

Help Me Up (LDFWW 2021)

Compte: 48

Mur: 2

Niveau: High Improver

Chorégraphe: Julie Lockton (ES) & Sebastiaan Holtland (NL) - September 2021

Musique: Help Me Up - Justin Wellington : (Single)



Introduction: 32 counts, start after the vocals approx 20 sec.

Part 1. 1-8 R Side, L Behind with Sweep R, Weave L, Side Mambo R ¼ L, Back Rock R.

- 1,2 Step Rf to R (1), Step Lf behind Rf and sweep Rf from front to back (2).
- 3&4 Step Rf behind Lf (3), Step Lf to L (&), Step Rf across Lf (4).
- 5&6 Mambo Lf to L (5), Make ¼ turn L (9.00) recover back onto Rf (&), Step Lf slightly back (6).
- 7,8 Rock Rf back (7), Recover back on Lf (8).

Part 2. 9-16 Syncopated Side Rocks R, L, Back L with Syncopated Hip Bumps Back.

- 1,2& Rock Rf to R (1), Recover back onto Lf (2), Step Rf beside Lf (&).
- 3,4 Rock Lf to L (3), Recover back onto Rf (4).
- &5&6 Step Lf back and bump hips to centre (&), Bump hips back (5), Bump hips to centre (&), Bump hips back (6).
- &7&8 Bump hips to centre (&), Bump hips back (7), Bump hips to centre (&), Bump hips back (8).

Part 3. 17-24 Step R, Side Point L, Step L, Side Point R, Volta ½ R Arch.

- 1,2 Step Rf fwd (1), Point Lf out to L (2).
- 3,4 Step Lf fwd (3), Point Rf out to R (4).
- 5&6& Step Rf fwd (5), Small Step Lf to L (&), Step Rf across Lf (6), Small Step Lf to L (&).
- 7&8 Step Rf across Lf (7), Small step Lf to L (&), Step Rf across Lf squaring up at (3.00) weight onto L (8).

Part 4. 25-32 Walks Fwd L, R, L, Touch R Together, Side R, Touch L Together, Step L ¼ Turn L, Touch R Together.

- 1,4 Chest Pumps Fwd (1-4): Walk Lf fwd (1), Walk Rf fwd (2), Walk Lf fwd (3), Touch Rf beside Lf (4).
- 5,8 Step Rf to R (5), Touch Lf beside Rf (6), Make ¼ turn L (12.00) step Lf fwd (7), Touch Rf beside Lf (8).

(NB: Restart here in wall 3 after 32 counts, after start again 12 o'clock).

Part 5. 33-40 2x R Out, L Out, R Inn, L Inn (Hand Movement).

- 1,4 Step Rf out fwd (1), Step Lf out fwd (2), Step Rf back in place (3), Step Lf back in place (4).
- 5,8 Step Rf out fwd (5), Step Lf out fwd (6), Step Rf back in place (7), Step Lf back in place (8).

(Note: On above counts 1-8 bring both hand out and Inn fingers spread to front).

Part 6. 41-48 Syncopated Fwd Rocks R, L ¼ Turn to R, ½ Walking Circle to L, Step Lock Step L ¼ Turn to L.

- 1,2&. Rock Rf fwd (1), Recover back onto Lf (2), Make ¼ turn R (3.00) Step Rf to R (&).
- 3,4 Rock Lf fwd (3), Recover back onto Rf (4).
- 5,6 Make ¼ turn L (12.00) Walk Lf fwd (5), Make ¼ turn L (9.00) Walk Rf fwd (6).
- 7&8 Make ¼ turn L (6.00) step Lf fwd (7), Lock Rf behind Lf (&), Step Lf fwd (8).

REPEAT DANCE AND HAVE FUN!!