

S.O.S. Please

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Jill Babinec (USA) & Angela McCoy
音樂: S.O.S. (Rescue Me) - Rihanna



WALK RIGHT-LEFT, RIGHT KICK BALL CHANGE, OUT OUT AND CROSS LEFT, STEP RIGHT SIDE, TOUCH LEFT

1-2 Walk forward right, left
3&4 Kick right forward, step ball of right next to left, step left next to right
&5&6 Jump right out to side, jump left out to side, jump right in and step next to left, cross step left over right
7-8 Step side right, touch left

SYNCOPATED VINE LEFT WITH CROSS, HOLD, STEP FORWARD LEFT, ½ PIVOT RIGHT, STEP ON LEFT, RIGHT TOUCH

1-2& Step side left, step behind with right, step side left
3-4 Cross right over left, hold
5-6 Step forward on left, turn ½ to right and take weight (6:00 wall)
7-8 Step left next to right, touch right toe next to left

TOE POINTS, HITCH RIGHT AND CROSS, UNWIND ½, BODY ROLL

1&2 Point right toe to right side, step right next to left, point left toe to left side
&3&4 Step left next to right, point right toe to right side, hitch right, cross right in front of left
5-6 Unwind ½ turn to the left (12:00 wall)
7-8 Body roll (weight ends on right)

TOE POINTS, HITCH LEFT AND CROSS, UNWIND ¾, BODY ROLL

1&2 Point left toe to left side, step left next to right, point right toe to right side
&3&4 Step right next to left, point left toe to left side, hitch left, cross left in front of right
5-6 Unwind ¾ turn to the right for 2 counts (9:00 wall)
7-8 Body roll (weight ends on left)

WALK RIGHT-LEFT, RIGHT KICK BALL CHANGE AND LEFT HEEL SLIDE BACK, LEFT COASTER STEP

1-2 Walk forward right - left
3&4 Kick right forward, step ball of right next to left, step left next to right
&5-6 Hitch right knee slightly, long step backward on right, drag left heel back to right no weight
7&8 Step back left, step right beside left, step forward left

RIGHT TOE POINT, TOUCH, POINT & MONTEREY TURN ½ TO RIGHT WITH LUNGE ON RIGHT, BODY ROLL

1-2 Point right toe to right, touch right toe beside left
3&4 Point right toe to right, pivot on left ball ½ turn over right shoulder, step to right side on right (3:00 wall)

You should have a slight bend in both knees and feet are shoulder width apart main weight on right

5-8 While bending at knees make a clock wise circle down and then back up to weight on right

Easier option:

4-8 Place right foot beside left, hip bumps left, right, left, right

MODIFIED JAZZ BOX WITH CROSS, 2 LEFT SIDE BODY ROLLS MOVING LEFT

1-4 Cross left over right, step back on right, step to left and slightly back on left, cross right over left
5-6 Step to left as you start a side body roll, end body roll with weight on right

&7-8 Step to left, start side body roll, end body roll with weight on left touch right toe

Easier option:

5-8 Step left, step right beside left, step left, touch right beside left

Feel free to use your shoulders and get funky with it. Shoulders can go up, down, up, down

HIP-HIP-BACK-BACK, SWEEP WITH ¼ TURN RIGHT AND STEP, LEFT KICK BALL TOUCH

1-2 Step forward diagonally right as roll right hip to the right, step forward diagonally left as roll left hip to the left

3-4 Step back diagonally right on right, step back diagonally left on left

5-6 Sweep right foot making a ¼ right, step right beside left (6:00 wall)

7&8 Kick left forward, step on ball of left next to right, touch right toe next to left

REPEAT
