

# Rescue Me (Sos Rihanna)

COPPER KNOB  
STEPSHEETS

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Kayla Cosgrove (USA)  
音乐: S.O.S. (Rescue Me) - Rihanna



## STEP LOCK STEP, BRUSH, STEP LOCK STEP, BRUSH

1-2-3-4      Step forward on right, lock left behind, step right forward, brush left  
5-6-7-8      Step forward on left, lock right behind, step left forward, brush right

## STEP, HOLD, ¼ HOLD, AND JUMP, AND ROLL

1-2      Step right foot forward, hold  
3-4      Make a quarter turn to the left (putting weight on left foot), hold  
&5-6      Jump forward, right then left (small jump forward)  
7-8      Body roll (weight remains on left)

## CROSS WALK, CROSS WALK, CROSS WALK, AND HEEL AND TOUCH

1-2      Step right foot slightly over left (moving slightly forward)  
3-4      Step left foot slightly over right (moving slightly forward)  
5-6      Step right foot slightly over left (moving slightly forward, weight should be on right foot)  
&7&8      Step back on left foot, touch right heel forward, step down on right foot, touch left next to right

## SIDE ROCK, BEHIND AND IN FRONT, SIDE ROCK ¼ TURN RIGHT, COASTER STEP

1-2      Rock left foot out to the left side, replace the weight to the right foot  
3&4      Step left foot behind right, step right foot to the side, cross left in front  
5-6      Rock right foot out to the right side, replace the weight (when replacing the weight, make a ¼ turn to the right)  
7&8      Step back on right foot, bring left foot next to right (with weight), step right foot forward

## STEP FORWARD, HALF TURN, FULL TURN, SHUFFLE STEP, KICK BALL CHANGE

1-2      Step left foot forward, make a half turn over right shoulder (weight on right foot)  
3-4      Full turn (turning half on left foot, then half on right foot, continuing to turn over right shoulder, weight ends up on right foot)  
5&6      Shuffle forward left, right left  
7&8      Kick right foot forward, step down on the ball of right foot, change weight to the left foot

## KICK BALL TOUCH BACK, KICK BALL TOUCH TO RIGHT, KICK BALL TOUCH TO LEFT AND HOLD

1&2      Kick right foot forward, step down on the ball of right foot, touch left toe slightly back  
3&4      Kick left foot forward, replace weight onto left, point right toe to right side  
5&6      Kick right foot forward, replace weight onto right foot, touch left foot to left side  
&7-8      Step back on left foot, and put right heel out, hold one beat

## AND STEP ½ TURN, SHUFFLE STEP, HIP ROLL, HIP ROLL

&1-2      Step down on right foot, step left forward, make a half turn over right shoulder (weight should be on the right foot)  
3&4      Shuffle forward left, right, left  
5-6      Roll hips to the right  
7-8      Roll hips to the left (weight should end on left foot)

## Instead of hip rolls, side toe touches if you like

5-6      Touch right toe slightly to the side, put weight on it  
7-8      Touch left toe slightly to the side, put weight on it

**TOUCH LIFT ¼ TURN, COASTER STEP, TOUCH LIFT FULL TURN, SHUFFLE STEP**

- 1-2 Touch right toe to inside of left foot, lift knee up making a ¼ turn to the right  
3&4 Step back on right foot, bring left beside it (with weight), step right foot forward  
5-6 Touch left toe to inside of right foot, lift left knee while making a full turn  
7&8 Shuffle forward left, right, left

**REPEAT**

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