

# Sending Signals

拍数: 64                      墙数: 4                      级数: Intermediate  
编舞者: Jo Kinser (UK) & Bryan McWherter (USA)  
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**

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