

# Helping Hand

**Compte:** 48

**Mur:** 4

**Niveau:** Intermediate

**Chorégraphe:** Iris M. Mooney (USA)

**Musique:** Goin' Down Geneva - Van Morrison



## **KICK & POINT, KICK & POINT, KICK & POINT, LICK & POINT**

- 1&2 Kick right foot forward, step right foot in place, point left foot to left side
- 3&4 Kick left foot forward, step left foot in place, point right foot to right side
- 5&6 Kick right foot forward, step right foot in place, point left foot to left side
- 7&8 Kick left foot forward, step left foot in place, point right foot to right side

## **STEP TURN, STEP TURN, SHUFFLE ½ TURN**

- 1-2 Small step forward right foot, pivot turn 1/8 left
- 3-4 Small step forward right foot, pivot turn 1/8 left
- 5-6 Rock forward right foot, rock back left foot
- 7&8 Turn right ½ right foot, left foot, right foot

## **UP UP CLAP, UP UP CLAP, BACK & BACK & BACK & BACK**

- &1-2 Small step together forward and clap (left foot, right foot)
- &3-4 Small step together forward and clap (left foot, right foot)
- &5 Step right toe/ball back, step left foot next to right foot
- &6 Step right toe/ball back, step left foot next to right foot
- &7 Step right toe/ball back, step left foot next to right foot
- &8 Step right toe/ball back, step left foot next to right foot

## **SLIDE BEHIND, HEEL & CROSS & HEEL & CROSS, HEEL & CROSS, UNWIND & HOLD**

- 1 Step right foot to right side
- 2 Step left foot behind of right foot
- 3 Touch right heel right diagonal
- &4 Step back on ball of right foot, cross left foot in front of right foot
- &5 Step right foot to right, touch left heel left diagonal
- &6 Step left foot back and cross right foot in front of left foot
- 7-8 Unwind ½ turn left on balls of both feet, hold

## **STEP RIGHT, HIP, HIP, HIP, HIP**

- 1 Step right foot wide to the right
- 2-4 Drag left toe to right, next to right foot
- 5-8 Drop heel, swing hips left, right, left, right

## **STEP LEFT, HIP, HIP, HIP, HIP**

- 1 Step left foot wide to the left
- 2-4 Drag right toe to left next to left foot
- 5-8 Drop heel, swing hips right, left, right, left

## **REPEAT**

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