

Who Rescued Who?

拍數: 32 牆數: 4 級數: Improver
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音樂: Rescue - Tyler James Bellinger : (New Single 2020)



Introduction 8 counts, start approx 06 sec.

[1-8] Side, Behind, Side, Press Step Fwd with Sweep R, Weave L, L Back 1/4 Turn R, Out, Out.

1,2& Step Lf to L (1), Step Rf behind Lf (2), Step Lf slightly to L (&).
3,4 Press Step R fwd (3), Recover back onto Lf and sweep Rf from front to back (4).
5&6 Step Rf behind Lf (5), Step Lf to L (&), Step Rf across Lf (6).
7&8 Make 1/4 turn R (3.00) step Lf back (7), Step Rf out to R (&), Step Lf out to L (8).

[9-16] Coaster Step R, Side, Together, Fwd, Syncopated Hip Bumps R, L, R, 1/2 Triple Turn L, Touch L Beside.

1&2 Step Rf back (1), Step Lf beside Rf (&), Step Rf fwd (2).
3&4 Step Lf to L (3), Step Rf beside Lf (&), Step Lf fwd (4).
5&6 Step Rf to R bump R hip to R (5), Bump L hip to L (&), Bump R hip to R (6).
7&8 Triple turn 1/2 L to L (9.00) and touch Lf next to Rf (7&8).

(NB: Restart here in wall 3 after 16 counts, after start again (facing 3 o'clock).

[17-24] Side, Behind, Side, Press Step Fwd with Sweep R, Weave L, Back Rock L.

1,2& Step Lf to L (1), Step Rf behind Lf (2), Step Lf slightly to L (&).
3,4 Press Step R fwd (3), Recover back onto Lf and sweep Rf from front to back (4).
5&6 Step Rf behind Lf (5), Step Lf to L (&), Step Rf across Lf (6).
7,8 Rock Lf back (7), Recover back onto Rf (8).

[25-32] Side Mambo R, Behind, Side Mambo L, Back 1/8 Turn R, Step Lock Step L (Diag), Coaster Step R 1/8 turn L.

1&2 Mambo Step L (1), Recover back onto Rf (&), Step Lf behind Rf (2).
3&4 Mambo Rf to R (3), Recover back onto Lf (&), Make 1/8 turn R (10.30) step Rf back (4).
5&6 On diagonal: Step Lf fwd (5), Lock Rf behind Lf (&), Step Lf fwd (6).
7&8 Make 1/8 turn L (9.00) step Rf back (7), Step Lf beside Rf (&), Step Rf fwd (8).

REPEAT THE DANCE AND HAVE FUN!!

Last Update - 1 Oct. 2020