

拍數: 0 牆數: 2 級數: Intermediate
編舞者: Sobrielo Philip Gene (SG)
音樂: S.O.S. (Rescue Me) - Rihanna



Sequence: AA, BB, CC, AB, CC, AB, CC, A

PART A

STEP SCUFF RIGHT, LEFT, RIGHT, LEFT

- 1-2 Step forward right, scuff left forward
- 3-4 Step forward left, scuff right forward
- 5-6 Repeat step 1-2
- 7-8 Repeat step 3-4

½ TURN, STEP SIDE, HEEL BOUNCE, ¼ TURN STEP SIDE, HEEL BOUNCE

- 1-2 Making ¼ turn left step right to side, making another ¼ turn left step left to left
- 3-4 Bounce both heels twice (weight on left)
- 5-6 Making ¼ turn right step right to right, step left to left
- 7-8 Bounce both heels twice (weight on left)

KICK POINT, KICK POINT, SAILOR STEP, SAILOR ¼ TURN

- 1&2 Kick right forward, step right beside left, point left to left
- 3&4 Kick left forward, step left beside right, point right to right
- 5&6 Step right behind left, step left to left, step right to left
- 7&8 Step left behind right, step right to right, making ¼ turn left step left forward

FOUR TOE STRUTS RIGHT, LEFT, RIGHT, LEFT

- 1-2 Touch right forward, step right, down
- 3-4 Touch left forward, step left, down
- 5-8 Repeat counts 1-4

PART B

WALK RIGHT, LEFT, MAMBO STEP, WALK LEFT, RIGHT, MAMBO STEP

- 1-2 Walk right forward, walk left forward
- 3&4 Walk right to right, recover weight onto left, step right beside left
- 5-6 Walk left forward, walk right forward
- 7&8 Walk left to left, recover weight onto right, step left beside right

STEP PIVOT ½ TURN, STEP STEP, HEEL BOUNCE

- 1-2 Making ¼ turn left step right to side, making another ¼ turn left step left to left
- 3-4 Step right forward, step left to left (feet apart)
- 5-6 Bounce heels twice (right hand forward palm facing front, left hand back)
- 7-8 Bounce heels twice (left hand forward palm facing front, right hand back)

HAND MOVEMENTS, SIDE BODY ROLL (FOLLOW MUSIC)

- 1- Bring hand up showing letter Y
- 2- Bend wrist with fingers facing each other showing letter O
- 3- Bend elbows bring hand down to face level showing letter U
- 4- Bring hands down with hands touching respective shoulder. (first clench thumbs out showing sign pointing me)
- 5-6 Do 2 counts side body roll to left

7-8 Do 2 counts side body roll to right if hand movement is hard to follow for counts 1-4 just do heel steps with left but weight will always be on right

¼ TURN ROCKS, TOUCH, ROLLING VINE, ¼ TURN

1-4 (Making ¼ turn left) slightly rock weight on left, recover weight on to right slightly rock weight on left, touch left beside right

5-8 Do rolling vine, ¼ turn right (5-8) (weight on left)

PART C

WALKS, HAND PUNCHES

1-4 Stomp on the spot right, left, right, left(more like marching on the spot)

5-6 Step right to right, step left to left

7-8 Punch right to left, punch left to right (slightly down at waist level, hands will be cross)

HAND MOVEMENT, HOLD, HAND MOVEMENT, HEAD ROLL, HEAD SWING (ACCORDING TO MUSIC)

1-2 Bring hand up towards chest (first clench thumbs out showing pointing me sign), hold: (she sings the word ME)

3-4 Bring right hand to right head side, bring left hand to left head side (she sings YOU'RE ON)

5-6 Roll head to the left on 2 counts: (she sings MY MIND)

7-8 Swing head to left, swing head to right music: (she sings GOT ME LOSING IT)

KICK KICK SAILOR STEP, KICK KICK SAILOR ¼ TURN

1-2 Kick right forward, kick right diagonally to right

3&4 Step right behind left, step left to left, step right to right

5-6 Kick left forward, kick left diagonally to left

7&8 Step left behind right, step right to right, making ¼ turn left step left forward

KICK HITCH, ¼ KICK STEP BACK, BODY TWIST, SHOULDER BOUNCE

1-2 Kick right forward, hitch right up

3&4 Making ¼ turn right kick right forward, step right back to right, step left back to left(feet apart)

5-6 Twist upper body to right, twist upper body back to front wall

7-8 Bounce shoulder up twice
