

Save Me

拍數: 48 牆數: 4 級數: Improver
編舞者: Michel Cabana (CAN)
音樂: Save Me - Tara Lyn Hart



SYNCOPATED VINE RIGHT, ROCK & CROSS, SYNCOPATED VINE LEFT, CROSS ROCK

- 1-2 Step right foot to the right side, cross left foot behind right foot
&3-4 Step right foot beside left foot on right side, cross left foot in front of right foot, step right foot to the right side
&5-6 Step left foot beside right foot, cross right foot in front of left foot, step left foot to the left side
7&8 Cross right foot behind left foot, step left foot beside right foot on left side, cross right foot in front of left foot rocking on it

RIGHT SIDE SHUFFLE WITH ¼ TURN RIGHT, MILITARY TURN, SHUFFLE FORWARD, STAMP

- 1-2 Bring weight back on the left foot, step right foot to the right side
&3-4 Step left foot beside right foot, step right foot to the right side making ¼ turn to the right, step left foot forward
5-6& Pivot ½ turn right switching weight to right foot, step forward on left foot, bring right foot beside left foot
7-8 Step forward on left foot, stamp right foot beside left foot keeping weight on left foot

KICK BALL BACK, KICK BALL BACK, ROCK BACK & SHUFFLE FORWARD

- 1&2 Kick right foot forward, bring right foot beside left foot, step slightly back on right foot
3&4 Kick right foot forward, bring right foot beside left foot, step slightly back on right foot
5-6 Rock back on right foot, bring weight back on left foot
7&8 Step forward on right foot, bring left foot beside right foot, step forward on right foot

MILITARY TURN, SHUFFLE FORWARD, RIGHT SAILOR, LEFT SAILOR

- 1-2 Step forward on left foot, pivot ½ turn right switching weight to right foot
3&4 Step forward on left foot, bring right foot beside left foot, step forward on left foot
5&6 Step right foot behind left, step left foot beside right foot on the left side, step right foot to the right side
7&8 Step left foot behind right, step right foot beside left foot on the right side, step left foot to the left side

TOUCH, CROSS, TOUCH, CROSS, TOUCH, PIVOT ½ TURN RIGHT, TOUCH, CROSS

- 1-2 Touch right toe to the right side, cross right foot in front of left foot
3-4 Touch left toe to the left side, cross left foot in front of right foot
5-6 Touch right toe to the right side, pivoting ½ turn right place right foot beside left foot on the right side
7-8 Touch left toe to the left side, cross left foot in front of right foot

MONTEREY TURN, 2 VAUDEVILLES, STEP TOGETHER

- 1-2 Touch right toe to the right side, pivoting ½ turn right place right foot beside left foot on the right side
3-4 Touch left toe to the left side, step left foot beside right foot on the left side
5&6& Cross right foot over left foot, angling body 45 degrees to the right - step left foot beside right foot on the left side, touch right heel forward, bring right foot beside left foot
7&8& Cross left foot over right foot, angling body 45 degrees to the left - step right foot beside left foot on the right side, touch left heel forward, bring left foot beside right foot on the left side

REPEAT

TAG

Do the first 48 counts 3 times, then you do first 40 counts, then you do first 32 counts for the rest of the dance.
