

Lip Suction

Count: 32

Wall: 4

Level: Experienced Beginner

Choreographer: Sandy Kerrigan (AUS) - April 2025

Music: Help Yourself - Tom Jones : (iTunes)



Dance Info: Dance starts wt on Left-Dance starts on lyrics.

BPM [91:79] Track Length 2:53

There is one restart at count 12 Facing 9:00-Wall 6

Walk Fwd R, Walk Fwd L, Shuffle R Fwd, Walk Fwd L, Walk Fwd R, L Mambo Step 12:00

1 2 3 & 4 Walk Fwd R, Walk Fwd L, Step Fwd R, Step L next to R, Step Fwd R

5 6 7 & 8 Walk Fwd L, Walk Fwd R, Rock Fwd L, Replace Back to R, Step Back on L

Styling Note: Swing your arms in the air, or side to side, any happy arm styling.

Walk Back R, Walk Back L, Walk Back R, Step Together, Toe Switches, R Shuffle Fwd 12:00

1 2 3 4 Walk Back R, Walk Back L, Walk Back R, Step L next to R

Wall 6: Restart here facing 9:00 wall

5 & 6 & Point R Toe Fwd, Step R next to L, Point L Toe Fwd, Step L next to R

7 & 8 Step Fwd R, Step L next to R, Step Fwd R

¼ L-Jazz Box, L Side Shuffle, Back Rock Step, Side 9:00

1 2 3 4 Cross L over R, Turning ¼ L-Step Back on R, Step L to L Side, Cross R over L

5 & 6 Step L to L, Step R next to L, Step L to L Side

7 & 8 Rock Back on R, Replace Fwd to L, Step R to R Side

Behind, Side, Cross, R Side Shuffle, Back Rock Step, L Shuffle Fwd 9:00

1 & 2 Cross/Step L behind R, Step R to R, Cross L over R

3 & 4 5 6 Step R to R, Step L next to R, Step R to R, Rock Back on L, Replace Fwd to R

7 & 8 Step Fwd L, Step R next to L, Step Fwd L

[32]

Note: One restart wall 6 at count 12 – Noted Above

Ending: Facing 3:00 Wall: Section 4: Dance counts 3 & 4

Add the following:

1 2 3 4 Walk Back L, R, Turning ¼ L-Step L to L (12:00) Side Point R to R Side, Look back over your R shoulder, and blow a kiss.