

# Help Is On It's Way

**COPPER** **KNOB**  
BYEPOSTETS

**Compte:** 32

**Mur:** 4

**Niveau:** Easy Intermediate

**Chorégraphe:** Anne Herd (AUS) & Brad White - September 2017

**Musique:** Help Is On Its Way - Little River Band : (iTunes - 3:30)



**Intro:** Start on lyrics counts in, weight on

## **S1: SIDE ROCK, BEHIND SIDE CROSS, SIDE ROCK, BEHIND SIDE CROSS**

1-2-3&4 Rock R to side, Recover to L, Cross R behind L, Step L to side, Cross R over L

5-6-7&8 Rock L to side, Recover to R, Cross L behind R, Step R to side, Cross L over R

## **S2: ROCK FWD. 1/4 R, 1/4 L, 2 X 1/4 PADDLE TURNS**

1-2-3-4 Rock fwd. on R, Recover to L, Turning 1/4 R Step R to side, Turning a further 1/4 R, step L to side (6:00)

5-6-7-8 Step fwd. on R, Paddle turn 1/4 L taking weight to L, Step fwd. on R, Paddle turn 1/4 L taking weight to L (12:00)

## **S3: SKATE, SKATE, SHUFFLE, SKATE, SKATE SHUFFLE**

1-2-3&4 Skate fwd. R L, Shuffle fwd. RLR

5-6-7&8 Skate fwd. L R, Shuffle fwd. LRL

## **S4: 1/4 PIVOT L, CROSS SHUFFLE, SIDE ROCK, CROSS SHUFFLE**

1-2-3&4 Step fwd. on R, Turn 1/4 L taking weight to L, Cross shuffle R over L stepping R L R

5-6-7&8 Rock L to side, Recover to R, Cross shuffle L over R stepping L R L

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**Restart:** On wall 7 dance to count 24 and Restart.

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