

Rescue Me

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Count: 32 **Wall:** 4 **Level:** —

Choreographer: Carrie McNeish- INT - July 2018

Music: Rescue Me -Thirty Seconds To Mars

Intro- 32 counts (Dance will end @ 12:00)

(RT) SKATE, SKATE, HIP BUMP - 2X

- 1,2,** Rt foot "Skate" (diagonal slide fwd rt), Lt foot "Skate" (diagonal slide fwd lt)
- 3&4** Bump right hip to right & step on right
- 5,6,** Lt foot "Skate" (diagonal slide fwd lt), Rt foot "Skate" (diagonal slide fwd rt)
- 7&8** Bump left hip to left & step on left

(RT) Rk-Rcvr- ½ Turn, Roll Fwd, BASIC N/C RT-LT

- 1&2** Rt fwd, rcvr on lt, turn ½ over right shoulder, rt step fwd (wall 6)
- 3&4(continue over rt shoulder) Lt triple "roll" fwd (option: shuffle fwd)**
- 5, 6&** Rt slide to right & left back rock-recover
- 7, 8&** Lt slide to left & right back rock-recover

(RT) Side, Behind-Side-Front, Side-Rock-Cross (1/4 left) & Roll Fwd

- 1,2&3** Rt foot step to rt, Lt step behind rt-rt to right side, lt step in front of rt
- 4&5** Rt rock to rt, rcvr on lt, rt step fwd making a ¼ turn lt (wall 3)
- 6&7** Lt - 360 roll moving fwd over right shoulder (option: shuffle fwd)

(RT) KICK BALL-CROSS, SIZZORS, 360 PADDLE TURN (4X)

- 8&1** Rt Kick forward, step down on right and left crosses over right
- 2&3&4&** Right lead SIZZOR steps

(side rock right/recover, cross over left, side rock left/recover, cross over right)

- 5,6,7,8** Rt PADDLE step 4X (1/4 each) in full circle over left shoulder