

SOS

拍数: 32 墙数: 4 级数: Improver
编舞者: Kirsteen Currie (UK)
音乐: S.O.S. (Rescue Me) - Rihanna



KICK BALL CROSS, SIDE ROCK RIGHT, PIVOT ½, PIVOT ½ TURN, ROCK BACK

1&2 Kick right foot forward, step ball of right foot beside left, cross left over right
3-4 Rock right to right side, recover onto left
5-6 Step right behind left, pivot ½ turn right, step left foot left, making ½ turn left
7-8 Rock back on right foot, recover onto left

HITCH RIGHT KNEE, POINT SIDE, BEHIND, UNWIND, CROSS ROCK, ¼ SHUFFLE TURN

1-2 Hitch right knee, point right to right side
3-4 Point right behind left, unwind half turn, (weight ending on right)
5-6 Cross rock left over right, recover onto right
7&8 Step left ¼ turn left, step right beside left, step forward left

KICK, HEEL, POINT UNWIND, SIDE MAMBO

1&2 Kick right foot forward, step right beside left, tap left heel forward
&3-4 Step left beside right, point right behind left, unwind half turn (weight ending on right)
5&6 Rock left to left side, recover onto right, step left beside right
7&8 Rock right to right side, recover onto left, step right beside left

JUMP FEET APART, JUMP CROSS, UNWIND ½ TURN, SWITCHES, ROCK BACK

1-2 Jump feet shoulder width apart, jump crossing left over right
3-4 Unwind ½ turn (weight ending on left)
5&6& Point right to right side, step right beside left, point left to left side, step left beside right
7-8 Rock back on right, recover onto left

REPEAT
