

Little Help

拍數: 64 牆數: 1 級數: Intermediate
編舞者: Gold River (IT) - July 2015
音樂: Help! - Little Texas
或: Help! - The Beatles



STOMP, TURNING SCAFF, HEEL TAP, TOUCH DOWN, HEEL TAP TWICE

1&2&3&4& Right stomp, left heel tap (turning 1\4 left), left down, Right heel tap, Right heel tap forward, Toe down, Left heel tap, Right heel tap

HEEL TAP, TURNING SLAP LEATHER (or flick hook combination)

5&6&7&8& Left heel tap, Right flick, Right down, Left Hook (turning 1\4 left), left down, Right Flick (turning 1\4 left), Right down, Left Hook (turning 1\4 left)

LEFT DOWN, PENDULE STOMP, ROCK BACK JUMP, STEP

9&10&11&12 left down, Right to right, Right together, Pause, Right step back (jumping on Right foot), Recover on Left, Right together

TRIPLE TURNING HEEL TAP, STOMP TWICE

&13&14&15&16 left heel tap (turning 1\4 left), left toe down, Right heel tap (turning 1\4 left), Right toe down, left heel tap (turning 1\4 left), left toe down, Right stomp (turning 1\4 left), Left stomp

STOMP, TURNING SCAFF, HEEL TAP, TOUCH DOWN, HEEL TAP TWICE

17&18&19&20& Left stomp, Right heel tap (turning 1\4 Right), Right down, Left heel tap, Left heel tap forward, Toe down, Right heel tap, Left heel tap

HEEL TAP, TURNING SLAP LEATHER (or flick hook combination)

21&22&23&24& Right heel tap, Left flick, Left down, Right Hook (turning 1\4 Right), Right down, Left Flick (turning 1\4 Right), Left down, Right Hook (turning 1\4 Right)

RIGHT DOWN, PENDULE STOMP, ROCK BACK JUMP, STEP

25&26&27&28 Right down, Left to left, Left together, Pause, Left step back (jumping on Left foot), Recover on Right, Left together

TRIPLE TURNING HEEL TAP, STOMP TWICE

&29&30&31&32 Right heel tap (turning 1\4 Right), Right toe down, Left heel tap (turning 1\4 Right), Left toe down, Right heel tap (turning 1\4 Right), Right toe down, Left stomp (turning 1\4 right), Right stomp

JUMP & HEEL TOE TAP TWICE

33&34&35&36& Jump feet apart, slide the right toe beside left, Right heel tap over left, left toe tap behind, Jump feet apart, slide the left toe beside the right, Left heel tap over Right, Right toe tap behind

JUMP & TURNING KICK

37&38&39&40 Jump feet apart, Turn 1\2 left (weight on left), Right kick, right down, Left kick, left down, right stomp

JUMP & HEEL TOE TAP TWICE

41&42&43&44& Jump feet apart, slide the left toe beside right, left heel tap over right, right toe tap behind, Jump feet apart, slide the right toe beside the left, right heel tap over left, left toe tap behind

JUMP & TURNING KICKS

45&46&47&48 Jump feet apart, Turn 1\2 left (weight on Right), Light kick, left down, Right kick, right down, Left stomp

SLIPPY HITCH BACK SERIES

49&50&51&52 Right knee up & slide left behind, right down, slide right behind & Left knee up, left down, slide left behind & Right knee up, right down, slide right behind & Left knee up

SLIPPY HITCH FRONT SERIES, COASTER STEP

&53&54&55&56 left down, slide left front & Right knee up, right down, slide right front & Left knee up, left down, Right stap back, left together, right stomp front

PIVOT X 4

57-58-59&60 Left step forward, turn 1\2 to right, left step forward, turn 1\2 to right, left stomp forward

61-62-63-64 Right step forward, turn 1\2 to left, Right step forward, turn 1\2 to left
