

Rescue Me

Count: 32 Wall: 2 Level: Improver

Choreographer: Frank Heelan July 2018

Music “ Emergency” by Icona Pop

Sec. 1 Kick, back, back lock back, rock recover, walk, walk

1-2 Kick right forward, step back right.

3&4 Step back left, lock right across left, back left.

5-6 Rock back right, recover to left.

7-8 Step forward right across left, forward left across right.(12.00)

Sec. 2 Side rock, cross shuffle, side rock cross shuffle.

1-2 Rock right to right, recover to left.

3&4 Cross right over left, left to side, cross right over left.

5-6 Rock left to left, recover to right.

7&8 Cross left over right, right to right, cross left over right (12.00)

Sec. 3 Side together, chasse ¼ turn, rock recover, back. back, back.

1-2 Step right to right, left together.

3&4 Step right to right, left together, ¼ turn right, step forward right.(3.00)

5-6 Rock forward left, recover to right.

7&8 Run back L-R-L

Sec. 4 Side, behind, turn, side, rock back recover, side rock recover.

1-2 Step right to right, left behind.

3-4 Turn ¼ right stepping forward right, step left to left side (6.00)

5-6 Rock back right, recover to left.

7-8 Rock right to right side, recover to left.

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