

Helping Hand

Count: 32

Wand: 4

Ebene: Beginner

Choreograf/in: Stephen Sunter (UK)

Musik: Come On Out Of The Rain - Susan Ashton



WALK FORWARD, TOUCH, WALK BACK TOUCH

- 1-4 Walk forward right, left, right, touch left next to right
5-8 Walk back left, right, left, touch right next to left

SIDE SHUFFLE, ROCK, SIDE SHUFFLE, ROCK

- 1&2 Step right to side, left next to right, right to side
3-4 Rock left behind right, replace weight to right
5&6 Step left to side, right next to left, left to side
7-8 Rock right behind left, replace weight to left

MONTEREY TURN TWICE, POINT, STEP BACK ¼ TURN, TURN ¼ SIDE ROCK

- 1-2 Point right to side, turn ½ back over right shoulder and step right next to left
3-4 Point left to side, turn ½ back over left shoulder and step left next to right
5-6 Touch right to right side, turn a ¼ left and step down on right foot
7-8 Turn a ¼ left and rock out to left, replace weight to right

CROSS, ¼ TURN, SHUFFLE BACK, ROCK, FULL TURN

- 1-2 Cross step left over right, make ¼ turn left and step back on right
3&4 Shuffle back left on - left, right, left
5-6 Rock back right, replace weight left
7-8 Turn ½ left stepping back on right, turn ½ left stepping forward left

REPEAT
