

# Rescue Me

COPPERKNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Advanced  
編舞者: Mark Paulino (USA) - August 2019  
音樂: Rescue Me - OneRepublic



## HITCH, BACK STEP SLIDE TOGETHER, HITCH, POINT, BACK BODY ROLL, TWIST X2

- 1,2      (Start dance facing 11 o'clock) R hitch, R back step while L slide together next to R  
3,4      R hitch, R back ball touch  
5,6      Back body roll weight shifting from L>R into a squat position  
7,8      Whole body twist R to 1 o'clock ( $\frac{1}{4}$  turn R), whole body twist L to 9 o'clock ( $\frac{1}{3}$  turn L)

## $\frac{1}{2}$ TURN STEP SWEEP, BEHIND SIDE CROSS, HIP BUMPS X2, RECOVER, $\frac{1}{2}$ TURN COASTER STEP

- 1      R foot steps forward into a  $\frac{1}{2}$  turn counter clockwise while L sweeps around from front to back  
2&3      L steps behind R, R side steps, L crosses over R  
4&5      R ball side touch with R high hip bump, L hip bump while weight shifting onto R, weight shift stays on R while R low hip bump (top drawer/bottom drawer hip bumps)  
6      Recover back on L  
7&8       $\frac{1}{2}$  turn clockwise R ball step back, L steps besides R, R steps forward

## BALL STEP, RECOVER & HEEL, HOLD, BALL STEP, HITCH, STEP BACK AND SLIDE

- &1,2      L ball forward, R steps forward, recover back on L  
&3,4      R steps neutral, L heel touch forward, hold  
&5,6      L ball neutral, R steps forward, L hitch forward  
7,8      L steps back while R two count slide back to neutral (weight shift stays on L)

## BALL CROSS, SIDE TOUCH HOLD, BALL CROSS, SIDE STEP CROSS TOUCH, UNWIND, PIVOT TURN

- &1,2      R back ball, L cross over R, R side touch  
3      Hold  
&4      R back ball, L cross over R  
&5      R side steps slightly forward, L ball touch cross behind R  
6       $\frac{3}{4}$  unwind counter clockwise weight shifting from L>R (start unwinding as soon as "L ball touch cross behind R")  
7,8      R step forward, L  $\frac{1}{4}$  pivot turn weight shifting ending on L ( $\frac{1}{3}$  pivot turn L to angle body slightly to face the new "11 o'clock")