

Help Me!

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Samantha Cooper
音乐: S.O.S. (Rescue Me) - Rihanna



WALK, WALK, POINT AND POINT AND POINT, HOLD, TOUCH, POINT

1-2 Walk forward right, then left
3&4& Point right toes to right side, and then point left toes to left side
5-6 Point right toes to right side, then hold for one count
7-8 Point right foot across in front of left foot, then point right toes to right side

CROSS, BACK, SIDE SHUFFLE RIGHT, CROSS ROCK, SIDE SHUFFLE LEFT ¼ TURN

1-2 Cross right over left, step back onto left foot
3&4 Side shuffle to right
5-6 Cross rock left over right, bring weight back onto right foot
7&8 Side shuffle left turning ¼ turn left

¼ TURN LEFT, ROCK BACK, SIDE SHUFFLE LEFT, ROCK BACK, ROCK FORWARD, ½ TURN SHUFFLE LEFT

1-2-3 Turn ¼ left (facing 6:00 wall), rock back on left, bring weight back onto right foot
4&5 Side shuffle left
6-7 Rock back on right, bring weight onto left
8&1 Shuffle ½ turn left, turning left (right, left, right)

ROCK BACK, ROCK FORWARD, FULL TURN RIGHT, STEP BACK, COASTER STEP

2-3 Rock back left, forward rock right
4-5 Full turn right stepping left (½), right (½)
6 Step back onto left
7&8 Right coaster step

KICK BALL CHANGE, CROSS POINT, CROSS POINT, BEHIND POINT

1&2 Left kick ball change (weight ending on right foot)
3-4 Cross left over right, point right to right side
5-6 Cross right over left, point left to left side
7-8 Cross left behind right, point right to right side

BEHIND POINT, CROSS KICK, JAZZ BOX ½ TURN RIGHT

1-2 Cross right behind left, point left to left side
3-4 Cross left over right, kick right leg out into the right diagonal wall
5-6-7-8 Do a jazz box ½ turn to the right (weight ending on left)

JUMP FORWARD, JUMP BACK, JUMP BACK, JUMP FORWARD

&1-2 Jump forward (right, left)
&3-4 Jump backwards (right, left)
&5-6 Jump backwards (right, left)
&7-8 Jump forward (right, left)

BUMP HIPS LEFT, BUMP HIPS RIGHT, STEP BACK, COASTER STEP, STEP FORWARD

1-2 Bump hips to the left
3-4 Bump hips to the right
5 Step back on left foot

6&7 Right coaster step (right back, left together, right forward)
8 Step forward left

REPEAT
