

I Can Help

拍數: 32 牆數: 4 級數: Beginner
編舞者: Maite Alemany (ES) - May 2015
音樂: "I Can Help You" by Shane Yellowbird



LONG STEP, SLIDE, ROCK STEP, STEP-TOUCH x 2

- 1- Step long right to the right
- 2- Slide left to beside the right
- 3- (Rock) Cross left behind the right, putting your weight onto it
- 4- (Step) Recover your weight to the right
- 5- Step left to the left
- 6- Touch right beside the left
- 7- Step right to the right
- 8- Touch left beside the right

¼ TURN STEP, HOOK, STEP, LOCK, SHUFFLE, ROCK STEP

- 9- Step left to the left, turning ¼ turn to the right at the same time
- 10- (Hook) Touch left shin with the right heel
- 11- Step right forward
- 12- (Lock) Step left beside the right by the right side
- 13- Step right forward
- &- Step left beside the right
- 14- Step right forward
- 15- (Rock) Step left forward, putting your weight onto it
- 16- (Step) Recover your weight onto the left

RESTART- AT WALL 9, (12.00)

SHUFFLE, TOE- ¼ TURN STRUT x 2, ROCK STEP

- 17- Step left back
- &- Step right in front of the left
- 18- Step left back
- 19- Touch right toe back
- 20- Lower the right heel turning ½ turn to the right at the same time
- 21- Touch left toe forward
- 22- Lower the left heel turning ½ turn to the right at the same time
- 23- (Rock) Step right back, putting your weight onto it
- 24- (Step) Recover your weight onto the left

TOE-CROSS x 3, HALF TWIST TURN, HOLD

- 25- Touch right toe to the right
- 26- Cross right over the left
- 27- Touch left toe to the left
- 28- Cross left over the right
- 29- Touch right toe to the right
- 30- Cross right over the left
- 31- Twist ½ turn to the left
- 32- Hold

RESTART- AT WALL 9, (12.00)

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