

Help Me Make It Through The Night

COPPER KNOB
BY STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Ron Tate (UK) - April 2018
音樂: Help Me Make It Through the Night - David Maguire



Music: Available via iTunes & Amazon

Count in: 26 seconds (approx) - Start on the word "Hair"

Tags/Restarts: None

S1: Jazz Box, Chasse, Rock Steps

1 - 4 CROSS (R) over (L), STEP BACK (L), STEP (R) to SIDE, CROSS (L) over (R)
5 & 6 STEP (R) to SIDE , STEP (L) next to (R), STEP (R) to SIDE
7 - 8 ROCK BACK (L), ROCK FORWARD (R)

S2: Chasse, Turn into Rock Steps, Toe Struts (x2)

1 & 2 STEP (L) to SIDE , STEP (R) next to (L), STEP (L) to SIDE
3 - 4 Make a ¼ TURN (R) ROCKING BACK (R), ROCK FORWARD (L) 3 o'clock
5 - 6 TOUCH (R) TOE FORWARD, DROP HEEL to FLOOR
7 - 8 TOUCH (L) TOE FORWARD, DROP HEEL to FLOOR

S3: Rock Steps, Shuffle Turn, Rock Steps, Coaster

1 - 2 ROCK FORWARD (R), ROCK BACK (L)
3 & 4 SHUFFLE ½ TURN (R) stepping (R L R) 9 o'clock
5 - 6 ROCK FORWARD (L), ROCK BACK (R)
7 & 8 STEP BACK (L), STEP (R) next to (L), STEP FORWARD (L)

S4: Rocking Chair, Turn into Back Steps, Touch, Step

1 - 4 ROCK FORWARD (R), ROCK BACK (L), ROCK BACK (R), ROCK FORWARD (L)
5 - 6 Make a ¼ TURN (L) stepping BACK (R), STEP BACK (L) 6 o'clock
7 - 8 TOUCH (R) TOE in front of (L), STEP FORWARD (R)

S5: Turn, Back Steps, Full Turn (or) 2x Walks, Shuffle

1 - 2 On ball of (R) PIVOT ½ TURN (R) stepping BACK (L), STEP BACK (R) 12 o'clock
3 - 4 TOUCH (L) in front of (R), STEP FORWARD (L)
5 On ball of (L) PIVOT ½ TURN (L) stepping BACK (R) 6 o'clock
6 On ball of (R) PIVOT ½ TURN (L) stepping FORWARD (L) 12 o'clock

NB. Easier alternative to Full Turn: WALK FORWARD (R), WALK FORWARD (L)

7 & 8 STEP FORWARD (R), STEP (L) next to (R), STEP FORWARD (R)

S6: Rocking Chair, Step, Turn, Cross Shuffle

1 - 4 ROCK FORWARD (L), ROCK BACK (R), ROCK BACK (L), ROCK FORWARD (R)

Note: Dance ends after this Rocking Chair. You will be facing the 3 o'clock wall.

To finish facing the front wall instead of Rocking Back on (L) make a ¼ Turn (L) stepping (L) to Side & Touch (R) next to (L)

5 - 6 STEP FORWARD (L), PIVOT ¼ TURN (R) 3 o'clock
7 & 8 CROSS (L) over (R), STEP (R) to SIDE, CROSS (L) OVER (R)

S7: (2x) Quarter Turns, Jazz Box with Touch, Side, Cross Behind

1 - 2 Make a ¼ TURN (L) stepping BACK on (R), On ball of (R) TURN ¼ (L) stepping (L) to SIDE - 9 o'clock
3 - 4 CROSS (R) over (L), STEP BACK (L)
5 - 6 STEP (R) to SIDE, TOUCH (L) next to (R)

7 - 8 STEP (L) to SIDE, CROSS (R) behind (L)

S8: Turn, Step, Turn, Turn, Cross, Side, Cross, Point

1 - 2 STEP (L) to SIDE making $\frac{1}{4}$ TURN (L), STEP FORWARD (R) 6 o'clock

3 - 4 PIVOT $\frac{1}{2}$ TURN (L), Make a $\frac{1}{4}$ TURN (L) stepping (R) to SIDE - 9 o'clock

5 - 6 CROSS (L) behind (R), STEP (R) to SIDE

7 - 8 CROSS (L) over (R), POINT (R) to SIDE

REPEAT STEPS
