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Mayday

32 Count, 4 Wall, Absolute Beginner

Choreographer: Hayley Wheatley (UK) May 2015

Choreographed to: Rescue Me by Fontella Bass
(iTunes, Amazon)

Intro: 32 Counts

GRAPEVINE RIGHT, GRAPEVINE LEFT

- 1-2 Step right foot to right side, step left foot behind right
- 3-4 Step right foot to right side, touch left toe next to right foot
- 5-6 Step left foot to left side, step right foot behind left
- 7-8 Step left foot to left side, touch right toe next to left foot

STEP, SWEEP, STEP, SWEEP, STEP, SWEEP, STEP HOLD

- 1-2 Step forward on right foot, sweep left foot out and around to front
- 3-4 Step forward onto left foot, sweep right foot out and around to front
- 5-6 Step forward on right foot, sweep left foot out and around to front
- 7-8 Step forward on left foot, hold

ROCKING CHAIR, PADDLE 1/8 TURN LEFT X2

- 1 -2 Rock forward on right foot, recover onto left
- 3-4 Rock back on right foot, recover onto left
- 5-6 Place ball of R foot forward, pushing off onto L with a 1/8 turn left
- 7-8 Place ball of R foot forward, pushing off onto L with a 1/8 turn left (9:00)

SYNCOPATED JUMP FORWARD, CLAP, SYNCOPATED JUMP BACK, CLAP, HEEL DROPS

- &1-2 Small step forward on right foot, step left foot next to right , clap
- &3-4 Small step back on right foot, step left foot next to right , clap
- 5-6 Touch right toe forward and out, drop right heel (taking weight)
- 7-8 Touch left toe forward and out, drop left heel (taking weight)