

I Can Help

拍数: 48 墙数: 2 级数: Intermediate
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音乐: I Can Help - Jo-EI Sonnier



RIGHT GRAPEVINE - FULL TURN RIGHT, BRUSH

- 1-2 Step to right on right foot; cross left foot behind right foot
- 3-4 Step to right on right foot; cross left foot behind right foot
- 5 Step to right side on right foot into $\frac{1}{4}$ turn right
- 6-7 Step forward on left foot into $\frac{3}{4}$ turn right (shift weight forward to right)
- 8 Brush left next to right

LEFT GRAPEVINE - FULL TURN LEFT, BRUSH

- 1-2 Step to left on left foot; cross right foot behind left foot
- 3-4 Step to left on left foot; cross right foot behind left foot
- 5 Step forward on left into $\frac{1}{4}$ turn left
- 6-7 Step forward on right into $\frac{3}{4}$ turn left (shift weight forward to left)
- 8 Brush right foot forward

$\frac{1}{4}$ TURN LEFT, TOUCH RIGHT, $\frac{1}{4}$ TURN RIGHT, TOUCH LEFT - $\frac{1}{4}$ TURN RIGHT, TOUCH LEFT, $\frac{1}{4}$ TURN LEFT, TOUCH RIGHT

- 1-2 Step forward on right foot into $\frac{1}{4}$ turn left; touch left next to right
- 3-4 Step to left side on left foot into $\frac{1}{4}$ turn right; touch right foot next to left
- 5-6 Step back on right foot into $\frac{1}{4}$ turn right; touch left foot next to right
- 7-8 Step to left side on left foot into $\frac{1}{4}$ turn left; touch right next to left

BACK RIGHT, BACK LEFT, RIGHT SAILOR STEP - BACK LEFT, BACK RIGHT, LEFT SAILOR STEP

- 1-2 Step back on right foot; step back on left foot
- 3&4 Cross right behind left and step; step slightly to left on left foot; step right foot next to left
- 5-6 Step back on left foot; step back on right foot
- 7&8 Cross left behind right and step; step slightly to right on right foot; step left foot next to right

$\frac{1}{2}$ TURN RIGHT, TOUCH - $\frac{1}{2}$ TURN LEFT, TOUCH

- 1-2 Step forward on right foot starting $\frac{1}{2}$ turn right; step back on left foot completing $\frac{1}{2}$ turn right
- 3-4 Step back on right foot; touch left next to right
- 5-6 Step forward on left foot starting $\frac{1}{2}$ turn left; step back on right foot completing $\frac{1}{2}$ turn left
- 7-8 Step back on left foot; touch right next to left

$\frac{1}{4}$ LEFT, BRUSH, SIDE, TOUCH - $\frac{1}{4}$ LEFT, BRUSH, SIDE, TOUCH

- 1-2 Step forward on right foot into $\frac{1}{4}$ turn left; brush left next to right
- 3-4 Step to left side on left foot; touch right next to left
- 5-6 Step forward on right foot into $\frac{1}{4}$ turn left; brush left next to right
- 7-8 Step to left side on left foot; touch right next to left

REPEAT
