

Help Me Remember

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Noel Bradey (AUS) - November 2007
音乐: Help Me Remember - Rascal Flatts : (CD: Still Feels Good)



RHUMBA BOX, TOGETHER, BACK, REPLACE, TOGETHER, FORWARD, REPLACE

- 1&2 Step left to left side, step right beside left, step left forward dragging right slightly towards left
3&4 Step right to right side, step left beside right, step right back dragging left slightly towards right
&5-6 Step on ball of left beside right, rock right back, recover forward onto left
&7-8 Step on ball of right beside left, rock forward on left, recover right back

TOGETHER, ½, ½, BACK, COASTER CROSS, SIDE, REPLACE, CROSS SIDE, REPLACE, ½ PIVOT, CROSS, SIDE

- &1&2 Step on ball of left beside right, turn ½ turn right to step right forward, turn ½ turn right to step left back, step right back (12:00)
3&4 Step left back, step right beside left, cross left over right
5&6 Rock right to right side, recover to left, cross right over left
&7&8& Rock left to left side, recover to right, pivot turn ½ turn left stepping left to left side, cross right over left, step left to left side (6:00)

DIAGONAL CROSS, REPLACE, ¼ TURN FORWARD, FORWARD, ½, ½, ROCK FORWARD, REPLACE, ½, ½ REVERSE PIVOT

- 1-2&3 Cross/rock right over left at 45 degrees left, recover back to left, turn ¼ turn right to step right forward, step left forward (9:00)
4&5 Turn ½ turn left stepping right back, turn ½ turn left stepping left forward, rock forward onto right (9:00)
6&7 Recover to left, turn ½ turn right stepping right forward, turn ½ turn right stepping left back (9:00)
&8 Touch right toe back, reverse pivot turn ½ turn right taking weight onto right (3:00)

DIAGONAL CROSS, REPLACE, ¼, CROSS ¾ TURN, SAILOR, CROSS, REPLACE, ¼, FORWARD ½ PIVOT

- 1-2& Cross/rock left over right at 45 degrees right, recover to right, turn ¼ turn left stepping left forward, (12:00)
3 Cross right over left as you turn 250 degrees left sweeping left around (weight right) (3:00)
4&5 Cross/step left behind right, step on ball of right to right side, recover to left
6 Cross/rock right over left at 45 degrees left
7&8& Recover to left, turn ¼ turn right stepping right forward, step left forward, pivot turn ½ turn right (weight right) (12:00)

ROCK FORWARD, REPLACE, ½, ROCK SIDE, REPLACE, BESIDE, ¼, ¼, CROSS, ¼, ¼ CROSS

- 1-2& Rock left forward, recover to right, turn ½ turn left stepping left forward (6:00)
3-4& Rock right to right side, recover to left, cross right over left
5&6 Turn ¼ turn right stepping left back, turn ¼ turn right stepping right to right side, cross left over right (12:00)
7&8 Turn ¼ turn left stepping right back, turn ¼ turn left stepping left to left side, cross right over left (6:00)

REPLACE, ¼, SIDE, BEHIND, ¼, BACK, BACK, TOGETHER, COASTER STEP

- 1&2 Recover to left, turn ¼ turn right stepping right forward, step left to left dragging right slightly towards left (9:00)

- 3&4 Cross/step right behind left, turn $\frac{1}{4}$ turn left stepping left forward, step right forward dragging left slightly towards right (6:00)
- 5-6& Step left back dragging right towards left, step right back dragging left towards right, step on left beside right (12:00)
- 7&8 Step right back, step on left beside right, step right forward dragging left towards right (6:00)

Begin again.

TAG: After wall 2

FORWARD COASTER, BACK COASTER

- 1&2-3&4 Step left forward, step right beside left, step left back, step right back, step left beside right, step right forward

ENDING

Dance to count 3& (facing 12:00), then step on left to left side, dragging right to beside left.
