

# Help Me

**Count:** 32

**Wall:** 1

**Level:** Intermediate

**Choreographer:** Brett Johnston (UK)

**Music:** All for You - Janet Jackson



- 
- 1&2 Kick right & step forward onto left  
3-4 Turn ¼ turn over the right shoulder  
5-8 Moon walks back or walk back right, left, right, left
- 9 Change weight  
10 Turn ¼ turn over the left shoulder changing the weight at the same time  
11-12 Step on the ball of the left foot turn ¼ turn over the left shoulder  
13 Change the weight  
14 Kick left on a diagonal to the left  
15 Cross the left foot over the right  
16 Touch right toe behind
- 17 Put weight on ball of right foot  
18& Turn over the left shoulder step on left foot  
19 Step forward on the right foot  
20&21 Step forward left, bring right to left step left forward  
22 Step right out to right side  
23 Step out on the left foot  
24 Hold
- 25-27 Touch right hand on the left shoulder, touch right hand on right shoulder, bring hand down by your side  
28-30 Repeat steps 25-27 using other hand  
31 Cross arms above head  
32 Bring arms down (at the same time change weight to left so you ready to kick on the right)

**REPEAT**

---