

# Help Me Cha Cha

**COPPERKNOB**  
STEPPERS

**Count:** 32

**Wall:** 4

**Level:** Easy Intermediate

**Choreographer:** Annie Bradbury (AUS) & Jan Wyllie (AUS) - June 2010

**Music:** Please Help Me I'm Falling - Sweethearts of the Rodeo



**Start on the word 'falling' RR June 2010**

**Fwd Back, Shuffle Back, Back Fwd, Shuffle Fwd**

1,2            Rock fwd on L, Rock back on R  
3&4            Shuffle back L,R,L  
5,6            Rock back on R, Rock fwd on L  
7&8            Shuffle fwd R,L,R

**Step Hold, Side Rock Replace, Step Hold, Side Rock Replace**

9,10            Step L across R, Hold  
11,12          Rock R to right, Return wt t  
13,14          Step R across L, Hold  
15,16          Rock L to left, Return wt to R

**Fwd Back, Shuffle Back, Touch Unwind 1/2, Touch Unwind 1/4**

17,18          Rock fwd on L, Rock back on R  
19&20          Shuffle back L,R,L  
21,22          Touch R back, Unwind 1/2 right taking wt on L  
23,24          Touch R back, Unwind 1/4 right taking wt on L

**Touch & Side Step, Touch & Side Step, Touch & Step Fwd, Step Fwd Scuff**

25&26          Touch R toe beside L foot, Step R down beside L, Step L to left side  
27&28          Touch R toe beside L foot, Step R down beside L, Step L to left side  
29&30          Touch R toe beside L foot, Step R down beside L, Step fwd on L  
31,32          Step fwd on R, Scuff L fwd

**Hope you enjoy this dance, the song is beautiful!**

**Annie**

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