

Save Me!

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Linda Brown (USA)
音乐: The Love You Save - Jackson 5



CROSSING TRIPLE, ROCK SIDE RIGHT, LEFT ¼ TURN, FORWARD SHUFFLE, RIGHT ¼ TURN

1&2 Left step across right, right small step side right, left step across right
3-4 Right rock ball of foot side right, left step ¼ turn left
5&6 Shuffle forward, right, left, right
7-8 Left step ¼ turn right, right step slightly to right

Facing 12:00, weight on right

LEFT CROSS, RIGHT STEP BACK, LEFT ½ TURN TO LEFT, RIGHT NEXT TO LEFT, HIP BUMPS, HOLD, HEEL BOUNCES TWICE

9-10 Left cross over right, step back on right starting ½ turn left
11-12 Complete left ½ turn by stepping forward on left, step right beside left
13-14 Bump hips right, left
15 Hold
&16 Bounce heels up and down two times

Facing 6:00. Place weight on right.

CROSS, SIDE, SAILOR SHUFFLE, KICK-BALL-STEP, FLAT-FOOT PADDLE TURNING 1/8 LEFT 2X

17-18 Left cross over right, right step to right side
19&20 Left cross behind right, right step to right side, left step slightly to left
21&22 Right kick forward, right step ball of foot next to left, left step slightly forward
23-24 Turning to left, use left foot as an anchor and paddle with right (flat-footed) 1/8 left twice (you will end up being ¼ to the left)

Facing 3:00. Place weight on left.

LOOK LEFT, LOOK RIGHT, WALK, WALK, FORWARD, TOGETHER, BACK, TOGETHER, HOLD, CLAP 2X

25-26& Turn head ¼ to left, turn head ½ to right, turn head ¼ to left (looking forward)
27-28 Right step forward slightly in front of left, left step forward slightly in front of right
29&30& Right step forward onto ball of right, left step forward next to right, right step back, left step back next to right
31 Hold
&32 Clap twice

Facing 3:00. Place weight on right.

REPEAT