

# I Can Help

Count: 48

Wand: 2

Ebene: Intermediate

Choreograf/in: Carmel Hutchinson (USA)

Musik: I Can Help - Jo-EI Sonnier



## RIGHT GRAPEVINE - FULL TURN RIGHT, BRUSH

- 1-2 Step to right on right foot; cross left foot behind right foot
- 3-4 Step to right on right foot; cross left foot behind right foot
- 5 Step to right side on right foot into  $\frac{1}{4}$  turn right
- 6-7 Step forward on left foot into  $\frac{3}{4}$  turn right (shift weight forward to right)
- 8 Brush left next to right

## LEFT GRAPEVINE - FULL TURN LEFT, BRUSH

- 1-2 Step to left on left foot; cross right foot behind left foot
- 3-4 Step to left on left foot; cross right foot behind left foot
- 5 Step forward on left into  $\frac{1}{4}$  turn left
- 6-7 Step forward on right into  $\frac{3}{4}$  turn left (shift weight forward to left)
- 8 Brush right foot forward

## $\frac{1}{4}$ TURN LEFT, TOUCH RIGHT, $\frac{1}{4}$ TURN RIGHT, TOUCH LEFT - $\frac{1}{4}$ TURN RIGHT, TOUCH LEFT, $\frac{1}{4}$ TURN LEFT, TOUCH RIGHT

- 1-2 Step forward on right foot into  $\frac{1}{4}$  turn left; touch left next to right
- 3-4 Step to left side on left foot into  $\frac{1}{4}$  turn right; touch right foot next to left
- 5-6 Step back on right foot into  $\frac{1}{4}$  turn right; touch left foot next to right
- 7-8 Step to left side on left foot into  $\frac{1}{4}$  turn left; touch right next to left

## BACK RIGHT, BACK LEFT, RIGHT SAILOR STEP - BACK LEFT, BACK RIGHT, LEFT SAILOR STEP

- 1-2 Step back on right foot; step back on left foot
- 3&4 Cross right behind left and step; step slightly to left on left foot; step right foot next to left
- 5-6 Step back on left foot; step back on right foot
- 7&8 Cross left behind right and step; step slightly to right on right foot; step left foot next to right

## $\frac{1}{2}$ TURN RIGHT, TOUCH - $\frac{1}{2}$ TURN LEFT, TOUCH

- 1-2 Step forward on right foot starting  $\frac{1}{2}$  turn right; step back on left foot completing  $\frac{1}{2}$  turn right
- 3-4 Step back on right foot; touch left next to right
- 5-6 Step forward on left foot starting  $\frac{1}{2}$  turn left; step back on right foot completing  $\frac{1}{2}$  turn left
- 7-8 Step back on left foot; touch right next to left

## $\frac{1}{4}$ LEFT, BRUSH, SIDE, TOUCH - $\frac{1}{4}$ LEFT, BRUSH, SIDE, TOUCH

- 1-2 Step forward on right foot into  $\frac{1}{4}$  turn left; brush left next to right
- 3-4 Step to left side on left foot; touch right next to left
- 5-6 Step forward on right foot into  $\frac{1}{4}$  turn left; brush left next to right
- 7-8 Step to left side on left foot; touch right next to left

**REPEAT**

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