

Rescue Me

拍数: 32 墙数: 4 级数: Advanced
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音乐: Rescue Me - OneRepublic



HITCH, BACK STEP SLIDE TOGETHER, HITCH, POINT, BACK BODY ROLL, TWIST X2

1,2 (Start dance facing 11 o'clock) R hitch, R back step while L slide together next to R
3,4 R hitch, R back ball touch
5,6 Back body roll weight shifting from L>R into a squat position
7,8 Whole body twist R to 1 o'clock ($\frac{1}{4}$ turn R), whole body twist L to 9 o'clock ($\frac{1}{3}$ turn L)

$\frac{1}{2}$ TURN STEP SWEEP, BEHIND SIDE CROSS, HIP BUMPS X2, RECOVER, $\frac{1}{2}$ TURN COASTER STEP

1 R foot steps forward into a $\frac{1}{2}$ turn counter clockwise while L sweeps around from front to back
2&3 L steps behind R, R side steps, L crosses over R
4&5 R ball side touch with R high hip bump, L hip bump while weight shifting onto R, weight shift stays on R while R low hip bump (top drawer/bottom drawer hip bumps)
6 Recover back on L
7&8 $\frac{1}{2}$ turn clockwise R ball step back, L steps besides R, R steps forward

BALL STEP, RECOVER & HEEL, HOLD, BALL STEP, HITCH, STEP BACK AND SLIDE

&1,2 L ball forward, R steps forward, recover back on L
&3,4 R steps neutral, L heel touch forward, hold
&5,6 L ball neutral, R steps forward, L hitch forward
7,8 L steps back while R two count slide back to neutral (weight shift stays on L)

BALL CROSS, SIDE TOUCH HOLD, BALL CROSS, SIDE STEP CROSS TOUCH, UNWIND, PIVOT TURN

&1,2 R back ball, L cross over R, R side touch
3 Hold
&4 R back ball, L cross over R
&5 R side steps slightly forward, L ball touch cross behind R
6 $\frac{3}{4}$ unwind counter clockwise weight shifting from L>R (start unwinding as soon as "L ball touch cross behind R")
7,8 R step forward, L $\frac{1}{4}$ pivot turn weight shifting ending on L ($\frac{1}{3}$ pivot turn L to angle body slightly to face the new "11 o'clock")
