

# Please Can you Help Me

拍数: 32      墙数: 4      级数: Novice  
编舞者: Vera Kuiper (NL) - January 2013  
音乐: Can You Help Me out of This Dream - Ruud Hermans



Start dance on the word "OUT"

**Walk, Walk, Shuffle, Rock step, Shuffle turn ½ right.**

- 1 LF walk
- 2 RF walk
- 3 LF step forward
- & RF step next to LF
- 4 LF step forward
- 5 RF rock forward
- 6 Rock back on LF
- 7 RF ¼ turn right step to the side
- & LF step next to RF
- 8 RF ¼ turn right step forward

**Chasse, Sailor step, Sailor step, Sailor step ¼ turn right.**

- 1 LF step to the side
- & RF step next to LF
- 2 LF step to the side
- 3 RF cross behind LF
- & LF step to the side
- 4 RF step to the side
- 5 LF cross behind RF
- & RF step to the side
- 6 LF step to the side
- 7 RF cross behind ¼ turn right
- & LF step to the side
- 8 RF step to the side

**Rock step, Shuffle turn ½ left, Kick ball step, Kick ball step.**

- 1 LF rock forward
- 2 Rock back on RF
- 3 LF ¼ turn left step to the side
- & RF step next to LF
- 4 LF ¼ turn left step forward
- 5 RF kick forward
- & RF step next to LF
- 6 LF step forward
- 7 RF kick forward
- & RF step next to LF
- 8 LF step forward

**Vaudeville, Vaudeville, Rock step, Coaster step.**

- 1 RF cross over LF
- & LF step to the side
- 2 RF heel forward
- & RF step next to LF
- 3 LF cross over RF

- & RF step to the side
- 4 LF heel forward
- & LF step next to RF
- 5 RF rock forward
- 6 Rock back on LF
- 7 RF step backwards
- & LF step next to RF
- 8 RF step forward

**START AGAIN**

**HAVE FUN**

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