

**Count:** 32

**Wall:** 4

**Level:** intermediate polka

**Choreographer:** Nancy A. Morgan

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

## **CROSS, STEP, SAILOR SHUFFLE, CROSS, STEP, STEP BEHIND, TOUCH OUT TO SIDE**

- 1-2** Cross right foot over left, step left to left side
- 3&4** Sailor shuffle - step right behind left, step left to left side, step forward on right
- 5-6-7-8** Cross left over right, step right to right side, step left behind right, touch right toes out to right side

## **CROSS, TOUCH, CROSS, MONTEREY, STEP FORWARD**

- 1-2** Cross right over left, touch left out to left side
- 3-4** Cross left over right, touch right out to right side
- 5-6** Swinging right foot behind you so that you turn  $\frac{1}{2}$  turn to your right as you set your right foot down next to your left, touch left foot out to left side
- 7-8** Cross left over right, step forward on right

## **STEP BACK $\frac{1}{4}$ TURN TO RIGHT, STEP FORWARD $\frac{1}{4}$ TURN TO RIGHT, SHUFFLE FORWARD, JAZZ BOX**

- 1-2** Step back on left as you turn  $\frac{1}{4}$  turn to your right, step forward on right  $\frac{1}{4}$  turn to right
- 3&4** Shuffle forward - left, right, left
- 5-6-7-8** Cross right over left, step back on left, step right to right side, step forward on left

## **HIP ROLLS $\frac{1}{4}$ TURN TO LEFT, WALK, WALK, SIDE ROCK**

- 1-2-3-4** Step forward on right as you roll your hips counter to the right 2 times while turning  $\frac{1}{4}$  turn to left
- 5-6** Walk forward right, left
- 7-8** Side rock - rock/step right foot to right side and return weight to left

## **REPEAT**