

# Rescue Me

**COPPER** KNOB  
STEPPERS

Count: 32

Wall: 4

Level:

Choreographer: Carrie McNeish (USA) - July 2018

Music: Rescue Me - Thirty Seconds to Mars



Intro- 32 counts (Dance will end @ 12:00)

## **(RT) SKATE, SKATE, HIP BUMP – 2X**

- 1,2, Rt foot "Skate" (diagonal slide fwd rt), Lt foot "Skate" (diagonal slide fwd lt)
- 3&4 Bump right hip to right & step on right
- 5,6, Lt foot "Skate" (diagonal slide fwd lt), Rt foot "Skate" (diagonal slide fwd rt)
- 7&8 Bump left hip to left & step on left

## **(RT) Rk-Rcvr- ½ Turn, Roll Fwd, BASIC N/C RT-LT**

- 1&2 Rt fwd, rcvr on lt, turn ½ over right shoulder, rt step fwd (wall 6)
- 3&4 (continue over rt shoulder) Lt triple "roll" fwd (option: shuffle fwd)
- 5, 6& Rt slide to right & left back rock-recover
- 7, 8& Lt slide to left & right back rock-recover

## **(RT) Side, Behind-Side-Front, Side-Rock-Cross (1/4 left) & Roll Fwd**

- 1,2&3 Rt foot step to rt, Lt step behind rt-rt to right side, lt step in front of rt
- 4&5 Rt rock to rt, rcvr on lt, rt step fwd making a ¼ turn lt (wall 3)
- 6&7 Lt - 360 roll moving fwd over right shoulder (option: shuffle fwd)

## **(RT) KICK BALL-CROSS, SIZZORS, 360 PADDLE TURN (4X)**

- 8&1 Rt Kick forward, step down on right and left crosses over right
- 2&3&4& Right lead SIZZOR steps
- (side rock right/recover, cross over left, side rock left/recover, cross over right)**
- 5,6,7,8 Rt PADDLE step 4X (1/4 each) in full circle over left shoulder