Heaven Help Me

拍數: 48 **牆數:** 2 **級數:** Improver
編舞者: Urban Danielsson (SWE) - April 2020
音樂: Where You Come In - Hayden Haddock : (CD: Red Dirt Texas - iTunes)

#32 counts intro, one restart on wall 5 (starting front wall, restart is on back wall)

Section 1: Heel & heel, cross shuffle, rock-recover, behind-side-forward 1/8

1&2&	Dig right heel forward, step right foot next to left, dig left heel forward, step left foot next to right
3&4	Step right foot across in front of left, step left foot to left side, step right foot across in front of left
5 – 6	Rock left foot to left side, recover weight onto right foot
7&8	Step left foot behind of right foot, step right foot to right side, turn 1/8 right to right diagonal and step left foot forward (1:30)

Section 2: Walk, walk, step-lock-step forward, pivot ½ turn right, 1/8 turn right chassé to left

9 – 10	Still on diagonal: step right foot forward, step left foot forward
11&12	Step right foot forward, lock step left foot behind of right, step right foot forward
13 – 14	Step left foot forward, turn ½ right step right foot forward
15&16	Turn 1/8 to right and step left foot to left side, step right foot next to left, step left foot to left side (9:00)

Section 3: Heel grind ¼ turn, coaster step, heel grind ¼ turn, coaster step

17 – 18	Step right heel in front of left and grind ¼ turn right, step back on left foot (12:00)
19&20	Step right foot back, step left foot next to right, step right foot back
21 – 22	Step left heel in front of right and grind ¼ turn left, step back on right foot (9:00)
23&24	Step left foot back, step right foot next to left, step left foot forward

Section 4: Step turn ¼ left, step-lock-step, rock-recover, coaster step

25 – 26	Step right foot forward, turn ¼ left step left small step to left side
27&28	Step right foot forward, lock step left foot behind of right, step right foot forward
29 – 30	Rock left foot forward, recover weight onto right foot
31&32	Step left foot back, step right foot next to left, step left foot forward

Note: Restart here on wall 5

Section 5: Point right, ¼ turn right, chassé left, rock-recover, kick-ball-cross

33 – 34	Step right toes to right side, turn ¼ right step right next to left (9:00)
35&36	Step left foot to left side, step right foot next to left, step left foot to left side
37 – 38	Rock right foot back, recover weight onto left
39&40	Kick right foot diagonally to right, step right next to left, step left across in front of right foot

Section 6: Rock-recover, behind-side-cross, reck-recover, sailor step ¼ turn

41 – 42	Rock right foot to right side, recover weight onto left
43&44	Step right foot behind of left, step left foot to left side step right foot across in front of left
45 – 46	Rock left foot to left side, recover weight onto right
37&48	¼ turn left step left foot behind of right, step right foot small step to right side, step left foot small step to left side

RESTART and ENJOY!

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