

# Country Meyras (P)

**COPPER KNOB**  
STEPSHEETS

**Compte:** 64

**Mur:** 0

**Niveau:** Intermediate 2S - Partner / Circle



**Chorégraphe:** Linda Sansoucy (CAN) - February 2014

**Musique:** Help Me Make It Through the Night - Melba Montgomery

**Position:** Closed

**Intro:** 16

## MAN'S STEPS

### RUMBA BOX FORWARD

- 1-2 Step left side, step right together
- 3-4 Step left forward, hold
- 5-6 Step right side, step left together
- 7-8 Step right back, hold

### MAMBO BACK, HOLD, STEP FORWARD, STEP FORWARD, STEP FORWARD, HOLD

- 1-2 Rock left back, recover to right
- 3-4 Step left forward, hold

**The lady moves to the right of the man in Wrap Position**

- 5-6 Step right forward, step left forward
- 7-8 Step right forward, hold

### STEP LOCK STEP FORWARD, HOLD, STEP FORWARD, STEP FORWARD, STEP FORWARD, HOLD

- 1-2 Step left forward, cross right over
- 3-4 Step left forward, hold

**Partners raise their arms when the lady turns to finish in Side-By-Side Position**

- 5-6 Step right forward, step left forward
- 7-8 Step right forward, hold

### STEP LOCK STEP FORWARD, HOLD, STEP FORWARD, STEP FORWARD, STEP FORWARD, HOLD

- 1-2 Step left forward, lock right behind
- 3-4 Step left forward, hold

**The lady goes under the left arm of the man and in front in Closed Position**

- 5 Step right forward
- 6-7-8 Step left forward, step right forward, hold

### SCISSOR STEP, HOLD, STEP SIDE, TOGETHER, FORWARD STEP ¼ TURN, HOLD

- 1-2 Step left side, lock right behind
- 3-4 Cross left over, hold
- 5-6 Step right side, step left together
- 7-8 Turn ¼ right and step right forward, hold (OLOD)

**Left walk position**

### ½ TURN, STEP FORWARD, HOLD, ROCK FORWARD, IN PLACE, SIDE STEP ¼ TURN, HOLD

**Partners release hands**

- 1-2 Step left forward, turn ½ right (weight to right) (ILOD)
- 3-4 Step left forward, hold

**Right walk position**

- 5-6 Rock right forward, recover to left
- 7-8 Turn ¼ right and step right forward, hold (LOD)

**Partners release hands. The man's left hand takes the lady's right hand. Partners are face-to-face**

## **MAMBO BACK, HOLD, MAMBO FORWARD, HOLD**

**The lady goes under the left arm of the man**

1-2 Rock left back, recover to right

3-4 Step left forward, hold

**Closed position**

5-6 Rock right forward, recover to left

7-8 Step right back, hold

## **MAMBO BACK, HOLD, STEP FORWARD, STEP FORWARD, STEP FORWARD, HOLD**

1-2 Rock left back, recover to right

3-4 Step left forward, hold

5-6 Step right forward, step left

## **REPEAT**

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## **LADY'S STEPS**

### **RUMBA BOX BACK**

1-2 Step right side, step left together

3-4 Step right back, hold

5-6 Step left side, step right together

7-8 Step left forward, hold

## **MAMBO FORWARD, HOLD, SIDE STEP TURN ¼ LEFT, TOGETHER, FORWARD STEP TURN ¼ LEFT, HOLD**

1-2 Rock right forward, recover to left

3-4 Step right back, hold

**The lady moves to the right of the man in Wrap Position**

5-6 Turn ¼ left and step left forward (LOD), step right together

7-8 Turn ¼ left and step left forward, hold

## **STEP LOCK STEP FORWARD, HOLD, STEP BACK ½ TURN, STEP FORWARD ½ TURN, STEP FORWARD, HOLD**

1-2 Step right forward, lock left behind

3-4 Step right forward, hold

**Partners raise their arms when the lady turns to finish in Side-By-Side Position**

5-6 Turn ½ right and step left back, turn ½ right and step right forward (LOD)

7-8 Step left forward, hold

## **STEP LOCK STEP FORWARD, HOLD, STEP BACK ½ TURN, STEP BACK, STEP BACK, HOLD**

1-2 Step right forward, lock left behind

3-4 Step right forward, hold

**The lady goes under the left arm of the man and in front in Closed Position**

5 Turn ½ right and step left back (RLOD)

6-7-8 Step right back, step left back, hold

## **SCISSOR STEP, HOLD, STEP SIDE, TOGETHER, FORWARD STEP ¼ TURN, HOLD**

1-2 Step right side, step left together

3-4 Cross right over, hold

5-6 Step left side, step right together

7-8 Turn ¼ left and step left forward, hold (OLOD)

**Left walk position**

## **½ TURN, STEP FORWARD, HOLD, ROCK FORWARD, IN PLACE, SIDE STEP ¼ TURN, HOLD**

**Partners release hands**

1-2 Step right forward, turn ½ left (weight to left) (ILOD)

3-4 Step right forward, hold

**Right walk position**

5-6 Step left forward, step right together

7-8 Turn  $\frac{1}{4}$  left and step left forward, hold (RLOD)

**Partners release hands. The man's left hand supports the lady's right hand. Partners are face-to-face**

**$\frac{1}{2}$  TURN, HOLD, STEP BACK TURN  $\frac{1}{2}$  LEFT, HOLD, MAMBO BACK, HOLD**

**The lady goes under the left arm of the man**

1-2 Step right forward, turn  $\frac{1}{2}$  left (weight to left) (LOD)

3-4 Turn  $\frac{1}{2}$  left and step right back, hold (RLOD)

**Closed Position**

5-6 Step left back, step right together

7-8 Step left forward, hold

**MAMBO FORWARD, HOLD, STEP BACK, STEP BACK, STEP BACK, HOLD**

1-2 Rock right forward, recover to left

3-4 Step right back, hold

5-6 Step left back, step right back

7-8 Step left back, hold

**REPEAT**

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