

# Helpless in a Honky Tonk

Count: 32

Wand: 4

Ebene: Intermediate

Choreograf/in: Michelle Wright (USA) - November 2024

Musik: Country Song Came On - Luke Bryan



Dance starts 32 counts in on lyric "Long"

Restart wall 3 after 24 counts making a ¼ turn to restart

## Section 1: Nightclub basic, ¼, ¼ pivot, Cross rock, Side rock, Sailor, Together

- 1 2& Step R to R side, Step L slightly behind R, cross R over L  
3 4& ¼ turn L stepping L forward, Step R forward, ¼ pivot L (6:00)  
5&6& Cross rock R over L, Recover on L, Rock R to R side, Recover on L  
7&8& Cross R behind L, Step L to L side, Step R to R side, Step L next to R

## Section 2: Side, ⅛ back, Back, ⅜ lock step, Syncopated rocking chair, ¼ pivot, Cross, Side

- 1 2& Step R to R side, ⅛ turn L stepping L back, Step R back (4:30)  
3 4& ⅜ turn stepping L forward, Lock R behind L, Step L forward (12:00)  
5&6& Rock R forward, Recover on L, Rock R back, Recover on L  
7&8& Step R forward, 1/4 pivot L, cross R over L, Step L to L side (9:00)

## Section 3: Cross, Sweep, Weave w/ sweep, Weave, Scissor step, ¼, ½

- 1 Step R and slightly over L as you sweep L from back to front  
2&3 Cross L over R, Step R to R side, Cross L behind R as you sweep R from front to back  
4&5 Cross R behind L, Step L to L side, Cross R over L  
6&7 Step L to L side, Step R next to L, Cross L over R  
8& ¼ turn L stepping R back, ½ turn L stepping L forward (12:00)

Restart here on wall 3

## Section 4: ¼ Nightclub basic, Nightclub Basic, Syncopated side touches, Rolling vine w/cross

- 1 2& ¼ turn L stepping R to R side, Step L slightly behind R, Cross R over L (9:00)  
3,4& Step L to L side, Cross R slightly behind L, Cross L over R  
5&6& Step L to L side, touch R next to L, Step R to R side, Touch L next to R  
7&8& Make ¼ turn right stepping forward R (7), make ½ turn right stepping back L (&), make ¼ turn right stepping R to right side (8), cross L over R (&) (9:00)

Non turning option: 7&8&: Step R to R side, Cross L behind R, Step R to R side, Cross L over R

Ending: Final Wall is wall 9 facing 12:00 dance up to count 4 then to end facing 12:00 change section 1 &5 to ½ pivot L weight on L, ¼ turn L doing a big step to R

End of dance!

Any questions email [michellelinedance@gmail.com](mailto:michellelinedance@gmail.com)