

Help Me Mama

COPPERKNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Phrased Intermediate
编舞者: David Ackerman (USA) - September 2017
音乐: Help Me Mama - ZZ Ward



Sequence: AAA BB AAA BB CB AB* BBC

Intro: 32 counts. Start on lyrics

A: 16 counts

SA1: Walk RL, Step ¼ Cross, ¼ Turn, ¼ Turn, Cross, Side, Behind, ¼ Turn w/ Drag

1,2 Step R forward, Step L forward
3&4 Step R forward, Pivot ¼ turn L bringing weight L (9:00), Cross R over L
5&6& Make a ¼ turn R stepping L back (12:00), Make a ¼ turn R stepping R to R side (3:00),
Cross L over R, Step R to R side
7,8 Step L behind R, Make a ¼ turn L as you take a large step back with R dragging L heel
(12:00)

SA2: L Coaster, R Samba, Step, Pivot ½, ¾ Turn, Side R, ¼ Turn Lock

1&2 Step L back, Step R next to L, Step L forward
3&4 Cross R over L, Step L to L side, Step R forward
5,6 Step L forward, Pivot ½ turn R bring weight to R (6:00)
7,8& Step L forward as you make a ¾ spiral turn R (3:00), Step R to R side, Make a ¼ turn R
locking L behind R (6:00)

B: 16 counts

SB1: Up Clap, Side Clap, Back Clap, Side Clap x2

1&2& Step R forward on an angle to R, Clap hands up to the R, Step L to L side, Clap hands up to
the L
3&4& Step R back on an angle to the R, Clap hands down to the R, Step L to L side, Clap hand
down to the L
5-8 Repeat the previous counts 1-4

***On the first B after the single A you will not clap but rather throw your hands up to where you would be clapping.**

SB2: ½ Sailor w/ Heel, Toe, Heel, Side Rock, Behind-Side-Cross

1&2& Step R behind L, Make a ½ turn R stepping L to L side (12:00), Tap R heel, Step R next to L
3&4& Tap L toe, Step L next to R, Tap R heel, Step R next to L
5,6 Step L to L side, Recover weight R
7&8 Step L behind R, Step R to R side, Cross L over R

C: 16 counts

SC1: Side-Tap RL, Side-Together-Side-Tap, Side-Tap LR, ¼ Turn L, Drag

1&2& Step R to R side, Tap L next to R, Step L to L side, Tap R next to L
3&4& Step R to R side, Step L next to R, Step R to R side, Tap L next to R
5&6& Step L to L side, Tap R next to L, Step R to R side, Tap L next to R
7,8 Make a ¼ L stepping a large step L forward (9:00), Drag R next to L

SC2: Repeat the previous section except you will be facing 6:00 after the ¼ turn.

1&2& Step R to R side, Tap L next to R, Step L to L side, Tap R next to L
3&4& Step R to R side, Step L next to R, Step R to R side, Tap L next to R
5&6& Step L to L side, Tap R next to L, Step R to R side, Tap L next to R
7,8 Make a ¼ L stepping a large step L forward (6:00), Drag R next to L

(Styling for Section C: When stepping to the side point knees out while bending them by bringing heels in. When feet together keep the knees slightly bent but return to a neutral position. On the ¼ turn you will reach toward the new direction and bring the arm in as you drag your foot in as if you are pulling your body over to the new spot.)

Have Fun!!!

Contact: daveackerman2@gmail.com
