

Help Me

拍数: 32 墙数: 4 级数: Beginner
编舞者: Imam Wahyudi (INA) - November 2024
音乐: Help Me - Elvis Presley



The dance starts at the words (Lord)

Start on vocals, Intro: 8 counts, No tag no restart

SEC.I - SIDE CLOSE, RIGHT CHASSE, ROCK FWD, RECOVER, SHUFFLE 1/4 TURN LEFT

- 1- Step RF to Right side
- 2- Close LF beside RF
- 3- Step RF to Right side
- &- Step LF together
- 4- Step RF to Right side
- 5- Step LF fwd & cross
- 6- Recover on RF
- 7- Step 1/4 turn Left stepping LF fwd
- &- Step RF next to LF
- 8- Step LF fwd

SEC.I - SIDE CLOSE, RIGHT CHASSE, ROCK STEP, COASTER STEP

- 1- Step RF to Right side
- 2- Close LF beside RF
- 3- Step RF to Right side
- &- Step LF together
- 4- Step RF to Right side
- 5- Step LF fwd
- 6- Recover on RF
- 7- Step LF back
- &- Step RF next to LF
- 8- Step LF fwd

SEC.III - ROCK STEP FWD, RECOVER, SHUFFLE 1/2 TURN RIGHT, ROCK STEP FWD, CHASSE 1/4 TURN LEFT

- 1- Step RF fwd
- 2- Recover on LF
- 3- Step 1/2 turn Right stepping RF fwd
- &- Step LF next to RF
- 4- Step RF fwd
- 5- Step LF fwd
- 6- Recover on RF
- 7- Turn 1/4 Left step LF to Left side
- &- Step RF together
- 8- Step LF to Left side

SEC.IV - STEP FWD, HOLD, PIVOT 1/2 TURN LEFT, HOLD, HIP SWAYS

- 1- Step RF fwd
- 2- Hold
- 3- Pivot 1/2 turn Left
- 4- Hold
- 5- Step RF slightly to Right swaying hips Right

- 6- Sway hips Left
- 7- Sway hips Right
- 8- Sway hips Left (weight on LF)

End of pattern & start over again, enjoy & have fun!
MERRY CHRISTMAS & HAPPY NEW YEAR 2025

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