

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.