I'll Help You Make It Through The Night

拍数: 32	墙数: 4	级数: Improver / Intermediate Cha Cha style

编舞者: Peter Davenport (ES) - December 2018

音乐: Help Me Make It Through The Night, - Michael Buble with Loren Allred

#16 Count Introduction, Aprox 15 Seconds, Track Length 3.44
Start Just Before You Hear Him Sing 'Your Hair', (Timing Bit Tricky)

S1: Step Rock Replace, 1/4 Shuffle R, Rock Replace, Tripple Full Turn

1.2.3	Step L to L, Rock R over L, Recover on L 12
4&5	Shuffle 1/4 R, R.L.R 3
6.7	Rock forward on L, Recover on R 3
8&1	Tripple full turn L, L.R.L (weight on L) 3

Alternative Step; L Coaster Step

S2: 1/4 Side Rock, Behind Side Cross, 1/4 Step Together, Lock Step

2.3	1/4 L rock R out to R, Recover on L 12
4&5	Cross R behind L, Step L to L, Cross R over L 12
6.7	1/4 L step forward on L, Bring R to L (weight on R) 9
8&1	Back lockstep, L.R.L 9

S3: 1/2 Turn Shuffle, Mambo Step, Modified Coaster Step, Run

2&3	R 1/2 turn shuffle, R.L.R 3
4&5	L mambo step, rock forward L, Recover R, Step back L 3
6&7&	Step R back, Bring L to R, Step R forward, Run Forward L 3
8&1	Run Forward R.L Rock forward on R 3

S4: Recover, 1/4 R Side , Cross Back Side, Cross 1/4 R, Side Touch

2.3	Recover on L, 1/4 R step R to R 6
4&5	Cross L over R, Step R back, Step L to L 6
6.7	Cross R over L, 1/4 R step back on L 9
8&	Step R to R, Touch L to R 9

No Tags & No Restarts,
Not To Be Rushed Either Danced With Ease & Passion
Ta.

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