

# Help Is On It's Way

**COPPER** **KNOB**  
BYEBSHETS

拍數: 32      牆數: 4      級數: Easy Intermediate  
編舞者: Anne Herd (AUS) & Brad White - September 2017  
音樂: Help Is On Its Way - Little River Band : (iTunes - 3:30)



**Intro: Start on lyrics counts in, weight on**

## **S1: SIDE ROCK, BEHIND SIDE CROSS, SIDE ROCK, BEHIND SIDE CROSS**

1-2-3&4      Rock R to side, Recover to L, Cross R behind L, Step L to side, Cross R over L  
5-6-7&8      Rock L to side, Recover to R, Cross L behind R, Step R to side, Cross L over R

## **S2: ROCK FWD. 1/4 R, 1/4 L, 2 X 1/4 PADDLE TURNS**

1-2-3-4      Rock fwd. on R, Recover to L, Turning 1/4 R Step R to side, Turning a further 1/4 R, step L to side (6:00)  
5-6-7-8      Step fwd. on R, Paddle turn 1/4 L taking weight to L, Step fwd. on R, Paddle turn 1/4 L taking weight to L (12:00)

## **S3: SKATE, SKATE, SHUFFLE, SKATE, SKATE SHUFFLE**

1-2-3&4      Skate fwd. R L, Shuffle fwd. RLR  
5-6-7&8      Skate fwd. L R, Shuffle fwd. LRL

## **S4: 1/4 PIVOT L, CROSS SHUFFLE, SIDE ROCK, CROSS SHUFFLE**

1-2-3&4      Step fwd. on R, Turn 1/4 L taking weight to L, Cross shuffle R over L stepping R L R  
5-6-7&8      Rock L to side, Recover to R, Cross shuffle L over R stepping L R L

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**Restart: On wall 7 dance to count 24 and Restart.**

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