

S.O.S.

Count: 32

Wand: 4

Ebene: Improver hip hop

Choreograf/in: Signature X

Musik: S.O.S. (Rescue Me) - Rihanna



WALK FORWARD X4, SIDE PRESS TWICE

- 1-4 Step forward right, left, right left
- 5-6 Step right to right side, press ball of left foot behind right
- 7-8 Step left to left side, press ball of right foot behind left

Hands option for count:

- 6 Jam down left arm
- 8 Jam down right arm

UNWIND TURN, HIP ROLL, HEAD ROLL

- 1-2 Unwind full turn right facing 12:00, hold
- 3-4 Jump both feet apart to shoulder width standing position, hold
- 5-6 Execute to the right hip roll
- 7-8 Execute to the right head roll

STEP LEFT WITH LEFT BUMP, HIP BUMPS RIGHT, LEFT RIGHT LEFT, STEP LEFT, CLOSE RIGHT, STEP RIGHT, LOOK FORWARD

- 1-2 Step left ¼ right turn to left side (body facing 3:00, head facing 12:00) with left hip bump, bump right hip up
- 3&4 Hip bumps left, right, left
- 5-6 Step left foot on the spot, close right next to left
- 7-8 Step right to right side, head turns to 3:00 and look forward

Facing 3:00

SHUFFLE X3, CHASSE LEFT

- 1&2 Step right diagonally to right side, lock left behind right, step right diagonally to right side
- 3&4 Step left diagonally to left side, lock right behind left, step left diagonally to left side
- 5&6 Repeat 1&2
- 7&8 Step left to left side, step right next to left, step left to left side

REPEAT