

# Rescue Me

拍数: 32      墙数: 4      级数: Improver  
编舞者: Heather Frye (CAN)  
音乐: Rescue Me - Fontella Bass



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## KICK RIGHT FORWARD, KICK RIGHT TO RIGHT CORNER, RIGHT SAILOR STEP, KICK LEFT FORWARD, KICK LEFT TO LEFT CORNER, LEFT SAILOR STEP

- 1-2            Kick right foot forward, kick right foot to right corner
- 3&4           Cross step right behind left (angle body slightly), step left to side, step right slightly forward and to right side
- 5-6           Kick left foot forward, kick left foot to left corner
- 7&8           Cross step left behind right (angle body slightly), step right to side, step left slightly forward and to left side

## ROCK RIGHT FORWARD, RECOVER LEFT, SHUFFLE BACK RIGHT, LEFT, RIGHT - LEFT COASTER STEP

- 1-2            Rock forward onto right foot, recover back onto left foot
- 3&4           Shuffle back right, left, right
- 5&6           Step left back, close right to left, step forward onto left
- 7&8           Kick right foot forward, rock back onto ball of right foot, step slightly forward onto left

## STEP ½ TURN LEFT, TURN BACK ½ RIGHT, PIVOT ½ TURN RIGHT, BEHIND BALL CROSS, ROCK SIDE LEFT, RECOVER RIGHT

- 1-2            Step right forward, turn a ½ left taking weight onto left
- 3-4            Turn back ½ right taking weight onto right, pivoting a ½ turn right on right foot stepping slightly out to the left onto left foot
- 5&6           Cross step right behind left, step side left, cross step right across left
- 7-8            Rock out side left, recover onto right

## KICK LEFT MAKING A ¼ TURN LEFT - LEFT COASTER STEP, STEP TURN ½ LEFT, STEP FORWARD RIGHT, SHUFFLE FORWARD, RIGHT, LEFT

- 1               Kick left forward while pivoting a ¼ turn on right foot
- 2&3           Step left back, close right to left, step forward onto left
- 4-5-6        Step forward right, pivot ½ turn left taking weight onto left, step forward onto right
- 7&8           Shuffle forward left, right, left

**REPEAT**

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