

Help Me

拍數: 64 牆數: 2 級數: Improver
編舞者: John Fernandes (CAN) - December 2020
音樂: Help Me (Live) - Elvis Presley : (Apple - Amazon)



Intro: 8 Counts / BPM: 114 - No Restarts or Tags

Note: Michael Barr, was my mentor, who patiently worked with me through numerous iterations. Special thanks to Jo Thompson Szymanski, who supported me and provided valuable feedback.

[1-8] L Mambo Forward, Hold, R Side Scissor Cross, Hold

1-4 Rock step L forward; Return onto R in place; Step L back, Hold
5-8 Step R to right; Step L besides R; Step R over L; Hold

[9-16] 1/4 R, 1/4 R, L Forward, Hold, 3 Step Weave, Sweep

1-4 Turn ¼ R stepping back on L; Turn ¼ R stepping forward on R; Step L forward; Hold
5-8 Step R in front of L; Step L to the left; Step R behind L; Sweep

[17-24] Sailor 1/4 Turn L, Hold, Forward R, 1/2 Pivot L, Forward R, Hold

1-4 Step L behind R; Turn ¼ L stepping R in place; Step L forward; Hold
5-8 Step R forward; Pivot turn ½ left onto L; Step R forward; Hold

[25-32] Lock Step Left, Lock Step Right

1-4 Step L fwd; Lock R behind L; Step L fwd; Hold
5-8 Step R fwd; Lock L behind R; Step R fwd; Hold

[33-40] Rumba side, fwd Hold, Rumba side R, Hold

1-4 Step L to side; Step R besides L; Step L fwd; Hold
5-8 Step R to right side fwd; Step L beside R; Step R to right side; Hold

[41-48] Rock R over L, Recover, ¼ turn L, Hold, 3 Step Weave, Sweep

1-4 Cross L over R; recover R; Step L side ¼ turn left; Hold
5-8 Step R in front of L; Step L side left; Step R behind L; Sweep

[49-56] Sailor cross, Scissor Cross, Hold

1-4 Step L behind R; Step R besides L; Step L over R; Hold
5-8 Step R to right; Step L besides R; Step R over L; Hold

[57-64] Scissor Cross, Hold , Rumba fwd, Hold

1-4 Step L to left; Step R besides L; Step L over R; Hold
5-8 Step R to side; Step L besides R; Step R fwd; Hold

Ending: Dance the 1st 15 counts and on the 16th count, sweep L behind R while unwinding ½ turn L to face the front wall.

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