## Sending Signals

Count: 64
Wall: 4
Level: Intermediate
Choreographer: Jo Kinser (UK) \& Bryan McWherter (USA)
Music: S.O.S. (Rescue Me) - Rihanna


| ROCK, RECOVER, SHUFFLE TURN, HITCH TURN, HEEL JACK, HOLD |  |
| :--- | :--- |
| $1-2$ | Rock forward onto right foot, recover weight back onto left |
| $3 \& 4$ | Make a $1 / 2$ turn shuffle right, left, right (turning right) |
| $5-6$ | Hitch left knee up, make a $1 / 2$ turn right on ball of right foot, (keeping left knee up) |
| $\& 7$ | Step back onto left foot at left diagonal, present right heel forward at right diagonal |
| 8 | Hold |

## STEP, CROSS, LUNGE, SHOULDERS, KNEE POPS, KICK, BALL, TOUCH

\&1 Step right foot in place putting weight on it, cross step left in front of right
2-4 Slightly lunge forward at right diagonal, isolate upper body (only!) left, right
5-7 Roll right knee right, roll right knee to the left, roll right knee right keeping weight left
8\&1 Kick right foot forward to right diagonal, step right next to left, touch left toe back at left diagonal - still facing right diagonal

## HITCH, STEP, BUMP, BUMP, HITCH TURN, CROSS STEP

2-3 Hitch left knee up in front of right, step down onto left foot - squaring up to front
4-5 Bump hips left, bump hips right
6-7 Step left forward making a $1 / 4$ turn left, hitch right knee up making a $1 / 4$ turn left
$8 \quad$ Cross step right in front of left

## $1 / 4$ STEP, $1 / 4$ STEP, TOUCH, TURN, TOUCH, TURN, STEP

1-2 Step back onto left making a $1 / 4$ turn right, step back onto right making $1 / 4$ turn right
3-4 Touch left toe out to left side, step weight onto left foot making a $1 / 4$ turn left
5-6 Touch right toe to right side while making a $1 / 4$ left, step weight onto right making a $1 / 4$ turn right
7-8 Touch left toe to left side while making a $1 / 4$ right, step forward onto left foot making a $1 / 2$ turn left

## HEEL JACK, HOLD, STEP CROSS, HOLD, VAUDEVILLES

\&1-2 Step back onto your right foot at a right diagonal, present your left heel forward at a left diagonal, hold
\&3-4 Step weight onto left foot, cross step right in front of left, hold
\&5 Step back onto left foot at a left diagonal, present right heel forward at a right diagonal
\&6 Step right in place, cross step left in front of right
\&7 Step back onto right foot at a right diagonal, present left heel forward at a left diagonal
\&8
Step weight onto left, cross step right in front of left

## $1 / 4$ STEP, $1 / 4$ STEP, TOUCH, TURN, TOUCH, TURN, STEP

1-2 Step back onto left making a $1 / 4$ turn right, step back onto right making $1 / 4$ turn right
3-4 Touch left toe out to left side, step weight onto left foot making a $1 / 4$ turn left
5-6 Touch right out to right side making a $1 / 4$ left, step weight onto right making a $1 / 4$ turn right
7-8 Touch left out to left side making a $1 / 4$ right, step forward onto left foot making a $1 / 2$ turn left

## HEEL JACK, VAUDEVILLES (SINGLE COUNTS)

1-2 Step back on right at right diagonal, present left heel forward at left diagonal
3-4 Step left foot in place, cross step right in front of left
5-6 Step back on left at left diagonal, present right heel forward at right diagonal

STEP, BUMP, HITCH TURN, STEP CROSS - A.K.A. PIMP WALKS
1-2 Step right foot to right side, bump hips right
3-4 Step left foot $1 / 4$ turn left, hitch right knee making another $1 / 2$ turn left
5-6 Step forward onto right foot, cross step left over right facing left diagonal
7-8 Step forward onto right foot, cross step left over right - squaring up to new wall
Styling option: on counts $5 \& 7$ drop your right shoulder down, on counts $6 \& 8$ drop your left shoulder down.
Alternating shoulders

## REPEAT

