

# Help Me Out

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Kerry Maus (USA) - November 2017

Music: Help Me Out - Maroon 5 & Julia Michaels : (Album: Red Pill Blues - 3:14)



Intro: 16 cts

**[1-8] BALL, SIDE, CROSS, BACK, DRAG, & CROSS & CROSS & CROSS, SIDE, ¼ TURN**

&1,2,3,4      &) Step R fwd, 1) Step L fwd, 2) cross R over L, 3) step L to back left diagonal, 4) Drag R heel back to L  
&5&6&7      &) Step R to right, 5) cross L over right, &) step R to right, 6) cross L over right  
8&            &) step R to right, 7) cross L over right, 8) Step R to right, &) make ¼ turn left, step L to left,

**[9-16] POINT & POINT & POINT, HITCH, TOUCH, ROLL FWD & BACK**

1&2&            1) Point R to right, &) step R together, 2) point L to left &) Step L together  
3&4            3) Point R to right, &) hitch R knee, 4) touch R toe fwd,  
5,6,7,8        5-6) Roll body fwd to put weight on R, 7-8) Roll body back to put weight on L

**[17-24] BALL, WALK, WALK, C-BUMP SWIVEL ½ TURN W/ HITCH, COASTER STEP, SIDE ROCK, RECOVER**

&1,2            &) Step ball of R beside L, 1) Step L fwd, 2) Step R fwd  
3&4            3) bump hip left while making ¼ turn right, &) bump hip to right turning 1/8 right, 4) turn heels to left, turning 1/8 right & hitch R,  
5&6,7,8        5) Step R back, &) step L beside R, 6) step R fwd, 7) rock L to left, 8) recover R

**[25-32] BEHIND, SIDE, CROSS, ½ TURN PIVOT, KICK, BALL, STEP, WALK, WALK**

1&2            1) Step L behind R, 2) step R to right, &) cross L over R,  
3,4            3) Step R fwd, 4) pivot ½ turn left, weight to L,  
5&6            5) low kick R fwd &) step R beside L 6) step L fwd,  
7,8            7) Step R fwd, 8) step L fwd

**(Tip: to make counts 5-8 more funky, stylize like a "Shorty George":**

5&6            5) low kick R fwd, &) step R beside L, 6) step L fwd, rolling knees together on both steps  
7,8            7) step R fwd, step L fwd, Taking small steps, starting with knees bent and rolling together)

Have fun and DANCE HAPPY!

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