

# H.E.L.P???

**COPPER KNOB**  
STEPPERS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Val Saari (CAN) - November 2018  
音樂: Help! - The Beatles



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## RF TOE-STRUT MODIFIED JAZZ BOX, RF MAMBO BACK, SHUFFLE FORWARD (LRL), RF STEP-PIVOT 1/2 LEFT

1&2&      Cross RF over L, Touch RF toe - drop R heel, Step LF left on toes, LF heel down  
3&4      Rock RF back, Recover LF, Step RF together, hold  
5&6      Shuffle forward LRL  
7-8      Step RF forward, hold, Pivot 1/2 turn left (weight on left)

## KICK-BALL CHANGE X 2 (RR), OUT, OUT, IN, IN

1&2      Kick RF forward, Step RF together, Step LF together, hold  
3&4      Kick RF forward, Step RF together, Step LF together, hold  
5-6      Step RF right, Step LF left  
7-8      Step RF left, Step LF together

## VINE RIGHT, SYNCOPATED SCISSORS, L TOE-TOUCHES, REVERSE GRAPEVINE

1-2      Step RF to right side, Step LF behind R  
3&4      Rock RF to right side, Recover LF, Cross RF over left  
5-6      Tap LF toes to left side twice  
7&8      Cross-step LF behind R, Step RF right, Cross-step LF in front of R

## RF SHUFFLE FWD, PIVOT 1/2 R, LF SHUFFLE FWD, PIVOT 1/4 L

1&2      Step RF forward, Step LF beside R, Step RF forward  
3-4      Step LF forward, Pivot 1/2 R  
5&6      Step LF forward, Step RF beside L, Step LF Forward  
7-8      Step RF forward, Pivot 1/4 L

**REPEAT - No Tags, No Restarts**

Email: [valeriesaari@icloud.com](mailto:valeriesaari@icloud.com) - Phone: 1-905-246-5027

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