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Rescue Me

32 Count, 4 Wall, Beginner

Choreographer: Elaine Hornagold (UK) Aug 2016

Choreographed to: Rescue Me by Fontella Bass

Intro: 32 Counts start on vocals

Section 1: Walk Back Left, Right, Rock Back, Recover, Scissor Step

1 – 2 Walk back Left. Walk back Right.
3 – 4 Rock back on Left. Recover onto Right.
5 – 6 Step Left to Left side. Step Right next to Left.
7 – 8 Cross step Left over Right. Hold.

Section 2: Side, Together, Shuffle Forward, Side, Together, Shuffle Forward

1 – 2 Large step Right. Step Left next to Right.
3 & 4 Step forward Right. Step Left together. Step forward Right.
5 – 6 Large step Left. Step Right next to Left.
7 & 8 Step forward Left. Step Right together. Step forward Left.

Section 3: Rocking Chair, 2 x 1/8 Paddle Turns

1 – 2 Rock forward Right. Recover onto Left.
3 – 4 Rock back Right. Recover onto Left.
5 – 6 Touch Right toe forward. Make 1/8 turn Left.
7 – 8 Touch Right toe forward. Make 1/8 turn Left. (9:00)

Section 4: Jazz Box Cross, Step, Heel & Toe Swivel, Touch

1 – 2 Cross Right over Left. Step back Left.
3 – 4 Step Right to Right side. Cross step Left over Right.
5 – 6 Step Right diagonally forward. Swivel Left heel in towards Right.
7 – 8 Swivel Left toe in towards Right. Touch Left toe next to Right.