

O.U.C.H. (Only U Can Help)

Count: 56

Wall: 4

Level: Intermediate

Choreographer: Tim Allen (UK)

Music: The Hard Way - The Dean Brothers



RIGHT SHUFFLE, STEP PIVOT, LEFT SHUFFLE, SIDE ROCK ¼ LEFT

- 1&2 Step right foot forward, step left next to right, step right forward
3-4 Step left foot forward, on the ball of both feet make ½ turn right
5&6 Step left foot forward, step right next to left, step left forward
7-8 Rock forward on right foot, rock back onto left making ¼ turn left

CROSS SHUFFLE, ½ TURN RIGHT, CROSS ROCK, LEFT CHASSE

- 9&10 Cross right over left, step left next to right, step right over left
11-12 Make ½ turn right stepping left then right
13-14 Cross left over right, rock weight back onto right
15&16 Step left to left side, step right next to left, step left to left side

RIGHT SHUFFLE, STEP PIVOT, LEFT SHUFFLE, SIDE ROCK ¼ LEFT

- 17&18 Step right forward, step left beside right, step right forward
19-20 Step left forward, on ball of both feet make ½ turn right
21&22 Step left forward, step right beside left, step left forward
23-24 Rock forward on right, rock back on left making ¼ turn left

CROSS SHUFFLE, ½ TURN RIGHT, CROSS ROCK, LEFT CHASSE

- 25&26 Cross right over left, step left to right, step right over left
27-28 Make ½ turn right stepping left then right
29-30 Cross left over right, rock weight back onto right
31&32 Step left to left side step right next to left, step left to left

2 JAZZ BOX (HEART BREAK HAND POSITION)

- 33-34 Cross right over left, step back on left
35-36 Step right to right side, step left to right
37-38 Cross right over left, step back left
39-40 Step right to right, step left to right

Option: means as you do those steps cross both hands over chest.

2 SETS OF ROCKS

- 41-42 Rock forward right, rock back left
43-44 Rock back right, rock forward onto left
45-46 Rock forward right, rock back onto left
47-48 Rock back on right, rock forward onto left

2 PADDLE TURNS MAKING 1/8 TURN LEFT, JAZZ BOX WITH TOE POINT, HOLD

- 49-50 Step right foot slightly forward, on balls of both feet make 1/8 turn left
51-52 Step right foot slightly forward, on balls of both feet make 1/8 turn left
53-54 Cross right over left keeping weight on left, hold 1 count
55-56 Cross right over left keeping weight on left, hold 1 count (clicking fingers is optional on the hold count)

REPEAT