

# Lip Suction

Count: 32

Wand: 4

Ebene: Experienced Beginner

Choreograf/in: Sandy Kerrigan (AUS) - April 2025

Musik: Help Yourself - Tom Jones : (iTunes)



**Dance Info: Dance starts wt on Left-Dance starts on lyrics.**

**BPM [91:79] Track Length 2:53**

**There is one restart at count 12 Facing 9:00-Wall 6**

**Walk Fwd R, Walk Fwd L, Shuffle R Fwd, Walk Fwd L, Walk Fwd R, L Mambo Step 12:00**

1 2 3 & 4 Walk Fwd R, Walk Fwd L, Step Fwd R, Step L next to R, Step Fwd R

5 6 7 & 8 Walk Fwd L, Walk Fwd R, Rock Fwd L, Replace Back to R, Step Back on L

**Styling Note: Swing your arms in the air, or side to side, any happy arm styling.**

**Walk Back R, Walk Back L, Walk Back R, Step Together, Toe Switches, R Shuffle Fwd 12:00**

1 2 3 4 Walk Back R, Walk Back L, Walk Back R, Step L next to R

**Wall 6: Restart here facing 9:00 wall**

5 & 6 & Point R Toe Fwd, Step R next to L, Point L Toe Fwd, Step L next to R

7 & 8 Step Fwd R, Step L next to R, Step Fwd R

**¼ L-Jazz Box, L Side Shuffle, Back Rock Step, Side 9:00**

1 2 3 4 Cross L over R, Turning ¼ L-Step Back on R, Step L to L Side, Cross R over L

5 & 6 Step L to L, Step R next to L, Step L to L Side

7 & 8 Rock Back on R, Replace Fwd to L, Step R to R Side

**Behind, Side, Cross, R Side Shuffle, Back Rock Step, L Shuffle Fwd 9:00**

1 & 2 Cross/Step L behind R, Step R to R, Cross L over R

3 & 4 5 6 Step R to R, Step L next to R, Step R to R, Rock Back on L, Replace Fwd to R

7 & 8 Step Fwd L, Step R next to L, Step Fwd L

**[32]**

**Note: One restart wall 6 at count 12 – Noted Above**

**Ending: Facing 3:00 Wall: Section 4: Dance counts 3 & 4**

**Add the following:**

1 2 3 4 Walk Back L, R, Turning ¼ L-Step L to L (12:00) Side Point R to R Side, Look back over your R shoulder, and blow a kiss.