|  |  |
| --- | --- |
| Can You Help! |  |

.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| . | | | | | | |
| **拍数:** | 32 | **墙数:** | 4 | **级数:** | Beginner | . |
| **编舞者:** | Chris Hodgson (UK) | | | | |
| **音乐:** | I Can Help - Aaron Tippin | | | | |
| . | | | | | | |

**HEEL TOUCHES FORWARD, TOE TOUCHES TO SIDES**

|  |  |
| --- | --- |
| 1 | Touch right heel forward |

|  |  |
| --- | --- |
| 2 | Step right in place |

|  |  |
| --- | --- |
| 3 | Touch left heel forward |

|  |  |
| --- | --- |
| 4 | Step left in place |

|  |  |
| --- | --- |
| 5 | Touch right toe to right side |

|  |  |
| --- | --- |
| 6 | Step right in place |

|  |  |
| --- | --- |
| 7 | Touch left toe to left side |

|  |  |
| --- | --- |
| 8 | Step left in place |

**2 X RIGHT KICK-BALL-CHANGES, VINE RIGHT**

|  |  |
| --- | --- |
| 9&10 | Kick right foot forward, step in place on right, step in place on left |

|  |  |
| --- | --- |
| 11&12 | Kick right foot forward, step in place on right, step in place on left |

|  |  |
| --- | --- |
| 13 | Step right to right side |

|  |  |
| --- | --- |
| 14 | Cross left behind right |

|  |  |
| --- | --- |
| 15 | Step right to right side |

|  |  |
| --- | --- |
| 16 | Touch left next to right |

**THREE ¼ TURNS RIGHT, STOMP-STOMP**

|  |  |
| --- | --- |
| 17 | Step left slightly forward |

|  |  |
| --- | --- |
| 18 | Pivot ¼ turn right |

|  |  |
| --- | --- |
| 19 | Step left slightly forward |

|  |  |
| --- | --- |
| 20 | Pivot ¼ turn right |

|  |  |
| --- | --- |
| 21 | Step left slightly forward |

|  |  |
| --- | --- |
| 22 | Pivot ¼ turn right |

|  |  |
| --- | --- |
| 23 | Stomp left in place |

|  |  |
| --- | --- |
| 24 | Stomp right in place |

**TOUCH SIDE, CROSS STEP TWICE, LEFT HEEL HOOK**

|  |  |
| --- | --- |
| 25 | Touch left to left side |

|  |  |
| --- | --- |
| 26 | Cross step left over in front of right |

|  |  |
| --- | --- |
| 27 | Touch right to right side |

|  |  |
| --- | --- |
| 28 | Cross step right over in front of left |

|  |  |
| --- | --- |
| 29 | Touch left heel forward |

|  |  |
| --- | --- |
| 30 | Hook left foot over in front of right knee |

|  |  |
| --- | --- |
| 31 | Touch left heel forward |

|  |  |
| --- | --- |
| 32 | Step left foot in place |

**REPEAT**