

# Rescue Me

COPPERKNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Elaine Hornagold (UK) - August 2016  
音乐: Rescue Me - Fontella Bass



**Intro: 32 Counts start on vocals**

**Section 1: □ Walk Back Left, Right, Rock Back, Recover, Scissor Step**

1 – 2      Walk back Left. Walk back Right.  
3 – 4      Rock back on Left. Recover onto Right.  
5 – 6      Step Left to Left side. Step Right next to Left.  
7 – 8      Cross step Left over Right. Hold.

**Section 2: □ Side, Together, Shuffle Forward, Side, Together, Shuffle Forward**

1 – 2      Large step Right. Step Left next to Right.  
3 & 4      Step forward Right. Step Left together. Step forward Right.  
5 – 6      Large step Left. Step Right next to Left.  
7 & 8      Step forward Left. Step Right together. Step forward Left.

**Section 3: □ Rocking Chair, 2 x 1/8 Paddle Turns**

1 – 2      Rock forward Right. Recover onto Left.  
3 – 4      Rock back Right. Recover onto Left.  
5 – 6      Touch Right toe forward. Make 1/8 turn Left.  
7 – 8      Touch Right toe forward. Make 1/8 turn Left. (9:00)

**Section 4: □ Jazz Box Cross, Step, Heel & Toe Swivel, Touch**

1 – 2      Cross Right over Left. Step back Left.  
3 – 4      Step Right to Right side. Cross step Left over Right.  
5 – 6      Step Right diagonally forward. Swivel Left heel in towards Right.  
7 – 8      Swivel Left toe in towards Right. Touch Left toe next to Right.

**Contact: [elaine@applejaxlinedancers.co.uk](mailto:elaine@applejaxlinedancers.co.uk)**

---