

# Heaven Help Me

COPPER KNOB  
STEPSHEETS

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Elizabeth Bocci (AUS) & Cathy Breed (AUS) - July 2017  
音樂: Heaven Help Me - Rob Thomas : (Album: The Great Unknown - iTunes - 3:21)



**Intro: 32 Counts, weight on left – Start on word 'Stars'**

**[1 – 8] FORWARD, ROCK, BACK, HOLD, SHUFFLE BACK, BACK, ROCK**

1-2-3-4      Step R forward, Rock/Recover onto L, Step back onto R, Hold  
5&6      Step L back, Step R beside L, Step L back (shuffle)  
7-8      Step R back, Rock/Recover onto L - 12

**[9 – 16] KICK, BALL, CHANGE, STEP, PADDLE, WEAVE ¼**

1&2      Kick R Forward, Step R beside L, Step L beside R  
3-4      Step R Forward, Turn ¼ left step L to left (paddle)  
5-6-7-8      Step R over left, Step L to left, Step R behind left, Turn ¼ left step L forward - 6

**[17 – 24] STEP, PIVOT, SHUFFLE FORWARD, ½, ½, ¼, SHUFFLE**

1-2      Step R forward, Turn ½ left step L forward  
3&4      Step R forward, Step L beside right, Step R forward (shuffle)  
5-6      Turn ½ right step L back, Turn ½ right step R forward  
7&8      Turn ¼ right step L to left, Step R beside left, Step L to left (side shuffle) - 3

**[25 – 32] SAILOR, SAILOR, TOUCH, TOUCH, HEEL, HEEL**

1&2      Step R behind left, Step L to left, Step R to right (sailor)  
3&4      Step L behind right, Step R to right, Step L to left (sailor)  
5&6&      Touch R to right, Step right beside L, Touch L to left, Step left beside R  
7&8&      Touch R heel forward, Step right beside L, Touch L heel forward, Step left beside R - 3

**[33 – 40] FORWARD, ROCK, ½, ½, COASTER, WALK, WALK**

1-2      Step R forward, Rock/Recover onto L  
3-4      Turn ½ right step R forward, Turn ½ right step L back  
5&6      Step R back, Step L beside right, Step R forward (coaster)  
7-8      Step L forward, Step R forward - 3

**[41 – 48] SIDE, BEHIND, SIDE, CROSS SHUFFLE, CROSS, HOLD, TWIST ¼, TWIST ¼**

1-2&      Step L to left, Step R behind left, Step L to left  
3&4      Step R across left, Step L to left, Step R across left (cross shuffle)  
&5-6      Step L to left, Step R across left, Hold  
7-8      Twist ¼ left weight on L, Twist ¼ right weight on R - 3

**[49 – 56] FORWARD, ROCK, ½ TURN, SHUFFLE, PADDLE, CROSS SAMBA**

1-2      Step L forward, Rock/Recover onto R  
3&4      Turn ½ left step L forward, Step R beside left, Step L forward (shuffle)  
5-6      Step forward R, Turn ¼ left step L to left (paddle)  
7&8      Step R across L, Step L to left, Step R to right (samba cross) - 6

**[57 – 64] CROSS, TOUCH, CROSS, TOUCH, FORWARD, ROCK, FULL TURN TRIPLE**

1-2      Step L across right, Touch R to right  
3-4      Step R across left, Touch L to left  
5-6      Step L forward, Rock/Recover onto R  
7&8      Turn ½ left step L beside right, Step R beside left, Turn ½ left step L slightly forward (optional coaster) - 6

Tag/Restarts: On wall 2 & 6 dance to count 30& then Step forward R, Turn ¼ left step L to left (paddle)  
Then Restart dance

Free to be copied provided no changes are made to the original choreography.  
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