

# Rescue Me Boogie

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 2      級數:  
編舞者: Jim Ray (USA) & Tina Ray (USA)  
音樂: Keepin' Up - Alabama



## ROCK STEP FORWARD, ON LEFT AND TURN LEFT, LEFT RIGHT LEFT

1            Step left foot forward  
2            Shift weight back to right foot  
3&4        Turn ½ turn to the left, stepping left, right, left  
5            Step right foot forward  
6            Shift weight back to left foot  
7&8        Turn ½ turn to the right, stepping right, left, right

## TWO SHUFFLES FORWARD, STEPPING LEFT, RIGHT, LEFT AND RIGHT, LEFT, RIGHT

9&10       Shuffle forward left, right left  
11&12      Shuffle forward right, left right

## STEP TURN A ½, STEP TURN A ½, RIGHT SHOULDER BACK

13          Step left foot forward  
14          Pivot a ½ turn, right shoulder back  
15          Step left foot forward  
16          Pivot a ½ turn, right shoulder back

## TURN LEFT ONE FULL TURN, LEFT, RIGHT, LEFT AND TAP RIGHT

17-19      Turn left one full turn stepping left, right, left  
20          Tap right toe to your left foot

## TURN RIGHT ONE FULL TURN, RIGHT, LEFT, RIGHT AND TAP LEFT

21-23      Turn right one full turn stepping right, left, right  
24          Tap left toe to your right foot

## STEP LEFT FORWARD, PIVOT A ½ TURN

25          Step left foot forward  
26          Pivot a ½ turn to the right

## ROLLING TURN STRAIGHT FORWARD A FULL TURN, LEFT, RIGHT, LEFT

**If turn too fast, shuffle**

27&28      Rolling turn straight, stepping left, right, left a full turn, right shoulder back  
29          Tap right toe out to the right  
&            Step right foot together  
30          Tap left toe out to the left  
&            Step left foot together  
31          Tap right toe out to the right  
&            Step right foot to left together  
32          Tap left foot out to the left

**REPEAT**