

## Rescue Me

32 count, 4 wall, beginner level

Choreographer: William Sevone (Aus) April 2002

Choreographed to: Rescue Me by Fontella Bass (123 bpm), Ultimate Soul Collection

Dance starts directly after Fontella sings 'Rescue me...' for the first time, feet together and weight on the left foot.

**Kick Ball change. 3x Backstroking Toe/Heel Struts.**

- 1& 2 Kick right foot forward, step ball of right foot next to left foot, step left foot in place.  
3 - 4 (see dance note) Step backward onto right toe. Drop right heel to floor.  
5 - 6 (see dance note) Step backward onto left toe. Drop left heel to floor.  
7 - 8 (see dance note) Step backward onto right toe. Drop right heel to floor.  
Dance note: Step on toe-backstroke arm upward. Drop heel-backstroke arm downward.

**Coaster Step. Stamp. 1/4 Right Kick Fwd. Step Bwd. Lock Step. Side Rock Step.**

- 9& 10 Step backward onto left foot, step right foot next to left, step forward onto left foot.  
11 - 12 Stamp right foot next to left. Turn 1/4 right & kick right foot forward.  
13 Step backward onto right foot.  
14 - 15 Lock left foot across right toe. Step backward onto right foot.  
16 Rock step left foot to left side.

**5x Egyptian Turns**

- 17 - 18 (see dance note) Pivot 1/4 right. Hold.  
19 - 20 (see dance note) Pivot 1/2 left. Hold.  
21 - 22 (see dance note) Pivot 1/2 right. Hold.  
23 - 24 (see dance note) Pivot 1/2 left. Pivot 1/2 right.  
Dance note: 1. Keep weight central for all counts.  
2. Pivot right - right arm slightly extended fwd & clicking right fingers downward. Left arm extended bwd, bent downward at elbow. Pivot left - left arm slightly extended fwd & clicking left fingers downward.  
Right arm extended bwd, bent downward at elbow. Arm movements are like the Egyptian friezes.

**1/4 Right Chasse Left. 1/4 Right Rock Bwd. 1/4 Right Step Fwd. 1/4 Right Monkey. 3x Monkies.**

- 25& 26 Turn 1/4 right & step left to left side, step right foot next to left, step left foot to left side.  
27 - 28 Turn 1/4 right & rock backward onto right foot. Turn 1/4 right & step forward onto left  
29 - 30 (see dance note) Turn 1/4 right & step right foot next to left with pump and bend.  
Pump and bend.

- 31 - 32 (see dance note) Pump and bend. Pump and bend.

- Dance note: Pump And Bend - count 29, bending knees raise left arm-pump right arm down  
- count 30, raise and lower at knees, raise right arm-pump left arm down.  
- count 31, raise and lower at knees, raise left arm-pump right arm down.  
- count 32, raise and lower at knees, raise right arm-pump left arm down.

- Special note: Sometimes 'Monkies' are referred to as 'Milking The Cow'

DANCE FINISH: Very simple dance finish - the music should be allowed to fully 'fade out' this will bring the dance to the end (count 32) of the 10th wall - facing home. Simply straighten up and touch hat brim with LEFT hand.