

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