

I Had Some Help

COPPER KNOB
STEPPERS

拍数: 32 墙数: 2 级数: Beginner
编舞者: Heather-Zara Shepherd (AUS) - January 2025
音乐: I Had Some Help (feat. Morgan Wallen) - Post Malone



Intro: 32 Counts
One Restart

Heel Step R,L,R,L

1-2-3-4 Diagonal R Heel Fwd, Step L Heel Fwd, Step L together R
5-6-7-8 Diagonal R Heel Fwd, Step L Heel Fwd, Step L Together R

Weave R (or Step Together Step)

1-2-3-4 Step R to R side, Step L behind R, Step R to side, Step L in front R
5-6-7-8 Step R to R side, Step L Behind R, Step R to side Touch L together R

Weave L, Shuffle 1/2 Turn

1-2-3-4 Step L to L side, Step R behind L, Step L to side, Step R in front L
5-6-7&8 Step L to L side, Step R behind L, Shuffle 1/2 Turn L, LRL

Restart after first 8 Counts facing 6.00

Rocking Chair X2

1-2-3-4 Rock Fwd R, Recover L, Rock Back R, Recover L
5-6-7-8 Rock Fwd R, Recover L, Rock Back R, Recover L

Repeat

Contact: cosmiccountry@gmail.com

Facebook: Cosmic Country Line Dancing

YouTube: Cosmic Country Line Dancing by Zara

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I hope you enjoy the dance. The music will take you there!

I choreographed this dance for a split floor with my dance: Hell I Had Some Help - Upper Beginner