

# O.U.C.H. (Only U Can Help)

**COPPER KNOB**  
STEPSHEETS

拍数: 56                      墙数: 4                      级数: Intermediate  
编舞者: Tim Allen (UK)  
音乐: The Hard Way - The Dean Brothers



## RIGHT SHUFFLE, STEP PIVOT, LEFT SHUFFLE, SIDE ROCK ¼ LEFT

1&2                      Step right foot forward, step left next to right, step right forward  
3-4                      Step left foot forward, on the ball of both feet make ½ turn right  
5&6                      Step left foot forward, step right next to left, step left forward  
7-8                      Rock forward on right foot, rock back onto left making ¼ turn left

## CROSS SHUFFLE, ½ TURN RIGHT, CROSS ROCK, LEFT CHASSE

9&10                     Cross right over left, step left next to right, step right over left  
11-12                    Make ½ turn right stepping left then right  
13-14                    Cross left over right, rock weight back onto right  
15&16                    Step left to left side, step right next to left, step left to left side

## RIGHT SHUFFLE, STEP PIVOT, LEFT SHUFFLE, SIDE ROCK ¼ LEFT

17&18                    Step right forward, step left beside right, step right forward  
19-20                    Step left forward, on ball of both feet make ½ turn right  
21&22                    Step left forward, step right beside left, step left forward  
23-24                    Rock forward on right, rock back on left making ¼ turn left

## CROSS SHUFFLE, ½ TURN RIGHT, CROSS ROCK, LEFT CHASSE

25&26                    Cross right over left, step left to right, step right over left  
27-28                    Make ½ turn right stepping left then right  
29-30                    Cross left over right, rock weight back onto right  
31&32                    Step left to left side step right next to left, step left to left

## 2 JAZZ BOX (HEART BREAK HAND POSITION)

33-34                    Cross right over left, step back on left  
35-36                    Step right to right side, step left to right  
37-38                    Cross right over left, step back left  
39-40                    Step right to right, step left to right

Option: means as you do those steps cross both hands over chest.

## 2 SETS OF ROCKS

41-42                    Rock forward right, rock back left  
43-44                    Rock back right, rock forward onto left  
45-46                    Rock forward right, rock back onto left  
47-48                    Rock back on right, rock forward onto left

## 2 PADDLE TURNS MAKING 1/8 TURN LEFT, JAZZ BOX WITH TOE POINT, HOLD

49-50                    Step right foot slightly forward, on balls of both feet make 1/8 turn left  
51-52                    Step right foot slightly forward, on balls of both feet make 1/8 turn left  
53-54                    Cross right over left keeping weight on left, hold 1 count  
55-56                    Cross right over left keeping weight on left, hold 1 count (clicking fingers is optional on the hold count)

**REPEAT**