

Sending Signals

拍数: 64 墙数: 4 级数: Intermediate
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音乐: S.O.S. (Rescue Me) - Rihanna



ROCK, RECOVER, SHUFFLE TURN, HITCH TURN, HEEL JACK, HOLD

- 1-2 Rock forward onto right foot, recover weight back onto left
- 3&4 Make a ½ turn shuffle right, left, right (turning right)
- 5-6 Hitch left knee up, make a ½ turn right on ball of right foot, (keeping left knee up)
- &7 Step back onto left foot at left diagonal, present right heel forward at right diagonal
- 8 Hold

STEP, CROSS, LUNGE, SHOULDERS, KNEE POPS, KICK, BALL, TOUCH

- &1 Step right foot in place putting weight on it, cross step left in front of right
- 2-4 Slightly lunge forward at right diagonal, isolate upper body (only!) left, right
- 5-7 Roll right knee right, roll right knee to the left, roll right knee right keeping weight left
- 8&1 Kick right foot forward to right diagonal, step right next to left, touch left toe back at left diagonal - still facing right diagonal

HITCH, STEP, BUMP, BUMP, HITCH TURN, CROSS STEP

- 2-3 Hitch left knee up in front of right, step down onto left foot - squaring up to front
- 4-5 Bump hips left, bump hips right
- 6-7 Step left forward making a ¼ turn left, hitch right knee up making a ¼ turn left
- 8 Cross step right in front of left

¼ STEP, ¼ STEP, TOUCH, TURN, TOUCH, TURN, STEP

- 1-2 Step back onto left making a ¼ turn right, step back onto right making ¼ turn right
- 3-4 Touch left toe out to left side, step weight onto left foot making a ¼ turn left
- 5-6 Touch right toe to right side while making a ¼ left, step weight onto right making a ¼ turn right
- 7-8 Touch left toe to left side while making a ¼ right, step forward onto left foot making a ½ turn left

HEEL JACK, HOLD, STEP CROSS, HOLD, VAUDEVILLES

- &1-2 Step back onto your right foot at a right diagonal, present your left heel forward at a left diagonal, hold
- &3-4 Step weight onto left foot, cross step right in front of left, hold
- &5 Step back onto left foot at a left diagonal, present right heel forward at a right diagonal
- &6 Step right in place, cross step left in front of right
- &7 Step back onto right foot at a right diagonal, present left heel forward at a left diagonal
- &8 Step weight onto left, cross step right in front of left

¼ STEP, ¼ STEP, TOUCH, TURN, TOUCH, TURN, STEP

- 1-2 Step back onto left making a ¼ turn right, step back onto right making ¼ turn right
- 3-4 Touch left toe out to left side, step weight onto left foot making a ¼ turn left
- 5-6 Touch right out to right side making a ¼ left, step weight onto right making a ¼ turn right
- 7-8 Touch left out to left side making a ¼ right, step forward onto left foot making a ½ turn left

HEEL JACK, VAUDEVILLES (SINGLE COUNTS)

- 1-2 Step back on right at right diagonal, present left heel forward at left diagonal
- 3-4 Step left foot in place, cross step right in front of left
- 5-6 Step back on left at left diagonal, present right heel forward at right diagonal

7-8 Step right foot in place, cross step left in front of right

STEP, BUMP, HITCH TURN, STEP CROSS - A.K.A. PIMP WALKS

1-2 Step right foot to right side, bump hips right

3-4 Step left foot $\frac{1}{4}$ turn left, hitch right knee making another $\frac{1}{2}$ turn left

5-6 Step forward onto right foot, cross step left over right facing left diagonal

7-8 Step forward onto right foot, cross step left over right - squaring up to new wall

Styling option: on counts 5&7 drop your right shoulder down, on counts 6&8 drop your left shoulder down.

Alternating shoulders

REPEAT
