

Save Me

拍数: 64 墙数: 4 级数: Higher Intermediate
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音乐: Save Me (This Is an SOS) - Helena Paparizou : (Album: One Life)



Intro : 8 counts

Cross Rock & Side, Cross, Side, Cross Rock Back, Recover, Chasse R

1-2& RF rock fwd, recover on LF, RF step to R side
3-4 LF step across RF, RF step to R side
5-6 LF rock behind RF, recover on RF
7&8 step LF to L side, RF step next to LF, step LF to L side [12]

Cross, 1/4 turn R, Side, Step Fwd x2, Rock Fwd, Recover, Point Back, 1/4 Turn R

1-2& step RF across LF, 1/4 turn R step LF back, step RF to R side [3]
3-4 step LF fwd, step RF fwd
5-6& LF rock fwd, recover on RF, LF step slightly back
7-8 Point R toe behind, 1/4 turn R-weight on RF [6]

Cross Rock & Side, Cross, Side, 1/4 turn R x2, Sailor Heel

1-2& LF rock across RF, recover on RF, step LF to L side
3-4 step RF across LF, step LF to L side
5-6 1/4 turn R-step RF to R side, 1/4 turn R-step LF to L side [12]
7&8 RF step behind LF, step LF to L side, Touch R heel fwd

& Cross, Hold, & Cross, Side, Coaster 1/4 turn L, Shuffle Fwd

&1-2 step RF next to LF, step LF across RF, Hold
&3-4 step RF slightly to R side, Step LF across RF, Step RF to R side
5&6 1/4 turn L-step LF back, step RF next to LF, step LF fwd [9]
7&8 step RF fwd, step LF next to RF, step RF fwd

Kick & Monterey 1/4 turn R, Kick & Monterey 1/4 turn R

1&2 kick LF fwd, step LF next to RF, point L toe to L side
3-4 1/4 turn R-step RF next to LF, Point L toe to L side [12]
5&6 kick LF fwd, step LF next to RF, Point R toe to R side
7-8 1/4 turn R-step RF next to LF, Touch LF next to Rf [3]

Walk fwd x2, & Fwd Rock, Recover, Lockstep Back, Shuffle 1/2 turn L

1-2 Walk fwd, LF, RF
&3-4 LF step slightly fwd, RF rock fwd, recover on LF
5&6 RF step back, LF step across RF, RF step back
7&8 1/4 turn L-step LF to L side, step RF next to LF, 1/4 turn L-step LF fwd [9]

Pivot 1/4 turn L, Cross, Side, Behind, Side Rock, Sailor Step

1-2& step RF fwd, 1/4 turn L-weight on LF, step RF across LF [6]
3-4 step LF to L side, step RF behind LF
5-6 rock LF to L side, recover on RF
7&8 step LF behind RF, step RF to R side, Step LF to L side

Cross, Siccor Step, 1/4 turn L, Shuffle 1/2 turn L, Pivot 1/2 turn L

1 step RF across LF
2&3 step LF to L side, step RF next to LV, step LF across RF

4 1/4 turn L-step RF back [3]
5&6 1/4 L-step LF to L side, step RF next to LF, 1/4 turn L-step LF fwd [9]
7-8 step RF fwd, 1/2 turn L- weight on LF [3]

Start again

**Bridge / Tag: In de 3rd [3] wall after 32 counts, AFTER THE TAG YOU WILL CONTINUE WITH COUNT 33
Fwd Rock, Coaster Step x2**

1-2 LF rock fwd, recover on RF
3&4 LFstep back, step RF next to LF, step LF fwd
5-6 RF rock fwd, recover on LF
7&8 RFstep back, step LF next to RF, step RF fwd

Last Update - 1st June 2014
