

# Rescue Me (P)

**COPPER KNOB**  
STEPPERS

拍數: 80      牆數: 4  
編舞者: Maleah Green (USA)  
音樂: Rescue Me - Rick Tippe



**Position:** Start with the left foot forward or step forward on count 1.

## ROCK FORWARD LEFT, COASTER STEP, KICK BALL CHANGE, ROCK BACK RIGHT

- 1-2      Rock forward on left, rock back on right
- 3&4      Step back on left, step back on right, step forward on left
- 5&6      Kick right, step on ball of right next to left, step left next to right
- 7-8      Step back on right, rock forward on left

## LADY'S SUGAR PUSH, TURN RIGHT

- 1-2      Step forward right, step forward left
- 3-4      Touch right next to left, step back right
- 5&6      Triple step in place (left, right, left)
- 7-8      Step right foot to the right with  $\frac{1}{4}$  turn to the right, tap left toe next to right

## SWITCHES AND BACK STRUTS, HEEL TAPS

- &1      Hop onto left next to right, touch right heel forward
- &2      Hop onto right next to left, touch left toe back
- 3-4      Strut backwards: step back onto left toe, step down on left heel
- 5-6      Step back onto right toe, step down on right heel
- &7&8      Left heel goes up-down-up-down

## SIDE SHUFFLE ROCK, THREE STEP TURN WITH BRUSH

- 1&2      Shuffle step to the left: left, right, left
- 3-4      Step right foot back behind left foot, rock forward onto left foot
- 5-6      Step right foot to right side, pivot  $\frac{1}{2}$  turn right on ball of right foot and step onto left foot
- 7-8      Pivot  $\frac{1}{2}$  turn right on ball of left foot and step onto right foot, brush left foot next to right

## JAZZ STEP, RUBBER LEGS

- 1-2-3      Step left crossed in front of right, step back on right, step left to left
- 4      Touch right next to left
- 5-6      Point right knee to left side, roll it outward to point to right side (shift weight to right foot)
- 7-8      Point left knee to right side, roll it outward to point to left side (shift weight to left foot)

## $\frac{1}{4}$ TURN SHUFFLE STEP, FEET APART, HIP BUMPS

- 1&2      Step left foot to left with a  $\frac{1}{4}$  turn to left, step forward right, step forward left
- 3-4      Touch right next to left, step right to right
- 5-8      Hip bumps: left, right, left, left

## ROCK, SHUFFLE BACK, CROSS-UNWIND-HEEL TAPS

- 1-2      Step forward right, rock back on left
- 3&4      Shuffle step backwards: right, left, right
- 5-6      Step left crossed behind right, unwind by pivoting on both feet  $\frac{1}{2}$  turn to the left
- &7&8      Right heel goes up-down-up-down

## CROSS-TAP-TAP-CROSS, ROCK, ROCK, HALF TURN, HOLD

- 1      Step right crossed in front of left
- 2-3      Touch left toe front, touch left heel front

- 4 Step left crossed in front of right
- 5-6 Rock back on right, step forward on left
- 7-8 Pivot on ball of left foot  $\frac{1}{2}$  turn to the left, hold

#### **KICK, MAN'S SUGAR PUSH**

- 1-2 Kick right foot forward, step right next to left
- 3-4 Step back on left, step back on right
- 5-6 Touch left next to right, step forward on left
- 7&8 Triple step in place: right, left, right

#### **HOOK TURN, CROSS-UNWIND**

- 1-2 Hook left foot behind right ankle with left foot off the floor, pivot  $\frac{1}{4}$  turn to right on right foot
- 3 Step down on left foot, keeping it tucked behind right foot
- 4 Step right next to left
- 5-6 Touch left toe to left side, step left toe behind right foot (weight on both feet)
- 7 Pivot on both feet, turning  $\frac{1}{2}$  turn to left
- 8 Transfer weight to right foot

#### **REPEAT**

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