

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Chris Watson (AUS)
音乐: S.O.S. (Rescue Me) - Rihanna : (CD: A Girl Like Me)



RIGHT KICK BALL CROSS, RIGHT KICK BALL CROSS

1&2-3&4 Kick right foot forward on an angle to right side, step right foot back behind left and step left foot over right moving forward on a 45 degree angle to the right, kick right foot forward on an angle to right side, step right foot back behind left and step left foot over right moving forward on a 45 degree angle to the right

RIGHT TOE TOUCH, HOLD, LEFT TOE TOUCH, RIGHT TOE TOUCH

5-6&7&8 Touch right toe to right side and hold, step right together and touch left toe to left side, step left together and touch right toe to right side

HITCH ACROSS, BALL STEEP, HITCH ACROSS, BALL STEP

1&2-3&4 Hitch right knee across in front of left, step right slight to right side and left to left side moving to left slightly. Hitch right knee across in front of left, step right slight to right side and left to left side moving to left slightly

KICK CROSS, SIDE AND RIGHT SAILOR STEP

5-6-7&8 Kick right foot across in front of left, kick right to right side, step right behind left, step left to left side and weight back onto right

CROSS WEAVE TO RIGHT

1-2-3-4 Cross step left over right, step right to right side, step left behind right, step right to right side

ROCK REPLACE, QUARTER TURN, HOLD

5-6-7-8 Rock left over right, replace weight to right, doing a ¼ turn right step forward onto left, hold (9:00)

FULL TURN, STEP HITCH

1-2-3-4 Full turn forward via left, step right, left, walk forward on right hitching left foot (pushing both arms forward as if to push off something)

STEP HITCH, ROCK REPLACE

5-6-7-8 Step back onto left and hitch right (pull hands down to waist as if pulling something towards you), rock back onto right, forward onto left

PIVOT TURN, HEEL SWITCHES

1-2-3&4 Step right foot forward, pivot a half turn via left taking weight onto left, touch right heel forward, step right together and touch left heel forward

SIDE ROCK REPLACE, BEHIND AND CROSS

&5-6-7&8 Step left foot together and rock right out to right side, replace weight to left, step right behind left, step left to left side and cross right over left

HEEL SWITCHES, SIDE ROCK

1&2&3-4 Touch left heel forward and step left together while touching right heel forward, step right together and rock left to side then weight back onto right

BEHIND SIDE CROSS, ROCK FORWARD AND BACK

5&6-7-8 Step left behind right, step right to right side, cross left over right, rock forward onto right and back onto left

½ TURN SHUFFLE, PIVOT HALF

1&2-3-4 Doing a half turn via your right shuffle forward right, left, right step left foot forward, pivot a half turn via right, ending with weight on right foot

ROCK FORWARD BACK, COASTER STEP

5-6-7&8 Rock forward onto left, back onto right. Step left foot back, step right foot back together and step forward onto left

SIDE TOUCHES, HEEL SWITCHES

1&2&3&4 Touch right toe to right side, step right together and touch left toe to left side, step left together and touch right heel forward, step right foot together and touch left foot forward

PIVOT TURN, WALK WALK

&5-6-7-8 Step left foot together and step forward onto right, pivot half turn via your left taking weight onto left, walk forward right, left (9:00)

REPEAT
