

I Can Help

Count: 48

Wall: 4

Level: Improver

Choreographer: Paulette Lindley (UK)

Music: I Can Help - Billy Swan



CHASSE RIGHT, ROCK BACK, KICK BALL CHANGE LEFT LEG TWICE, REPEAT TO LEFT

- 1&2 Step right to right, close left beside right, step right to right side
- 3-4 Rock back on left, rock forward on right
- 5&6 Kick left forward, step left beside right, step onto right in place
- 7&8 Kick left forward, step left beside right, step onto right in place
- 9&10 Step left to left, close right beside left, step left to left side
- 11-12 Rock back on right, rock forward on left
- 13&14 Kick right forward, step right beside left, step onto left in place
- 15&16 Kick right forward, step right beside left, step onto left in place

GRAPEVINE RIGHT, STEP ½ PIVOT RIGHT TWICE, REPEAT TO LEFT

- 1-2 Step right foot to right side, cross left behind right
- 3-4 Step right foot to right side, touch left beside right
- 5-6 Step forward on left, pivot ½ turn right
- 7-8 Step forward on left, pivot ½ turn right, option to replace full turn; rock forward on left, recover, rock back on left, recover
- 9-10 Step left foot to left side, cross right behind left
- 11-12 Step left foot to left side, touch right beside left
- 13-14 Step forward on right, pivot ½ turn left
- 15-16 Step forward on right, pivot ½ turn left, option to replace full turn; rock forward on right, recover, rock back on right, recover

SHUFFLE FORWARD RIGHT AND LEFT, ½ MONTEREY TURN RIGHT, REPEAT WITH ¼ MONTEREY RIGHT

- 1&2 Step forward on right foot, close left to right, step forward on right foot
- 3&4 Step forward on left foot, close right to left, step forward on left foot
- 5-6 Tap right to right, turn ½ right closing right to left
- 7-8 Tap left to left, close left to right
- 9&10 Step forward on right foot, close left to right, step forward on right foot
- 11&12 Step forward on left foot, close right to left, step forward on left foot
- 13-14 Tap right to right, turn ¼ right closing right to left
- 15-16 Tap left to left, close left to right

REPEAT
