

# Help Me

拍数: 32      墙数: 4      级数: Improver  
编舞者: Hayley Wheatley (UK) & Alexis Strong (UK) - January 2018  
音乐: Boa Me (feat. Ed Sheeran & Mugeez) - Fuse ODG : (iTunes)



## Start On Vocals

### [1-8] RIGHT SIDE ROCK RECOVER, BALL- STEP TOUCH, RIGHT SIDE, BEHIND, 1/4 RIGHT SHUFFLE.

1-2            Rock R To R (1) Recover On L (2)  
&3-4        Step R Beside L (&) Step L To L Side (3) Touch R Beside L (4)  
5-6            Step R To R Side (5) Cross L Behind R (6)  
7&8        Making 1/4 Turn R, Step On R (7) Step L To R (&) Step R Fwd (8) 3:00

### [9-16] LEFT PIVOT 1/2 TURN, LEFT TRIPLE 1/2 TURN, X4 BOOGIE WALKS BACK.

1-2            Step L Fwd (1) Pivot 1/2 Turn, Step On R (2) 9.00  
3&4        Making 1/2 Turn R, Step On L (3) Step R To L (&) Step Back On L (4) 3.00  
5-6            Step Back On R, Twist L Heel Towards Centre (5) Step Back On L, Twist R Heel Towards Centre (6)  
7-8            Repeat Counts 5-6 3.00

### [17-24] RIGHT COASTER STEP, CROSS, POINT, CROSS SIDE CROSS, LEFT SIDE ROCK, RECOVER.

1&2            Step Back On R (1) Step Back On L (&) Step Fwd On R (2)  
3-4            Cross L Over R (3) Point R To R (4)  
5&6            Cross R Over L (5) Step L To L (&) Cross R Over L (6)  
7-8            Rock L To L (7) Recover On R (8)

### [25-32] SAILOR 1/4 TURN, x2 1/8 PADDLE POINTS, RIGHT FORWARD MAMBO, TOUCH, KNEE POPS X2.

1&2            Cross L Behind R (1) Making 1/4 Turn L, Step On R (&) Step On L (2) 12:00  
3-4            Making 1/8 Turn L, Point R Toe (weight on L) Making 1/8 Turn L, Point R Toe (Weight On L) 9:00  
5&6            Mambo R Fwd (5) Recover On L (&) Touch R To L (6)  
7-8            Drop Weight On R, Pop L Knee (7) Drop Weight On L, Pop R Knee (8).

Enjoy!!

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