

# Help Me

**Compte:** 32

**Mur:** 1

**Niveau:** Intermediate



**Chorégraphe:** Brett Johnston (UK)

**Musique:** All for You - Janet Jackson

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|-------|---|
| 1&2   | Kick right & step forward onto left   |
| 3-4   | Turn ¼ turn over the right shoulder   |
| 5-8   | Moon walks back or walk back right, left, right, left   |
| 9     | Change weight   |
| 10    | Turn ¼ turn over the left shoulder changing the weight at the same time                                 |
| 11-12 | Step on the ball of the left foot turn ¼ turn over the left shoulder                                    |
| 13    | Change the weight   |
| 14    | Kick left on a diagonal to the left   |
| 15    | Cross the left foot over the right  |
| 16    | Touch right toe behind  |
| 17    | Put weight on ball of right foot  |
| 18&   | Turn over the left shoulder step on left foot   |
| 19    | Step forward on the right foot  |
| 20&21 | Step forward left, bring right to left step left forward  |
| 22    | Step right out to right side  |
| 23    | Step out on the left foot   |
| 24    | Hold  |
| 25-27 | Touch right hand on the left shoulder, touch right hand on right shoulder, bring hand down by your side |
| 28-30 | Repeat steps 25-27 using other hand   |
| 31    | Cross arms above head   |
| 32    | Bring arms down (at the same time change weight to left so you ready to kick on the right)              |

**REPEAT**

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