

Help Is On It's Way

COPPER **NOB**
BYEBSHETS

拍数: 32 墙数: 4 级数: Easy Intermediate
编舞者: Anne Herd (AUS) & Brad White - September 2017
音乐: Help Is On Its Way - Little River Band : (iTunes - 3:30)



Intro: Start on lyrics counts in, weight on

S1: SIDE ROCK, BEHIND SIDE CROSS, SIDE ROCK, BEHIND SIDE CROSS

1-2-3&4 Rock R to side, Recover to L, Cross R behind L, Step L to side, Cross R over L
5-6-7&8 Rock L to side, Recover to R, Cross L behind R, Step R to side, Cross L over R

S2: ROCK FWD. 1/4 R, 1/4 L, 2 X 1/4 PADDLE TURNS

1-2-3-4 Rock fwd. on R, Recover to L, Turning 1/4 R Step R to side, Turning a further 1/4 R, step L to side (6:00)
5-6-7-8 Step fwd. on R, Paddle turn 1/4 L taking weight to L, Step fwd. on R, Paddle turn 1/4 L taking weight to L (12:00)

S3: SKATE, SKATE, SHUFFLE, SKATE, SKATE SHUFFLE

1-2-3&4 Skate fwd. R L, Shuffle fwd. RLR
5-6-7&8 Skate fwd. L R, Shuffle fwd. LRL

S4: 1/4 PIVOT L, CROSS SHUFFLE, SIDE ROCK, CROSS SHUFFLE

1-2-3&4 Step fwd. on R, Turn 1/4 L taking weight to L, Cross shuffle R over L stepping R L R
5-6-7&8 Rock L to side, Recover to R, Cross shuffle L over R stepping L R L

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Restart: On wall 7 dance to count 24 and Restart.

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