

Rescue Me

拍数: 32 墙数: 4 级数: Beginner
编舞者: William Sevone (UK)
音乐: Rescue Me - Fontella Bass



Dance starts directly after Fontella sings 'Rescue me...' for the first time, feet together and weight on the left foot

KICK BALL CHANGE, 3X BACKSTROKING TOE/HEEL STRUTS

- 1&2 Kick right foot forward, step ball of right foot next to left foot, step left foot in place
- 3-4 Step backward onto right toe, drop right heel to floor
- 5-6 Step backward onto left toe, drop left heel to floor
- 7-8 Step backward onto right toe, drop right heel to floor

Each time you step on toe, do a backstroke arm upward. Each time you drop heel, backstroke arm downward

COASTER STEP, STAMP, ¼ RIGHT KICK FORWARD, STEP BACKWARD, LOCK STEP, SIDE ROCK STEP

- 9&10 Step backward onto left foot, step right foot next to left, step forward onto left foot
- 11-12 Stamp right foot next to left, turn ¼ right & kick right foot forward
- 13 Step backward onto right foot
- 14-15 Lock left foot across right toe, step backward onto right foot
- 16 Rock step left foot to left side

5X EGYPTIAN TURNS

- 17-18 Pivot ¼ right, hold
- 19-20 Pivot ½ left, hold
- 21-22 Pivot ½ right, hold
- 23-24 Pivot ½ left, pivot ½ right

Keep weight central for counts 17-24. On the pivot right, keep the right arm slightly extended forward & clicking right fingers downward, left arm extended backward, bent downward at elbow. On the pivot left, keep the left arm slightly extended forward & clicking left fingers downward, right arm extended backward, bent downward at elbow. Arm movements are like the Egyptian friezes

¼ RIGHT CHASSE LEFT, ¼ RIGHT ROCK BACKWARD, ¼ RIGHT STEP FORWARD, ¼ RIGHT MONKEY, 3X MONKEYS

- 25&26 Turn ¼ right & step left foot to left side, step right foot next to left, step left foot to left side
- 27-28 Turn ¼ right & rock backward onto right foot, turn ¼ right & step forward onto left foot
- 29-30 Turn ¼ right & step right foot next to left with pump and bend

Raise left arm and pump right arm down

- 30 Pump and bend

Raise right arm and pump left arm down

- 31-32 Pump and bend, pump and bend

Repeat arms

Sometimes 'Monkeys' are referred to as 'Milking The Cow'

REPEAT

DANCE FINISH

The music should be allowed to fully fade out. This will bring the dance to the end (count 32) of the 10th wall, facing home. Straighten up and touch hat brim with left hand.