

# Help Me Make It

拍数: 32      墙数: 4      级数: Improver  
编舞者: Sharon Brizon (UK) - August 2015  
音乐: Help Me Make It Through the Night (Reggae Version) - John Holt : (iTunes)



**Intro: 8 Counts (count in 1&2, 3&4, 5&6, 7&8 – to come in on the word “hair”)**

## **Section 1: Toe Taps, Coaster Step, Chasse L, Shuffle Fwd**

1&      Tap right toe to right side. Tap right toe in.  
2&      Tap right toe to right side. Tap right toe in.  
3&4      Step back on right. Step left beside right. Step right forward.  
5&6      Step left to left side. Close right beside left. Step left to left side.  
7&8      Step forward on right. Close left beside right. Step forward on right.

## **Section 2: Toe Taps, Coaster, Chasse R, Shuffle ½ turn**

1&      Tap left toe to left side. Tap left toe in.  
2&      Tap left toe to left side. Tap left toe in.  
3&4      Step back on left. Step right beside left. Step left forward.  
5&6      Step right to right side. Close left beside right. Step right to right side.  
7&8      Making a ½ turn left, Shuffle forward left-right-left. (6 o'clock)

## **Section 3: Monterey ¼ Turns x 2, Heel Switches x 2, Shuffle Fwd**

1&      Tap right toe to right side. Making ¼ turn right, step right beside left.  
2&      Tap left toe to left side. Step left beside right.  
3&      Tap right to to right side. Making ¼ turn right, step right beside left.  
4&      Tap left toe to left side. Step left beside right.  
5&      Touch right heel forward. Step right foot in place.  
6&      Touch left heel forward. Step left foot in place.  
7&8      Shuffle forward right-left-right. (12 o'clock)

## **Section 4: Step ¼ Cross. Side Strut, Cross Strut. Long Step-Tog. Rocking Chair**

1&2      Step left foot forward. Pivot ¼ turn right, weight on right. Step left across right.  
3&      Touch right toe to right side. Drop right heel down.  
4&      Touch left toe across right. Drop left heel down.  
5-6      Take a long step right to right. Step left beside right.  
7&      Rock forward on right. Recover weight on left.  
8&      Rock back on right. Recover weight on left.

**REPEAT**

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