

# Help Me Make It

**Compte:** 32

**Mur:** 4

**Niveau:** Intermediate

**Chorégraphe:** Double Trouble (CAN) - December 2013

**Musique:** Help Me Make It Through the Night – Johnny Reid



**Start Dance after 16 counts, note you will count to 16 and then say &1 (start on 1)**

**Basic Night Club to the Right, ¼ Turn to Left, Step Half Turn Step, Full Turn Shuffle to Right, Rock Forward Left, Recover Right.**

- 1-2 & Step right foot to right side, Rock left foot behind right, quickly recover onto right foot
- 3 Step left foot a ¼ turn to left.
- 4 & 5 Step right foot forward quickly step onto left foot while making ½ turn over left shoulder,. Step onto right foot.
- 6 & 7 Shuffle a full turn Right (Left, Right, Left) easy option shuffle forward
- 8 & 1 Rock your right foot forward, quickly recover weight back onto left, step back right.

**Sweep back Left, Sweep Back Right, Rock Behind Recover Step, Rock Recover Step, Rock Recover Step Forward**

- 2 - 3 With a sweeping motion, step back onto left foot, with a sweeping motion step back onto right foot.
- 4 & 5 Rock left foot behind right, quickly recover weight onto right, step left to left side.
- 6 & 7 Rock right foot behind left, quickly recover weight onto left, step right to right side.
- 8 & 1 Rock left foot behind right, quick recover weight onto right, step forward left.

**Rock Right Forward Recover ¼ Turn Right, Cross Shuffle Left over Right, Step Half Turn Step over Left shoulder, Rock Left Back Recover Right.**

- 2 & 3 Rock your right foot forward, quickly step onto left, and make ¼ turn to Right stepping right to right side.
- 4 & 5 Cross Shuffle your left over right (L R L ) .
- 6 & 7 Step right foot slightly to right side, while quickly stepping onto your left foot make a ½ over your left shoulder, step side right.
- 8 & 1 Rock your left foot behind your right, quickly recover onto your right, step your left to the left side.

**Rock Right Behind Recover ¼ turn, Step Left ½ Turn right, Walk Fwd Right Left, Sway Hips Right Left, and start again.**

- 2 & 3 Rock Right foot behind left, quickly recover weight onto left, step a ¼ turn right onto right foot.
- 4 & 5 Step forward Left, quickly make a half turn to the right onto right foot, then step on left.
- 6 – 7 Walk forward Right Left.
- 8 & Quickly sway your hips Right, Left, (step your right foot to right side to start your dance again on count 1 above.

**Begin again.**

**Dedicated to our Fathers, we love you.**

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