

Need A Little Help

拍數: 64 牆數: 4 級數: Phrased Low Intermediate
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音樂: Little Help (feat. Mimi & Josy) - The BossHoss



Begin after 16 counts

Sequence AA - BB - Tag - AA - BBBB(restart) - AA - BBBB

Intro 16 counts

Part A (32 counts)

Toe strut, Toe strut, Rock fw, 1/2 Turn right, Step

1-2 Toe strut forward with right
3-4 Toe strut forward with left
5-6 Rock forward right
7-8 1/2 Turn right and Step forward right - hold

Toe strut, Toe strut, cross-rock-side-rock

1-2 Toe strut forward left
3-4 Toe strut forward right
5-6 Left cross - recover on right
7-8 Left side - recover on right

Cross, side, kick, side, left and right

1-2 Left cross over right - right step side
3-4 Left kick diagonal to left - left step side to the left
5-6 Right cross over left - left step side
7-8 Right kick diagonal to right - right step side to the right

Cross, 3/4 Turn right with Heelbounce, Scuff, Step Heel twist

1 Left cross over right
2-3-4 3/4 turn right on both toes with heel bounces
5-6 Left Scuff - left small step forward
7-8 Both Heels to left - back

Part B (32 counts)

Vine right, side touch left and right

1-2 Step right to side - cross left behind right
3-4 Step right to side - touch left to right
5-6 Step left to side - touch right
7-8 Step right to side - touch left

Vine with 1/4 Turn and brush, Jazzbox

1-2 Step left to side - cross right behind left
3-4 1/4 turn left and step left forward - brush forward with right
5-6 Right cross over left - left step back
7-8 Right step side - left step forward

1/4 Monterey Turn 2x

1-2 Tap right to side - step right to left with 1/4 turn to right
3-4 Tap left to side - step left together
5-8 Repeat 1-4

Step, Touch behind, Step back, Touch across, Step, Scuff 1/4 right , Side, Touch

- 1-2 Step right forward - touch left behind right
- 3-4 Step left back - touch right across left
- 5-6 Step right forward - scuff left with 1/4 turn to right
- 7-8 Step left side - touch right to left

Tag (8 counts)

Step touch forward with clap 2x, Step touch back with clap 2x

- 1-2 Step right diagonally right forward - touch left to right with clap
- 3-4 Step left diagonally left forward - touch right to left with clap
- 5-6 Step right diagonally right back - touch left to right with clap
- 7-8 Step left diagonally left back - touch right to left with back

Restart in wall 10 after 24 counts (9h)

End 12h : Step, Scuff without turn, Side, Stomp
