

# Help Me Make It Through The Night

**COPPER** **KNOB**  
BY STEPHENETS

**Compte:** 32

**Mur:** 4

**Niveau:** Improver

**Chorégraphe:** Guylaine Bourdages (CAN) - January 2015

**Musique:** Help Me Make It Through the Night - Anne Murray : (Album: Country Croonin'g)



**Intro: 16 counts**

**[1-8] □(LF) Forward, 1/2L, (RF) Back, (LF) Coaster Step, (RF) Forward, 1/2 turn R, (LF) Back, RF Coaster Step**

1-2 Step Left Forward, turn 1/2 Left Step Right Foot back  
3&4 (Coaster Step) Step LF Back, RF beside LF, LF Forward  
5-6 RF Forward, Turn 1/2 Right, LF Back  
7&8 (Coaster Step) RF Back, LF beside RF, RF Forward

**[9-16] □(LF) Cross Rock, and Cross, 1/8L LF Diagonal L and (Hitch RF), Coaster Hitch, Back, 1/8R Side , Cross front**

1-2 (Cross Rock Step) LF Cross in front of RF, Recover Weight onto RF  
&3-4 LF to Left, RF cross in front of LF, 1/8L LF diagonal Left and Hitch RF  
5&6 (Coaster + Hitch) RF Back, LF beside RF, RF forward & Hitch with LF  
7&8 LF Back, RF to Right 1/8R, LF cross in Front of RF

**[17-24] □ Hip Sway Right, Left, RLR, Turn 1/4L, Turn 1/2L, 1/2L + Lock Step forward LRL**

1-2 Hip Sway Right, Left  
3&4 Hip Sway Right, Left, Right (Turn your body to the right for the body fly)  
5-6 1/4Left LF Forward, 1/2L RF Back  
7&8 1/2Left (Lock Step Forward) LF Forward, Lock RF behind RF, LF Forward

**[25-32] □ Sweep & (RF) Jazz Box and (LF) Jazz Box and (RF) Jazz Box and Touch**

1-2 Sweep RF from back to front, RF Cross in Front of LF, LF Back  
&3-4 RF Back, LF cross in front of RF, RF Back  
&5-6-7-8 LF Back, RF cross in front of LF, LF back, RF to Right, LF Touch beside RF

**NOTE :**

**Continue until the end of the song with the hip sway to finish face of the first wall (12H)**

**A very slow and sensual music and song ... with very true lyrics**

**Keep Smiling - Guylaine xx**

**Contact: [www.guylainebourdages.com](http://www.guylainebourdages.com) - [www.coachingdanse.com](http://www.coachingdanse.com) - [gbourdages@hotmail.com](mailto:gbourdages@hotmail.com)**