

Rescue Me

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數:
編舞者: Carrie McNeish (USA) - July 2018
音樂: Rescue Me - Thirty Seconds to Mars



Intro- 32 counts (Dance will end @ 12:00)

(RT) SKATE, SKATE, HIP BUMP – 2X

1,2, Rt foot “Skate” (diagonal slide fwd rt), Lt foot “Skate” (diagonal slide fwd lt)
3&4 Bump right hip to right & step on right
5,6, Lt foot “Skate” (diagonal slide fwd lt), Rt foot “Skate” (diagonal slide fwd rt)
7&8 Bump left hip to left & step on left

(RT) Rk-Rcvr- ½ Turn, Roll Fwd, BASIC N/C RT-LT

1&2 Rt fwd, rcvr on lt, turn ½ over right shoulder, rt step fwd (wall 6)
3&4 (continue over rt shoulder) Lt triple “roll” fwd (option: shuffle fwd)
5, 6& Rt slide to right & left back rock-recover
7, 8& Lt slide to left & right back rock-recover

(RT) Side, Behind-Side-Front, Side-Rock-Cross (1/4 left) & Roll Fwd

1,2&3 Rt foot step to rt, Lt step behind rt-rt to right side, Lt step in front of rt
4&5 Rt rock to rt, rcvr on lt, rt step fwd making a ¼ turn lt (wall 3)
6&7 Lt - 360 roll moving fwd over right shoulder (option: shuffle fwd)

(RT) KICK BALL-CROSS, SIZZORS, 360 PADDLE TURN (4X)

8&1 Rt Kick forward, step down on right and left crosses over right
2&3&4& Right lead SIZZOR steps
(side rock right/recover, cross over left, side rock left/recover, cross over right)
5,6,7,8 Rt PADDLE step 4X (1/4 each) in full circle over left shoulder