

Lifesaver

COPPER KNOB
STEPSHEETS

拍数: 56 墙数: 4 级数: Intermediate
编舞者: Gloria Johnson (USA)
音乐: Rescue Me - Rick Tippe



8-COUNT ROLLING GRAPEVINE RIGHT

1-2 Step right foot $\frac{1}{4}$ turn right; turning $\frac{1}{4}$ right, step on left foot
3-4 Turning $\frac{1}{2}$ right, step on right; cross-step left over right
5-6 Step right foot to right side; cross-step left foot behind right
7-8 Step right foot to right side; touch left foot beside right.

At any time during the dance, this set of steps can be done as a straight 8-count grapevine if you begin to get dizzy

8-COUNT ROLLING GRAPEVINE LEFT

9-10 Step left foot $\frac{1}{4}$ turn left; turning $\frac{1}{4}$ left, step on right
11-12 Turning $\frac{1}{2}$ left, step on left; cross-step right over left
13-14 Step left foot to left side; cross-step right foot behind left
15-16 Step left foot to left side; touch right foot beside left.

TWO JAZZ BOXES WITH $\frac{1}{4}$ TURNS

17-18 Cross-step right foot over left; step left foot back
19-20 Turning $\frac{1}{4}$ right, step right foot to right side
21-22 Cross-step right foot over left; step left foot back
23-24 Turning $\frac{1}{4}$ right, step right foot to right side.

SEMI-CIRCULAR "CHAIN OF EVENTS"

The following 8 counts create $\frac{1}{2}$ turn to the left by turning slightly left with each point-and-step sequence

25-26 Point right toe forward (to 2:00); cross-step right foot over left turning slightly left
27-28 Point left toe back to (7:00); cross-step left foot over right, continuing the turn
29-30 Point right toe forward (to 10:00); cross-step right foot over left, continuing the turn
31-32 Facing 6:00, touch left toe to left side; step left foot beside right.

DIAGONAL STROLLS

33-34 Step right foot diagonally forward right; slide left foot to right
35-36 Step right foot diagonally forward right; slide left foot to right
37-38 Step left foot diagonally forward left; slide right foot to left
39-40 Step left foot diagonally forward left; slide right foot to left.

BACKWARD DIAGONAL STROLLS

41-42 Step right foot back diagonally right; slide left foot to right
43-44 Step right foot back diagonally right; slide left foot to right
45-46 Step left foot back diagonally left; slide right foot to left
47-48 Step left foot back diagonally left; slide right foot to left.

HIP SWIVEL TO THE LEFT

49-56 Rotate hips in four circular motions to the left to complete a $\frac{1}{4}$ turn left.

REPEAT
