

拍数: 32      墙数: 4      级数: Newcomer / Novice Polka  
编舞者: Giuseppe Ferandi (IT) - August 2024  
音乐: I Had Some Help (feat. Morgan Wallen) - Post Malone



**\*1 Restart -**

**Counterclockwise**

**SECT. 1 - ROCK SIDE – ROCK BACK – STEP SIDE – BEHIND – ¼ TURN RIGHT SHUFFLE FWD**

1            RF step side  
2            LF recover weight  
3            RF step back  
4            LF recover weight  
5            RF step side  
6            LF step behind  
7            RF ¼ turn right step fwd (3.00)  
&            LF step next to RF  
8            RF step fwd

**SECT. 2 - STEP FWD – ¾ TURN RIGHT – LEFT STEP SIDE – RIGHT KICK DIAGONAL – STEP BEHIND – STEP SIDE – SHUFFLE CROSS**

9            LF step forward  
10           ½ turn right (weight on RF) (9.00)  
11           LF ¼ turn right step side (12.00)  
12           RF kick fwd diagonal right  
13           RF step behind  
14           LF step side  
15           RF step cross over  
&            LF step side  
16           RF step cross over

**Restart here at the 4th wall.**

**To resume the dance on the right beat with the right foot, replace the counts &8 (step side - step cross over) with a left step side (count 8)**

**SECT: 3 - ROCK SIDE – ¼ TURN LEFT SHUFFLE BACK – ROCK BACK – ¼ TURN LEFT SHUFFLE SIDE**

17           LF step side  
18           RF recover weight  
19           LF ¼ turn left step back (9.00)  
&            RF step next to LF  
20           LF step back  
21           RF step back  
22           LF recover weight  
23           RF ¼ turn left step side (6.00)  
&            LF step next to RF  
24           RF step side

**SECT.4 - 1/8 TURN LEFT ROCK BACK – LEFT HEEL BALL TOUCH – RIGHT HEEL GRIND 3/8 TURN RIGHT – RIGHT KICK BALL CHANGE**

25           LF 1/8 turn left step back (4.30)  
26           RF recover weight  
27           LF heel touch fwd (4.30)

& LF step in place  
28 RF toe touch next to LF  
29 RF point your heel in front  
30 RF 3/8 turn right weight back on LF (9.00)  
31 RF kick fwd  
& RF step in place on ball  
32 LF step in place

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