Rescue Me

拍数: 32   **墙数:** 4   **级数:**

编舞者: Carrie McNeish (USA) - July 2018

音乐: 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

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