

# Help Me

Count: 64

Wall: 2

Level: Improver

Choreographer: John Fernandes (CAN) - December 2020

Music: Help Me (Live) - Elvis Presley : (Apple - Amazon)



**Intro: 8 Counts / BPM: 114 - No Restarts or Tags**

**Note: Michael Barr, was my mentor, who patiently worked with me through numerous iterations. Special thanks to Jo Thompson Szymanski, who supported me and provided valuable feedback.**

**[1-8] L Mambo Forward, Hold, R Side Scissor Cross, Hold**

1-4 Rock step L forward; Return onto R in place; Step L back, Hold

5-8 Step R to right; Step L besides R; Step R over L; Hold

**[9-16] 1/4 R, 1/4 R, L Forward, Hold, 3 Step Weave, Sweep**

1-4 Turn 1/4 R stepping back on L; Turn 1/4 R stepping forward on R; Step L forward; Hold

5-8 Step R in front of L; Step L to the left; Step R behind L; Sweep

**[17-24] Sailor 1/4 Turn L, Hold, Forward R, 1/2 Pivot L, Forward R, Hold**

1-4 Step L behind R; Turn 1/4 L stepping R in place; Step L forward; Hold

5-8 Step R forward; Pivot turn 1/2 left onto L; Step R forward; Hold

**[25-32] Lock Step Left, Lock Step Right**

1-4 Step L fwd; Lock R behind L; Step L fwd; Hold

5-8 Step R fwd; Lock L behind R; Step R fwd; Hold

**[33-40] Rumba side, fwd Hold, Rumba side R, Hold**

1-4 Step L to side; Step R besides L; Step L fwd; Hold

5-8 Step R to right side fwd; Step L beside R; Step R to right side; Hold

**[41-48] Rock R over L, Recover, 1/4 turn L, Hold, 3 Step Weave, Sweep**

1-4 Cross L over R; recover R; Step L side 1/4 turn left; Hold

5-8 Step R in front of L; Step L side left; Step R behind L; Sweep

**[49-56] Sailor cross, Scissor Cross, Hold**

1-4 Step L behind R; Step R besides L; Step L over R; Hold

5-8 Step R to right; Step L besides R; Step R over L; Hold

**[57-64] Scissor Cross, Hold, Rumba fwd, Hold**

1-4 Step L to left; Step R besides L; Step L over R; Hold

5-8 Step R to side; Step L besides R; Step R fwd; Hold

**Ending: Dance the 1st 15 counts and on the 16th count, sweep L behind R while unwinding 1/2 turn L to face the front wall.**

**Contact: John Fernandes**