

# Help

拍数: 64      墙数: 2      级数: Improver  
编舞者: Ed Lawton (UK) & Tina Argyle (UK)  
音乐: Help! - Little Texas



## STEP LOCK STEP TWICE, ROCK & ROCK & ½ PIVOT STEP

1&2      Step forward on right, lock left behind right, step forward on right  
3&4      Step forward on left, lock right behind left, step forward on left  
5&6&      Step forward on right, rock back on left, step back on right, rock forward on left  
7&8      Step forward on right, pivot a ½ turn left, step forward on right  
9-16      Repeat counts 1-8 leading with left

## SAILOR STEP TWICE, ½ PIVOT, WALK X4

1&2&      Step right behind left, step left to left, step right to right, step left behind right  
3&4&      Step right to right, step left to left, step forward on right, pivot ½ turn left  
5-8      Walk forward on right, left, right, left  
9-16      Repeat counts 1-8

## TOUCH X3, WEAVE, FULL TURN, SHUFFLE

1&2      Touch right toe to right side, touch right next to left, touch right toe to right side  
3&4      Step right behind left, step left to left, step right over left  
5-6      Make a full turn left on left, right  
7&8      Side shuffle left on left, right, left

## ROCK & ROCK & ROCK & STEP 114 TURN, 114 112 TURN, CROSS SHUFFLE

1&2&      Cross rock right over left, rock on to left, step right to right, rock on to left  
3&4      Cross rock right over left, rock on to left, step right to right making a ¼ turn right  
5-6      Make a ½ turn right stepping back on left, make a 114 turn right stepping right to right  
7&8      Step left over right, step right to right step left over right

## ROCK ½ TURN, MAMBO, STEP PIVOT, PIVOT, COASTER CROSS

1&2      Step right to right, rock on to left making a 112 turn right, step right next to left  
3&4      Step left to left, rock on to right, step left next to right  
5&6      Step forward on right, pivot a ½ turn left, make a ½ turn left stepping back on right  
7&8      Step back on left, step right next to left, step left over right

## SLIDE & CROSS STEP, SYNCOPATED WEAVE

1-2      Take a large step to right with right, hold  
&3-4      Step left next to right, step right over left, step left to left side  
5&6&      Step right behind left, step left to left, step right over left, step left to left  
7&8      Step right behind left, step left to left, touch right next to left

## REPEAT

## OPTIONAL INTRO

Step left to left with hands up on 1st help  
Make a ½ turn left stepping right to right with hands up on 2nd help  
Make a ½ turn left stepping left to left with hands up on 3rd help  
Cross right over left unwind full turn left on 4th help