

Rescue Me (Sos Rihanna)

COPPER KNOB
BY STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Kayla Cosgrove (USA)
音樂: S.O.S. (Rescue Me) - Rihanna



STEP LOCK STEP, BRUSH, STEP LOCK STEP, BRUSH

1-2-3-4 Step forward on right, lock left behind, step right forward, brush left
5-6-7-8 Step forward on left, lock right behind, step left forward, brush right

STEP, HOLD, ¼ HOLD, AND JUMP, AND ROLL

1-2 Step right foot forward, hold
3-4 Make a quarter turn to the left (putting weight on left foot), hold
&5-6 Jump forward, right then left (small jump forward)
7-8 Body roll (weight remains on left)

CROSS WALK, CROSS WALK, CROSS WALK, AND HEEL AND TOUCH

1-2 Step right foot slightly over left (moving slightly forward)
3-4 Step left foot slightly over right (moving slightly forward)
5-6 Step right foot slightly over left (moving slightly forward, weight should be on right foot)
&7&8 Step back on left foot, touch right heel forward, step down on right foot, touch left next to right

SIDE ROCK, BEHIND AND IN FRONT, SIDE ROCK ¼ TURN RIGHT, COASTER STEP

1-2 Rock left foot out to the left side, replace the weight to the right foot
3&4 Step left foot behind right, step right foot to the side, cross left in front
5-6 Rock right foot out to the right side, replace the weight (when replacing the weight, make a ¼ turn to the right)
7&8 Step back on right foot, bring left foot next to right (with weight), step right foot forward

STEP FORWARD, HALF TURN, FULL TURN, SHUFFLE STEP, KICK BALL CHANGE

1-2 Step left foot forward, make a half turn over right shoulder (weight on right foot)
3-4 Full turn (turning half on left foot, then half on right foot, continuing to turn over right shoulder, weight ends up on right foot)
5&6 Shuffle forward left, right left
7&8 Kick right foot forward, step down on the ball of right foot, change weight to the left foot

KICK BALL TOUCH BACK, KICK BALL TOUCH TO RIGHT, KICK BALL TOUCH TO LEFT AND HOLD

1&2 Kick right foot forward, step down on the ball of right foot, touch left toe slightly back
3&4 Kick left foot forward, replace weight onto left, point right toe to right side
5&6 Kick right foot forward, replace weight onto right foot, touch left foot to left side
&7-8 Step back on left foot, and put right heel out, hold one beat

AND STEP ½ TURN, SHUFFLE STEP, HIP ROLL, HIP ROLL

&1-2 Step down on right foot, step left forward, make a half turn over right shoulder (weight should be on the right foot)
3&4 Shuffle forward left, right, left
5-6 Roll hips to the right
7-8 Roll hips to the left (weight should end on left foot)

Instead of hip rolls, side toe touches if you like

5-6 Touch right toe slightly to the side, put weight on it
7-8 Touch left toe slightly to the side, put weight on it

TOUCH LIFT ¼ TURN, COASTER STEP, TOUCH LIFT FULL TURN, SHUFFLE STEP

- 1-2 Touch right toe to inside of left foot, lift knee up making a ¼ turn to the right
3&4 Step back on right foot, bring left beside it (with weight), step right foot forward
5-6 Touch left toe to inside of right foot, lift left knee while making a full turn
7&8 Shuffle forward left, right, left

REPEAT
