

Let Me Help

拍數: 32 牆數: 2 級數: Beginner
編舞者: Wanda Heldt (AUS) - March 2016
音樂: I Can Help by The Bellamy Brothers



No Tags or Restarts

Alternate: Boogie Fever by The Sylvers

Choreographed for Senior's & newcomers to keep them active in body & mind - keeping them on the dance floor - Having FUN.

Split floor: Stop Looking At My Eyes & Quit You Cha No Tags or restarts

S1. WALK FORWARD R.L.R. POINT, WALK BACK L.R. 1/4 TURN L. POINT

- 1-4 Walk forward R.L.R. Point left to Left side.
- 5-8 Walk back L.R. Turn a 1/4 Left stepping on Left [Lean body to Left] Point Right to side. [9:00]

S2. RIGHT VINE, LEFT VINE [or ROLLING VINE R & L]

- 1-4 Step Right, Step Left behind Right, Step Right, Touch next to Right.
- 5-8 Step Left, Step Right behind Left, Left Step Left, Touch Right next to Left.

S3. FORWARD, TAP, BACK, TAP, FORWARD, TAP, BACK, TOUCH

- 1-2 Step forward on Right, Tap Left toe behind Right.
- 3-4 Step back on Left, Tap Right toe across Left.
- 5-6 Step forward on Right, Tap Left toe behind Right.
- 7-8 Step back on Left, Touch Right toe next to Left.

S4. 2 x 1/8 PADDLE TURN LEFT, DOUBLE HIP BUMPS R & L.

- 1-2 Step forward on Right turn 1/8 turn Left, Recover on Left. [Rolls hips as you turning]
- 3-4 Step forward on Right turn 1/8 turn Left, Recover on Left [6:00] [Wt. stays on Left]
- 5-6 Step forward on Right [body to L.diag] bump Right hip twice.
- 7-8 Recover on Left bump Left hip twice.

Restart HAVE FUN IN LIFE & IN DANCE.

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