

# Help Me Out

**Compte:** 32

**Mur:** 4

**Niveau:** Intermediate



**Chorégraphe:** Kerry Maus (USA) - November 2017

**Musique:** Help Me Out - Maroon 5 & Julia Michaels : (Album: Red Pill Blues - 3:14)

**Intro: 16 cts**

**[1-8] BALL, SIDE, CROSS, BACK, DRAG, & CROSS & CROSS & CROSS, SIDE, ¼ TURN**

- &1,2,3,4      &) Step R fwd, 1) Step L fwd, 2) cross R over L, 3) step L to back left diagonal, 4) Drag R heel back to L
- &5&6&7      &) Step R to right, 5) cross L over right, &) step R to right, 6) cross L over right
- 8&            &) step R to right, 7) cross L over right, 8) Step R to right, &) make ¼ turn left, step L to left,

**[9-16] POINT & POINT & POINT, HITCH, TOUCH, ROLL FWD & BACK**

- 1&2&        1) Point R to right, &) step R together, 2) point L to left &) Step L together
- 3&4        3) Point R to right, &) hitch R knee, 4) touch R toe fwd,
- 5,6,7,8     5-6) Roll body fwd to put weight on R, 7-8) Roll body back to put weight on L

**[17-24] BALL, WALK, WALK, C-BUMP SWIVEL ½ TURN W/ HITCH, COASTER STEP, SIDE ROCK, RECOVER**

- &1,2        &) Step ball of R beside L, 1) Step L fwd, 2) Step R fwd
- 3&4        3) bump hip left while making ¼ turn right, &) bump hip to right turning 1/8 right, 4) turn heels to left, turning 1/8 right & hitch R,
- 5&6,7,8     5) Step R back, &) step L beside R, 6) step R fwd, 7) rock L to left, 8) recover R

**[25-32] BEHIND, SIDE, CROSS, ½ TURN PIVOT, KICK, BALL, STEP, WALK, WALK**

- 1&2        1) Step L behind R, 2) step R to right, &) cross L over R,
- 3,4        3) Step R fwd, 4) pivot ½ turn left, weight to L,
- 5&6        5) low kick R fwd &) step R beside L 6) step L fwd,
- 7,8        7) Step R fwd, 8) step L fwd

**(Tip: to make counts 5-8 more funky, stylize like a "Shorty George":**

- 5&6        5) low kick R fwd, &) step R beside L, 6) step L fwd, rolling knees together on both steps
- 7,8        7) step R fwd, step L fwd, Taking small steps, starting with knees bent and rolling together)

**Have fun and DANCE HAPPY!**

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