

# Had Some Help

**COPPER** KNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Helaine Norman (USA) - May 2024  
音乐: I Had Some Help (feat. Morgan Wallen) - Post Malone



Intro: 32 - Restart: 1, No tags

## I. RAMBLE, TOUCH FORWARD-BESIDE-SIDE-HITCH

- 1-2      Twist heels to right side, twist toes to right side
- 3-4      Twist heels to right side, twist to center (weight to R)
- 5-8      Touch L forward, touch L beside R, touch L to L side, hitch L next to R

## II. RAMBLE, TOUCH FORWARD-BESIDE-SIDE-HITCH

- 1-2      Twist heels to left side, twist toes to left side
- 3-4      Twist heels to left side, twist toes to center (weight to L)
- 5-8      Touch R forward, touch R beside L, touch R to R side, hitch R next to L

**\*Restart: During wall 4 facing 3:00**

## III. BACK LOCK STEP, HOOK (OR HITCH); FORWARD SHUFFLE, SCUFF ¼ L-TURN

- 1-4      Step R back, step L together, step R back, hook L over R (or hitch L)
- 5-8      Step L forward, step R together, step L forward, scuff R making ¼ turn left (9:00)

## IV. VINE ENDING WITH TOUCH, VINE ENDING WITH STEP

- 1-4      Step R side, step L behind, step R side, touch L beside R
- 5-8      Step L side, step R behind, step L side, step R beside L (weight to both feet)

**REPEAT**

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