

# I Had Some Help

**Compte:** 32

**Mur:** 4

**Niveau:** Improver

**Chorégraphe:** Michael Scott Schindele (USA) & Em Moore (USA) - May 2024

**Musique:** I Had Some Help (feat. Morgan Wallen) - Post Malone



**Intro: 16 Counts - Weight will begin on Right**

**Restart on wall 4 after 16 counts**

## **Section 1: 1/4 Heel Grind, Back Shuffle, Coaster Step, 1/2 pivot**

- 1-2 Touch L heel forward w/ toe turned toward R (1), rotate toe to L making a 1/4 turn L (2) 9:00
- 3&4 Step L back, step R next to L, step L back
- 5&6 Step R back, step L next to R, step R forward
- 7-8 Step L forward, pivot 1/2 R transferring weight onto R (3:00)

## **Section 2: Rock, Recover, 1/2 Step, Full Step, L&R Shuffles**

- 1-2 Rock forward on L, recover back on R
- 3-4 1/2 Turn L stepping L forward, full turn L stepping R forward (9:00)
- 5&6 Step L forward, step R next to L, step L forward
- 7&8 Step R forward, step L next to R, step R forward

**\*\*RESTART ON WALL 4**

## **Section 3: Rock, Recover, 1/2 Step, 1/4 Step, L&R Sailor Steps**

- 1-2 Rock forward on L, recover back on R
- 3-4 1/2 turn L stepping L, 1/4 turn L stepping R (12:00)
- 5-8 Sweep L foot behind R (5), step on R (&), step on L(6), sweep R foot behind L(7), step on L (&), step on R (8)

## **Section 4: 1/4 Jazz Box, Scuff, Stomp x2, Sways x2**

- 1-4 Cross L over R, step R back, make 1/4 turn L stepping L, scuff R (9:00)
  - 5-6 Stomp R, stomp L
  - 7-8 Sway R, sway L
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