

Baby, I'm Helpless Baby

COPPER **KNOB**
BY SHEETS

Compte: 96

Mur: 2

Niveau: Phrased Improver

Chorégraphe: Handy Gunawan (INA) - September 2024

Musique: Hammer to the Heart - Teddy Swims



Note :

- Intro (8 Counts)

- Seq: AB AB TAG ABBA(32)

PART A (64C)

S1# FWD ROCK - BACK LOCK SHUFFLE - BACK ROCK - FWD LOCK SHUFFLE

1, 2 step RF fwd, recover on LF
3&4 step RF back, lock LF in front of RF, step RF back
5, 6 step LF back, recover on RF
7&8 step LF fwd, lock RF behind LF, step LF fwd

S2# SIDE ROCK - CROSS SHUFFLE

1, 2 step RF to side, recover on LF
3&4 cross RF over LF, step LF to side, cross RF over LF
5, 6 step LF to side, recover on RF
7&8 cross LF over RF, step RF to side, cross LF over RF

S3# CROSS OVER & SIDE TOUCH (R - L) - CROSS BACK & SIDE TOUCH (R - L)

1, 2 cross RF over LF, touch LF to side
3, 4 cross LF over RF, touch RF to side
5, 6 cross RF behind LF, touch LF to side
7, 8 cross LF behind RF, touch RF to side

S4# ROCKING CHAIR - 2 X 1/4 L PADDLE TURN

1, 2 step RF fwd, recover on LF
3, 4 step RF back, recover on LF
5, 6 step RF fwd, 1/4 L with hip roll in transfer weight to LF
7, 8 step RF fwd, 1/4 L with hip roll in transfer weight to LF

S5# VINE (R - L)

1, 2 step RF to side, cross LF behind RF
3, 4 step RF to side, close touch LF next to RF
5, 6 step LF to side, cross RF behind LF
7, 8 step LF to side, close touch RF next to LF

S6# 2 x 1/4 R MONTEREY TURN

1, 2 touch RF to side, 1/4 R close RF next to LF
3, 4 touch LF to side, close LF next to RF
5, 6 touch RF to side, 1/4 R close RF next to LF
7, 8 touch LF to side, close LF next to RF

S7# VINE (R - L)

1, 2 step RF to side, cross LF behind RF
3, 4 step RF to side, close touch LF next to RF
5, 6 step LF to side, cross RF behind LF
7, 8 step LF to side, close touch RF next to LF

S8# 2 x 1/4 R MONTEREY TURN

- 1, 2 touch RF to side, 1/4 R close RF next to LF
- 3, 4 touch LF to side, close LF next to RF
- 5, 6 touch RF to side, 1/4 R close RF next to LF
- 7, 8 touch LF to side, close LF next to RF

PART B (32C)

S1# FWD - CLOSE TOUCH - BACK - CLOSE TOUCH - FWD - LOCK - FWD - CLOSE TOUCH

- 1, 2 step RF fwd, close touch LF next to RF
- 3, 4 step LF back, close touch RF next to LF
- 5, 6 step RF fwd, lock LF behind RF
- 7, 8 step RF fwd, close touch LF next to RF

S2# CROSS BACK & SIDE TOUCH (L - R - L) - CROSS BACK - TOGETHER

- 1, 2 cross LF behind RF, touch RF to side
- 3, 4 cross RF behind LF, touch LF to side
- 5, 6 cross LF behind RF, touch RF to side
- 7, 8 cross RF behind LF, close LF next to RF

S3# SIDE ROCK - BEHIND SIDE CROSS - SIDE ROCK - BEHIND SIDE CROSS

- 1, 2 step RF to side, recover on LF
- 3&4 cross RF behind LF, step LF to side, cross RF over LF
- 5, 6 step LF to side, recover on RF
- 7&8 cross LF behind RF, step RF to side, cross LF over RF

S4# CROSS OVER & SIDE TOUCH (R - L - R - L)

- 1, 2 cross RF over LF, touch LF to side
- 3, 4 cross LF over RF, touch RF to side
- 5, 6 cross RF over LF, touch LF to side
- 7, 8 cross LF over RF, touch RF to side

TAG (8C)

T1# FWD - CLOSE TOUCH - BACK - CLOSE TOUCH - FWD - CLOSE TOUCH - BACK - CLOSE TOUCH

- 1, 2 step RF fwd, close touch LF next to RF
- 3, 4 step LF back, close touch RF next to LF
- 5, 6 step RF fwd, close touch LF next to RF
- 7, 8 step LF back, close touch RF next to LF

Repeat

Happy Dancing ...!!!

Best Regards,

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