

Help Me Make It Through The Night

COPPER **KNOB**
BY STEPHENETS

Compte: 32

Mur: 4

Niveau: Beginner

Chorégraphe: Terri Lineberry (USA) - October 2012

Musique: Help Me Make It Through The Night - Sammi Smith : (CD: Greatest Hits Of the 70's vol 1)



16 Count intro (Begin on "hair")

ROCK RECOVER, BEHIND, SIDE, CROSS, ROCK RECOVER, BEHIND, SIDE, CROSS

- 1-2 Rock right to right, recover on left
- 3&4 Step right behind left, step left to left, cross right over left
- 5-6 Rock left to left, recover on right
- 7&8 Step left behind right, step right to right, cross left over right

ROCK RECOVER, COASTER STEP, ½ TURN RIGHT, TRIPLE

- 1-2 Rock right forward, recover on left
- 3&4 Step right back, step left to right, step right forward
- 5-6 Step left forward, turn ½ right
- 7&8 Step left forward, step right to left, step left forward

CROSS ROCK RECOVER, TRIPLE, CROSS ROCK RECOVER, TRIPLE

- 1-2 Rock right over left, recover on left
- 3&4 Step right to right, step left to right, step right to right
- 5-6 Rock left over right, recover on right
- 7&8 Step left to left, step right to left, step left to left

½ TURN LEFT, TRIPLE, ¼ TURN RIGHT, TRIPLE

- 1-2 Step right forward, turn ½ turn left
- 3&4 Step right forward, step left to right, step right forward
- 5-6 Step left forward, turn ¼ turn right
- 7&8 Step left forward, step right to left, step left forward

BEGIN AGAIN

Ending: Rock recover, coaster ¼ left

- 1-2 Rock right forward, recover left
 - 3&4 Step right back ¼ left, step left to right, step right forward
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