

I Can Help

拍數: 48 牆數: 2 級數: Easy Improver
編舞者: Karen Holtom (UK) - March 2017
音樂: I Can Help - Billy Swan : (Album: 70's Summer - Shortened Version)



EASY RE-STARTS ON WALLS 3, 5 AND 6 WITH SINGLE STEP CHANGE

Intro: 32 counts from solid beat

Section 1: □ CHASSE LEFT, ROCK BACK RECOVER, DIAGONAL ROCKING CHAIR

1&2,3,4 Step L to side, close R next to L, step L to side, Rock back on R diagonal, recover on L
5,6,7,8 Rock forward on R diagonal, recover on L, Rock back on R, recover on L (1.30)

Section 2: □ WALK FORWARD R, L, R, KICK L, BACK L, R, L, TOUCH R

1,2,3,4 On R diagonal walk forward R, L, R, kick L forward (1.30)
5,6,7,8 Back L, R, L, touch R next to L straightening up to front wall (12)

Section 3: □ SIDE TOUCH, ¼ LEFT, TOUCH, SIDE TOUCH, ¼ LEFT, TOUCH

1,2,3,4 Step R to side, touch L next to R, turn ¼ turn L stepping L to side, touch R beside L (9)
5,6,7,8 Step R to side, touch L next to R, turn ¼ turn L stepping L to side, touch R beside L (6)

(Optional styling of dips and clicks on the 'touch' steps)

Section 4: □ OUT OUT, IN IN, JAZZ BOX STEP FORWARD

1,2,3,4 Step R out to R, Step L out to L, step R back to centre, step L back to centre
5,6,7,8 Step R across L, Step back on L, Step R to R side, Step L forward **RESTART (6)

Section 5: □ SHUFFLE FORWARD, STEP PIVOT ½, SHUFFLE FORWARD, STEP PIVOT ½

1&2,3,4 Step forward on R, close L next to R, step forward on R, Step forward on L, pivot ½ turn R (12)
5&6,7,8 Step forward on L, close R next to L, step forward on L, Step forward on R pivot ½ turn L (6)

Section 6: □ OUT OUT, IN IN, JAZZ BOX TOUCH

1,2,3,4 Step R out to R, Step L out to L, step R back to centre, step L back to centre
5,6,7,8 Step R across L, Step back on L, Step R to R side, Touch L next to R (6)

S4: □ **RESTART on Walls 3, 5 & 6 after Section 4, with step change on count 8

OUT OUT, IN IN, JAZZ BOX TOUCH

1,2,3,4 Step R out to R, Step L out to L, step R back to centre, step L back to centre
5,6,7,8 Step R across L, Step back on L, Step R to R side, Touch L next to R