

Lifesaver

TYPE: 4 Wall Line Dance **RATING:** Intermediate
COUNT: 56 **STEPS:** 56
CHOREOGRAPHED BY: Gloria Johnson (July 1997)
MUSIC: "Rescue Me" by Rick Tippe

STEP DESCRIPTION

8-COUNT ROLLING GRAPEVINE RIGHT

1,2 Step RIGHT 1/4 turn right; Turning 1/4 right, step on LEFT;
3,4 Turning 1/2 right, step on RIGHT; Cross-step LEFT over Right;
5,6 Step RIGHT to right side; Cross-step LEFT behind Right;
7,8 Step RIGHT to right side; Touch LEFT beside Right.

(Note: Feeling dizzy? This set of steps can be done as a straight 8-count grapevine if you begin to get dizzy...)

8-COUNT ROLLING GRAPEVINE LEFT

9,10 Step LEFT 1/4 turn left; Turning 1/4 left, step on RIGHT;
11,12 Turning 1/2 left, Step on LEFT; Cross-step RIGHT over Left;
13,14 Step LEFT to left side; Cross-step RIGHT behind Left;
15,16 Step LEFT to left side; Touch RIGHT beside Left.

TWO JAZZ BOXES W. 1/4 TURNS

17,18 Cross-step RIGHT over Left; Step LEFT back;
19,20 Turning 1/4 right, step RIGHT to right side;
21,22 Cross-step RIGHT over Left; Step LEFT back;
23,24 Turning 1/4 right, step RIGHT to right side.

SEMI-CIRCULAR "CHAIN OF EVENTS"

(Note: The following 8 counts create 1/2 turn to the Left by turning slightly left with each point-and-Step sequence.)

25,26 Point RIGHT toe to 2:00; Cross-step RIGHT over Left turning slightly left;
27,28 Point LEFT toe back to 7:00; Cross-step LEFT over Right, continuing turn;
29,30 Point RIGHT toe to 10:00; Cross-step RIGHT over Left, finishing turn;
31,32 Facing 6:00, touch LEFT toe to left side; Step LEFT beside Right.

DIAGONAL STROLLS

33,34 Step RIGHT diagonally forward right; Slide LEFT next to Right;
35,36 Step RIGHT diagonally forward right; Slide LEFT next to Right;
37,38 Step LEFT diagonally forward left; Slide RIGHT next to Left;
39,40 Step LEFT diagonally forward left; Slide RIGHT next to Left.

BACKWARD DIAGONAL STROLLS

41, 42 Step RIGHT back diagonally right; Slide LEFT next to Right;
43, 44 Step RIGHT back diagonally right; Slide LEFT next to Right;
45, 46 Step LEFT back diagonally left; Slide RIGHT next to Left;
47, 48 Step LEFT back diagonally left; Slide RIGHT next to Left.

CCW HIP SWIVEL

49-56 Rotate hips in four circular motions to left (CCW) to complete a 1/4 turn left.

BEGIN DANCE AGAIN

Choreographer Contact Information:



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ADDED TO THE ARCHIVES: 30 JUL 1997

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