

# 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

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