

A Little Help

Compte: 32

Mur: 4

Niveau: Intermediate mixed rhythm



Chorégraphe: Jezza (UK)

Musique: With A Little Help From My Friends - Sam & Mark

STEP RIGHT SLIDE LEFT, BEHIND SIDE CROSS, SIDE ROCK CROSS HOLD

- 1-2 Large step right to right side, slide left nearly up to right
- 3&4 Cross left behind right, step right to right, cross left over right
- 5-6 Rock right to right side, recover weight on left
- 7-8 Cross right over left, hold

LARGE STEP BACK LEFT, SLIDE RIGHT BACK, RIGHT COASTER, TOE SWITCHES, HOLD

- 1-2 Large step back on left, slide right nearly up to left
- 3&4 Step back on right, step left next to right, step forward on right
- 5&6 Touch left toe forward, step left next to right, touch right toe forward
- &7-8 Step right next to left, touch left toe forward, hold,

PIVOT ½ TURN LEFT, ROCK BACK RECOVER, SHUFFLE FORWARD, ROCK FORWARD RECOVER

- &1-2 Bring left next to right, step forward on right, pivot ½ turn left
- 3-4 Rock back on left, recover weight on right
- 5&6 Shuffle forward left, right, left
- 7-8 Rock forward on right, recover weight on left

¾ TRIPLE TURN RIGHT, SWAY LEFT RIGHT, SHUFFLE ¼ TURN, ¾ TURN LEFT

- 1&2 Triple ¾ turn right, stepping right left right (facing 3:00)
- 3-4 Sway left then right hitching left knee
- 5&6 Shuffle ¼ turn left, left, right, left
- 7-8 Step forward on right, (transferring weight on left) turn ¾ left, (facing 3:00)

REPEAT
