

Heaven Help Me

COPPER **KNOB**
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Elizabeth Bocci (AUS) & Cathy Breed (AUS) - July 2017
音乐: Heaven Help Me - Rob Thomas : (Album: The Great Unknown - iTunes - 3:21)



Intro: 32 Counts, weight on left – Start on word 'Stars'

[1 – 8] FORWARD, ROCK, BACK, HOLD, SHUFFLE BACK, BACK, ROCK

1-2-3-4 Step R forward, Rock/Recover onto L, Step back onto R, Hold
5&6 Step L back, Step R beside L, Step L back (shuffle)
7-8 Step R back, Rock/Recover onto L - 12

[9 – 16] KICK, BALL, CHANGE, STEP, PADDLE, WEAVE ¼

1&2 Kick R Forward, Step R beside L, Step L beside R
3-4 Step R Forward, Turn ¼ left step L to left (paddle)
5-6-7-8 Step R over left, Step L to left, Step R behind left, Turn ¼ left step L forward - 6

[17 – 24] STEP, PIVOT, SHUFFLE FORWARD, ½, ½, ¼, SHUFFLE

1-2 Step R forward, Turn ½ left step L forward
3&4 Step R forward, Step L beside right, Step R forward (shuffle)
5-6 Turn ½ right step L back, Turn ½ right step R forward
7&8 Turn ¼ right step L to left, Step R beside left, Step L to left (side shuffle) - 3

[25 – 32] SAILOR, SAILOR, TOUCH, TOUCH, HEEL, HEEL

1&2 Step R behind left, Step L to left, Step R to right (sailor)
3&4 Step L behind right, Step R to right, Step L to left (sailor)
5&6& Touch R to right, Step right beside L, Touch L to left, Step left beside R
7&8& Touch R heel forward, Step right beside L, Touch L heel forward, Step left beside R - 3

[33 – 40] FORWARD, ROCK, ½, ½, COASTER, WALK, WALK

1-2 Step R forward, Rock/Recover onto L
3-4 Turn ½ right step R forward, Turn ½ right step L back
5&6 Step R back, Step L beside right, Step R forward (coaster)
7-8 Step L forward, Step R forward - 3

[41 – 48] SIDE, BEHIND, SIDE, CROSS SHUFFLE, CROSS, HOLD, TWIST ¼, TWIST ¼

1-2& Step L to left, Step R behind left, Step L to left
3&4 Step R across left, Step L to left, Step R across left (cross shuffle)
&5-6 Step L to left, Step R across left, Hold
7-8 Twist ¼ left weight on L, Twist ¼ right weight on R - 3

[49 – 56] FORWARD, ROCK, ½ TURN, SHUFFLE, PADDLE, CROSS SAMBA

1-2 Step L forward, Rock/Recover onto R
3&4 Turn ½ left step L forward, Step R beside left, Step L forward (shuffle)
5-6 Step forward R, Turn ¼ left step L to left (paddle)
7&8 Step R across L, Step L to left, Step R to right (samba cross) - 6

[57 – 64] CROSS, TOUCH, CROSS, TOUCH, FORWARD, ROCK, FULL TURN TRIPLE

1-2 Step L across right, Touch R to right
3-4 Step R across left, Touch L to left
5-6 Step L forward, Rock/Recover onto R
7&8 Turn ½ left step L beside right, Step R beside left, Turn ½ left step L slightly forward (optional coaster) - 6

Tag/Restarts: On wall 2 & 6 dance to count 30& then Step forward R, Turn ¼ left step L to left (paddle)
Then Restart dance

Free to be copied provided no changes are made to the original choreography.
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