

# A Helping Hand

**COPPER KNOB**  
BY STEPHEN METZ

拍数: 64                      墙数: 4                      级数: Improver  
编舞者: Alan Birchall (UK)  
音乐: Children Need A Helping Hand



Written For The L.D.T.A. Charity Dance Jan 2001 In Aid Of The Rainbow Trust

## VINE RIGHT, SCUFF, VINE LEFT, SCUFF (HOLDING HANDS)

1-2                      Step right to right, cross left behind right  
3-4                      Step right to right, scuff left (or touch) by right  
5-6                      Step left to left, cross right behind left  
7-8                      Step left to left, scuff right by left

## CROSS ROCK, RECOVER, ½ SHUFFLE TURN RIGHT, CROSS ROCK, RECOVER, ½ SHUFFLE TURN LEFT

9-10                     Rock right over left, recover on left  
11&12                   Make ½ shuffle turn right stepping right, left, right  
13-14                   Rock left over right, recover on right  
15&16                   Make ½ shuffle turn left stepping left right left

## STEP, ½ PIVOT, STEP ¼ PIVOT, VINE RIGHT, SCUFF

17-18                   Step forward on right, make ½ pivot left  
19-20                   Step forward on right, make ¼ pivot left  
21-22                   Step right to right, cross left behind right  
23-24                   Step right to right, scuff left (or touch) by right

## VINE LEFT, SCUFF, SHUFFLE FORWARD RIGHT & LEFT (HOLDING HANDS)

25-26                   Step left to left, cross right behind left  
27-28                   Step left to left, scuff right by left  
29&30                   Step forward on right, step left by right, step forward on right  
31&32                   Step forward on left, step right by left, step forward on left

## ROCK FORWARD, RECOVER, SHUFFLE BACK RIGHT & LEFT, ROCK BACK RECOVER (HOLDING HANDS)

33-34                   Rock forward on right, recover on left  
35&36                   Step back on right, step left by right, step back on right  
37&38                   Step back on left, step right by left, step back on left  
39-40                   Rock back on right, recover on left

## HEEL SWITCH'S WITH ¼ TURNS & CLICKS

41&                      Step right heel forward, step right in place  
42&                      Touch left heel forward, step left in place  
43-44                   Step forward on right, make ¼ turn to left (click fingers)  
45&                      Step right heel forward, step right in place  
46&                      Touch left heel forward, step left in place  
47-48                   Step forward on right, make ¼ turn to left (click fingers)

## SIDE SHUFFLE, ROCK RECOVER, SIDE SHUFFLE, ROCK RECOVER

49&50                   Step right to right, step left by right, step right to right  
51-52                   Rock back on left, recover on right  
53&54                   Step left to left, step right by left, step left to left  
55-56                   Rock back on right recover on left

**STEP, CROSS KICKS WITH CLAPS**

57-58 Step right to right, kick left over right (clap hands)

59-60 Step left to left, kick right over left (clap hands)

61-62 Step right to right, kick left over right (clap hands)

63-64 Step left to left, kick right over left (clap hands)

**REPEAT**

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