

# Help Me Make It (Through The Night)

**COPPER** **KNOB**  
BY STEPHEN

拍数: 32      墙数: 2      级数: Beginner / Improver  
编舞者: Ira Weisburd (USA) - May 2011  
音乐: Help Me Make it Through the Night - Die Campbells : (Album: Daar's Lets Innie Water 2004; Track 15)



Alt. Music: "Help Me Make It Through The Night by Rian Ungerer. Album: Timeless Hits 2010 by Rian Ungerer

Introduction: 8 counts. Start approximately 8 seconds into the song. Start on the word "Hair"  
This #1 Country hit was written by songwriter and actor Kris Kristofferson in 1970.

## PART I. SAMBA w/R, SAMBA w/L, CROSS ROCK, RECOVER, ½ TRIPLE TURN R

1&2      Step R across L, Step on ball of L to L, Recover w/ weight on R.  
3&4      Step L across R, Step on ball of R to R, Recover w/ weight on L  
5-6      Cross and Step with R over L, Recover w/ weight back onto L  
7&8      Make ½ turn to R in 3 steps (R,L,R)

## PART II. SAMBA w/L, SAMBA w/R, CROSS ROCK, RECOVER, ¼ TRIPLE TURN L

1&2      Step L across R, Step on ball of R to R, Recover w/ weight on L  
3&4      Step R across L, Step on ball of L to L, Recover w/ weight on R  
5-6      Cross and Step with L over R, Recover w/ weight back onto R  
7&8      Make ¼ turn to L in 3 steps (L,R,L)

## PART III. SAMBA w/R, SAMBA w/L, ROCK FORWARD, RECOVER, COASTER STEP.

1&2      Step R across L, Step on ball of L to L, Recover w/ weight on R.  
3&4      Step L across R, Step on ball of R to R, Recover w/ weight on L  
5-6      Step forward on R, Recover back on L  
7&8      Step back w/ R, Step-close L to R, Step forward on R

## PART IV. DIAMOND SHAPE FALL AWAY (¾ TURN L)

1&2      Step forward on L turning 1/8 L, Step R to R, Step L Behind R  
3&4      Step Back Diagonally w/ R to face next wall, Step L to L side, Cross R over L to face next corner  
5&6      Step forward on L, Step R to R (making 1/8 turn L), Step back on L (making 1/8 turn L)  
7-8      Step R to R, Step L to L (making 1/8 turn L, to face back wall)

**BEGIN DANCE.**