

# Help Yourself

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Phil Dennington (UK)  
音乐: Help Yourself - Tom Jones



## MODIFIED RUMBA BOX

1&      Step right to right side, step left beside right  
2      Step forward right  
3&      Step left to left side, step right beside left  
4      Step forward left

## FORWARD ROCK, BACK LOCK STEP

1&2      Rock forward right, rock left in place, step back right  
3&4      Step back left, cross step right over left, step back left

## RIGHT BACK COASTER, FORWARD LOCK STEP

5&6      Step back right, step left beside right, step forward right  
7&8      Step forward left, lock right behind left, step forward left

Option: forward left shuffle

## ROCK & CROSS, COASTER TURNING ¼ RIGHT

1&2      Rock right to right, rock left in place, cross step right over left  
3&      Turning ¼ right, step back left, step right beside left  
4      Step forward left

## WALKS FORWARD, ROCK & CROSS, COASTER ¼ TURN, WALKS FORWARD

1-2      Walking forward, step right, step left(sway body right, left)  
3&4      Rock right to right, rock left in place, cross step right over left  
5&      Turning ¼ right step back left, step right beside left  
6      Step forward left  
7-8      Walking forward step right, step left(sway body right, left)

## ROCK & CROSS, ¾ TURN RIGHT, RIGHT MAMBO, LEFT MAMBO

1&2      Rock right to right, rock left in place, cross step right over left  
3&4      Turning ¼ right, step back left, turning ½ right, step forward right, step left beside right  
5&6      Rock right to right, rock left in place, step right beside left  
7&8      Rock left to left, rock right in place, step left beside right

## REPEAT

## RESTART

At the end of walls 3, 4, 5, and 7, restart dance on step 24 after walks forward

## TAG

At the end of wall 6, hold for 4 counts & do your thing. After this, dance through to end.