

# RESCUE ME

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**Count:** 64

**Wall:** 2

**Level:** beginner/intermediate

**Choreographer:** Kerry Hughes

**Music:** Rescue Me by Fontella Bass

## SHUFFLE RIGHT, SHUFFLE LEFT, ROCK FORWARD, BACK, BACK, FORWARD

**1&2-3&4** Travel forward on right diagonal shuffling right-left-right, travel forward on left diagonal shuffling left-right-left

**5-6-7-8** Rock forward right, rock back left, step back on right, rock forward left

## STEP, ¼ PIVOT, CROSS SHUFFLE, ROCK, REPLACE, SAILOR ¼

**1-2-3&4** Step forward right, rock weight on to left turning ¼ to left, cross shuffle right over left stepping right-left-right

**5-6-7&8** Step left to left side, replace weight right, cross step left behind right & rock right to right, replace weight left turning ¼ turn left (sailor ¼)

**17-32** Repeat counts 1-16 (starting 6:00 wall)

## RIGHT KICK BALL STEP TWICE, ROCK FORWARD, BACK, ½ TURNING SHUFFLE RIGHT-LEFT-RIGHT

**1&2-3&4** Kick right foot forward & step right beside left, step forward left, kick right foot forward & step right beside left, step forward left

**5-6-7&8** Step forward right, rock weight back left, turning ½ right shuffle right-left-right

## ½ TURN SHUFFLE, ¼ ROCK, REPLACE, CROSS SHUFFLE, ROCK, REPLACE

**1&2-3-4** Turning a further ½ shuffle left-right-left, step back right turning ¼ turn right, step left to left

**1&2-3-4** Cross shuffle right over left stepping right-left-right, step left to left, replace weight right

## ¼ PADDLE TURNS X 3, KICK BALL CHANGE

**1-2-3-4** Step forward left, replace weight right turning ¼ turn right, step forward left, replace weight right turning ¼ turn right,

**5-6-7&8** Step forward left, replace weight right turning ¼ turn right, kick left foot forward & step left beside right, step forward right

**ROCK FORWARD, BACK, SAILOR  $\frac{1}{4}$  LEFT, ROCK, REPLACE, STEP  $\frac{1}{4}$  LEFT, REPLACE**

**1-2-3&4** Rock forward left, rock back right, cross step left behind right & rock right to right, replace weight left turning  $\frac{1}{4}$  turn left (sailor  $\frac{1}{4}$ )

**5-6-7-8** Step right to right side, replace weight left, step forward right turn  $\frac{1}{4}$  left, replace weight left

**REPEAT**

**RESTART**

**On wall 3, dance first 32 counts and begin again.**