

# International Rescue

**COPPER KNOB**  
STEPPERS

拍數: 32      牆數: 2      級數: Intermediate/Advanced  
編舞者: Alan Clarke (UK) & Nikki Hack (UK)  
音樂: In Your Arms (Rescue Me) - Nu Generation



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## RIGHT BEHIND, RIGHT BEHIND RIGHT, LEFT BEHIND, LEFT BEHIND LEFT

1-2            Step right foot to side, step left behind right  
3&4           Step right to side, step left behind right, step right to side  
5-6           Step left to side, step right behind left  
7&8           Step left to side, step right behind left, step left to side

## HEEL SWITCHES, POINT, KNEE ROLL TURN, ROLL STEPS

1&2           Place right heel forward, step right foot next to left, switch left heel forward  
&3            Step left foot beside right, touch right toe out to the side  
&4            Roll right knee in towards left, pivot  $\frac{1}{4}$  turn to right on left foot (weight on left)  
5-6           Step right foot forward, slide left foot up to right, rolling body to the left  
7-8           Step right foot forward, slide left foot up to right, rolling body to the left

## ROCK FORWARD, ROCK BACK, RUNNING HOPS BACK, ROCK FORWARD, ROCK BACK $\frac{1}{4}$ CHA-CHA-CHA

1-2            Rock forward on right foot, rock back on left  
&3            Hitch right knee sliding back with left foot, place right foot down  
&4            Hitch left knee sliding back with right foot, place left foot down  
5-6           Rock forward on right, rock back on left  
7&8           Step right foot  $\frac{1}{4}$  turn right, step left next to right, step right to side

## LEFT STEP PIVOT, LEFT STEP PIVOT, SYNCOPATED JUMP BACK, KNEE ROLLS

1-2            Step forward on left foot, pivot  $\frac{1}{2}$  turn right  
3-4            Step forward on left foot, pivot  $\frac{1}{2}$  turn right (leaving weight on left)  
&5            Step back right, step back left  
6              Roll right knee in towards left  
7              Roll right knee out to right  
8              Roll right knee in towards left

**REPEAT**

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