

Help Me Up (LDFWW 2021)

拍数: 48 墙数: 2 级数: High Improver
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音乐: Help Me Up - Justin Wellington : (Single)



Introduction: 32 counts, start after the vocals approx 20 sec.

Part 1. 1-8 R Side, L Behind with Sweep R, Weave L, Side Mambo R ¼ L, Back Rock R.

1,2 Step Rf to R (1), Step Lf behind Rf and sweep Rf from front to back (2).
3&4 Step Rf behind Lf (3), Step Lf to L (&), Step Rf across Lf (4).
5&6 Mambo Lf to L (5), Make ¼ turn L (9.00) recover back onto Rf (&), Step Lf slightly back (6).
7,8 Rock Rf back (7), Recover back on Lf (8).

Part 2. 9-16 Syncopated Side Rocks R, L, Back L with Syncopated Hip Bumps Back.

1,2& Rock Rf to R (1), Recover back onto Lf (2), Step Rf beside Lf (&).
3,4 Rock Lf to L (3), Recover back onto Rf (4).
&5&6 Step Lf back and bump hips to centre (&), Bump hips back (5), Bump hips to centre (&),
Bump hips back (6).
&7&8 Bump hips to centre (&), Bump hips back (7), Bump hips to centre (&), Bump hips back (8).

Part 3. 17-24 Step R, Side Point L, Step L, Side Point R, Volta ½ R Arch.

1,2 Step Rf fwd (1), Point Lf out to L (2).
3,4 Step Lf fwd (3), Point Rf out to R (4).
5&6& Step Rf fwd (5), Small Step Lf to L (&), Step Rf across Lf (6), Small Step Lf to L (&).
7&8 Step Rf across Lf (7), Small step Lf to L (&), Step Rf across Lf squaring up at (3.00) weight
onto L (8).

Part 4. 25-32 Walks Fwd L, R, L, Touch R Together, Side R, Touch L Together, Step L ¼ Turn L, Touch R Together.

1,4 Chest Pumps Fwd (1-4): Walk Lf fwd (1), Walk Rf fwd (2), Walk Lf fwd (3), Touch Rf beside
Lf (4).
5,8. Step Rf to R (5), Touch Lf beside Rf (6), Make ¼ turn L (12.00) step Lf fwd (7), Touch Rf
beside Lf (8).

(NB: Restart here in wall 3 after 32 counts, after start again 12 o'clock).

Part 5. 33-40 2x R Out, L Out, R Inn, L Inn (Hand Movement).

1,4 Step Rf out fwd (1), Step Lf out fwd (2), Step Rf back in place (3), Step Lf back in place (4).
5,8 Step Rf out fwd (5), Step Lf out fwd (6), Step Rf back in place (7), Step Lf back in place (8).

(Note: On above counts 1-8 bring both hand out and Inn fingers spread to front).

Part 6. 41-48 Syncopated Fwd Rocks R, L ¼ Turn to R, ½ Walking Circle to L, Step Lock Step L ¼ Turn to L.

1,2&. Rock Rf fwd (1), Recover back onto Lf (2), Make ¼ turn R (3.00) Step Rf to R (&).
3,4 Rock Lf fwd (3), Recover back onto Rf (4).
5,6 Make ¼ turn L (12.00) Walk Lf fwd (5), Make ¼ turn L (9.00) Walk Rf fwd (6).
7&8 Make ¼ turn L (6.00) step Lf fwd (7), Lock Rf behind Lf (&), Step Lf fwd (8).

REPEAT DANCE AND HAVE FUN!!