

Heaven Help Me

COPPER KNOB
BY SHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Lynn Card (USA) - January 2016
音乐: Heaven Help Me - Rob Thomas



OCTOBER 2015 (2nd Place Intermediate, Vegas Dance Explosion 2015)

INTRO: 32 COUNTS - (No Tags, No Restarts)

SECTION 1: STEP, ½ TURN, STEP, ½ TURN SWEEP, ROCK BACK, SIDE ROCK, CROSS

1,2 Step R forward, Pivot ½ turn to left recovering weight forward on L (6:00)
3,4 Step R forward, Pivot ½ turn and sweep L around front to back (12:00)
(optional to leave the sweep out just make the ½ turn and hold L forward with no weight on it on count 4,
The music has a significant sharp one to emphasize count 4)
5,6 Rock back on L, Recover forward on R
7&8 Rock L to left side, Recover R, Cross L over R

SECTION 2: STEP SIDE, ¼ TURN, CROSS POINT, CROSS POINT, BALL CROSS, POINT

1,2 Step R to right, Turn 1/4 to left stepping L to left (9:00)
3,4 Cross R over L, Point L to left side
5,6 Cross L over R, Point R to right side
&7,8 Ball step R behind L, Cross L over R, Point R to right side (travel slightly to right for &7,8)

SECTION 3: STEP, TOUCH, STEP, KICK, ROCKING CHAIR

1,2 Step R slightly back, Touch L to left pointing toe to 8:00
3,4 Step L slightly back, Kick R to right diagonal (10:30)
5,6 Rock R back, Recover forward on L
7,8 Rock R forward, Recover back on L

SECTION 4: STEP BACK, ½ TURN RIGHT, STEP FORWARD PIVOT ½ TURN RIGHT, WALK, STEP SIDE, HITCH, COASTER STEP

1,2 Step R back turning ½ to 4:30 diagonal, Step L forward and pivot ½ to 10:30 diagonal
3,4 Walk R forward, Walk L forward
5,6 Step R to right squaring up to 9:00, Hitch L next to R
7&8 Step L back, Step R back next to L, Step L forward

Ending: The song will fade in Wall 13. End in Section 2 on Count 8 pointing R to right and look right to 12:00

Note: Wall 8 the music will sound very different but keep dancing and keep the tempo in order to hit count 1 on Wall 9)

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