

SOS

拍数: 32 墙数: 4 级数: Intermediate polka
编舞者: Nancy Morgan (USA)
音乐: S.O.S. (Rescue Me) - Rihanna



CROSS, STEP, SAILOR SHUFFLE, CROSS, STEP, STEP BEHIND, TOUCH OUT TO SIDE

1-2 Cross right foot over left, step left to left side
3&4 Sailor shuffle - step right behind left, step left to left side, step forward on right
5-6-7-8 Cross left over right, step right to right side, step left behind right, touch right toes out to right side

CROSS, TOUCH, CROSS, MONTEREY, STEP FORWARD

1-2 Cross right over left, touch left out to left side
3-4 Cross left over right, touch right out to right side
5-6 Swinging right foot behind you so that you turn $\frac{1}{2}$ turn to your right as you set your right foot down next to your left, touch left foot out to left side
7-8 Cross left over right, step forward on right

STEP BACK $\frac{1}{4}$ TURN TO RIGHT, STEP FORWARD $\frac{1}{4}$ TURN TO RIGHT, SHUFFLE FORWARD, JAZZ BOX

1-2 Step back on left as you turn $\frac{1}{4}$ turn to your right, step forward on right $\frac{1}{4}$ turn to right
3&4 Shuffle forward - left, right, left
5-6-7-8 Cross right over left, step back on left, step right to right side, step forward on left

HIP ROLLS $\frac{1}{4}$ TURN TO LEFT, WALK, WALK, SIDE ROCK

1-2-3-4 Step forward on right as you roll your hips counter to the right 2 times while turning $\frac{1}{4}$ turn to left
5-6 Walk forward right, left
7-8 Side rock - rock/step right foot to right side and return weight to left

REPEAT
