

# Had Some Help

拍数: 32      墙数: 4      级数: Low Intermediate  
编舞者: Kevin Machak (USA) - May 2024  
音乐: I Had Some Help (feat. Morgan Wallen) - Post Malone



**Restart: Wall 4 after 16 counts**

## Counts 1 -8:

1, 2      Double kick right foot twice  
3&4      Step right back, step left back, step right forward (coaster step)  
5, 6      Put your left heel forward turning it from right to left, turning whole body with it 1/4 turn (now facing 9:00)  
7&8      Step left back, step right back, step left forward (coaster step)

## Counts 9-16:

1, 2      Rock right foot forward, recover left  
3&4      Shuffle right-left-right while turning half turn to right (3:00)  
5&6      Shuffle left-right-left while turning half to right (back to the 9:00)  
7, 8      Rock back on the right foot, recover left

**\*Restart here during the 4th wall, should be facing the 6:00.**

## Counts 17-24:

1, 2      Hinge turn 1/4 left , stepping right foot to the right side (6:00), step left foot behind right  
&3&4      Step right foot to the right side & tap your left heel out to the left, step on that left, cross over left with your right  
5, 6      step your left foot to the left while making 1/4 turn to right (9:00), Make another, immediate 1/4 turn also to the right, as you step right foot out to right side (12:00)  
7 & 8      Turn another final 1/4 turn right, as you shuffle forward, left-right-left (3:00)

**So essentially from count 4, you have a 3/4 turn, ending on a left shuffle**

## Counts: 25 - 32

1, 2      Step right foot forward, touch/ point left foot to left side  
3, 4      Step left foot forward, touch/ point right foot to the right side  
5, 6, 7, 8      Stomp your right foot (but keep wait on your left) as you make a 1/4 turn to the left...four times (full paddle turn)

**\*Alternate last four counts: Just stomp in place 4x without doing the turns, making it slightly easier**

**Last Update: 14 May 2024**