

# SENDING SIGNALS

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**Count:** 64

**Wall:** 4

**Level:** intermediate

**Choreographer:** Jo Kinser & Bryan McWherter

**Music:** S.O.S. (Rescue Me) by Rihanna

## ROCK, RECOVER, SHUFFLE TURN, HITCH TURN, HEEL JACK, HOLD

- 1-2** Rock forward onto right foot, recover weight back onto left
- 3&4** Make a  $\frac{1}{2}$  turn shuffle right, left, right (turning right)
- 5-6** Hitch left knee up, make a  $\frac{1}{2}$  turn right on ball of right foot, (keeping left knee up)
- &7** Step back onto left foot at left diagonal, present right heel forward at right diagonal
- 8** Hold

## STEP, CROSS, LUNGE, SHOULDERS, KNEE POPS, KICK, BALL, TOUCH

- &1** Step right foot in place putting weight on it, cross step left in front of right
- 2-4** Slightly lunge forward at right diagonal, isolate upper body (only!) left, right
- 5-7** Roll right knee right, roll right knee to the left, roll right knee right keeping weight left
- 8&1** Kick right foot forward to right diagonal, step right next to left, touch left toe back at left diagonal - still facing right diagonal

## HITCH, STEP, BUMP, BUMP, HITCH TURN, CROSS STEP

- 2-3** Hitch left knee up in front of right, step down onto left foot - squaring up to front
- 4-5** Bump hips left, bump hips right
- 6-7** Step left forward making a  $\frac{1}{4}$  turn left, hitch right knee up making a  $\frac{1}{4}$  turn left
- 8** Cross step right in front of left

## $\frac{1}{4}$ STEP, $\frac{1}{4}$ STEP, TOUCH, TURN, TOUCH, TURN, STEP

- 1-2** Step back onto left making a  $\frac{1}{4}$  turn right, step back onto right making  $\frac{1}{4}$  turn right
- 3-4** Touch left toe out to left side, step weight onto left foot making a  $\frac{1}{4}$  turn left
- 5-6** Touch right toe to right side while making a  $\frac{1}{4}$  left, step weight onto right making a  $\frac{1}{4}$  turn right
- 7-8** Touch left toe to left side while making a  $\frac{1}{4}$  right, step forward onto left foot making a  $\frac{1}{2}$  turn left

## HEEL JACK, HOLD, STEP CROSS, HOLD, VAUDEVILLES

- &1-2** Step back onto your right foot at a right diagonal, present your left heel forward at a left diagonal, hold
- &3-4** Step weight onto left foot, cross step right in front of left, hold
- &5** Step back onto left foot at a left diagonal, present right heel forward at a right diagonal
- &6** Step right in place, cross step left in front of right
- &7** Step back onto right foot at a right diagonal, present left heel forward at a left diagonal
- &8** Step weight onto left, cross step right in front of left

## ¼ STEP, ¼ STEP, TOUCH, TURN, TOUCH, TURN, STEP

- 1-2** Step back onto left making a ¼ turn right, step back onto right making ¼ turn right
- 3-4** Touch left toe out to left side, step weight onto left foot making a ¼ turn left
- 5-6** Touch right out to right side making a ¼ left, step weight onto right making a ¼ turn right
- 7-8** Touch left out to left side making a ¼ right, step forward onto left foot making a ½ turn left

## HEEL JACK, VAUDEVILLES (SINGLE COUNTS)

- 1-2** Step back on right at right diagonal, present left heel forward at left diagonal
- 3-4** Step left foot in place, cross step right in front of left
- 5-6** Step back on left at left diagonal, present right heel forward at right diagonal
- 7-8** Step right foot in place, cross step left in front of right

## STEP, BUMP, HITCH TURN, STEP CROSS - A.K.A. PIMP WALKS

- 1-2** Step right foot to right side, bump hips right
- 3-4** Step left foot ¼ turn left, hitch right knee making another ½ turn left
- 5-6** Step forward onto right foot, cross step left over right facing left diagonal
- 7-8** Step forward onto right foot, cross step left over right - squaring up to new wall

**Styling option: on counts 5&7 drop your right shoulder down, on counts 6&8 drop your left shoulder down. Alternating shoulders**

## REPEAT