

# Helping Hand

**Compte:** 32

**Mur:** 4

**Niveau:** Beginner

**Chorégraphe:** Stephen Sunter (UK)

**Musique:** Come On Out Of The Rain - Susan Ashton



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## WALK FORWARD, TOUCH, WALK BACK TOUCH

- 1-4 Walk forward right, left, right, touch left next to right  
5-8 Walk back left, right, left, touch right next to left

## SIDE SHUFFLE, ROCK, SIDE SHUFFLE, ROCK

- 1&2 Step right to side, left next to right, right to side  
3-4 Rock left behind right, replace weight to right  
5&6 Step left to side, right next to left, left to side  
7-8 Rock right behind left, replace weight to left

## MONTEREY TURN TWICE, POINT, STEP BACK ¼ TURN, TURN ¼ SIDE ROCK

- 1-2 Point right to side, turn ½ back over right shoulder and step right next to left  
3-4 Point left to side, turn ½ back over left shoulder and step left next to right  
5-6 Touch right to right side, turn a ¼ left and step down on right foot  
7-8 Turn a ¼ left and rock out to left, replace weight to right

## CROSS, ¼ TURN, SHUFFLE BACK, ROCK, FULL TURN

- 1-2 Cross step left over right, make ¼ turn left and step back on right  
3&4 Shuffle back left on - left, right, left  
5-6 Rock back right, replace weight left  
7-8 Turn ½ left stepping back on right, turn ½ left stepping forward left

## REPEAT

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