I Can Help Ya

拍数: 32　　　**墙数:** 4　　　**级数:** Absolute Beginner

编舞者: Bill Handley (AUS) - February 2025

音乐: I Can Help - Charley Crockett

Intro. 16C.

[S:1] Step side, hold, rock behind, recover, step side, hold, behind, ¼ turn step forward.

1,2,3,4　　　　Step R to R side, hold, rock L behind R, step R in place,

5,6,7,8.　　　　Step L to L side, hold, step R behind L, make a ¼ turn L and step forward on L.

[S:2] Forward, hold, forward , ½ turn R and forward, forward, hold, forward, forward.

1,2,3,4,　　　　Step forward on R, hold, step forward on L, make a ½ turn R and step forward on R,

5,6,7,8.　　　　Step forward on L, hold, step forward on R, step forward on L.

[S:3] Forward, hold, Lock, forward, forward, hold, lock, rock forward

1,2,3,4,　　　　Step forward on R, hold, lock L behind R, step forward on R,

5,6,7,8,　　　　Step forward on L, hold, lock R behind L, rock forward on L,

[S:4] Back, hold, back, back, back, hold, rock back, recover.

1,2,3,4,　　　　Step back on R, hold, step back on L, step back on R,

5,6,7,8,　　　　Step back on L, hold, rock back on R, step L in place.

Note. All holds are on the 2nd and 6th count. I hope this helps.

Last Update: 10 Feb 2025