

# Help Me Make It Through the Night

**COPPER** **KNOB**  
BY STEPHEN

拍数: 32      墙数: 4      级数: Beginner  
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音乐: Help Me Make It Through The Night - Kizomba Dance



No tag no restart

## S1: CROSS ROCK- SIDE ROCK - CROSS ROCK - CROSS ROCK - SIDE ROCK

1&2      Cross rock R over L, recover L, step R to side  
3&4      Cross rock R over L, recover L, step R to side  
5&6      Cross rock L over R' recover R, rock L to side  
7&8      Cross L over R, recover R, step L to side

## S2: WALK 2X SHUFFLE - FORWARD TOUCH -SIDE TOUCH, SAILOR ¼ TURN L

1-2      Walk right forward, walk left forward  
3&4      step right forward, step left beside to R, step R forward  
5-6      touch left forward, touch left to L side  
7-8      Cross left behind R, tue ¼ left stepping R to R side, step L to L side

## S3: SIDE ROCK, VINE ( R/L )

1-2      Step R to side, Recover on L  
3&4      cross R behind L, step L to L, Cross R over L  
5-6      Step L to side, Recover on R  
7&8      Cross L behind R, Step R to R, Cross L over R

## S4: HIPS BUMP, JAZ BOX

1&2      Bump hip to R, Bump hip to L, Bump hip to L  
3&4      Bump hip to L, Bump hip to L  
5-8      Cross over R, Step L back, Step R to side, Step L together

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