

Rescue Me

拍数: 64 墙数: 2 级数: Improver
编舞者: Kerry Hughes (AUS)
音乐: Rescue Me - Fontella Bass



SHUFFLE RIGHT, SHUFFLE LEFT, ROCK FORWARD, BACK, BACK, FORWARD

- 1&2-3&4 Travel forward on right diagonal shuffling right-left-right, travel forward on left diagonal shuffling left-right-left
5-6-7-8 Rock forward right, rock back left, step back on right, rock forward left

STEP, ¼ PIVOT, CROSS SHUFFLE, ROCK, REPLACE, SAILOR ¼

- 1-2-3&4 Step forward right, rock weight on to left turning ¼ to left, cross shuffle right over left stepping right-left-right
5-6-7&8 Step left to left side, replace weight right, cross step left behind right & rock right to right, replace weight left turning ¼ turn left (sailor ¼)

17-32 Repeat counts 1-16 (starting 6:00 wall)

RIGHT KICK BALL STEP TWICE, ROCK FORWARD, BACK, ½ TURNING SHUFFLE RIGHT-LEFT-RIGHT

- 1&2-3&4 Kick right foot forward & step right beside left, step forward left, kick right foot forward & step right beside left, step forward left
5-6-7&8 Step forward right, rock weight back left, turning ½ right shuffle right-left-right

½ TURN SHUFFLE, ¼ ROCK, REPLACE, CROSS SHUFFLE, ROCK, REPLACE

- 1&2-3-4 Turning a further ½ shuffle left-right-left, step back right turning ¼ turn right, step left to left
1&2-3-4 Cross shuffle right over left stepping right-left-right, step left to left, replace weight right

¼ PADDLE TURNS X 3, KICK BALL CHANGE

- 1-2-3-4 Step forward left, replace weight right turning ¼ turn right, step forward left, replace weight right turning ¼ turn right,
5-6-7&8 Step forward left, replace weight right turning ¼ turn right, kick left foot forward & step left beside right, step forward right

ROCK FORWARD, BACK, SAILOR ¼ LEFT, ROCK, REPLACE, STEP ¼ LEFT, REPLACE

- 1-2-3&4 Rock forward left, rock back right, cross step left behind right & rock right to right, replace weight left turning ¼ turn left (sailor ¼)
5-6-7-8 Step right to right side, replace weight left, step forward right turn ¼ left, replace weight left

REPEAT

RESTART

On wall 3, dance first 32 counts and begin again.