

Rescue Me

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Rescue Me - Ike & Tina Turner



WALK, WALK, TOUCH, STEP TOGETHER, SIDE STEP, HIP BUMPS, SAILOR STEP ¼ TURN RIGHT

- 1 Step right foot forward
- 2 Step left foot forward
- 3 Touch right toes side right
- & Step right foot together
- 4 Side step left foot to left
- 5 Hip bump right
- 6 Hip bump left
- 7 Cross right foot behind left
- & ¼ turn right, side step left foot to left
- 8 Step right foot forward

TOUCH, SIDE STEP, HOLD, BALL CHANGE, PADDLE ¼ LEFT (2X), CROSS, TOUCH

- 9 Touch left toes forward
- 10 Side step left foot to left
- 11 Hold
- & Step right foot together on ball of foot
- 12 Step left foot forward
- & ¼ turn left, hitch right foot
- 13 Touch right toes to right side
- & ¼ turn left, hitch right foot
- 14 Touch right toes to right side
- 15 Cross right foot over left
- 16 Touch left toes to left side

HOLD, ½ MONTEREY TURN LEFT, HIP BUMPS

- 17 Hold
- 18 ½ turn left, step left foot together
- 19 Touch right toes to right side
- 20 Touch right toes beside left
- 21 Low hip bump right
- & Return hips to center
- 22 High hip bump right
- & Return hips to center
- 23 Low hip bump right
- & Return hips to center
- 24 High hip bump right

WALK, WALK, ½ TURN LEFT WITH SWEEP, COASTER STEP, STEP FORWARD

- 25 Step right foot forward
- 26 Step left foot forward
- 27-28 ½ turn left, sweep right foot and touch toes beside left
- 29 Step right foot back
- & Step left foot together
- 30 Step right foot forward
- 31-32 Step left foot forward (bring your weight slowly forward)

REPEAT
