

# Just Help Yourself

Count: 64

Wand: 2

Ebene: Improver

Choreograf/in: Chika Hapsari (INA) - November 2024

Musik: Help Yourself - Tom Jones



SEQUENCE : 64 - 56 - 48 - 48 - 48 - Tag 1 - 56 - Tag 2 - 48 - Tag 1 - 48 - Tag 1 - 24 End

Intro: 32 count

## S1. TOE STRUT R - L TO THE LEFT, FORWARD, KICK, BEHIND CROSS, SIDE STEP

- 1-4 Touch R toe cross over L - Drop R heel in place - Touch L toe to side - Drop L heel in place (face the body diagonal to the left when doing this section) (10.30)  
5-8 Step R forward - Kick L forward (still diagonal) - Cross L behind R - Step R to side squaring 12:00

## S2. TOE STRUT L - R TO THE RIGHT, FORWARD, KICK, BEHIND CROSS, SIDE STEP

- 1-4 Touch L toe cross over R - Drop L heel in place - Touch R toe to side - Drop R heel in place (face the body diagonal to the right when doing this section) (1.30)  
5-8 Step L forward - Kick R forward (still diagonal) - Cross R behind L - Step L to side squaring 12:00

## S3. CROSS & POINT TO FORWARD 2X , CROSS & POINT TO BACKWARD 2X

- 1-4 Cross R over L - Point L to side - Cross L over R - Point R to side  
5-8 Cross R behind L - Point L to side - Cross L behind R - Point R to side (12:00)

## S4. JAZZBOX TURN 1/4 TO THE RIGHT - 2X (1/4 +1/4)

- 1-4 Cross R over L - Turn 1/4 right step L back - Step R to side - Cross L over R (3:00)  
5-8 Cross R over L - Turn 1/4 right step L back - Step R to side - Cross L over R (6:00)

## S5. MODIFIED SIDE CHASSE, HOLD (R-L)

- 1-4 Step R to side - Step L together - Step R to side - Hold  
5-8 Step L to side - Step R together - Step L to side - Hold

## S6. HALF BOX STEP FORWARD, HOLD - 2x

- 1-4 Step R to side - Step L together - Step R forward - Hold  
5-8 Step L to side - Step R together - Step L forward - Hold \*Restart on wall 3,4,5,7&8

## S7. PIVOT TURN 1/2 LEFT, FORWARD, HOLD, LOCK SHUFFLE FORWARD, HOLD

- 1-4 Step R forward - Turn 1/2 left step L in place - Step R forward - Hold (12:00)  
5-8 Step L forward - Lock R behind L - Step L forward - Hold \*Restart on wall 2&6

## S8. HEELS TOUCH R - L - R, CLAP 2x, HEELS TOUCH L-R, UNWIND 1/2 RIGHT

- 1&2& Touch R heel forward - Step R back to centre - Touch L heel forward - Step L back to centre  
3&4& Touch R heel forward - Clap 2x - Step R back to centre  
5&6& Touch L heel forward - Step L back to centre - Touch R forward - Step R back to centre  
7-8 Cross L over R - Turn 1/2 right & keep weight on L (6:00)

## TAG 1 UNWIND TURN 1/2 OVER LEFT BODY

- 1-4 Cross R over L - Hold - Turn 1/2 over left body & keep weight on L - Hold

## TAG 2 PIVOT TURN 1/2 LEFT, UNWIND FULL TURN OVER LEFT BODY

- 1-4 Step R forward - Turn 1/2 left step L in place (12:00)  
5-8 Cross R over L - Hold - Full turn over left body & keep weight on L (do in 2 count) (12:00)

**REPEAT**

**Enjoy The Dance...!**

**For more information please contact :  
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**Last Update: 7 Nov 2024**

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