

Help Me Make It Through the Night

COPPER **KNOB**
BY STEPHEN

Compte: 32

Mur: 4

Niveau: Beginner

Chorégraphe: Enny Darmaji (INA) - January 2022

Musique: Help Me Make It Through The Night - Kizomba Dance



No tag no restart

S1: CROSS ROCK- SIDE ROCK - CROSS ROCK - CROSS ROCK - SIDE ROCK

- 1&2 Cross rock R over L, recover L, step R to side
- 3&4 Cross rock R over L, recover L, step R to side
- 5&6 Cross rock L over R' recover R, rock L to side
- 7&8 Cross L over R, recover R, step L to side

S2: WALK 2X SHUFFLE - FORWARD TOUCH -SIDE TOUCH, SAILOR ¼ TURN L

- 1-2 Walk right forward, walk left forward
- 3&4 step right forward, step left beside to R, step R forward
- 5-6 touch left forward, touch left to L side
- 7-8 Cross left behind R, tue ¼ left stepping R to R side, step L to L side

S3: SIDE ROCK, VINE (R/L)

- 1-2 Step R to side, Recover on L
- 3&4 cross R behind L, step L to L, Cross R over L
- 5-6 Step L to side, Recover on R
- 7&8 Cross L behind R, Step R to R, Cross L over R

S4: HIPS BUMP, JAZ BOX

- 1&2 Bump hip to R, Bump hip to L, Bump hip to L
- 3&4 Bump hip to L, Bump hip to L
- 5-8 Cross over R, Step L back, Step R to side, Step L together

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