

Rescue Me

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Winson Anderson - June 2014
音乐: Save My Life - ZZ Ward



Intro: □32 Counts

Note: There are 2 restarts in this dance. On Wall 2, do until count 32 and on Wall 4, do until count 16. Both restarts will be facing at 6.00 o'clock.

Ending on Wall 9: Do until count 20 and do RF pivot $\frac{3}{4}$ L, step RF forward and hitch & pose. (Refer to the descriptions below)

S1: □CROSS TOES STRUT, SIDE TOES STRUT, CROSS ROCK & RECOVER, SIDE ROCK & RECOVER □

- 1-4 Cross touch R toes over LF (1), step down R heel crossing over LF (2), touch L toes to L side (3), step down L heel in place (4) 12.00
- 5-8 Cross rock RF over LF (5), recover weight on LF (6), rock RF to R side (7), recover weight on LF (8) 12.00

S2: □WEAVE & KICK, WEAVE $\frac{1}{4}$ (R), KICK □

- 1-4 Cross RF behind LF (1), step LF to L side (2), cross RF over LF (3), kick LF to L diagonal (4) □12.00
- 5-8 Cross LF behind RF (5), turn $\frac{1}{4}$ R stepping RF forward (6), step LF forward (7), kick RF forward (8) □3.00

*** Restart on Wall 4 facing 6.00 o'clock. *** □

S3: □FORWARD TAP, BACK HOOK, PIVOT $\frac{1}{2}$ (L), FORWARD HITCH □

- 1-4 Step RF forward (1), tap L toes behind RF (2), step LF back (3), hook RF over L knee (4) □3.00
- 5-8 Step RF forward (5), turn $\frac{1}{2}$ L (6), step RF forward (7), lift LF up (8) □9.00

*** Ending on Wall 9: You will be facing at 9.00 o'clock, so change from RF pivot $\frac{1}{2}$ L to RF pivot $\frac{3}{4}$ L, step RF forward, hitch LF and pose (facing 12.00). *** □

S4: □STOMP L&R, FLICK STEP, HEEL & TOES SWIVETS □

- 1-4 Stomp LF to L side (1), stomp RF to R side (2), flick LF behind RF (3), step LF to L side (4) 9.00
- 5-8 Both feet are apart: Swivel L toes to L side (L heel on the ground and L toes in the air) and swivel R heel to R side (R toes on the ground and R heel in the air) (5), return both feet in place (6), swivel R toes to R side (R heel on the ground and R toes in the air) and swivel L heel to L side (L toes on the ground and L heel in the air) (7), return both feet in place (8) 9.00

*** Restart on Wall 2 facing 6.00 o'clock. *** □

S5: □TOES STRUT, BACK ROCK & RECOVER, GRAPEVINE TOWARDS LEFT □

- 1-4 With both feet apart (no weight): Touch R toes in place (1), drop R heel in place (2), rock LF behind RF (3), recover weight on RF (4) 9.00
- 5-8 Step LF to L side (5), cross RF behind LF (6), step LF to L side (7), cross RF over LF (8) 9.00

S6: □TOES STRUT, BACK ROCK & RECOVER, GRAPEVINE TOWARDS RIGHT □

- 1-4 Touch L toes to L side (1), drop L heel in place (2), rock RF behind LF (3), recover weight on LF (4) 9.00
- 5-8 Step RF to R side (5), cross LF behind RF (6), step RF to R side (7), cross LF over RF (8) 9.00
- 9 .00

S7: □ 'X' SHAPE: 1/8 (R) FORWARD TOUCH, 1/2 (L) FORWARD TOUCH, 1/4 (R) FORWARD TOUCH, 1/2 (L) FORWARD TOUCH □

- 1-4 Turn 1/8 R stepping RF forward (1), touch L toes beside RF (2), turn 1/2 L stepping LF forward (3), touch R toes beside LF (4) □ 4.00
- 5-8 Turn 1/4 R stepping RF forward (5), touch L toes beside RF (6), turn 1/2 L stepping LF forward (7), touch R toes beside LF (8) □ 1.00

S8: □ CURVY WEAVE TURNING 5/8 (R) □

- 1-4 Still facing R diagonal (1.00): Cross RF over LF (1), turn 1/8 R stepping LF back (2), turn 1/8 R stepping RF to R side (3), cross LF over RF (4) 4.00
- 5-8 Turn 1/8 R stepping RF to R side (5), turn 1/8 R crossing LF behind RF (6), turn 1/8 R stepping RF forward (7), step LF forward (8) 9.00

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