

# I Need Help

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Alan Haywood (UK)  
音乐: Crazy Chick - Charlotte Church



## FORWARD MAMBO, BACK MAMBO, KICK BALL CROSS TWICE

1&2      Rock forward on right, recover on left, step right next to left  
3&4      Rock back on left, recover on right, step left next to right  
5&6      Kick right diagonally forward over left, step onto ball of right, cross step left over right  
7&8      Kick right diagonally forward over left, step onto ball of right, cross step left over right

When doing two kick ball crosses, travel slightly sideways

## SIDE ROCK, RECOVER, BEHIND ¼ LEFT STEP, STEP ½ RIGHT, SHUFFLE FORWARD

1-2      Rock right to right side, recover weight onto left  
3&4      Step right behind left, step left ¼ left, step right forward  
5-6      Step left forward, pivot ½ right  
7&8      Step left forward, close right next to left, step left forward

## SIDE SWITCH RIGHT & LEFT & STEP ½ LEFT, SIDE SWITCH RIGHT & LEFT & STEP ¼ LEFT

1&2      Touch right to right side, step right next to left, touch left to left side  
&3-4      Step left next to right, step right forward, pivot ½ left  
5&6      Touch right to right side, step right next to left, touch left to left side  
&7-8      Step left next to right, step right forward, pivot ¼ left

## SIDE STEPS RIGHT WITH SHOULDER SHIMMIES, & SIDE STEP, SIDE STEPS RIGHT WITH SHOULDER SHIMMIES & SIDE TOUCH (OR BODY ROLLS)

1-2      Right steps to right side - shimmying shoulders at the same time  
&3-4      Step left next to right, step right to right side, step left next to right  
5-6      Right side steps to right - shimmying shoulders at the same time  
&7-8      Step left next to right, step right to right side, touch left next to right

## ¼ LEFT SHUFFLE, ¼ LEFT SHUFFLE, COASTER STEP, KICK BALL STEP

1&2      Step left ¼ left, close right next to left, step left forward  
3&4      Make ¼ turn left stepping right to side, close left next to right, step right to right side  
5&6      Step left back, step right next to left, step left forward  
7&8      Kick right forward, step onto ball of right, step left forward

## WALK RIGHT LEFT, COASTER STEP, ¼ RIGHT SHUFFLE, ROCK BACK, RECOVER

1-2      Walk forward on right, walk forward onto left  
3&4      Step right back, close left to right, step right forward  
5&6      Make ¼ turn right stepping left to left side, close right to left, step left to left side  
7-8      Rock back onto right, recover weight forward onto left

Restart here during wall 2

## TRIPLE ½ LEFT, ROCK BACK, RECOVER, TRIPLE ½ RIGHT, ROCK BACK, RECOVER

1&2      Make ½ turn left stepping right left right  
3-4      Rock back onto left, recover weight forward onto right  
5&6      Make ½ turn right stepping left right left  
7-8      Rock back onto right, recover onto left

## RIGHT SIDE & RIGHT SIDE & RIGHT SIDE, TOUCH, ROLL FULL TURN LEFT, TOUCH

1&2      Step right to right side, close left next to right, step right to right side

&3-4            Close left next to right, step right to right side, touch left next to right  
5-6            Step left  $\frac{1}{4}$  left, make  $\frac{1}{2}$  turn left stepping right back  
7-8            Step left  $\frac{1}{4}$  left, touch right next to left  
**Counts 5-8 can be left vine, touch**

**REPEAT**

**RESTART**

During wall 2, restart the dance after count 8 in section 6 (rock back, recover)

**OPTIONAL ENDING**

You will be facing the back wall at the end of the dance. Cross right over left, unwind half turn (over 4 counts) to face the front and pose

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