

Rescue Me

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Improver
编舞者: Terri Lineberry (USA) - August 2012
音乐: Rescue Me - Fontella Bass : (CD: Chess Soul: A Decade of Chicago's Finest - iTunes)



32 COUNT INTRO

WALK, WALK, TRIPLE STEP, ROCK RECOVER, COASTER STEP

1-2 Step right forward, step left forward
3&4 Step right forward, step left to right, step right forward
5-6 Rock left forward, recover on left
7&8 Step left back, step right to back, step left forward

WALK, WALK, TRIPLE STEP, ROCK RECOVER, ¼ TURN LEFT COASTER STEP

1-2 Step right forward, step left forward
3&4 Step right forward, step left to right, step right forward
5-6 Rock left forward, recover on left
7&8 Step left back ¼ turn left, step right to left, step left forward

KICK RIGHT FRONT, SIDE, SAILOR STEP, KICK LEFT FRONT, SIDE, ¼ TURN LEFT SAILOR STEP

1-2 Kick right forward, kick right to right
3&4 Step right behind left, step left to left, step right to right
5-6 Kick left forward, kick left to left
7&8 Step left back ¼ turn left, step right to right, step left to left

CROSS POINT, CROSS POINT, ROCKING CHAIR

1-2 Cross right over left, point left to left
3-4 Cross left over right, point right to right
5-6 Step right forward, recover on left
7-8 Step right back, recover on left

REPEAT AGAIN
