

# Help Me

**Compte:** 32

**Mur:** 4

**Niveau:** Intermediate two step

**Chorégraphe:** Sharlene Sipple (USA)

**Musique:** Let You Go - Lane Turner



Many thanks to Ginnyboots and her dancers for the dance and the alternate music, Thank You

## HEEL TOE SWITCHES, 2 STEPS, ½ PIVOT LEFT, SHUFFLE FORWARD. RIGHT

- 1&2& Touch right heel forward, step right to left, touch left toe back, step left to right
- 3-4 Step right, step left forward
- 5-6 Step forward. Right, pivot ½ left stepping to left (6:00)
- 7&8 Step forward. Right, left, right

## HEEL TOE SWITCHES, 2 STEPS, ¼ PIVOT RIGHT, SHUFFLE FORWARD. LEFT

- 1&2& Touch left heel forward., step left to right, touch right toe back, step right to left
- 3-4 Step left, step right forward
- 5-6 Step forward left, pivot ¼ right stepping to right. (9:00)
- 7&8 Step forward. Left, right, left

## SCUFF HITCH STEP, HEEL TWISTS ¼ TURN, BEHIND, SIDE, CROSS, SIDE ROCK RECOVER

- 1&2 Scuff right, hitch right, step right slightly forward of left
- 3&4 Twist heels right, left, right with ¼ turn left with the right taking weight (6:00)
- 5&6 Step left behind right, step right to side, step left across right
- 7-8 Rock right to side, recover back to left

Second tag done here and you will be facing the 12:00 wall, then restart the dance

## RIGHT TOE TOUCHES FORWARD AND SIDE, RIGHT SAILOR ¼ TURN RIGHT, LEFT TOE TOUCHES FORWARD AND SIDE, LEFT SAILOR ½ TURN LEFT

- 1-2 Touch right toe forward, touch right toe to side
- 3&4 Right sailor with ¼ turn right (9:00)
- 5-6 Touch left toe forward, touch left toe to side
- 7&8 Left sailor with a ½ turn left (3:00)

First tag done here at the end of wall 3, you will be facing 9:00 wall

## REPEAT

### TAG

At the end of wall 3, do the following 12 counts

#### DIAGONAL STEP TOUCHES COUNTS 1-8, STEP HOLD RIGHT, STEP HOLD LEFT

- 1-4 Step diagonally forward right, touch left to right, step diagonally back left, touch right to left
- 5-8 Step diagonally back right, touch left to right, step diagonally, forward left, touch right to left
- 9-12 Stomp right forward, hold, stomp left forward, hold

### TAG

At the end of 24 counts on wall 6, in place of the last 8, add two more rock recover steps (facing 12:00). You will then restart the dance from the beginning

#### RIGHT BACK ROCK, RECOVER, RIGHT SIDE ROCK, RECOVER

- 1-4 Rock back right, recover to left, rock side right, recover to left

## ENDING

Dance through to the end of count 32 and the dance will have you facing the front wall as the music ends