

I Had Some Help, EZ

Compte: 32

Mur: 4

Niveau: Easy Beginner

Chorégraphe: Sylvie CARNOY (FR) - 8 March 2025

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



Start 4 x 8 counts

I have dedicated this dance for Marie-Françoise and her son Lucas, thank you for suggesting this music !!!

SECTION 1 - ½ K- STEP WITH CLAP, SIDE TRIPLE STEP, BACK ROCK STEP

- 1 – 4 ½ K-STEP : 1- STEP : step forward RF diagonal fwd right, 2- TOUCH : left point next to RF & clap, 3- BACK STEP : back step LF back diagonal left, 4- TOUCH : right point next to LF & clap
- 5 & 6 SIDE TRIPLE STEP : RF to the right, LF next to RF, RF the the right
- 7 - 8 BACK ROCK STEP : back step LF, recover body weight RF

SECTION 2 - ½ K- STEP WITH CLAP, SIDE TRIPLE STEP, BACK ROCK STEP

- 1 – 4 ½ K-STEP : 1- STEP : step forward LF diagonal fwd left, 2- TOUCH : right point next to LF & clap, 3- BACK STEP : back step RF back diagonal right, 4- TOUCH : left point next to RF & clap
- 5 & 6 SIDE TRIPLE STEP : LF to the left, RF next to LF, LF the the left
- 7 - 8 BACK ROCK STEP : back step RF, recover body weight LF *restart

SECTION 3 - MONTEREY RIGHT ¼ TURN, ROCKING CHAIR

- 1 – 4 MONTEREY RIGHT ¼ TURN : 1- right point to the right, 2- ¼ turn to the right (body weight LF) RF next to LF, 3- left point to the left, 4- LF next to RF (body weight LF) 3:00
- 5 – 8 ROCKING CHAIR : ROCK STEP FWD : 1- step forward RF, 2- recover body weigh LF, BACK ROCK STEP : 3- back step RF PD, 4- recover body weight LF

* Option on the 1st counts, hold the brim of his hat with his right hand

SECTION 4 - RIGHT VINE, SCUFF, LEFT VINE, SCUFF

- 1 – 3 VINE : 1- RF to the right, 2- cross LF behind RF, 3- RF to the right
- 4 SCUFF : rub the left heel forward
- 5 – 6 VINE : 5- LF to the left, 6- cross RF behind LF, 7- LF to the left
- 8 SCUFF : rub the right heel forward ** final

*RESTART

On the 4th wall, we start it facing 9:00, after 16 counts facing 9:00, start the dance from the beginning

** FINAL

End of 11th wall, we start it facing 3:00, we end it facing 6:00, add :

STEP ½ TURN LEFT :

- 1 – 2 STEP ½ TURN : step forward RF (6:00), ½ turn to the left 12:00

Good luck , good dance !

RF : right foot - LF : left foot

Only the choreographer's original stepsheet is authentic.

Contact :

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