

Help Me Cha Cha

COPPER KNOB
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
