

Help Me Make It

拍數: 32 牆數: 4 級數: Improver
編舞者: Sharon Brizon (UK) - August 2015
音樂: Help Me Make It Through the Night (Reggae Version) - John Holt : (iTunes)



Intro: 8 Counts (count in 1&2, 3&4, 5&6, 7&8 – to come in on the word “hair”)

Section 1: Toe Taps, Coaster Step, Chasse L, Shuffle Fwd

1& Tap right toe to right side. Tap right toe in.
2& Tap right toe to right side. Tap right toe in.
3&4 Step back on right. Step left beside right. Step right forward.
5&6 Step left to left side. Close right beside left. Step left to left side.
7&8 Step forward on right. Close left beside right. Step forward on right.

Section 2: Toe Taps, Coaster, Chasse R, Shuffle ½ turn

1& Tap left toe to left side. Tap left toe in.
2& Tap left toe to left side. Tap left toe in.
3&4 Step back on left. Step right beside left. Step left forward.
5&6 Step right to right side. Close left beside right. Step right to right side.
7&8 Making a ½ turn left, Shuffle forward left-right-left. (6 o'clock)

Section 3: Monterey ¼ Turns x 2, Heel Switches x 2, Shuffle Fwd

1& Tap right toe to right side. Making ¼ turn right, step right beside left.
2& Tap left toe to left side. Step left beside right.
3& Tap right to to right side. Making ¼ turn right, step right beside left.
4& Tap left toe to left side. Step left beside right.
5& Touch right heel forward. Step right foot in place.
6& Touch left heel forward. Step left foot in place.
7&8 Shuffle forward right-left-right. (12 o'clock)

Section 4: Step ¼ Cross. Side Strut, Cross Strut. Long Step-Tog. Rocking Chair

1&2 Step left foot forward. Pivot ¼ turn right, weight on right. Step left across right.
3& Touch right toe to right side. Drop right heel down.
4& Touch left toe across right. Drop left heel down.
5-6 Take a long step right to right. Step left beside right.
7& Rock forward on right. Recover weight on left.
8& Rock back on right. Recover weight on left.

REPEAT

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