

# Had Some Help

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Dustin Valcalda (USA) & Sierra Gil (USA) - May 2024  
音乐: I Had Some Help (feat. Morgan Wallen) - Post Malone



**Intro: 32 Counts – Weight starts left foot**

**[1-8] Step, Sweeping Scuff, Step, Sweeping Scuff, Rocking Chair**

1-2            Step RF forward, Scuff LF forward around RF (12:00)  
3-4            Step LF forward, Scuff RF forward around LF (12:00)  
5-6            Rock RF forward, Recover weight LF (12:00)  
7-8            Rock RF back, Recover weight LF (12:00)

**[9-16] Walk, Walk, Kick Ball Step, ¼ Pivot, ¼ Pivot**

1-2            Walk RF forward, Walk LF forward (12:00)  
3&4           Kick RF forward, Ball RF slightly forward, Step LF forward (12:00)  
5-6            Step RF forward, Pivot ¼ L weight recovering LF (9:00)  
7-8            Step RF forward, Pivot ¼ L weight recovering LF (6:00)

**Restart Note: Restart happens here 16 counts into wall 4**

**[17-24] Cross, Side, Behind, Side Point, Cross, Side, Behind, Side Point**

1-2            Cross RF over LF, Step LF to L Side (6:00)  
3-4            Cross RF behind LF, Point LF to L side (6:00)  
5-6            Cross LF over RF, Step RF to R side (6:00)  
7-8            Cross LF behind RF, Point RF to R side (6:00)

**Styling Note: During the chorus, on counts 1-4, begin reaching your right hand up for a 'bottle off the shelf' and take a drink on count 4!**

**[25-32] ¼ Jazz Box, Stomp, Stomp, Hip Sways**

1-2            Cross RF over LF, Step LF diagonal back w/ 1/8 turn R (7:30)  
3-4            Step RF to R side w/ 1/8 turn R, Step LF forward (9:00)  
5-6            Stomp RF slightly R, Stomp LF slightly L (9:00)  
7-8            Sway Hips to R, Sway hips to L (9:00)

**Note: This dance can also be done in sweetheart position with a partner! Check out our Sweetheart Demo to see how its done!**

**Last Update: 15 May 2024**