

SOS (Rescue Me)

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Teresa Lawrence (UK) & Vera Fisher (UK)
音樂: S.O.S. (Rescue Me) - Rihanna



STEP, SWIVEL, SWIVEL, KICK, CURTSY KICK, SIDE, TWIST

- 1-2 Step right to right side, leaning slightly to right side bend right knee & twist right heel out to right
- 3-4 Twist right heel in, pushing off of the right replace weight onto left & kick right out to forward right diagonal
- 5-6 Step on ball of right behind left at same time bend knees slightly as if doing a small curtsy!
Kick right to forward right diagonal
- 7-8 Step right to right side, twist ¼ turn left, weight to stay back on right with right knee slightly bent & left leg in front

Easy option:

- 2-3 Twist both heels right then left
- 5 Touch right toe next to left (9:00)

BACK TOUCH, FORWARD TOUCH & HEEL & STEP, BOUNCE ½ TURN

- 1-2-3-4 Step back on left, cross touch right over left, step forward on right, touch left toe next to right
- &5&6 Step back on left, dig right heel forward, step right in place, step forward on left
- 7-8 Bounce heels twice making ½ turn right, weight to end on left (3:00)

KICK BACK, KICK BACK, KNEE POPS X4

- 1-2 Small kick to forward right diagonal with right, step right behind left bending knees slightly & lifting left heel
- 3-4 Small kick to forward left diagonal with left, step left behind right bending knees slightly & lifting right heel
- 5-6-7-8 Bring right heel down at same time pop left knee forward, bring left heel down at same time pop right knee forward, repeat 5-6

Fun option: as you are popping your knees, pop your shoulders at same time (right heel up, right shoulder up, left heel down, left shoulder down)

Don't bend knees if you find it uncomfortable, just step back

SIDE SLIDE & HIPS TWICE

- 1-2-3-4 Big step out to right side, slide left up to right, bump hips to right twice
- 5-6-7-8 Big step out to left side, slide right up to left, bump hips to left twice

Fun option: instead of hip bumps try this: both arms up in air bent at elbows as though your lifting barbell, palms facing upwards, pump both arms upwards twice at same time thrust hips back twice, sticking your bum out twice

Weight to end on left

KICK BALL STEP TWICE, STEP ¼ TURN TWICE

- 1&2-3&4 Right kick ball steps traveling forward slightly
- 5-6-7-8 Step forward on right, pivot ¼ turn left placing weight on left, repeat 5-6 (9:00)

CROSS POINT & SWITCH & SWITCH & POINT HOLD, TURN POINT

- 1-2 Cross right over left, point left toe to left side
- &3&4 Step left next to right, point right toe to right side, step right next to left, point left toe to left side
- &5-6-7-8 Step left next to right, point right toe to right side, hold, making ½ turn right step right next to left (Monterey) point left toe to left side (3:00)

BALL CROSS SIDE, CURTSY UNWIND, FORWARD TOUCH, BACK SLIDE

- &1-2 Step left next to right, cross right over left, small step left to left side
3-4 Cross right behind left, unwind $\frac{3}{4}$ turn right, weight to end on right
5-6-7-8 Small step forward on left, touch right next to left, big step back on right, slide left back keeping weight on right (12:00)

BALL CHANGE, ROCK REPLACE CROSS, ROCK REPLACE CROSS, CROSS UNWIND

- &1 Small rock back on left, step right in place
2-3-4 Rock left out to left side, replace weight to right, cross left over right
5-6-7-8 Rock right out to right side, replace weight to left, cross right over left, unwind $\frac{3}{4}$ turn left (3:00)

REPEAT**ENDING**

The dance will end up facing the front after the cross unwind at the end of the routine, just pose
