

Rescue Me (P)

COPPER **NOB**
STEPSHEETS

拍数: 80 墙数: 4 级数: Intermediate
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音乐: Rescue Me - Rick Tippe



Position: Start with the left foot forward or step forward on count 1.

ROCK FORWARD LEFT, COASTER STEP, KICK BALL CHANGE, ROCK BACK RIGHT

1-2 Rock forward on left, rock back on right
3&4 Step back on left, step back on right, step forward on left
5&6 Kick right, step on ball of right next to left, step left next to right
7-8 Step back on right, rock forward on left

LADY'S SUGAR PUSH, TURN RIGHT

1-2 Step forward right, step forward left
3-4 Touch right next to left, step back right
5&6 Triple step in place (left, right, left)
7-8 Step right foot to the right with $\frac{1}{4}$ turn to the right, tap left toe next to right

SWITCHES AND BACK STRUTS, HEEL TAPS

&1 Hop onto left next to right, touch right heel forward
&2 Hop onto right next to left, touch left toe back
3-4 Strut backwards: step back onto left toe, step down on left heel
5-6 Step back onto right toe, step down on right heel
&7&8 Left heel goes up-down-up-down

SIDE SHUFFLE ROCK, THREE STEP TURN WITH BRUSH

1&2 Shuffle step to the left: left, right, left
3-4 Step right foot back behind left foot, rock forward onto left foot
5-6 Step right foot to right side, pivot $\frac{1}{2}$ turn right on ball of right foot and step onto left foot
7-8 Pivot $\frac{1}{2}$ turn right on ball of left foot and step onto right foot, brush left foot next to right

JAZZ STEP, RUBBER LEGS

1-2-3 Step left crossed in front of right, step back on right, step left to left
4 Touch right next to left
5-6 Point right knee to left side, roll it outward to point to right side (shift weight to right foot)
7-8 Point left knee to right side, roll it outward to point to left side (shift weight to left foot)

$\frac{1}{4}$ TURN SHUFFLE STEP, FEET APART, HIP BUMPS

1&2 Step left foot to left with a $\frac{1}{4}$ turn to left, step forward right, step forward left
3-4 Touch right next to left, step right to right
5-8 Hip bumps: left, right, left, left

ROCK, SHUFFLE BACK, CROSS-UNWIND-HEEL TAPS

1-2 Step forward right, rock back on left
3&4 Shuffle step backwards: right, left, right
5-6 Step left crossed behind right, unwind by pivoting on both feet $\frac{1}{2}$ turn to the left
&7&8 Right heel goes up-down-up-down

CROSS-TAP-TAP-CROSS, ROCK, ROCK, HALF TURN, HOLD

1 Step right crossed in front of left
2-3 Touch left toe front, touch left heel front

- 4 Step left crossed in front of right
- 5-6 Rock back on right, step forward on left
- 7-8 Pivot on ball of left foot $\frac{1}{2}$ turn to the left, hold

KICK, MAN'S SUGAR PUSH

- 1-2 Kick right foot forward, step right next to left
- 3-4 Step back on left, step back on right
- 5-6 Touch left next to right, step forward on left
- 7&8 Triple step in place: right, left, right

HOOK TURN, CROSS-UNWIND

- 1-2 Hook left foot behind right ankle with left foot off the floor, pivot $\frac{1}{4}$ turn to right on right foot
- 3 Step down on left foot, keeping it tucked behind right foot
- 4 Step right next to left
- 5-6 Touch left toe to left side, step left toe behind right foot (weight on both feet)
- 7 Pivot on both feet, turning $\frac{1}{2}$ turn to left
- 8 Transfer weight to right foot

REPEAT
