Please Rescue Me

Count: 64	**Wand:** 2	**Ebene:** Low Intermediate

Choreograf/in: Penny Tan (MY) & Candy Lock (MY) - December 2013

Musik: SOS - Rihanna

Intro: 32 counts (Dance starts on heavy beats)

[1 – 8]: Walk, Walk, Fwd Shuffle, Fwd Rock Recover, Coaster Step

1-2	Walk fwd on R, L
3&4	Step fwd on R, step L beside R, step fwd on R
5-6	Step L fwd, rock recover on R
7&8	Step back on L, step R beside L, step fwd on L

[9 -16]: Rocking Chair, Jazz Box

1-2-3-4	Step fwd on R, recover on L, step back on R, recover on L
5-6	Cross R over L, step back on L
7-8	Step R to R side, cross L over R

[17-24]: R Cross, Rock Recover, Side Chasse, (Repeat on L)

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

[25-32]: Paddle ¼ turn, Paddle ¼ turn, Cross, side Touch, Behind, Side Touch

1-2	Step fwd on R, make a ¼ turn to L, recover on L (9.00)
3-4	Step fwd on R, make a ¼ turn to L, recover on L (6.00)
5-6	Cross R over L, touch L to L side
7-8	Cross L behind R, touch R to R side

[33-40]: Walk, Walk, Fwd Hitch, Back, Back, Back Flick

1-2-3-4	Walk fwd on R, L, R, hitch L fwd
5-6-7-8	Step back on L, R, L, flick R to back

[41-48]: Diagonally Walk, Walk, Fwd Kick, Side, Full Turn (6.00), Touch

1-2-3-4	Diagonally walk fwd on R, L, R, kick L fwd
5-6	Step L to L side, make a ½ turn to L (12.00) as step R to R side
7-8	Make a ½ turn to L (6.00) as step L to L side, touch R beside L

[49-56]: Step Back, Fwd Touch Hips (repeat x 4)

&1-2	Step back on R, touch fwd on L with hips
&3-4	Step back on L, touch fwd on R with hips
&5-6	Step back on R, touch fwd on L with hips
&7-8	Step back on L, touch fwd on R with hips

[57-64]: Walks step, Weave (fast), Touch

1-2-3-4	Walk fwd on R, L,R, L
5&6&7&8	Cross R over L, step L to L side, cross R behind L, step L to L side, cross R over L, step L to L side, touch R beside L

Dance again!

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