

S.O.S.

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver hip hop
编舞者: Signature X
音乐: S.O.S. (Rescue Me) - Rihanna



WALK FORWARD X4, SIDE PRESS TWICE

1-4 Step forward right, left, right left
5-6 Step right to right side, press ball of left foot behind right
7-8 Step left to left side, press ball of right foot behind left

Hands option for count:

6 Jam down left arm
8 Jam down right arm

UNWIND TURN, HIP ROLL, HEAD ROLL

1-2 Unwind full turn right facing 12:00, hold
3-4 Jump both feet apart to shoulder width standing position, hold
5-6 Execute to the right hip roll
7-8 Execute to the right head roll

STEP LEFT WITH LEFT BUMP, HIP BUMPS RIGHT, LEFT RIGHT LEFT, STEP LEFT, CLOSE RIGHT, STEP RIGHT, LOOK FORWARD

1-2 Step left ¼ right turn to left side (body facing 3:00, head facing 12:00) with left hip bump, bump right hip up
3&4 Hip bumps left, right, left
5-6 Step left foot on the spot, close right next to left
7-8 Step right to right side, head turns to 3:00 and look forward

Facing 3:00

SHUFFLE X3, CHASSE LEFT

1&2 Step right diagonally to right side, lock left behind right, step right diagonally to right side
3&4 Step left diagonally to left side, lock right behind left, step left diagonally to left side
5&6 Repeat 1&2
7&8 Step left to left side, step right next to left, step left to left side

REPEAT
