

Heaven Help Me

拍数: 48 墙数: 2 级数: Improver
编舞者: Urban Danielsson (SWE) - April 2020
音乐: Where You Come In - Hayden Haddock : (CD: Red Dirt Texas - iTunes)



#32 counts intro, one restart on wall 5 (starting front wall, restart is on back wall)

Section 1: Heel & heel, cross shuffle, rock-recover, behind-side-forward 1/8

- 1&2& Dig right heel forward, step right foot next to left, dig left heel forward, step left foot next to right
- 3&4 Step right foot across in front of left, step left foot to left side, step right foot across in front of left
- 5 – 6 Rock left foot to left side, recover weight onto right foot
- 7&8 Step left foot behind of right foot, step right foot to right side, turn 1/8 right to right diagonal and step left foot forward (1:30)

Section 2: Walk, walk, step-lock-step forward, pivot ½ turn right, 1/8 turn right chassé to left

- 9 – 10 Still on diagonal: step right foot forward, step left foot forward
- 11&12 Step right foot forward, lock step left foot behind of right, step right foot forward
- 13 – 14 Step left foot forward, turn ½ right step right foot forward
- 15&16 Turn 1/8 to right and step left foot to left side, step right foot next to left, step left foot to left side (9:00)

Section 3: Heel grind ¼ turn, coaster step, heel grind ¼ turn, coaster step

- 17 – 18 Step right heel in front of left and grind ¼ turn right, step back on left foot (12:00)
- 19&20 Step right foot back, step left foot next to right, step right foot back
- 21 – 22 Step left heel in front of right and grind ¼ turn left, step back on right foot (9:00)
- 23&24 Step left foot back, step right foot next to left, step left foot forward

Section 4: Step turn ¼ left, step-lock-step, rock-recover, coaster step

- 25 – 26 Step right foot forward, turn ¼ left step left small step to left side
- 27&28 Step right foot forward, lock step left foot behind of right, step right foot forward
- 29 – 30 Rock left foot forward, recover weight onto right foot
- 31&32 Step left foot back, step right foot next to left, step left foot forward

Note: Restart here on wall 5

Section 5: Point right, ¼ turn right, chassé left, rock-recover, kick-ball-cross

- 33 – 34 Step right toes to right side, turn ¼ right step right next to left (9:00)
- 35&36 Step left foot to left side, step right foot next to left, step left foot to left side
- 37 – 38 Rock right foot back, recover weight onto left
- 39&40 Kick right foot diagonally to right, step right next to left, step left across in front of right foot

Section 6: Rock-recover, behind-side-cross, rock-recover, sailor step ¼ turn

- 41 – 42 Rock right foot to right side, recover weight onto left
- 43&44 Step right foot behind of left, step left foot to left side step right foot across in front of left
- 45 – 46 Rock left foot to left side, recover weight onto right
- 37&48 ¼ turn left step left foot behind of right, step right foot small step to right side, step left foot small step to left side

RESTART and ENJOY!

