

# Help Yourself

拍數: 32                      牆數: 4                      級數: Improver  
編舞者: Bev Vinge (AUS) - April 2020  
音樂: Help Yourself - Tom Jones



## RUMBA BOX, COASTER STEP, STEP, LOCK, STEP

1 & 2                      Step R to side, Step L together, Step R forward,  
3 & 4                      Step L to side, Step R together, Step L back.  
5 & 6                      Step R back, Step L together, Step R forward,  
7 & 8                      Step L forward, Lock R behind R, Step L forward.

## PIVOT ½ TURN, STEP, PADDLE ¼ TURN, STEP, TOE STRUT, BACK, ROCK X2

1 & 2                      \*\* Step R forward, Pivot ½ turn Left, Step R forward,  
3 & 4                      Step L forward, Paddle ¼ turn Right, Step L forward,  
5&6&                      Touch R toe to side, Drop R heel, Step L back, Rock forward on R,  
7&8&                      Touch L toe to side, Drop L heel, Step R back, Rock forward on L. (9:00)

## FORWARD, ROCK, ½ TURN, STEP, LOCK, STEP, MAMBO FWD, MAMBO BACK

1 & 2                      Step R forward, Rock back on L, Turn ½ Right Step R forward,  
3 & 4                      Step L forward, Lock R behind L, Step L forward,  
5 & 6                      Step R forward, Rock back on L, Step R together,  
7 & 8                      \* Step L back, Rock forward on R, Step L together. (3:00)

## RIGHT SIDE MAMBO, LEFT SIDE MAMBO, BOX STEP

1 & 2                      Step R to side, Rock onto L, Step R together,  
3 & 4                      Step L to side, Rock onto R, Step L together,  
5,6,7,8                      Cross R over L, Step L back, Step R to side, Step L together. (3:00)

[32]

RESTARTS: On Walls 3 – 4 – 5 dance to Count 24 (\*) and Restart facing (9:00) (12:00) (3:00)

TAG: On Wall 6 dance to the END and Repeat Box Step (facing Back Wall)

TAG & RESTART: On Walls 7 & 8 dance to Count 24 (\*) add 2 Hip Bumps R-L and Restart (9:00) (12:00)

ENDING: Dance to Count 10 (\*\*) Step L forward, Pivot ½ turn Right, Step L together.