

拍數: 32 牆數: 4 級數: Improver hip hop

編舞者: Signature X

音樂: S.O.S. (Rescue Me) - Rihanna



WALK FORWARD X4, SIDE PRESS TWICE

1-4 Step forward right, left, right left

5-6 Step right to right side, press ball of left foot behind right7-8 Step left to left side, press ball of right foot behind left

Hands option for count:

Jam down left armJam down right arm

UNWIND TURN, HIP ROLL, HEAD ROLL

1-2 Unwind full turn right facing 12:00, hold

3-4 Jump both feet apart to shoulder width standing position, hold

5-6 Execute to the right hip roll7-8 Execute to the right head roll

STEP LEFT WITH LEFT BUMP, HIP BUMPS RIGHT, LEFT RIGHT LEFT, STEP LEFT, CLOSE RIGHT, STEP RIGHT, LOOK FORWARD

1-2 Step left ¼ right turn to left side (body facing 3:00, head facing 12:00) with left hip bump,

bump right hip up

3&4 Hip bumps left, right, left

5-6 Step left foot on the spot, close right next to left

7-8 Step right to right side, head turns to 3:00 and look forward

Facing 3:00

SHUFFLE X3, CHASSE LEFT

Step right diagonally to right side, lock left behind right, step right diagonally to right side

Step left diagonally to left side, lock right behind left, step left diagonally to left side

5&6 Repeat 1&2

7&8 Step left to left side, step right next to left, step left to left side

REPEAT