

Rescue Me

拍數: 32 牆數: 4 級數: Improver
編舞者: Heather Frye (CAN)
音樂: Rescue Me - Fontella Bass



KICK RIGHT FORWARD, KICK RIGHT TO RIGHT CORNER, RIGHT SAILOR STEP, KICK LEFT FORWARD, KICK LEFT TO LEFT CORNER, LEFT SAILOR STEP

- 1-2 Kick right foot forward, kick right foot to right corner
3&4 Cross step right behind left (angle body slightly), step left to side, step right slightly forward and to right side
5-6 Kick left foot forward, kick left foot to left corner
7&8 Cross step left behind right (angle body slightly), step right to side, step left slightly forward and to left side

ROCK RIGHT FORWARD, RECOVER LEFT, SHUFFLE BACK RIGHT, LEFT, RIGHT - LEFT COASTER STEP

- 1-2 Rock forward onto right foot, recover back onto left foot
3&4 Shuffle back right, left, right
5&6 Step left back, close right to left, step forward onto left
7&8 Kick right foot forward, rock back onto ball of right foot, step slightly forward onto left

STEP ½ TURN LEFT, TURN BACK ½ RIGHT, PIVOT ½ TURN RIGHT, BEHIND BALL CROSS, ROCK SIDE LEFT, RECOVER RIGHT

- 1-2 Step right forward, turn a ½ left taking weight onto left
3-4 Turn back ½ right taking weight onto right, pivoting a ½ turn right on right foot stepping slightly out to the left onto left foot
5&6 Cross step right behind left, step side left, cross step right across left
7-8 Rock out side left, recover onto right

KICK LEFT MAKING A ¼ TURN LEFT - LEFT COASTER STEP, STEP TURN ½ LEFT, STEP FORWARD RIGHT, SHUFFLE FORWARD, RIGHT, LEFT

- 1 Kick left forward while pivoting a ¼ turn on right foot
2&3 Step left back, close right to left, step forward onto left
4-5-6 Step forward right, pivot ½ turn left taking weight onto left, step forward onto right
7&8 Shuffle forward left, right, left

REPEAT
