

Help

拍数: 64 墙数: 2 级数: Easy Intermediate
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音乐: Help! - The Bornagen Beatles : (Album: The Beatles Greatest Hits)



32-count intro

Starting Position: Please note that the dance should start facing the 9 o'clock wall.

MODIFIED ¼ MONTEREY TURN , LEFT COASTER STEP

- 1-2 Point Right foot out to Right side , turn ¼ Right stepping down onto Right foot beside Left (12 o'clock)
3-4 Touch Left foot forward , hold
5-8 Step back on Left foot , step on Right foot beside Left , step forward on Left foot , hold

STROLL FORWARD , RIGHT MAMBO

- 1-4 Step forward on Right foot , hold , step forward on Left foot , hold
5-8 Rock forward on Right foot , recover weight onto Left foot , step back on Right foot , hold

LEFT LOCK-STEP BACK , ¾ TRIPLE TURN

- 1-4 Step back on Left foot , lock-step Right foot over Left , step back on Left foot , hold
5-7 Make a ¾ triple-turn in place over your Right shoulder stepping Right-Left-Left (9 o'clock)
8 Hold

STEP OUT LEFT then RIGHT ,HIP BUMPS

- 1-4 Step Left forward slightly to Left diagonal , hold , step Right forward slightly to Right diagonal , hold
5-8 Bump hips : Left , Right , Left , hold

RIGHT SAILOR with ¼ TURN RIGHT, LEFT LOCK-STEP FORWARD

- 1-4 Cross-step Right behind Left foot, turn ¼ Right stepping to Left on Left foot,
step on Right foot beside Left , hold (12 o'clock)
5-8 Step forward on Left foot , lock-step Right foot behind Left , step forward on Left foot , hold

CHARLESTON

- 1-4 Touch Right foot forward , hold , step back onto Right foot , hold
5-8 Touch Left foot back , hold , step forward onto Left foot , hold

“STEP - ½ TURN - STEP” , “TURN - TURN - CROSS”

- 1-4 Step forward onto Right foot , pivot turn ½ to Left , step forward onto Right foot , hold (6 o'clock)
5-6 Turn ½ Right stepping back onto Left foot , turn ¼ Right stepping to Right on Right foot (3 o'clock)
7-8 Cross-step Left foot over Right , hold

RIGHT RUMBA BOX

- 1-4 Step to Right on Right foot , step on Left foot beside Right , step forward on Right foot , hold
5-8 Step to Left on Left foot , step on Right foot beside Left , step back on Left foot , hold

FINISH

You will dance 6 complete walls. At the start of the 7th wall, you will do the first 3 counts of the dance, then just slowly bend both knees on count 4 as the music fades:

POINT , ¼ TURN , POINT , SIT

- 1-2 Point Right foot out to Right side , turn ¼ Right down onto Right foot beside Left (12 o'clock)

3-4 Touch Left foot forward , bend both knees into a sitting position

***** Please don't forget that this dance starts facing the left side wall [9 o'clock] *****
