R Heel forward, (S)Step Right Foot next to left 12:00

[1-6] □ Stomp Lx2, Brush Hands, Heel, Hook, Heel, Together

1&2-3 (FF)Stomp LF twice, (SS)Brush both hands on thighs back and forward
4&5-6 (F)Touch Left Heel forward, (F)hook Left Foot in front of right shin, (S)Touch L Heel forward, (S)Step Left Foot next to right 12:00

[1-6] □ Heel Jacks – Cross, Back, Heel, Back; Cross, Back, Heel, Back □

1&2-3 (F)Cross Right Foot over left, (F)Step Back with Left Foot, (S)Touch Right Heel forward on diagonal, (S)Step Back with Right Foot
4&5-6 (F)Cross Left Foot over right, (F)Step Back with Right Foot, (S)Touch Left Heel forward on diagonal, (S)Step Back with Left Foot

[1-6] □ Crazy Eight Pattern – ¾ Chase turn Left, Weave ¼ R, ¾ Chase turn Right □

1&2-3 (F)Step Right Foot forward, (F)Pivot ¾ Left (weight to Left Foot), (S)Step Right to Side, (S)Step Left Behind right 3:00
4&5-6 (F)Turn ¼ Right stepping forward with Right Foot, (F)Step Left Foot forward, (S)Pivot ¾ Right (weight to Right Foot), (S)Step Left to Side 3:00

[1-6] □ Weave Left, Recover, Rock Right, Recover, R Jazz Box

1&2-3 (F)Step Right Foot behind left, (F)Step Left foot to left, (S)Cross Right foot over left foot, (S)Recover weight to Left Foot
4&5-6 (F)Rock Right Foot to right side, (F)Recover weight to Left Foot, (S)Cross Right foot over left foot, (S)Step Left Foot back 3:00

[1-6] □ Continue R Jazz Box, Left Jazz Box, Toe, Heel, Stomp, Clap □

1&2-3 (F)Step Right foot to right, (F)Cross Left Foot over right foot, (S)Step Right Foot back, (S)Step Left Foot to left
4&5-6 (F)Touch Right Toe to front with knee turned in, (F)Touch Right Heel to front with knee turned out, (S)Stomp Right Foot, (S)Clap

[1 – 6] □ Toe, Heel, Stomp, Clap, Right Forward Coaster, Together

1&2-3 (F)Touch Left Toe to front with knee turned in, (F)Touch Left Heel to front with knee turned out, (S)Stomp Left Foot, (S)Clap
4&5-6 (F)Step Right Foot forward, (F)Step Left Foot forward next to right, (S)Step Right Foot back, (S)Step Left Foot back next to right

[1 – 6] □ Two Step in 1-1/4 Right Circle

1&2-3 In a circle to the right – (F)Step Right Foot forward, (F)Step Left Foot together next to right, (S)Walk forward Right, (S)Left
4&5-6 In a circle to the right – (F)Step Right Foot forward, (F)Step Left Foot together next to right, (S)Walk forward Right, (S)Left 6:00

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