

Heaven Help Us (aka Mercy on)

COPPER KNOB
BY STEPHEN B. BROWN

拍數: 96 牆數: 2 級數: Phrased Intermediate
編舞者: Mary Dahl (USA) & Debi Pancoast (USA) - October 2015
音樂: Mercy On Me - Christina Aguilera



SEQUENCE: 32 ct intro to start at piano (after choir) – A–B–A–B32*–A–A–B32*–A21**–A to END

A (chorus): This section starts with the words “Oh Lord...”, except first time to instrumental and last time after the break

A[1 – 8] □ Sway, Swayin’ Sailor Step, Sway, Swayin’ Sailor Step

1,2,3&4 Step side R swaying to right, Sway to left taking weight L, Step R behind L, Step side L, Step side R swaying to right
5,6, 7&8 Sway to L taking weight L, Sway to right taking weight R, Step L behind R, Step side R, Step side L

A[9 – 16] □ Rock, Recover, Turning Triple, Rock Recover, Step 3/8 Chase

1,2, 3&4 Rock back R, Recover forward L, Turn 1/4 left stepping side R, Step together L, Turn 1/4 left stepping back R (6:00)
5,6, 7&8 Rock back L, Recover forward R, Step forward L, Turn 3/8 right (11:00 diagonal) taking weight R, Step forward L (11:00)

A[17-24] □ Turning Open Box aka Open Diamond Turns (forward and back steps are always to the diagonal, side steps are square to a wall)

1&2 Step forward R to 11:00 diagonal, Turn 1/8 right squaring to 12:00 wall stepping side L, Turn 1/8 right to 1:00 diagonal stepping back R
3&4 Step back L to 1:00 diagonal, Turn 1/8 right squaring to 3:00 wall stepping side R, Turn 1/8 right to 5:00 diagonal stepping forward L
5 &6 Step forward R to 5:00 diagonal**, Turn 1/8 right squaring to 6:00 wall stepping side L, Turn 1/8 right to 7:00 diagonal stepping back R
7&8 Step back L to 7:00 diagonal, Turn 1/8 right squaring to 9:00 wall stepping side R, Turn 1/8 right to 11:00 diagonal stepping forward L

A[25-32] □ Cross Step, Point, Cross Step, Point, Lock, Push, 1/4 Hip, 1/4 Hip (this is a locking jazz box with hips)

1,2, 3,4 Step R forward across L, Turn 1/8 right squaring up to 12:00 and point/touch side L, Step L forward across R, Point/touch side R
5,6 “Lock” R over L stepping on ball of R across L with bent R knee, Straighten R knee which should push straight L leg back to take weight on L
7,8 Turn 1/4 left rocking weight back on R bumping hip back (9:00), Turn 1/4 left recovering weight forward on L bumping hip forward (6:00)

B (verse): This is 32 counts done starting with R foot, then the same set starting with L foot for a total of 64 counts which only happens once. You do only the 32 on R foot and switch weight to L foot* to go into A (see sequence at top of sheet) for the remainder of the music.

B[1-32] RIGHT FOOT LEAD

B[1 – 8] □ Walk, Walk, Forward Coaster, Back, Back, Coaster

1,2 Step forward R, Step forward L
3&4 Small step forward R, Step Together L, Step back R
5,6 Step back L, Step back R
7&8 Small step back L, Step together R, Step forward L

B[9 – 16] □ Side, Draw/Close, Scissors-Cross, Side, Draw/Close, Scissors-Step

1,2 Step side R, Slow draw L next to R and step together L
3&4 Step side R, Step together L, Step R across L

5,6 Step side L, Slow draw R next to L and step together R
7&8 Step side L, Step together R, Step forward L

B[17-22] □ Locking Triple, Locking Triple, Step, 1/2 Turn

1&2 Step forward R, "Lock" L behind R, Step forward R (Style: Rotate shoulders 1/4 left for this locking triple)
3&4 Step forward L, "Lock" R behind L, Step forward L (Style: Rotate shoulders 1/4 right for this locking triple)
5,6 Step forward R, Turn 1/2 left stepping in place L

B[23-28] □ Locking Triple, Locking Triple, Step, 1/2 Turn

7&8 Step forward R, "Lock" L behind R, Step forward R (Style: Rotate shoulders 1/4 left for this locking triple)
1&2 Step forward L, "Lock" R behind L, Step forward L (Style: Rotate shoulders 1/4 right for this locking triple)
3,4 Step forward R, Turn 1/2 left stepping in place L

B[29-32] □ Step, 1/2 Turn, 1/2-Ball-Change

5,6 Step forward R, Turn 1/2 left stepping in place L
7&8
& Turn 1/2 left stepping in place R, L, R (or 1&1/2 turn left)

***Step in place L (when doing only 32 of B to go into A)**

B[33-64] LEFT FOOT LEAD

B[33-40] □ Walk, Walk, Forward Coaster, Back, Back, Coaster

1,2 Step forward L, Step forward R
3&4 Small step forward L, Step Together R, Step back L
5,6 Step back R, Step back L
7&8 Small step back R, Step together L, Step forward R

B[41-48] □ Side, Draw/Close, Scissors-Cross, Side, Draw/Close, Scissors-Step

1,2 Step side L, Slow draw R next to L and step together R
3&4 Step side L, Step together R, Step L across R
5,6 Step side R, Slow draw L next to R and step together L
7&8 Step side R, Step together L, Step forward R

B[49-54] □ Locking Triple, Locking Triple, Step, 1/2 Turn

1&2 Step forward L, "Lock" R behind L, Step forward L (Style: Rotate shoulders 1/4 right for this locking triple)
3&4 Step forward R, "Lock" L behind R, Step forward R (Style: Rotate shoulders 1/4 left for this locking triple)
5,6 Step forward L, Turn 1/2 right stepping in place R

B[55-60] □ Locking Triple, Locking Triple, Step, 1/2 Turn

7&8 Step forward L, "Lock" R behind L, Step forward L (Style: Rotate shoulders 1/4 right for this locking triple)
1&2 Step forward R, "Lock" L behind R, Step forward R (Style: Rotate shoulders 1/4 left for this locking triple)
3,4 Step forward L, Turn 1/2 right stepping in place R

B[61-64] □ Step, 1/2 Turn, 1/2-Ball-Change

5,6 Step forward L, Turn 1/2 right stepping in place R
7&8 Turn 1/2 right stepping in place L, R, L (or 1&1/2 turn right)

****PAUSE: There is a 15(ish) count pause in the music towards the end. You are doing the A section when it occurs, in the midst of the Turning Open Box. Dance up to count 21 which is count 5 in that set of 8 and when**

the break in the music happens, you will stop facing the back diagonal... point side L , then cross L over or behind and unwind 1/2 turn to face the front wall (turn whichever direction you prefer). Do a couple of cross unwinds in place at your leisure ending at front wall, then on the word "from" shift weight to L to start from the top of A as music starts.

ENDING: The ending comes during the CH section just as you have done your chase turn. Step forward R and point side L squaring up to front wall, and be dramatic with arms out if you like :)

Choreographers' Note: We highly recommend trying this dance out to many styles and rhythms of music, from wcs, to cha, to nightclub two, we think you will enjoy it slow and dreamy, as well as fast and funky. If you do, simply do the A (32 cnts) and B (64 cnts) and start again without any Restarts or Switchups, as we find it works out really well. Adjust the styling to suit you and above all.... ENJOY!

This step sheet may be freely copied intact, however, modifications to this step sheet may not be made without the permission of the choreographers. Please contact the choreographers regarding any errors or inconsistencies for correction/revision. Thank you.

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