

# H.E.L.P???

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Val Saari (CAN) - November 2018

Musique: Help! - The Beatles



---

## **RF TOE-STRUT MODIFIED JAZZ BOX, RF MAMBO BACK, SHUFFLE FORWARD (LRL), RF STEP-PIVOT 1/2 LEFT**

- 1&2& Cross RF over L, Touch RF toe - drop R heel, Step LF left on toes, LF heel down  
3&4 Rock RF back, Recover LF, Step RF together, hold  
5&6 Shuffle forward LRL  
7-8 Step RF forward, hold, Pivot 1/2 turn left (weight on left)

## **KICK-BALL CHANGE X 2 (RR), OUT, OUT, IN, IN**

- 1&2 Kick RF forward, Step RF together, Step LF together, hold  
3&4 Kick RF forward, Step RF together, Step LF together, hold  
5-6 Step RF right, Step LF left  
7-8 Step RF left, Step LF together

## **VINE RIGHT, SYNCOPATED SCISSORS, L TOE-TOUCHES, REVERSE GRAPEVINE**

- 1-2 Step RF to right side, Step LF behind R  
3&4 Rock RF to right side, Recover LF, Cross RF over left  
5-6 Tap LF toes to left side twice  
7&8 Cross-step LF behind R, Step RF right, Cross-step LF in front of R

## **RF SHUFFLE FWD, PIVOT 1/2 R, LF SHUFFLE FWD, PIVOT 1/4 L**

- 1&2 Step RF forward, Step LF beside R, Step RF forward  
3-4 Step LF forward, Pivot 1/2 R  
5&6 Step LF forward, Step RF beside L, Step LF Forward  
7-8 Step RF forward, Pivot 1/4 L

**REPEAT - No Tags, No Restarts**

Email: [valeriesaari@icloud.com](mailto:valeriesaari@icloud.com) - Phone: 1-905-246-5027

---