

I Had Some Help!

拍数: 32 墙数: 4 级数: High Improver
编舞者: Ally Miller (USA) - May 2024
音乐: I Had Some Help (feat. Morgan Wallen) - Post Malone



Intro: 32 Counts – Weight starts on left foot

[1-8] Grapevine R with heel switch, Grapevine L with heel switch

1-2 Step RF to R side, Step LF behind RF
&3&4& RF next to LF (home), L heel forward, LF next to RF (home), R heel forward, RF next to LF (home)
5-6 LF step to L side, Step RF behind LF
&7&8& LF next to RF (home), R heel forward, RF next to LF (home), L heel forward, LF next to RF (home)

[9-16] Shuffle, Rock, Side Shuffle ½ turn, Sweep RF ½ turn

1&2 Step RF forward, Step LF together with RF, Step RF forward
3-4 Step LF forward, Rock back onto RF
5&6 Step LF to L side making ¼ turn L, Step RF together with LF, Step LF forward making ¼ turn L (6:00)
7-8 Weight on LF, Sweep RF around to make a ½ circle (12:00)

Restart Note: Restart happens here 16 counts into wall 4 (happens one time throughout the whole song)

[17-24] R Kick, R Kick, Coaster Step, L Kick, L Side Kick, Coaster Step

1-2 Kick RF out forward twice
3&4 Step RF backward, Step LF next to RF, Step RF forward
5-6 Kick LF out forward, Kick LF out to L side
7&8 Step LF backward, Step RF next to LF, Step LF forward

[25-32] Jazz Box, R Step, LF ¼ Kick, Coaster Step

1-2 Cross RF over LF, Step LF back
3-4 Step RF to R side, Step LF forward
5-6 Step RF to R side, Kick LF out forward while making ¼ turn to the L (9:00)
7&8 Step LF backward, Step RF next to LF, Step LF forward

Last Update: 17 June 2024 - R2