

# RESCUE ME

LINEDANCE.COM

**Count:** 32

**Wall:** 4

**Level:** beginner/intermediate

**Choreographer:** Heather Frye

**Music:** Rescue Me by Fontella Bass

## **KICK RIGHT FORWARD, KICK RIGHT TO RIGHT CORNER, RIGHT SAILOR STEP, KICK LEFT FORWARD, KICK LEFT TO LEFT CORNER, LEFT SAILOR STEP**

- 1-2** Kick right foot forward, kick right foot to right corner
- 3&4** Cross step right behind left (angle body slightly), step left to side, step right slightly forward and to right side
- 5-6** Kick left foot forward, kick left foot to left corner
- 7&8** Cross step left behind right (angle body slightly), step right to side, step left slightly forward and to left side

## **ROCK RIGHT FORWARD, RECOVER LEFT, SHUFFLE BACK RIGHT, LEFT, RIGHT - LEFT COASTER STEP**

- 1-2** Rock forward onto right foot, recover back onto left foot
- 3&4** Shuffle back right, left, right
- 5&6** Step left back, close right to left, step forward onto left
- 7&8** Kick right foot forward, rock back onto ball of right foot, step slightly forward onto left

## **STEP ½ TURN LEFT, TURN BACK ½ RIGHT, PIVOT ½ TURN RIGHT, BEHIND BALL CROSS, ROCK SIDE LEFT, RECOVER RIGHT**

- 1-2** Step right forward, turn a ½ left taking weight onto left
- 3-4** Turn back ½ right taking weight onto right, pivoting a ½ turn right on right foot stepping slightly out to the left onto left foot
- 5&6** Cross step right behind left, step side left, cross step right across left
- 7-8** Rock out side left, recover onto right

## **KICK LEFT MAKING A ¼ TURN LEFT - LEFT COASTER STEP, STEP TURN ½ LEFT, STEP FORWARD RIGHT, SHUFFLE FORWARD, RIGHT, LEFT**

- 1** Kick left forward while pivoting a ¼ turn on right foot
- 2&3** Step left back, close right to left, step forward onto left

**4-5-6** Step forward right, pivot ½ turn left taking weight onto left, step forward onto right

**7&8** Shuffle forward left, right, left

**REPEAT**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=35840](https://www.linedance.com/index.php?f=dance_view&id=35840)