

I Can Help

拍数: 48 墙数: 4 级数: Improver
编舞者: Paulette Lindley (UK)
音乐: I Can Help - Billy Swan



CHASSE RIGHT, ROCK BACK, KICK BALL CHANGE LEFT LEG TWICE, REPEAT TO LEFT

1&2 Step right to right, close left beside right, step right to right side
3-4 Rock back on left, rock forward on right
5&6 Kick left forward, step left beside right, step onto right in place
7&8 Kick left forward, step left beside right, step onto right in place
9&10 Step left to left, close right beside left, step left to left side
11-12 Rock back on right, rock forward on left
13&14 Kick right forward, step right beside left, step onto left in place
15&16 Kick right forward, step right beside left, step onto left in place

GRAPEVINE RIGHT, STEP ½ PIVOT RIGHT TWICE, REPEAT TO LEFT

1-2 Step right foot to right side, cross left behind right
3-4 Step right foot to right side, touch left beside right
5-6 Step forward on left, pivot ½ turn right
7-8 Step forward on left, pivot ½ turn right, option to replace full turn; rock forward on left, recover, rock back on left, recover
9-10 Step left foot to left side, cross right behind left
11-12 Step left foot to left side, touch right beside left
13-14 Step forward on right, pivot ½ turn left
15-16 Step forward on right, pivot ½ turn left, option to replace full turn; rock forward on right, recover, rock back on right, recover

SHUFFLE FORWARD RIGHT AND LEFT, ½ MONTEREY TURN RIGHT, REPEAT WITH ¼ MONTEREY RIGHT

1&2 Step forward on right foot, close left to right, step forward on right foot
3&4 Step forward on left foot, close right to left, step forward on left foot
5-6 Tap right to right, turn ½ right closing right to left
7-8 Tap left to left, close left to right
9&10 Step forward on right foot, close left to right, step forward on right foot
11&12 Step forward on left foot, close right to left, step forward on left foot
13-14 Tap right to right, turn ¼ right closing right to left
15-16 Tap left to left, close left to right

REPEAT