

Rescue Me

Count: 32 **Wall:** 4 **Level:** Beginner

Choreographer: Elaine Hornagold (UK) August 2016

Music: 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.

Contact: elaine@applejaxlinedancers.co.uk