

A Cry For Help

拍数: 72 墙数: 4 级数: Improver / Intermediate
编舞者: Eddie Morrison (SCO) - February 2019
音乐: Are You Coming Over? - Beccy Cole



#16 Count Intro

Section 1: Side together, side together forward, side together, side together 1/4 turn.

1-2 Step right to the side, step left beside right.
3&4 Step right to the side, step left beside right, step right forward.
5-6 Step left to the side, step right beside left.
7&8 Step left to the side, step right beside left, step left 1/4 turn.

Section 2: Step 1/4 turn, cross & cross, side rock recover, behind side step.

1-2 Step right forward, pivot 1/4 turn left.
3&4 Cross right over left, step left to the side, cross right over left.
5-6 Rock left to the side, recover on right.
7&8 Cross left behind right, step right to the side, step forward on left.

Section 3: Right rock recover shuffle 1/2 turn, left rock recover shuffle 1/2 turn.

1-2 Rock forward on right, recover on left.
3&4 Shuffle 1/2 turn right stepping RLR
5-6 Rock forward on left, recover on right.
7&8 Shuffle 1/2 turn left stepping LRL.

Section 4: Jazz box 1/4 turn right, rock forward & back.

1-2 Cross right over left, step back on left.
3-4 Step right to the side making a 1/4 turn right, step forward on left.
5-6 Rock forward on right, recover on left.
7-8 Rock back on right, recover on left.

Section 5: Rock recover & rock recover, shuffle back, rock back recover.

1-2& Rock forward on right, recover on left, step right beside left.
3-4 Rock forward on left, recover on right.
5&6 Step back on left, step right beside left, step back on left.
7-8 Rock back on right recover on left. (Tag/Restart Wall 4) 12.00

Section 6: Right toe strut, left toe strut, right kick ball change, right toe strut.

1-2 Step right toe forward, step down on right heel.
3-4 Step left toe forward, step down on left heel.
5&6 Kick forward on right, step down on right, step left beside right. (Tag/Restart Wall 5) 9.00
7-8 Step right toe forward, step down on right heel.

Section 7: Left toe strut, right toe strut, left kick ball change, left toe strut.

1-2 Step left toe forward, step down on left heel.
3-4 Step right toe forward, step down on right heel.
5&6 Kick forward on left, step down on left, step right beside left.
7-8 Step left toe forward, step down on left heel.

Section 8: Right rock recover, shuffle 1/2 turn, shuffle 1/4 turn, rock back recover.

1-2 Rock forward on right, recover on left.
3&4 Make a 1/2 turn shuffle stepping RLR.

5&6 Make a 1/4 turn shuffle stepping LRL.
7-8 Rock back on right, recover on left.

Section 9: Monterey 1/4 turn, jazz box.

1-2 Point right to the side, step right beside left.
3-4 Make 1/4 turn right pointing left to the side, step left beside right.
5-6 Cross right over left, step back on left.
7-8 Step right to the side, step left beside right.

Tag /Restart: Wall 4 Repeat section 5 then restart. (12.00)

Tag /Restart: Wall 5 Section 6 add right touch after counts 5&6, then restart (9.00) (Right kick ball change touch)

Ending: On the last wall dance to the end of section 7 then right rock 1/2 turn to face 12.00

Note: On the last wall the music stops briefly, carry on dancing through.
