

Rescue Me

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Count: 32 **Wall:** 4 **Level:** Advanced

Choreographer: Mark Paulino - 21 August 2019

Music: OneRepublic - Rescue Me

HITCH, BACK STEP SLIDE TOGETHER, HITCH, POINT, BACK BODY ROLL, TWIST X2

1,2(Start dance facing 11 o'clock) R hitch, R back step while L slide together next to R

3,4R hitch, R back ball touch

5,6 Back body roll weight shifting from L>R into a squat position

7,8 Whole body twist R to 1 o'clock ($\frac{1}{4}$ turn R), whole body twist L to 9 o'clock ($\frac{1}{3}$ turn L)

$\frac{1}{2}$ TURN STEP SWEEP, BEHIND SIDE CROSS, HIP BUMPS X2, RECOVER, $\frac{1}{2}$ TURN COASTER STEP

1R foot steps forward into a $\frac{1}{2}$ turn counter clockwise while L sweeps around from front to back

2&3L steps behind R, R side steps, L crosses over R

4&5R ball side touch with R high hip bump, L hip bump while weight shifting onto R, weight shift stays on R while R low hip bump (top drawer/bottom drawer hip bumps)

6 Recover back on L

7&8 $\frac{1}{2}$ turn clockwise R ball step back, L steps besides R, R steps forward

BALL STEP, RECOVER & HEEL, HOLD, BALL STEP, HITCH, STEP BACK AND SLIDE

&1,2L ball forward, R steps forward, recover back on L

&3,4R steps neutral, L heel touch forward, hold

&5,6L ball neutral, R steps forward, L hitch forward

7,8L steps back while R two count slide back to neutral (weight shift stays on L)

BALL CROSS, SIDE TOUCH HOLD, BALL CROSS, SIDE STEP CROSS TOUCH, UNWIND, PIVOT TURN

&1,2R back ball, L cross over R, R side touch

3 Hold

&4R back ball, L cross over R

&5R side steps slightly forward, L ball touch cross behind R

6^¾ unwind counter clockwise weight shifting from L>R (start unwinding as soon as "L ball touch cross behind R")

7,8R step forward, L ^¼ pivot turn weight shifting ending on L (^⅓ pivot turn L to angle body slightly to face the new "11 o'clock")