

Help Me Out

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Kerry Maus (USA) - November 2017
音樂: Help Me Out - Maroon 5 & Julia Michaels : (Album: Red Pill Blues - 3:14)



Intro: 16 cts

[1-8] BALL, SIDE, CROSS, BACK, DRAG, & CROSS & CROSS & CROSS, SIDE, ¼ TURN

&1,2,3,4 &) Step R fwd, 1) Step L fwd, 2) cross R over L, 3) step L to back left diagonal, 4) Drag R heel back to L
&5&6&7 &) Step R to right, 5) cross L over right, &) step R to right, 6) cross L over right
8& &) step R to right, 7) cross L over right, 8) Step R to right, &) make ¼ turn left, step L to left,

[9-16] POINT & POINT & POINT, HITCH, TOUCH, ROLL FWD & BACK

1&2& 1) Point R to right, &) step R together, 2) point L to left &) Step L together
3&4 3) Point R to right, &) hitch R knee, 4) touch R toe fwd,
5,6,7,8 5-6) Roll body fwd to put weight on R, 7-8) Roll body back to put weight on L

[17-24] BALL, WALK, WALK, C-BUMP SWIVEL ½ TURN W/ HITCH, COASTER STEP, SIDE ROCK, RECOVER

&1,2 &) Step ball of R beside L, 1) Step L fwd, 2) Step R fwd
3&4 3) bump hip left while making ¼ turn right, &) bump hip to right turning 1/8 right, 4) turn heels to left, turning 1/8 right & hitch R,
5&6,7,8 5) Step R back, &) step L beside R, 6) step R fwd, 7) rock L to left, 8) recover R

[25-32] BEHIND, SIDE, CROSS, ½ TURN PIVOT, KICK, BALL, STEP, WALK, WALK

1&2 1) Step L behind R, 2) step R to right, &) cross L over R,
3,4 3) Step R fwd, 4) pivot ½ turn left, weight to L,
5&6 5) low kick R fwd &) step R beside L 6) step L fwd,
7,8 7) Step R fwd, 8) step L fwd

(Tip: to make counts 5-8 more funky, stylize like a "Shorty George":

5&6 5) low kick R fwd, &) step R beside L, 6) step L fwd, rolling knees together on both steps
7,8 7) step R fwd, step L fwd, Taking small steps, starting with knees bent and rolling together)

Have fun and DANCE HAPPY!

Contact: Kerrymausdance@gmail.com