

# Help Me!

拍数: 64                      墙数: 2                      级数: Intermediate  
编舞者: Samantha Cooper  
音乐: S.O.S. (Rescue Me) - Rihanna



## WALK, WALK, POINT AND POINT AND POINT, HOLD, TOUCH, POINT

- 1-2                      Walk forward right, then left
- 3&4&                      Point right toes to right side, and then point left toes to left side
- 5-6                      Point right toes to right side, then hold for one count
- 7-8                      Point right foot across in front of left foot, then point right toes to right side

## CROSS, BACK, SIDE SHUFFLE RIGHT, CROSS ROCK, SIDE SHUFFLE LEFT ¼ TURN

- 1-2                      Cross right over left, step back onto left foot
- 3&4                      Side shuffle to right
- 5-6                      Cross rock left over right, bring weight back onto right foot
- 7&8                      Side shuffle left turning ¼ turn left

## ¼ TURN LEFT, ROCK BACK, SIDE SHUFFLE LEFT, ROCK BACK, ROCK FORWARD, ½ TURN SHUFFLE LEFT

- 1-2-3                      Turn ¼ left (facing 6:00 wall), rock back on left, bring weight back onto right foot
- 4&5                      Side shuffle left
- 6-7                      Rock back on right, bring weight onto left
- 8&1                      Shuffle ½ turn left, turning left (right, left, right)

## ROCK BACK, ROCK FORWARD, FULL TURN RIGHT, STEP BACK, COASTER STEP

- 2-3                      Rock back left, forward rock right
- 4-5                      Full turn right stepping left (½), right (½)
- 6                      Step back onto left
- 7&8                      Right coaster step

## KICK BALL CHANGE, CROSS POINT, CROSS POINT, BEHIND POINT

- 1&2                      Left kick ball change (weight ending on right foot)
- 3-4                      Cross left over right, point right to right side
- 5-6                      Cross right over left, point left to left side
- 7-8                      Cross left behind right, point right to right side

## BEHIND POINT, CROSS KICK, JAZZ BOX ½ TURN RIGHT

- 1-2                      Cross right behind left, point left to left side
- 3-4                      Cross left over right, kick right leg out into the right diagonal wall
- 5-6-7-8                      Do a jazz box ½ turn to the right (weight ending on left)

## JUMP FORWARD, JUMP BACK, JUMP BACK, JUMP FORWARD

- &1-2                      Jump forward (right, left)
- &3-4                      Jump backwards (right, left)
- &5-6                      Jump backwards (right, left)
- &7-8                      Jump forward (right, left)

## BUMP HIPS LEFT, BUMP HIPS RIGHT, STEP BACK, COASTER STEP, STEP FORWARD

- 1-2                      Bump hips to the left
- 3-4                      Bump hips to the right
- 5                      Step back on left foot

6&7 Right coaster step (right back, left together, right forward)  
8 Step forward left

**REPEAT**

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