

I Will Help You

拍数: 32 墙数: 4 级数: Improver
编舞者: Silvia Schill (DE) - April 2021
音乐: I Will Help You - Ilse DeLange



The dance begins at: 'Before the damage starts to break you' (about 21 seconds)

S1: Side, rock back, ¼ turn r, rock back, rock forward

- 1-3 Step right with right - step back with left - weight back on right
- 4-6 ¼ turn right around and step left with left - step back with right, weight back on left (3 o'clock)
- 7-8 Step forward with right - weight back on left

S2: Touch behind, unwind ½ r, step, pivot ½ r, step, pivot ¼ r, step, point

- 1-2 Touch right toe behind left foot - ½ turn right around on both balls, weight at end right (9 o'clock)
- 3-4 Step forward with left - ½ turn right around on both balls, weight at end right (3 o'clock)
- 5-6 Step forward with left - ¼ turn right around on both balls, weight at end right (6 o'clock)
- 7-8 Step forward with left - tap right toe (swing in a circle to the right and) right.

Ending: The dance ends after '1-2' with only a ¼ turn to the right on '2' - 12 o'clock

S3: Cross, side, cross, point, cross, back, ¼ turn l, side, touch

- 1-2 Cross right over left - step left with left
- 3-4 Cross right over left - tap left toe (swing in a circle to the right and) left
- 5-6 Cross left over right - ¼ turn left around and step back with right (3 o'clock)
- 7-8 Step left with left - touch right next to left

Restart: In the 6th round - towards 6 o'clock - break off here and start again from the beginning

Tag/restart: In the 8th round - towards 12 o'clock - break off here, dance the tag and start again from the beginning

S4: Rolling vine r, vine l

- 1-4 3 steps in the direction to the right, doing a full turn to the right (r - l - r) - tap left beside right
- 5-6 Step left with left - cross right behind left
- 7-8 Step left with left - touch right next to left.

Repeat to the end

Tag

Rocking chair

- 1-2 Step forward with right - weight back on left foot

And don't forget to smile, because dancing is fun!

There is no guarantee for errors in the translation, content, spelling, etc.!

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