

Had Some Help

Count: 32

Wall: 4

Level: Beginner

Choreographer: Aleah Nothstein (USA) - May 2024

Music: I Had Some Help (feat. Morgan Wallen) - Post Malone



First 8 count

1 & 2 Shuffle Right
3 & 4 Shuffle Left
5-6-7-8 Step back right, slide left foot together, step back left, slide right foot together

Second 8 count

1-2-3-4 grapevine R cross left over right (4)
5-6-7-8 step out right (rocking chair) (5) step left (rock)(6) step right together hold on 8

Third 8 count

1-2-3-4 grapevine L cross right over left(4)
5-6-7-8 step out left (rocking chair) (5) step right (rock)(6) step left together hold on 8

Fourth 8 count

1-2 step right (1) left together (2)
3-4 step left (3) right together (4)
5-6-7-8 stomp 4 times, quarter turn to the left

Repeat dance again

Restart on wall four; do first two 8 counts on wall four (Shuffle forward, slide back, grapevine right, cross rock hold) then restart the dance

Last Update - 19 May 2024 - R3
