

Sos Please

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Jill Babinec (USA) & Angela McCoy - January 2006
音樂: S.O.S. (Rescue Me) - Rihanna



(no restarts or tags YEAH!) ? 32 count intro

WALK R-L, R KICK BALL CHANGE, out out and cross LFT, STEP RT side,touch L

1-2 Walk forward R, L
3&4 Kick R forward, step ball of R next to L, step L next to R
&5&6 Jump R out to side (&), jump L out to side (5), jump R in and step next to L(&), cross step L over R(6)
7,8 Step side R, Touch L

SYCOPATED VINE L WITH CROSS , HOLD, STEP FWD L , ½ PIVOT R ,STEP ON L, R TOUCH

1-2& Step side L, Step behind with R, Step side L
3-4 Cross R over L, Hold
5-6 Step fwd on L, turn ½ to R and take weight (6:00 wall)
7-8 Step L next to R, touch R toe next to Left

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

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

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

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

Walk r-l, R kick ball change and L HEEL slide back, L coaster STEP

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

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

1-2 Point R toe to R , touch R toe beside L
3&4 Point R toe to R (3), Pivot on L ball ½ turn over R shoulder (&), Step to R side on Rt (4) (3:00 wall)

(you should have a slight bend in both knees and feet are shoulder width apart main wt on R)

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

** easier option for count 4-8: place R foot beside L (4), Hip bumps ? L(5)-R(6)-L(7)-R(8) **

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

1-4 Cross L over R, step back on R, step to L and slightly back on L, cross R over L
5-6 Step to L as you start a side body roll (5), end body roll with weight on R (6)
&7-8 Step to L (&), Start side body roll (7), end body roll with weight on L touch R toe (8)

** easier option counts 5-8: Step L(5), Step R beside L (6), Step L (7), Touch R beside L (8) 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 R AND STEP, L KICK BALL TOUCH

1-2 Step fwd diagonally R as roll R hip cw (1), Step fwd diagonally L as roll L hip ccw (2),

3-4 Step back diagonally R on R (3), step back diagonally L on L (4)
5-6 Sweep R foot making a $\frac{1}{4}$ R (5), Step R beside L (6) (6:00 wall)
7&8 Kick L forward, step on ball of L next to R, Touch R toe next to L

RESTART ? HAVE FUN

Jill ? TOOFDDS1@aol.com, Angela ? Angela_Mc71107@yahoo.com
