

# Help Me Make It Through The Night

COPPER KNOB  
BY STEPHEN BRETZ

拍數: 32      牆數: 4      級數: Improver  
編舞者: Guylaine Bourdages (CAN) - January 2015  
音樂: Help Me Make It Through the Night - Anne Murray : (Album: Country Croonin'g)



Intro: 16 counts

[1-8] □(LF) Forward, 1/2L, (RF) Back, (LF) Coaster Step, (RF) Forward, 1/2 turn R, (LF) Back, RF Coaster Step

1-2            Step Left Forward, turn 1/2 Left Step Right Foot back  
3&4            (Coaster Step) Step LF Back, RF beside LF, LF Forward  
5-6            RF Forward, Turn 1/2 Right, LF Back  
7&8            (Coaster Step) RF Back, LF beside RF, RF Forward

[9-16] □(LF) Cross Rock, and Cross, 1/8L LF Diagonal L and (Hitch RF), Coaster Hitch, Back, 1/8R Side , Cross front

1-2            (Cross Rock Step) LF Cross in front of RF, Recover Weight onto RF  
&3-4            LF to Left, RF cross in front of LF, 1/8L LF diagonal Left and Hitch RF  
5&6            (Coaster + Hitch) RF Back, LF beside RF, RF forward & Hitch with LF  
7&8            LF Back, RF to Right 1/8R, LF cross in Front of RF

[17-24] □ Hip Sway Right, Left, RLR, Turn 1/4L, Turn 1/2L, 1/2L + Lock Step forward LRL

1-2            Hip Sway Right, Left  
3&4            Hip Sway Right, Left, Right (Turn your body to the right for the body fly)  
5-6            1/4Left LF Forward, 1/2L RF Back  
7&8            1/2Left (Lock Step Forward) LF Forward, Lock RF behind RF, LF Forward

[25-32] □ Sweep & (RF) Jazz Box and (LF) Jazz Box and (RF) Jazz Box and Touch

1-2            Sweep RF from back to front, RF Cross in Front of LF, LF Back  
&3-4            RF Back, LF cross in front of RF, RF Back  
&5-6-7-8        LF Back, RF cross in front of LF, LF back, RF to Right, LF Touch beside RF

NOTE :

Continue until the end of the song with the hip sway to finish face of the first wall (12H)

A very slow and sensual music and song ... with very true lyrics

Keep Smiling - Guylaine xx

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