

Rescue Me

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Theresa Needham (UK) - June 2011
音樂: Rette Mich Durch Die Nacht - Marianne Rosenburgh



32 count intro from main beat.

CROSS ROCK CHASSE X 2,

1 – 2 Cross R over L, recover onto L
3 & 4 Step R to R side, step L next to R, step R to R side
5 – 6 Cross L over R, recover onto R
7 & 8 Step L to L side, step R beside L, step L to L side

TOUCH BACK, ½ R, STEP, ¼ R, CROSS, POINT R, STEP, POINT L, TOUCH

1 – 2 Touch R toe back, ½ turn R stepping onto R [6-00]
3 – 4 Step forward on L, ¼ turn R [9-00]
5 – 6 Cross L over R, point R to R side
& 7 – 8 Step R next to L, point L to L side, touch L next to R

¼ L SWEEP, WEAVE, CROSS ROCK RECOVER SIDE

1 – 2 ¼ turn L stepping forward on L, sweep R in front of L [6-00]
3 – 4 Step R across L, step L to L side
5 – 6 Step R behind L, step L to L side
7 & 8 Cross rock R over L, recover onto L step R to R side

RUMBA BOX WITH HOLDS

1 – 2 Step L to L side, step R next to L
3 – 4 Step forward on L, Hold
5 – 6 Step R to R side, step L next to R,
7 – 8 Step back on R, Hold

STEP BACK, KICK, COASTER ¼ L CROSS, HIP BUMPS X 4

1 – 2 Step back on L, kick R forward
3 & 4 Step back on R, ¼ turn L stepping L to L side, cross R over L [3-00]
5 – 6 Stepping L to L side bump hips L, recover onto R bumping hips R
7 – 8 Sway L to L side bump hips L, recover onto R bumping hips R

FORWARD ROCK TRIPLE FULL TURN L, ROCK RECOVER ½ R, STEP

1 – 2 Rock forward onto L, recover onto R
3 & 4 Triple full turn over L shoulder (option – coaster step)
5 – 6 Rock forward on R recover onto L,
7 – 8 ½ turn R stepping forward on R, step forward on L [9-00]

CROSS AND HEEL, CROSS ROCK, SIDE ROCK, CROSS SHUFFLE

1 & 2 Cross R over L, step L to L side, dig heel to R diagonal
& 3 – 4 Step R next to L, cross rock L over R, recover onto R
5 – 6 Rock L to L side, recover onto R
7 & 8 Cross L over R, step R to R side, cross L over R

ROCK RECOVER, FULL TURN, SHUFFLE ½ TURN, STEP TOUCH

1 – 2 Rock forward onto R, recover onto L
3 – 4 ½ turn R stepping forward on R, ½ turn R stepping back on L (option - walk back R, L)

5 & 6 Shuffle ½ turn R on a R, L, R [3-00]
7 – 8 Step forward on L, touch R beside L

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