

# SOS

拍數: 32      牆數: 4      級數: Intermediate polka  
編舞者: Nancy Morgan (USA)  
音樂: S.O.S. (Rescue Me) - Rihanna



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## CROSS, STEP, SAILOR SHUFFLE, CROSS, STEP, STEP BEHIND, TOUCH OUT TO SIDE

1-2            Cross right foot over left, step left to left side  
3&4            Sailor shuffle - step right behind left, step left to left side, step forward on right  
5-6-7-8        Cross left over right, step right to right side, step left behind right, touch right toes out to right side

## CROSS, TOUCH, CROSS, MONTEREY, STEP FORWARD

1-2            Cross right over left, touch left out to left side  
3-4            Cross left over right, touch right out to right side  
5-6            Swinging right foot behind you so that you turn  $\frac{1}{2}$  turn to your right as you set your right foot down next to your left, touch left foot out to left side  
7-8            Cross left over right, step forward on right

## STEP BACK $\frac{1}{4}$ TURN TO RIGHT, STEP FORWARD $\frac{1}{4}$ TURN TO RIGHT, SHUFFLE FORWARD, JAZZ BOX

1-2            Step back on left as you turn  $\frac{1}{4}$  turn to your right, step forward on right  $\frac{1}{4}$  turn to right  
3&4            Shuffle forward - left, right, left  
5-6-7-8        Cross right over left, step back on left, step right to right side, step forward on left

## HIP ROLLS $\frac{1}{4}$ TURN TO LEFT, WALK, WALK, SIDE ROCK

1-2-3-4        Step forward on right as you roll your hips counter to the right 2 times while turning  $\frac{1}{4}$  turn to left  
5-6            Walk forward right, left  
7-8            Side rock - rock/step right foot to right side and return weight to left

**REPEAT**

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