

# Help Yourself

**COPPER KNOB**  
STEPPERS

拍数: 32      墙数: 2      级数: Beginner  
编舞者: Dave Powney (UK) - May 2013  
音乐: Help Yourself - Tom Jones



**16 Count Intro ( Start Just Before Lyric's ) 11 Seconds Approx**

## **SECTION 1: MODIFIED RUMBA BOX FWD,FWD MAMBO STEP,COASTER STEP**

1&2      Step R To R, Step L Next To R, Step R Fwd  
3&4      Step L To L, Step R Next To L, Step L Fwd  
5&6      Step R Fwd, Step L In Place, Step R Next To L  
7&8      Step L Back, Step R Next To L, Step L Fwd

**Restart Here Wall 5**

## **SECTION 2: R SHUFFLE, L SHUFFLE,JAZZ BOX**

1&2      Step R Fwd, Step L Next To R, Step R Fwd  
3&4      Step L Fwd, Step R Next To L, Step L Fwd  
5,6,7,8      Cross R Over L, Step Back L, Step R To R, Step L Next To R

## **SECTION 3: 1/4 PIVOT, 1/4 PIVOT,HIP BUMPS,HIP BUMPS**

1,2      Step R Fwd, 1/4 Turn L ( Weight On L )  
3,4      Step Fwd R, 1/4 Turn L ( Weight On L )  
5&6      Step R Fwd, Bump Hips ( R & R )  
7&8      Step L Fwd, Bump Hips ( L & L )

## **SECTION 4: CHASSE R,ROCK,CHASSE L ROCK**

1&2      Step R To R, Step L Next To R, Step R To R  
3,4      Rock Back L, Recover R  
5&6      Step L To L, Step R Next To L, Step L To L  
7,8      Rock Back R, Recover L

**END OF DANCE**

**1 Restart Wall 5 End Of Section 1**

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