

## Rescue Me Boogie

BEGINNER

32 Count 2 Walls

Choreographed by: Jim Ray & Tina Ray

Choreographed to: Keepin' Up by Alabama

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### ROCK STEP FORWARD, ON LEFT AND TURN LEFT, LEFT RIGHT LEFT

- 1 Step left foot forward
- 2 Shift weight back to right foot
- 3 & 4 Turn 1/2 turn to the left, stepping left, right, left
- 5 Step right foot forward
- 6 Shift weight back to left foot
- 7 & 8 Turn 1/2 turn to the right, stepping right, left, right

### TWO SHUFFLES FORWARD, STEPPING LEFT, RIGHT, LEFT AND RIGHT, LEFT, RIGHT

- 9 & 10 Shuffle forward left, right left
- 11 & 12 Shuffle forward right, left right

### STEP TURN A 1/2, STEP TURN A 1/2, RIGHT SHOULDER BACK

- 13 Step left foot forward
- 14 Pivot a 1/2 turn, right shoulder back
- 15 Step left foot forward
- 16 Pivot a 1/2 turn, right shoulder back

### TURN LEFT ONE FULL TURN, LEFT, RIGHT, LEFT AND TAP RIGHT

- 17 - 19 Turn left one full turn stepping left, right, left
- 20 Tap right toe to your left foot

### TURN RIGHT ONE FULL TURN, RIGHT, LEFT, RIGHT AND TAP LEFT

- 21 - 23 Turn right one full turn stepping right, left, right
- 24 Tap left toe to your right foot

### STEP LEFT FORWARD, PIVOT A 1/2 TURN

- 25 Step left foot forward
- 26 Pivot a 1/2 turn to the right

### ROLLING TURN STRAIGHT FORWARD A FULL TURN, LEFT, RIGHT, LEFT

#### */If turn too fast, shuffle*

- 27 & 28 Rolling turn straight, stepping left, right, left a full turn, right shoulder back
- 29 Tap right toe out to the right
- & Step right foot together
- 30 Tap left toe out to the left
- & Step left foot together
- 31 Tap right toe out to the right
- & Step right foot to left together
- 32 Tap left foot out to the left

### REPEAT