

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.