

# I Had Some Help

拍数: 32      墙数: 4      级数: Improver  
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音乐: I Had Some Help (feat. Morgan Wallen) - Post Malone



**Intro: 16 Counts - Weight will begin on Right**  
**Restart on wall 4 after 16 counts**

## Section 1: 1/4 Heel Grind, Back Shuffle, Coaster Step, 1/2 pivot

1-2            Touch L heel forward w/ toe turned toward R (1), rotate toe to L making a 1/4 turn L (2) 9:00  
3&4           Step L back, step R next to L, step L back  
5&6           Step R back, step L next to R, step R forward  
7-8           Step L forward, pivot 1/2 R transferring weight onto R (3:00)

## Section 2: Rock, Recover, 1/2 Step, Full Step, L&R Shuffles

1-2            Rock forward on L, recover back on R  
3-4            1/2 Turn L stepping L forward, full turn L stepping R forward (9:00)  
5&6           Step L forward, step R next to L, step L forward  
7&8           Step R forward, step L next to R, step R forward

**\*\*RESTART ON WALL 4**

## Section 3: Rock, Recover, 1/2 Step, 1/4 Step, L&R Sailor Steps

1-2            Rock forward on L, recover back on R  
3-4            1/2 turn L stepping L, 1/4 turn L stepping R (12:00)  
5-8            Sweep L foot behind R (5), step on R (&), step on L(6), sweep R foot behind L(7), step on L (&), step on R (8)

## Section 4: 1/4 Jazz Box, Scuff, Stomp x2, Sways x2

1-4            Cross L over R, step R back, make 1/4 turn L stepping L, scuff R (9:00)  
5-6            Stomp R, stomp L  
7-8            Sway R, sway L