

Help Me, Help Me

拍数: 64 墙数: 4 级数: Intermediate - CCW
编舞者: Bill Larson (AUS) & Travis Taylor (AUS) - August 2012
音乐: 50 Ways to Say Goodbye - Train : (CD: California 37 - 4:08)



Cross Side, Sailor Cross, Side Rock, Cross Shuffle

1,2 Cross R over L, Step L to side
3&4 Step R behind L, Step L to Side, Cross R over L
5,6 Step L to side, Recover weight onto R
7&8 Cross shuffle Right: Stepping L, R, L

Turn Turn Shuffle fwd, Step fwd Rock, Coaster

1 turning 1/4 turn L Step back on R (9:00)
2 turning 1/4 turn L Step L to side (6:00)
3&4 Shuffle fwd: Stepping R, L, R
5,6 Step L fwd, Recover weight onto R
7&8 Step back on L, Step R beside L, Step L fwd

Cross, Side Sailor Cross, Side Rock, Cross Shuffle

1,2 Cross R over L, Step L to side
3&4 Step R behind L, Step L to Side, Cross R over L
5,6 Step L to side, Recover weight onto R
7&8 Cross shuffle Right: Stepping L, R, L

Turn Turn, Roll full turn fwd, Step Rock, Rocking Chair

1 turning 1/4 turn L Step back on R (3:00)
2 turning 1/4 turn L Step L to side (12:00)
3 turning 1/2 turn L Step back on R (6:00)
4 turning 1/2 turn L Step L fwd (12:00) counts 3,4 are a full rolling turn forward

Suggested Substitute Steps: Substitute counts 3,4 with 2 walks forward R, L

5,6 Step R forward, Recover weight onto L
7,8 Step back onto R, Recover weight onto L ** Restart here on wall 3

Step Drag, Ball Cross Step, Touch Unwind, Cross Rock

1,2 turning 1/4 turn L Step R to R side, Drag L up beside R (9:00)
&3,4 Step L beside R (&), Cross R over L, Step L to L side
5,6 Touch R behind L, turning 1/2 turn R Unwind (weight on R) (3:00)
7,8 Cross Rock L over R, Replace weight on R

Shuffle Turn, Step Pivot, Shuffle Turn, Shuffle Turn

1&2 turning 1/4 turn L Shuffle fwd L, R, L (12:00)
3,4 Step fwd on R, Pivot 1/2 turn L (6:00)
5&6 turning 1/2 turn L Shuffle Back: R, L, R (12:00)
7&8 turning 1/2 turn L Shuffle fwd: L, R, L (6:00)

Suggested Substitute Steps: Substitute counts 5&6, 7&8 with 2 shuffles forward

Cross Side Rock, Cross Side Rock, Jazz Box Turn

1&2 Cross R over L, Step L to L side, Rock weight on R (travelling slightly fwd)
3&4 Cross L over R, Step R to R side, Rock weight on L (travelling slightly fwd)
5,6 Cross R over L, Step back L
7,8 turning 1/4 turn R Step R to R side, Cross L over R (9:00)

Side Behind Turn Step, Turn Turn Behind Side (Figure 8)

1,2 Step R to R side, Step L behind R
3,4 turning 1/4 turn R Step fwd on R, Step fwd on L (12:00)
5,6 Pivot 3/4 turn R, (weight on R) Step L to L side (9:00)
7,8 Step R behind L, Step L to L side

Tags: After Wall 1 (9:00), Wall 4 (3:00), and Wall 6 "dance tag twice" (9:00) add the following

1,2 Cross R over L, Recover weight onto L
3&4 Shuffle to R side: Stepping R, L, R
5,6 Cross L over R, Recover weight onto R
7&8 Shuffle to L side: Stepping L, R, L

Restart: During Wall 3 (6:00) Dance sections 1 – 4 (32 counts **) then restart dance facing (6:00)

Contacts:-

bill_larson@hotmail.com - Footloose_69_travio@hotmail.com
www.dancewithbill.com - www.southerncrosslinedancers.com
