

# Lifesaver

拍数: 56      墙数: 4      级数: Intermediate  
编舞者: Gloria Johnson (USA)  
音乐: Rescue Me - Rick Tippe



## 8-COUNT ROLLING GRAPEVINE RIGHT

1-2            Step right foot  $\frac{1}{4}$  turn right; turning  $\frac{1}{4}$  right, step on left foot  
3-4            Turning  $\frac{1}{2}$  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  $\frac{1}{4}$  turn left; turning  $\frac{1}{4}$  left, step on right  
11-12          Turning  $\frac{1}{2}$  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 $\frac{1}{4}$ TURNS

17-18          Cross-step right foot over left; step left foot back  
19-20          Turning  $\frac{1}{4}$  right, step right foot to right side  
21-22          Cross-step right foot over left; step left foot back  
23-24          Turning  $\frac{1}{4}$  right, step right foot to right side.

## SEMI-CIRCULAR "CHAIN OF EVENTS"

**The following 8 counts create  $\frac{1}{2}$  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  $\frac{1}{4}$  turn left.

## REPEAT

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